

# PASSAGES PRESS

## A WAYFINDER SCHOOLS STUDENT PUBLICATION

### My Trip To New Mexico Greg Sprowl, Warren

The start of my trip was stressful. It was my first time traveling alone. I had to get a ride all the way to Portland to hop on a bus to go to the Boston airport. The bus ride was fine, I mostly stayed on the phone with my girlfriend. The plane ride took 6 hours from Boston to Phoenix, Arizona. I started this trip at 10am and didn't land till 9pm that night.

The first night in Phoenix me and my godmother, Holly, spent the night in this tribal camp. I couldn't see much because it was dark, but when it came morning it was really beautiful out. There was big, and I mean big, cacti all around us, so we took a walk around the camp to scope everything out. After we got done with our walk, we packed up and started to head out to Silver City, New Mexico. Once we got on the road we decided to stop at this coffee shop and we got some coffee and caught up on some things—it's been a couple years since I've seen her. After we talked and had our coffee (the coffee there just tasted different, it was so good!), we started our long drive to New Mexico. I believe the drive took 5 hours and on the drive I saw some really cool sightings. Once we got to Silver City, the sun was just going down so we went on this walk on this trail, and once we got to the top we were able to take in the whole town from above. While we were up there we watched the sun set, then we went back to my godmother's to watch a movie.

When I was a kid, she took me to watch the first "How To Train Your Dragon." So that night we watched all 3 of the "How To Train Your Dragon" movies and it was great. It was a great way to start this trip. The second day we went shopping for food and we had to get me some shorts because I totally forgot

to pack shorts. After we went shopping we dropped everything off back at Holly's house, then we went for a walk into town. The air there smelled so clean and the people there were so nice. While we were walking in town we stopped at this pizza place, and let me tell you what, just one slice of pizza was as big or bigger than my head! It was huge! After we got pizza I got ice cream and that surprised me cause I don't really eat ice cream. But I was somewhere new so I didn't care. I sucked it up and had some ice cream with my godmother. We then walked past this jewelry store and we went in and I looked for some rings because my girlfriend loves rings. So I thought it would be cool to get her a ring all the way from New Mexico. We spent most of that day walking around town then went back to her house for dinner. We had tacos that night with some salad while we watched this show that I always watched, NCIS. Then we went to bed.



*Greg in New Mexico.*

It was a great trip and I just wrote about the first couple days. I look forward to going there again. It was great spending time with my godmother, Holly.

## Why Are Our Roads Getting Worse?

Cayleigh Ward, Swanville

An issue that many people in my community are concerned about is the road conditions. I interviewed Mr. Ward, the Transportation Crew Supervisor of Searsport, Maine DOT, about this issue. According to Mr. Ward, some of the challenges they face in maintaining good roadways in Maine are the freeze and thaw cycles, climate changes, and money. Climate change has made our weather warmer, causing rainstorms that are heavier and occur more often. More heavy rain results in more washed out roads. Climate change can also actually intensify the freeze and thaw cycles, leading to more frequent and severe freeze-thaw events; this makes potholes and frost heaves even worse.

To help keep up with road maintenance, they need more money. Maine DOT is funded by gas taxes. In today's economy, people are being more conservative with gas, resulting in less tax money. Hybrid and fully electric vehicles are also more common now, they don't need gas, or need much less. This means they aren't paying for their use of the roads.

In conclusion, there are many reasons why Maine DOT has trouble maintaining the conditions of the roads. A major problem is climate change and the way the weather is. Another large problem is that there is not enough money being taxed from people, for example, the people who drive electric cars.

## What is Community?

Kristina Rideout, Sanford

Community to me means people coming together for something to help one another. Which in my opinion is rare, although recently our entire community came together for a little boy who had cancer. We as a community raised money for him and were all cheering him on during his fight, when he sadly passed away we still came together. I think most of the county came together recently as well. When the shooting in Lewiston happened, I saw people all over the world sharing things and commenting on articles saying things like "praying from (this place)." It hit close to home and a lot of people came together to pray or help each other.



*Photo of Chace for the Frommie's Fight fundraiser.*

I think community coming together is a rare thing especially where I grew up in Sanford, it's just not a thing you see very often.

## Child Development Thoughts About Paisley

Kelsea McGowan, Stockton Springs

Paisley is really good at going to bed for us. When she dances, laughs, and when she says mama, it makes me smile. She is a happy, outgoing, tough baby. I think she's going to be a fun kindergartner. I can't wait to start doing her hair, teach her how to walk and new words.

As a child I loved riding bikes. I think that the activity was fun because it was outside and you could go as fast as you wanted to. It was enjoyable because you could feel the fresh air and just hanging with friends was fun. I hope that paisley will like riding bikes as well.

Social emotional learning is important because it helps you identify your emotions better and helps you build better relationships. I think some ways it would help Paisley in the future are because it will help her make goals for the future and cope with her feelings and build her self- esteem. I think some things I could do to help Paisley with each stage of social emotion are being a good listener, respecting differences, getting involved in things she enjoys and school.

I remember when Paisley was learning how to crawl and I sat there with her and she enjoyed it. It was very emotional for me because I just feel like she is growing up so fast and soon she will be walking.

## Human Development

Ayden Gray, Camden

### What activities did you love to do as a child?

Well I've always loved being outside in the woods and stuff, and I would make stuff up in my head and just do my own thing out there. So playing outside is definitely one of my favorite activities. But an inside activity that I liked doing is playing with action figures and toys in my room. I set up my whole room and made my own world for them, and I liked doing family activities. I never knew how much I would miss that...

### What is it about that activity that makes it enjoyable or engaging for you?

To be honest the woods is where I would get away from fighting and I could just do whatever I wanted. I love nature, sounds and animals. Just the whole essence makes me feel at home, and I also have to thank my grandmother for helping me and letting me visit her house when things got rough.

### What are the different developmental stages throughout one's life?

Well there are five basic stages, and it can get a lot more complicated than that, but to start there is prenatal when your body is actually developing inside of your mother. An Infant is born and you're now a cute little infant that can breathe, blink, eat and do other bodily functions...a child is when you're about 5 or 6. I would say when you can start talking and communicating how one actually might feel.

Adolescence is when you are a teenager and your body goes through changes and you start growing a bunch, and your mood swings are crazy, sometimes... but you are still under the age of legal consent, so no drugs or illegal activity is permitted. Yet, a ton of teens still use and do stupid things because that's what teenagers do, I guess. Next is adult development, when you turn into an adult and if you don't fry your brain you should have pretty good cognitive thinking and have a pretty good idea of how the world works.

Birth through ages 18 to 24 months is called the sensorimotor stage where you're smelling, touching, hearing, tasting, and seeing a whole new world, so it's basically the adjustment time for the baby to kinda get a feel for what's going on. Preoperational is the toddler stage all the way to seven, when the toddler is learning to walk and grab things, remember names and some places, and can actually maintain information but

can't fully process everything. Concrete Operational is the stages 7 to 11 where you should know what's right and what's wrong you should be able to hold basic information, run, walk, go to the bathroom without someone. You're basically turning into a functioning human, but will still have some difficulties with basic things which are normal. Formal Operational is adolescence through adulthood, where you are going through changes like puberty, mood swings, and it can be really confusing and frustrating. That's why most teenagers act out in some way, whether that's sneaking out or doing bad things. They are trying to find out who they are and want to be in the future, and the rebelliousness is only found with some teens. I'm not saying every teen is bad, I'm just saying during this time they are not going to be perfect.



*Senesormotor*, from Canva.

## Infant Care

Austin Gardner, Sedgwick

What I have learned about my infant's needs is that when she cries, it's normally because either she's hungry, needs a butt change or is tired. I learned this by just taking care of her and being there. I respond by giving her what she needs and making sure I understand what she wants.

Some examples of bonding with an infant are skin to skin contact, eye contact while feeding, and soothing them while they are crying. A cue I've learned about my infant is that she will shake her hands when she wants more food and is hungry.

Parents can bond with their baby by playing with and taking care of them. I use playing and contact to make our bond strong. Bonding affects an infant in a really good way. If you have a strong bond with them it makes them feel wanted and loved. Being a parent changed me by growing up and maturing.

## Self Care

Keli Crowley, Hope

**Self Care:** Taking care of yourself for your physical and mental health.

**Fixed Mindset:** Thinking that your intelligence and abilities are set in stone.

**Growth Mindset:** Believing that with hard work you can achieve your goals and change.

I feel I am in between a growth and a fixed mindset. I would like to be more of a growth mindset because I want to actually make changes with how my life goes. I want a growth mindset for the sake of Isaac. I want to see him grow up and learn that he can do anything he puts his mind to. I would like to see him grow up and know he can do what he feels is right without thinking that Momma and Dadda did it so he has to. Isaac needs to learn to be himself and not follow in people's footsteps. If I have a growth mindset, I will teach him how to do so as well.

Self care is important to me because it helps me dial down on the negative thoughts in my head and makes me calm down. Self care has also helped me with finding my inner self. I love to just sit and relax, which is self care. Self care doesn't always have to be doing something, just sitting in your bed alone listening to some music or watching a show is self care. How I communicate my needs and wants to people in a healthy way is taking time before I just blurt out what it is I need. Sometimes all I want is just asking for a break here and there. I know having a little one isn't always easy when it comes to self care, because you are always focused on them. One of the ways I focus on self care while having a child is after he goes to bed I take a shower and either read a book or watch one of my favorite shows. I may not always have time to do self care everyday but I always try to fit it into my schedule the best I can.



*Keli's son Isaac playing with his Paw Patrol stuffed animal.*

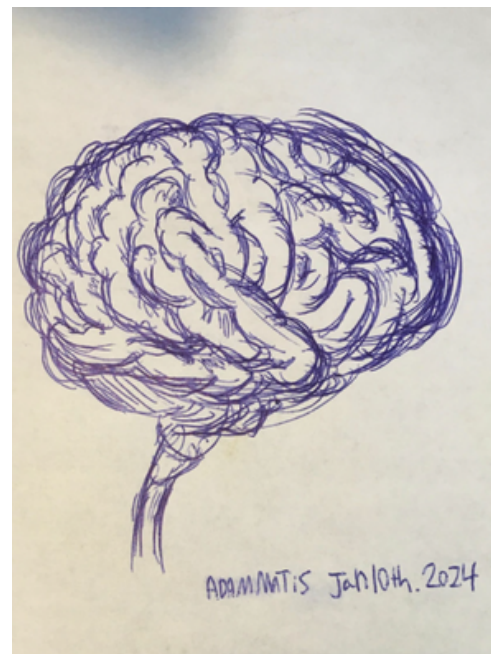


*Keli at her local library getting a book for herself and for her son.*

## Mental and Physical Health

Adam Matis, Portland

Mental health can affect you physically, like lack of sleep which can have a toll physically. General lack of taking care of yourself can have physical effects. They feed into each other. If someone were to be too depressed to eat, this would affect them physically. Your brain needs food to function properly, so without the food they'd get more depressed. Anxiety definitely affects you physically. I have had situations where I've almost passed out.



*Drawing of a Brain, by Adam Matis.*

## Human Development Segment

Symon Belile, Camden

**Knowing what you know now, what do you feel are some things that affected your development into the person you are today? In what ways will this knowledge affect how you move forward? Pick a personal or cultural event that could be better explained by knowing what you know about psychology.**

Since the prefrontal cortex and the hippocampus are key parts of the brain that help us develop greatly throughout the time, since we were embryos, I feel that both of these two key components have immersed me greatly in making me the person that I am today. Here is how and why I believe this so strongly, along with how the knowledge of these key components affect how I will go forward in life.

Your hippocampus is a small part of the brain that helps us form memories, learn, and emotions. As a kid especially, having a healthy undamaged hippocampus means for better memory and emotion regulation. Having a stressful life might lead to risks with your hippocampi. I have very few memories of my own childhood due to trauma and PTSD, but I do remember a handful of events that stuck in my hippocampi. Understanding how and why your brain functions in the way it does will help anyone significantly. Moving forward in life knowing what I know now about myself and my brain, I'm hopeful to see how I will go about things. Hopefully I'll take what I've learned and use it usefully. Perhaps to teach others and continue to grow as an individual.

## Social Emotional Learning

Alison Moffett, Calais

Social emotional learning is important in development because it helps children grow well, and to be better able to cope with emotional stress. It helps to develop problem-solving skills and could help avoid peer pressure in possible harmful situations.

Some of the things that I can do to help my children with this type of development is to talk to them on how to solve problems. It's important to teach them that it's OK to say no to the things that they don't

want to do. Reading bedtime stories can also be beneficial to problem-solving.

I can help my children develop during each stage by emotionally supporting them. A healthy way to support any development is to be there for them while they explore life. It's important to give them proper nutrition, exercise, and sleep. Playing, singing, reading, and talking helps in early development.

My child takes the lead almost every time we play together. He loves his building blocks and coloring. We will sit on the floor playing with blocks. He will hand me blocks asking, "What color is it? Can you build it Mom?"

We will sit and build towers and knock them over. I can tell Bell enjoys it because after we are done, he says, "Thanks mommy, I love you." The whole time we play he laughs and smiles.

## Alewives Fish Ladder - A Brochure

Aron Amsden, Jefferson

The Damariscotta Fish Ladder is a special place for small silvery fish called alewives to move into fresh water to lay their eggs. This incredible and historic place is what allows us to count the fish and harvest them. Alewives are some of the best lobster fishing bait and a really important part of the industry, as well as being the main food source for many fish eating predatory birds. Come visit the Damariscotta Fish Ladder and watch their amazing migration as they climb the ladder into Damariscotta Lake.

"In 2013, an estimated 900,000 alewives made it to Damariscotta Lake, even after people and gulls removed their share. Who knows what this year's tally will be? During this 30 minutes, we've seen a few hundred of that tally climb an inspired and inspiring ladder, living on into one of the earth's best stories of return." -Sandy Scott in "Swimming UpStream"



*Alewives swimming up the Damariscotta Mills fish ladder, by Michael Wilson.*

## What I Have Learned As a Parent

Cassy Kane, Westbrook

I have learned many things from other parents, like what helpful forms of punishments are and what different types of rewards can help teach. I've also learned that not a single person's "parents" are exactly the same. I'd like to mimic the parents who are gentle parents, the ones who try to teach without yelling but I also want to implement that if they've been corrected multiple times that eventually they'll have to figure out the consequences of their own actions. For example, if they keep climbing on something and I take them down repeatedly, eventually they have to fall off of it to learn exactly why they can't do it.

I've learned from my children that sometimes you have to let them explore and do their own thing even if you don't think they need to. I've also realized that if it doesn't hurt them, or anyone else, there's no reason to say no.



*Photograph by Martin Vorel.*

## Learning Parenting From My Daughter

Shamsi Abdinoor, Lewiston

A lot of people parent differently. I learned a lot of parenting from my mom and siblings, because my siblings were like my kids. When my mom was at work I would cook for them, give them a shower and do things a mother would do. I used to babysit my siblings while they were young. That's how I know what is wrong and right with parenting. My mom taught me a lot about parenting, especially when I gave birth to my daughter.

I learned a lot from my daughter. For example, she communicates with me with her baby talking, like when she needs milk she cries a little and starts sucking her finger. Or when she cries but not sucking her finger it means she is sleepy. Every second I'm always thinking about my daughter no matter what, even if she's okay. My daughter really made me into a better person and a better mom.

The way I grew up, we never got grounded. It was like, "I'm taking your phone," or a spanking, but I would definitely ground my daughter because I think grounding kids would teach them a lesson. Another discipline is telling them what they did wrong and telling them how to do it better next time. We all make mistakes and learn from them.

The way I deal with sibling rivalry is, if it's something big, they're both not getting it, because if one person can't have it, both can't have it, so it's fair. Another way I will deal with it is talking it out with them to see what is going on on both sides, not just one side because you can't pick and choose; you have to listen from both sides.

You can definitely be a parent and a best friend. I wouldn't say mostly friends because parenting does come first. Telling your kid what's right and wrong while being a mom is normal, but you could also be a best friend to your kids, especially my daughter. She is my best friend. Some kids want a fun time, like getting their nails done and getting their hair done. I want my daughter to feel really close to me like I feel to my mother.



*Shamsi and her daughter.*

The skill I was learning was putting my daughter on a sleep schedule including napping times. It takes time for them to get used to it, but it's going to be worth it. She would try to fight her sleep when it was nap time. The strategy I used with my daughter was nap time three times a day. It took a while for her to get on the nap time schedule, but she has started getting used to it now.

Parenting made me into a better person. I want to have the same bond while we grow together, and can't wait to learn more about her and my parenting.

## When My Daughter Smiles

Jennifer Ramsey Collins, Sanford

Her smile makes me smile, or rather, makes me cry. When she crawls it makes me smile, but inside I'm sad because she's growing up. When I'm around her I smile. I play with her so that she knows when she's older she can play with other kids. When I smile, it shows that she makes me happy.



*Jennifer's daughter Rayleigh.*

## Understanding Abuse

Jaimy Saenz, Rockland

On November 7, 2023, some classmates and I went to a panel presentation about understanding abuse. They told us about different types of abuse like physical abuse, which is anything that causes injury, trauma or taking away needs like food, clothes or medical care. It can happen in any relationship; mom, dad, brother, sister, cousin, and an intimate partner. It can happen to any age; kids, teenagers,

and adults. Domestic abuse has a pattern of abuse toward an intimate partner, like dating or a family member, where the abuser has power and control over a person. Sexual abuse can happen at any age. It's when they're forced or tricked into sexual activities. It can happen anywhere, like in-person or online. Emotional abuse is when the abuser humiliates, isolates, or frightens the person to control them. When the victims realize this, they usually make a safety plan.

A safety plan means a plan that helps keep them safe from their abuser, and so they can get help to make that safety plan. The victim can go to a friend or family member's house, or a domestic violence shelter. Leaving an abusive relationship is hard. Victims must come to terms that the abuser will most likely never change. At the beginning of healing, people leaving emotionally abusive relationships seek support from family or talk to a therapist. Victims of emotional abuse are worn down so they believe that they are the problem in the relationship.

The panel discussed ways to help the victims and they talked about always being there for the person, but to be patient, and let them take the first step of getting out of any abusive relationship. A lot of stories were shared by the panel, for example, one of the people was in an abusive relationship and she said that whenever she would brush her teeth the abuser would make a comment, "are you getting ready for your boyfriend?" So she stopped caring for her teeth. But later after leaving the abuse she got help fixing her teeth at no cost.

I really liked seeing other people's reactions to the presentation. There was a couple that was sitting next to me and they were holding hands, and there was also another couple in front of me who would hold hands and get comfort from each other. I think the presentation helped me understand abuse and also helped me understand what my father did was wrong. At first I didn't understand what he was doing was wrong. I thought that it was normal until my brother helped me understand that not everything my father did was right, and later I learned that it really affected my brother. When he would go to school and he would want to stay home so nothing bad would happen. Attending this workshop helped me realize I'm not alone in the experiences I have had.

## Understanding Child Abuse

Kylee Sallie, Belfast

This is an example of a healthy relationship. As you can see the children look like they are enjoying themselves in both of the pictures. The dad is interacting in a positive and healthy way with both of his kids.



L-R: Crosswalk.com, by MAEC.com. "Maintaining Healthy Relationships."

This is an example of an unhealthy relationship. As you can see in the first picture, the parents look to be arguing, causing the child to possibly stress. The child looks very annoyed. In the second picture it's clear that the mother is giving her child the silent treatment. It is important to communicate, as children and parents, with each other. The little girl looks upset, maybe sad as well.



L-R: Getty Images, 10 Signs of Highly Toxic Parents, Sarahpatriche.com.

**Boundaries:** It is important to understand boundaries in your everyday life and in relationships with people. Have self respect and understand the word "NO." Allow yourself to set personal boundaries. If you feel uncomfortable with something or someone, speak up.

## Home Safety

Shauna Collins, Eastport

**What made you feel safe and secure when you were a child?**

The house would always be locked and I always felt safe anywhere my mom was because I knew she would do anything to protect us. I never felt unsafe as a child. Our house is organized as much as I can get it, because my mom likes things her way. I clean every day when I first wake up so the house is clean for the day. My mom and her husband help.

The difference between an emergency and a non-emergency situation is that an emergency is life-threatening. A broken arm, death, heart attack, stroke would be examples. A non-emergency would be something that could be easily treated at home like a bloody nose, or a cut or scrape.

I drew a map and practiced with my family on how to escape in case of an emergency. We got out fairly quickly, but I think we could've been a little better. We were kind of sloppy. On one side of the house there is a small roof that we could all go out on should we not be able to get down the stairs.

## Stanford Prison Project-1971 Mikayla Robbins, South Thomaston

The Stanford Prison Project was a social psychology study where college students played the roles of prisoners or guards in a simulated prison environment. The experiment was supposed to last for two weeks but on the sixth day it was terminated due to the emotional breakdowns of prisoners caused by aggression from the guards. The researchers concluded that people will readily and quickly conform to the role that is expected of them. Many of the guards said that they were surprised by their own behavior and they did not realize that they were capable of behaving in such a way, and the prisoners said something similar about their behavior as well.

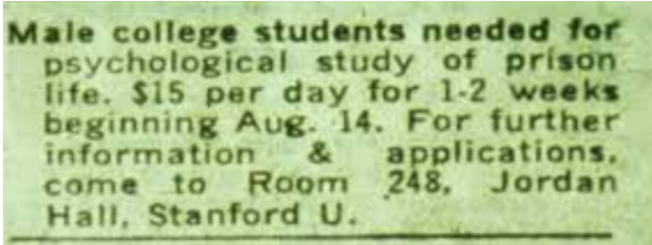
## Karols Thoughts and Opinions On the Stanford Prison Project

*(Mikayla interviewed Karol)*

Karol has been a prison guard for 10 years. He thinks it's bogus to make college students play the role of



guards without any training because they don't know how to handle confrontation and how to de-escalate matters, nor do they have the experience of dealing with out of control inmates. He says it is not a true picture because it takes a special personality to be a corrections officer and if you don't have that personality you will fail. There's a brotherhood among the guards that is unteachable; it has to be earned or learned. In conclusion, he feels the experiment was a waste of time and energy because it doesn't show the true personalities and reactions of actual inmates and officers.

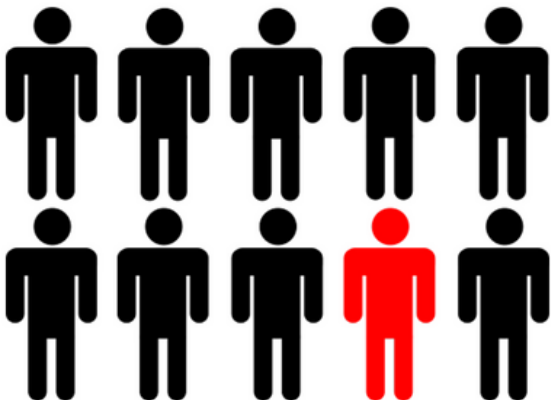


*Stanford Prison Project-1971, from Wikipedia.*

## A Famous Psychological Study

Zalina Broad, Portland

I chose to research Solomon Asch's famous study of conformity. I watched a video about it and discussed it with my teacher. In the video some people wanted to fit in so they gave a wrong answer even though they knew it was wrong. I know what that's like because I did it in middle school. For example, if my teacher called on me in front of the whole class, even if I knew the answer, I'd stay quiet because everyone was looking at me and they were quiet. Today, I don't really care about fitting in or conforming because I don't care what people say or think about me. I just care what I think and what I do.



*Stanford Prison Project-1971, from Wikipedia.*

## Employability

Amariyah Gordon, Lewiston

I was always taught the value of working and making something of yourself. Never rely on anyone, don't take handouts. Many of my classmates and friends never knew what they wanted to do when they grew up, some of them didn't even have a clue or idea. But me, I always knew I made sure to always have some sort of plan or ideas. I have never hesitated or struggled when thinking of my future, because I never wanted to be a failure. "Make something of yourself, Amariyah," I was told over and over. So I vowed to never fail when it comes to anything career wise or anything to do with my future. This assignment was my second core skill to start, and I knew it wouldn't be trouble and that I would enjoy it. From the age of 6, watching LAW and ORDER, and being so engaged I knew I wanted to do something with criminal justice.

So I began researching, starting with the first job I chose to research: criminal investigation. For the most part you just need a high school diploma or a GED, but for some cases you might need a criminal justice or forensic science degree. Criminal investigators start off as patrol officers to gain experience. To make the switch from officer to investigator could take years, though you could speed up the time by having a degree or internship. An average salary is \$88,000, but it could vary depending on where you live. A day of work as a CI would be reviewing evidence, lab reports, and discussing with other CIs. Even though you have to start out as a police officer, and work your way over the course of years, I have always still considered it. The bad reputation that cops have is definitely enough to make someone turn their head. Whenever I brought up that I might want to become a cop, I have been looked at like I have four heads. I have always looked at it as a chance to change the bad reputation this job has, and be a cop that's nothing like what you hear on the news. Make a difference.

The second career I researched was in the same "family." This may come as a surprise, but I have heard the word probation officer more times than I can even remember. I guess I can say I was already somewhat familiar with this profession. Knowing what I had already known was nothing compared to what I learned while researching this job. The type of education you would need is a bachelor's degree in

criminal justice. Once you get the job you will be put on a 6 month trial period where you attend orientation and must complete 160 hours training. A possible salary would be \$59,860 = \$28 an hour. A typical day as a probation officer would be traveling to see probationers and parolees because their job is to rehabilitate people who have been incarcerated. I'm still not 100% sure that I want to follow this job. I have talked about it many times with my mom but I'm still deciding.

College is the word you never stop hearing after you enter high school. There's so much pressure that surrounds college, although, what if you didn't want to go to college? "You won't go anywhere in life or be successful without a college degree," I've been told. I believe that's far from the truth. There are many, and I mean many, high paying jobs that you can do without a college degree. What can you do without a formal education? Well let me tell you. A lot of people can work high paying jobs with only a high school diploma. A real estate agent is an example of a job you could get. You make \$104,000 a year. They represent one of the two parties involved in the sale or rental of the real estate property. You could also be an electrician, carpenter, pharmacy technician, plumber, ultrasound technician, and a dispatcher.

When I got my first job, I was terrified. Not only have I never worked in a professional workplace, but I never had to actually think about how to be a good employee. When I had to sit and actually think about it I had learned a lot. What makes a good employee is being very reliable and taking people's shifts when they need it. Being able to deal with tricky situations that will come up on the job smoothly is what I believe makes a good employee. I think being friendly is probably one of the most important things, because you want people to feel comfortable coming up to you and asking questions. When I had a job I was reliable, even though I couldn't take extra shifts. I am also friendly and I made a lot of tips. I need to work on asking people for help because I feel like a burden when I don't know everything.

Working on and learning about all of this has been quite interesting. I'm the type of person that can get carried away when it comes to researching new things or learning new things. It's something I value.

## Careers/ Employability

### Aiden Pike, Union

Careers are something everybody needs to make a living. I have researched the basics of a few possible careers that I am interested in. I want to get an idea of what it would take to work in these fields, and if it's possible to make a living!

#### **Veterinarian:**

- 2022 Median Pay \$49.64 per hour, or \$103,260 annual salary.
- Education needed is a doctoral or professional degree (8 years of school).
- Job outlook grew by 20% in 2022
- Duties include examining animals to assess health and diagnose problems, treat and dress wounds, perform surgeries on animals, test for diseases and vaccinate, operate medical equipment such as an x-ray, talk to owners about how to care for their pets, prescribe medications, and euthanize animals.

#### **Art Therapist:**

- Salary: \$62,000/year, \$29/hr- average in Maine for 2023
- Education needed is a masters degree.
- The educational standards require graduate level coursework that includes training in the creative process, psychological development, group therapy, art therapy, psychodiagnostics, research methods and multicultural competency development and cultural humility.

#### **Nutritionist/Dietician:**

- Salary: Median for 2022 \$32/hour or \$66,450/year
- Education needed: A bachelor's degree.
- The job responsibilities include: assessing patients for their health needs, teaching patients about nutrition issues, making diet plans for patients, and monitoring the changes in patients with diets.

After researching a couple options, I find myself drawn to the nutritionist career the most. It requires 4 years of school, as opposed to 8 years that the veterinarian requires, and offers more career opportunities than being an art therapist. I also think that nutrition is something that everyone will need for their entire life, which gives job security and also a skillset that I can use outside of my career.

## Computer Proficiency

Brianna Crossman, Baileyville

I use social media to contact friends and family, make music videos to post, and repost memes. My screen time a day is usually four hours. I'm usually using Snapchat, talking to friends, or on TikTok watching videos.

Social networking provides many avenues for people to connect like never before. It helps with getting jobs, building relationships, finding your voice, showing empathy and kindness, offering support, better communications, spreading news, building a business, and much more.

Social media can also provide platforms for bullying and exclusion, unrealistic expectations about body image and sources of popularity, normalization of risk-taking behaviors, and can be detrimental to mental health.

You can contact people at home and you can see them face-to-face over the screen with Zoom and Google Meets. You can use them for doing meetings virtually or just having to discuss something. It really helps if you're sick, or running too late to something and can't make your appointment.

You should update your system, browser, and important apps regularly, and take advantage of automatic updating when it's available. Also, you should consider having firewalls, strong passwords, stronger authentication, being careful what you click on, and shopping safely. To unsubscribe from an email, you would open the email from the sender you want to unsubscribe from. At the bottom of the message, tap unsubscribe or change preferences.

## My Thoughts On Computer Use

Brayden Hicks, Thomaston

I mainly use social media to communicate with friends. I spend most of my day online since everyone I know is online and I also have music commissions I do regularly. The main app I use for talking is an app called Discord. Discord has everything I need to get my job done as well as just being a nice way to manage my work and have conversations with

friends.

Social networking can be used for both positive and negative things. A good example for a positive way to influence your online activities is to try and have a PMA! PMA Stands for "Positive Mental Attitude" which is a great thing to have while being online. While being online, it's highly possible you'll run into rude people on the internet who spend all their time trying to make people upset. They do this by calling people rude and hurtful things. It's worth remembering that all these guys want is a reaction out of you, so if you just ignore what they say and keep up that PMA, you'll be fine and that may actually make them upset that they couldn't make you mad.

Some advantages that come when you make your online account private is you no longer have to worry about people wanting to bother you or having to deal with unwanted messages. While all these are good things, having a private account means you'll struggle to grow as a creator if online content creation is a goal you plan to achieve. So while being public and open allows for more growth and a more open experience, being private can lead to an experience more suited to someone who's more quiet and to themselves.



*Social Networking, from Canva.*

## Computer Proficiency

Karl Hoffses, Waldoboro

How I use a social media app or website is I post videos or pictures, but I mainly like to post videos on a social media platform called TikTok. How much time do I spend on social media? Well, I am not a

huge fan of social media, but I like to make content for my users. I can stay like an hour on social media. In my point of view, social media is more like the internet. It can be a cruel place, but it depends who's most hated or most liked by people on the platform. Most people that use social media can have an impact on a person's mental health, negatively or positively. The positive side is when someone that makes content on social media feels good when going viral because they get positive viewers. The negative side is common when a person makes content but gets low views and likes. Negative viewers will stay attached to that person until they get banned. Social media is a place where people around the world get cyberbullied. This happens to 65% of users in the world, which means that every electronic device people use nowadays gets bullied in some way.

I protect my personal information by making difficult passwords or a VPN. If I was creating a game I might have to find a good game engine for that game like Unity. It's a game system that is the most important for people that are new to making a game.

## Social Media

Lyndon Harnois, Indian Township

I don't use social media that often. I only use Snapchat to message my friends and family and see what they're up to. Other than that, I play video games a lot with my friends. I usually play around 3-4 hours a day whenever I get on. The main positive for social networking is to connect with people from different places.

Social media can be harmful because of hackers trying to steal people's data, and cyberbullying. To help keep your computer or laptop safe from viruses, you can easily download antivirus software that is trusted. It will scan your device. To keep personal information safe, you can activate two-step verification on any email. In most emails that you receive that you don't want, you can scroll to the bottom to find the unsubscribe button and click it.

The main advantage for having a fully private social media account is to keep only the people you know in your social area. The advantage of keeping it private is potential employers can't look at what you have posted and people can't stalk you.

I found an article on social media that has been posted about Bill Gates giving you money if you click, like, and share. It has circulated on Facebook for years. Google the story and see if anyone has said that it is fake and look at the source. Does it lean one way or another? Multiple sources say it is fake. He has not and will not pay you money to like his post. I could not find anything that would back up the story. Multiple sites show that it is fake. I watched a YouTube video about it that said it wasn't real.

## Book Review: When Stars are Scattered, by Victoria Jamieson and Omar Mohamed Isha Abdullahi, Lewiston

This is a graphic novel about a refugee coming to America. Omar and Hassan had to flee Somalia and leave everything behind due to war. Omar, only being a young boy, had to take care of his disabled brother Hassan. Most of the book takes place in the Dadaab refugee camp in Kenya. I think the book was a very good book. It showed how war was affecting young ones and how life is out there. I really enjoyed it because it was a true story.



## Shiver by Junji Ito Haley Hoffses, Waldoboro

“Hanging Blimp” is my favorite short story in Shiver. I find the story very well made. The story is about an idol named Terumi Fujino, who committed suicide due to the pressure of being an idol. Her best friend Kazuko and her boyfriend Shiraishi are the ones mainly shown in the story, showing their grieving of Terumi’s death. It was rumored that Terumi’s head was caught floating, with her body hanging along with it. Throughout the story the hanging blimps then start to target many others' lives. I think the story has a deep meaning, and strangely I am drawn to a lot of stories like that. I like it when stories aren’t afraid to show every side of somebody's life, especially those stories that show someone's mental illness. I hope that people find stories like Shiver when they need to feel recognized and not alone. The detail and characters in this short story were definitely the things I was most drawn to.

The other short stories in Shiver are also on my top ten favorites of Junji Ito’s. For example, “The Long Dream” is another short story within Shiver that I find the most unique. It is about a man who has a day, year, decade, etc. long dreams. Even though he is only asleep for a few hours. It would even age his appearance when he slept. I just find it so crazy how someone can make up such unique stories like Junji Ito does, and how well he draws and writes them out.



## Critical Thinking and Propaganda Madison Hart, Searsport

**What are some different propaganda techniques?  
How has propaganda been used in the past to persuade or brainwash a group of people?**

Governments, political parties, and other organizations have used propaganda in the past to influence or even brainwash populations. A variety of strategies are used in propaganda in order to sway and control public opinion. The use of laden language, emotional appeal, selective information utilization, and repetition are some typical propaganda strategies. For instance, both the Allies and the Axis utilized propaganda to sway public opinion and win support during World War II. In particular, the Nazi regime used effective propaganda to advance anti-Semitic ideas and defend the Holocaust.

Youtube Ads: The first youtube ad I discovered was an ad for a makeup brand called L’Oréal Paris USA, which the target audience was presumed for young women, or anyone else who uses makeup on a daily basis. The product being sold was lip tint, they are persuading people to buy their product by stating that the coverage for the make up lasts up to 78 hours even with eating or drinking anything that would smudge the lip makeup - because it’s smudge resistant. The second youtube ad I got was for paint from a brand labeled Viking Lumber, the target audience seems to be hard labor men who work in construction or building houses or buildings that use paint on a daily basis. They provide real life videos with high saturated color and editing to persuade the viewer into buying the product.

Facebook Ad: The facebook ad I discovered was for a streaming platform called AMC Plus, whose target audience seems to be avid movie or TV show watchers. They persuade their audience by including a free trial for a period of time to cancel if it doesn’t meet the audience’s needs for streaming.

Magazines: The first magazine ad I discovered was an ad for a ketchup brand labeled Heinz, in the ad it read “No one grows ketchup like Heinz.” Their target audience being magazine readers who cook. They persuade their target audience by putting in their opinion instead of stating a fact. The second magazine ad I discovered was for an oldie 1960’s Coca-Cola advertisement. Their target audience seems to be

soda drinkers that read the magazine brand they paid to advertise them, they persuade their readers by, again, voicing their opinions. “Things go better with Coke,” “Always refreshing, Coca-Cola has the taste you will never get tired of. Coke after Coke after Coke.”

## How Propaganda Gets You

Alec Hubbard, Belfast

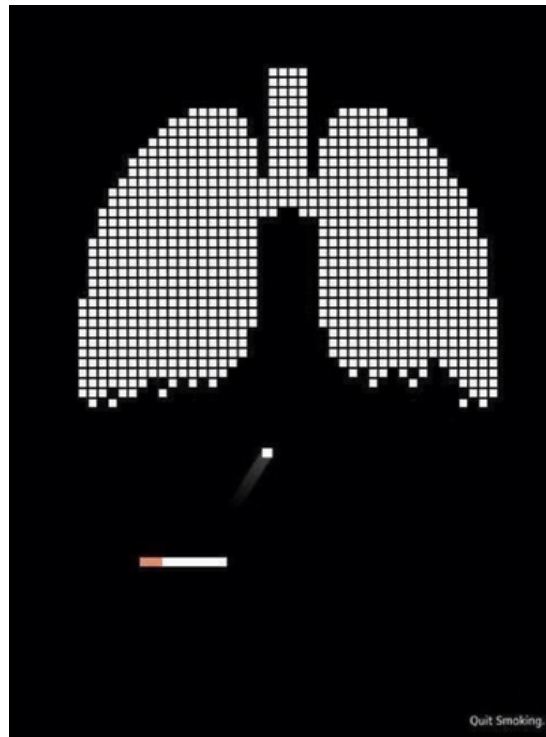
Guilt, pride, sexualism, fear, threat, imagery- bright colors and harsh visuals, safety of one's family, promise of a better future, preying on someone's ego. These are all examples of devices used in propaganda to sway people's thoughts.

The first example of propaganda I picked is a poster from WW2 showing children with a swastika behind them trying to get families to buy war bonds. It's using fear to convince you to buy the bonds.



*Examples of Propaganda, from Canva.*

The second example of propaganda I picked was an anti-smoking poster. It shows a set of lungs being destroyed by a cigarette hitting a ball like in the old Atari game. It's using imagery and possibly fear to convince people to not smoke.



*Examples of Propaganda, from Canva.*

The third example of propaganda I picked was a recruiting poster for the Submarine Service. It shows a marine being flirted with by a voluptuous woman. The poster is using sexualism and male ego to get men to enlist in the Marines.



*Examples of Propaganda, from Canva.*