

# PASSAGES PRESS

## A WAYFINDER SCHOOLS STUDENT PUBLICATION

### A Small Act of Kindness: Unexpected Messages Autumn McIntyre, Pembroke

I was in public school and was about to go to the bathroom. Right before I left, I grabbed some sticky notes and a pencil. I wrote a couple of positive messages on the sticky notes and put them inside of the stall. The notes said things like, “You are beautiful,” “You are gorgeous” and “I’m proud of you.” I felt like it needed to be said especially because of how much stress is put on people to be perfect nowadays. My favorite part about doing all of this was the next day when I went to the bathroom, I saw that other people started writing their own positive messages.

Michigan Health made a national poll to see how the pandemic may have affected teens' health. Forty-six percent of parents say their teen has shown signs of a new or worsening mental health condition since the start of the pandemic in March 2020, according to the C.S. Mott Children’s Hospital National Poll on Children’s Health at Michigan Medicine. The pandemic has seriously affected teens' mental health. It is important for students to hear words of encouragement through these struggling times. It is so crucial for people to be motivated, and sometimes that means in unexpected places like a bathroom. Although it was not a big act of kindness, I felt like it definitely made a big impact and who knows, it could’ve made someone’s day.

### Creativity: Mind Loops at the CMCA Hayley Hoffses, Waldoboro

When I first saw Ian Trask’s “Mind Loops” at the Center for Maine Contemporary Art in Rockland, it made me feel and imagine the flow of life. And how

multiple different objects and forms of life can end up all together in a trash pile. The patterns in his works reminded me of a path in life, how many things join together to make that path that creates this beautiful story. The little pieces of different plastics, metals, yarns, etc, reminded me of both our lives and an object's life. The more we age, the more we add onto ourselves, making each of us different. We also join in on other journeys, making all these connections form.



Ian Trask’s “Mind Loops” at the Center for Maine Contemporary Art in Rockland

Even when looked at from close or afar, they are beautiful in their own way. And each form of life all connects, creating its own big beautiful pattern. Even if it is a breathing organism or just a rock. When I looked at the art pieces and studied the different objects in them such as yarn with metal sticking in it and bits of plastic, to me these are like people, each object in that ball symbolizes somebody's features and life. I really enjoyed visiting the CMCA, I highly recommend it!

## Creativity: Ink Master Women Kristina Rideout, Sanford

Ryan Ashley is a fine line black and gray tattoo artist who competed in season eight of Ink Master. She was also the first female artist to win the title of “Ink Master.” Before starting her career as a tattoo artist, Ryan worked in the fashion industry. She was a fashion designer for five years before getting into tattooing. Her signature designs consist of fine line black and gray work featuring beadwork, lace detail and green metal jewels. Ryan was raised by a single mom who taught her how to draw. Ryan competed in season eight of the show, “Ink Master.”



Ryan Ashley, season 8 of "Ink Master"

Tattooing has always been a male dominated industry where women aren't fully taken seriously. Typically they're made fun of or people say bad things about them. Which is mostly men's mindsets when it comes to women tattoo artists. She won a huge competition and set a record for the least amount of experience to win such a competition. Throughout the season Ryan won four Tattoos of the Day. Every artist competing has to do a tattoo to fight for their spot and to not be

eliminated. The tattoo of the day is given to whomever did the best tattoo and they're safe from elimination. Currently Ryan works out of her shop in Kingston, PA, called, “The Strange and Unusual Oddities Parlor.” Ryan is now a host on Ink Master. She is the first female to judge on this show.

## The Things I'd Like to Understand Lydia Young, Portland

Things I'd like to understand...

...About Love

Why can it be complicated?

Why is it so strong and deep?

Why can't it be perfect?

...About Life

Why can it not be easy all of the time?

Why is it full of surprises?

Why is life taken advantage of?

...About Death

Why does it have to happen?

Why is it part of the cycle of life?

Why does it hurt so much?

...About Myself

Why do I feel differently everyday?

Why do I repeat mistakes?

Why do I question how good of a mom I am?

...About Fathers

Why do they love their kids so much?

Why do they have to be so strict and protective?

Why do they sometimes chose other things before their families?

...About Mothers

Why do they leave and come back?

Why do they love their kids so much?

Why do they tell us crazy things sometimes?

...About boys and men

Why do they take advantage of females?

Why do they have anger issues?

Why do they get so mean when mad?

...About girls and women

Why do they talk badly or shame other women?

Why do they feel obligated to be “top of the list”?

Why do they have insecurities and trust issues?



## Methods of Contraception, Pros/Cons Cassy Kane, Phippsburg

### IUD:

The IUD is relatively unnoticeable and super low maintenance. It is a small t shaped appliance that has two small strings on each side for the purpose of making sure it remains in place. It has to be inserted into your uterus by your OB/GYN, where it will or can remain anywhere from 3-12 years depending on the type you get. It can also easily be removed whenever requested. It is 99% effective.

### NEXPLANON:

Nexplanon is 99% effective in preventing pregnancy. It is inserted into the inside of your upper arm and can remain in your arm for up to three years. One con is that it does not prevent STDs.

### THE PILL:

The pill is taken daily. The side effects include mood swings, nausea, breast tenderness and headaches. They usually settle down in a few months. If taken correctly, it is also 99% effective. If you have irregular periods, heavy or painful periods, PMS or endometriosis, the pill may help in some cases.

### CONDOMS:

Condoms are one of the most efficient ways of preventing STDs, as it is a 'barrier method' which blocks any fluids from mixing or entering the body thereby avoiding STD development or pregnancy. Condoms do not physically alter your fertility levels and don't have any side-effects. One con is that condoms can trigger latex allergies. There is still a very low risk of getting an STD or becoming pregnant.

## Changes - Puberty, Pregnancy & Menopause Lily Harvey, Washington

Physical and emotional changes occur to a person with a vagina/uterus during puberty, pregnancy:

**Puberty:** The physical changes that occur during puberty include breast development, body hair, vaginal discharge, periods, wider hips, increased body odor, acne and height increase. Your emotions may be stronger and more intense during puberty, and you might become irritated more easily. You may also lose your temper, have mood swings, conflicting thoughts, feel depressed and more self-conscious. You may have

sexual thoughts and urges, and feel attracted to males, females or both. With all of these emotions, it is harder to not give in to peer pressure.

**Pregnancy:** In the first trimester, physical changes can be frequent urination, extreme fatigue or nausea. Emotions that you may have are grouchiness, happiness and anxiety about the new pregnancy. You may feel upset about an unplanned pregnancy. By the second trimester, fatigue, nausea and grouchiness usually improve or go away. You may be more forgetful and disorganized than before. Your abdomen begins to expand. You will likely have stretch marks, weight gain, and your breasts getting heavier and sorer. You also may get heartburn during the second or third trimester. During the third trimester, forgetfulness may continue. As your due date approaches, it is common to feel anxious about childbirth and how a new baby will change your life. As you feel more restless and uncomfortable, you may be more irritable than before.

**Menopause:** The physical changes during menopause are hot flashes that cause a surge in heat, sweating and increased heartbeat. The change of hormone levels can impact emotions causing mood swings, irritability, temper tantrums and depression. You can experience emotional highs followed by equally unexpected lows. When the change in your hormones is drastic, an entire range of unexpected behaviors can come alive. You can burst into tears when the store is out of sour cream. You may cry uncontrollably during a greeting card commercial. You find that one minute you love your son's new boyfriend, and the next, you have an overwhelming urge to push him into a lake. And nothing seems to make any sense.



Brain, Canva

## **Birth Story**

**Jenn Ramsey, Lebanon**

On June 14th, at 12:35 a.m., my fiance and I were just about to go to bed. I was feeling my baby go to my right side. I started to feel some pain. I turned over on my back and boom! My water broke! I told him that I believed my water had just broken. Normally he would have thought it was a joke, until he got up and saw that my pants were wet. I told him to call my mom immediately then we packed up and headed out the door to the hospital.

When I got to the hospital, they brought me up to the room and checked me. I was three to four centimeters dilated. The nurses asked if I wanted an epidural. I told them, "Not right now. I'll wait." At 3:13 in the morning, I was nine centimeters dilated, so they gave me the epidural. I started pushing at 6:15. Being on my side or hanging on to the back of the bed wasn't working, so the nurses called the doctor in. It took 56 minutes for Rayleigh to be born at 7:11 a.m., weighing six pounds and six ounces. She was 19 inches long. She didn't cry at all when she came out until they gave her a shot in her foot.



Chick Hatching, Canva

I had a rude doctor that delivered her. I was in a lot of pain because of him. I didn't realize I could press the epidural button to increase it so I didn't feel the pain. I was feeling most of it and started crying. The doctor looked up at me and said, "I guess you won't do this again." They asked me if I wanted to see my placenta. I was interested because I've never seen one before. Then the doctor stitched me up. The nurses kept coming in to check in on me to make sure everything was alright with the baby and me. I felt amazing afterwards. It was definitely heartwarming to see my beautiful little girl. We stayed in the hospital for two days. She was healthy

and passed all of her tests. We were so excited to bring home our little girl, and not to have her stay at the hospital.

## **Dear Zayn: A Letter to My Son**

**Amal Alale, Lewiston**

Dear Zayn,

I was young and didn't know what to expect when I got pregnant. At first, I was shocked and scared. I didn't know what bringing a baby to the world would be like but having you was the best thing I have ever done. I'll always be proud to be your mommy. I went into labor two weeks past the due date. I was in pain for two weeks then went into labor. I stayed in labor for 40 hours before I got induced.

My big sister was with me the entire labor and while I was having you. They gave me a drug to calm my contractions. I remember one time that I told the nurse that you were coming out, but it wasn't the truth. I was open seven or eight cm when your heartbeat went down two times, so I had to have an emergency C-section.

I couldn't understand whose baby was crying, but it ended up being you. My sister was the first person who held you. She was proud to be your auntie. They put your head next to mine and I realized you were my baby. I started crying. I couldn't believe I gave birth to a human being. I was excited and couldn't wait to bring you home. We spent a few days in the hospital then went home. We were so happy.

Love,  
Mommy

## **Home Safety**

**Keli Crowley, Hope**

Child Safety: There are many ways to help keep your child safe. One of those ways is making sure all weapons are locked in a safe, and all medications are out of reach of children. Make sure you have gates near stairways and use outlet covers. Don't have cords within reach of a child. Make sure the handle of a hot pan is not reachable. Put sharp objects out of reach.

When you have younger kids in your home you should always make sure your house is clean. Kids can easily trip on anything and hurt themselves. They are more fragile than adults. Always make sure your phone chargers are out of reach because kids love to put things in their mouths. Pick up all small objects because they can be a choking hazard.

## Making a Fire Safety Plan

Kenzie Phifer, Union

When I was a kid my parents made me feel safe. Just knowing they were there for me was enough. As a kid I had irrational fears. My house was on a hill so I often had nightmares about our house falling over or aliens invading our house. Nothing very realistic.

An emergency is a serious situation that is most likely dangerous and needs attention immediately, like poisoning, a deep cut or a fire. Non-emergency is a situation that doesn't need immediate attention. It is most likely not life threatening, such as a headache, a nose bleed or a pulled muscle. I could keep my space safe by organizing my things in drawers, boxes and shelves.

Our fire escape plan for upstairs is to go into Aidan's room if possible and jump out that window because it's the closest to the ground. For the main floor, there are three doors. Most windows are easy to open and are close to the ground. Our meeting spot is the neighbors' house. There are smoke detectors in all the rooms upstairs and two downstairs. Things that I'll discuss with my parents are replacing our smoke detectors and getting a fire extinguisher.



First Aid, Canva

## Planning Ahead: First Aid and Safety

Ethan Fogg, South Thomaston

**Safety:** not in danger or chance of harm

**Organization:** clean and designated spot for stuff  
**Fire escape plan:** a plan or route to leave your house in case of a fire  
**household/consumer product:** things that can be found in a house or products any average person can buy

**Toxic:** poisonous or lethal substance

**First aid:** helping someone in need until full medical attention is available

**CPR:** a technique where you massage someone's heart to keep them alive

An emergency situation would be cardiac arrest, stroke, convulsing, fractures, ingesting toxic chemicals or materials, anywhere there's a chance of death or severe damage or harm. Non-emergency situations would be an earache, flu or minor burns. It is important to stay clean and organized so that if you have an emergency you know where things are, and so that there aren't hazards in the way. If you're organized you'll know where first aid supplies or medicines are located.

**First Aid Kit Items:** band aids, tweezers, antibiotics, ankle brace or ace bandage, gauze, anti-bacterial wipes, instant ice packs, popsicle stick, tape, tourniquet, duct tape

## Parenting: A Healthy Start

Keli Crowley, Hope

Now that my son Isaac is here, I have realized I am a parent all of the time. I have grown up watching adults take care of their babies and I have learned a lot. I have noticed things that I would like to copy and noticed things I would do differently. My family has decided to never spank our kids. I definitely want to follow what I have seen in my past that was good. I will always be there for my child no matter what. I promise to never neglect my children. I want to make sure to show my children how much they mean to me. There are resources to help new parents.



Maine Families is a program that will come visit you and your baby and will help you see the different milestones your child is reaching. They provide activities, books and connect you to multiple resources for you and your child. WIC is a program to help women, infants, and children up to 5 years old with supplementing their diets and helping children get the foods they need. WIC also helps parents find resources to help their family. Public Health Nurse is a part of the CDC. They come visit you and your baby to weigh your child and to make sure your baby is healthy.

### **Reading The Free Press** Kenzie Phifer, Union

The Free Press is a free newspaper for the Midcoast area, it's a great resource for almost anything. Local businesses, places hiring, community events and even letters to the editor from people in Maine can be found. This was my first time really reading a newspaper and I really liked seeing all the events going on around me and there was even a really cool map of Main St. in Rockland!

<https://freepressonline.com/>



Kenzie reading the Free Press

### **Infant Care: Communicating with Your Baby** Habiba Abdullahi, Auburn

When parents talk or cuddle with their infant, it helps them prepare for future relationships. Parents bond with their child by cuddling and talking to them. Even if it's talking to them without them responding, they can still hear and listen. Pay attention to them, listen to them even if they can't talk. They will know that you're listening to them. When the child is crying, pick up the baby and tell them they're okay. Spend time with them and show them that you love them. Bonding with my son changed me. I know when I am cuddling with him that I'm helping with his development. Experts say love and touch help your baby's brain to develop.

Pay attention to how you communicate with your nonverbal infant. The cue I learned is that when the baby puts his hands around his mouth, it's a sign of him being hungry. When babies are done engaging with you, they show signs of disengagement and start to push away. Babies also respond when the parents are disengaged. The video "The Still Face Experiment" showed how babies get upset when parents don't respond to them. The feelings I got during this video are relatable because as a mother when I don't give my son attention he will start to feel my distress and start to act out by crying. The child might get irritated or feel left out because they are not getting the attention they need.

### **Health and Nutrition: Fats, Carbs, Proteins & the Importance of a Glass of Water** Kenzie Phifer, Union

Fat is important because it gives us energy, helps our skin and bones, and it's also good for our brain. There are three types of fat: saturated, monounsaturated and polyunsaturated. Each having different effects on a person's nutrition and health. There are nine calories for each gram of fat. Examples of fat are oil, butter or meat. Carbohydrates are sugar molecules that your body breaks down into glucose which is the main source for our energy. There are four calories for each gram of carbohydrates and some examples are bread, beans, potatoes. There are simple and complex carbohydrates. Proteins are made from amino acids, which help grow and repair cells. Protein is also important for growth and development. There are

four calories for each gram of protein which can be found in meat, eggs, beans.

Older adults generally need fewer calories. However, their nutrient needs are just as high or higher than when they were younger. That's why eating nutrient-rich, whole foods becomes extremely important. As you get older, you should eat fewer calories, choose more nutrient-rich foods and drink more water. Water brings nutrients to all the cells in our body and oxygen to our brain. It also allows the body to absorb and take in minerals, vitamins, amino acids and glucose. Water flushes out toxins and all the bad stuff, it also helps to regulate body temperature. We should start paying more attention to what we eat as we age.

## Passive to Assertive: Four Types of Communication

Brekyn Wadsworth, Thomaston

There are four types of communication with the first one being passive. If you are a passive kind of person you allow others to do or say whatever they want without complaining or resistance. The second communication style would be aggression. This is when you are more of an angry person. If you are responding in aggression then you would be the type of person to confront someone or try to attack them with your words. Either way you are responding in a hostile tone.

Passive aggressiveness is the third form of communication. If you were to act passive aggressive towards someone it would look like you don't really care, on the inside maybe you do but you most likely will only show emotion in small comments or a couple insults. The final form of communication is called being assertive, this would look like you confidently sticking up for yourself in a respectful manner but sometimes people that are assertive come off as rude or cocky.

## The Vocabulary of Time Management

Autumn Todesca, Sanford

**Goal setting**—the process of achieving your goals and dreams. Getting something done in a time limit that you've set for yourself. There's pressure.

**Prioritizing**—the order of importance in which something is done to ensure a well-thought-out outcome. School, family, God, myself.

**Self-motivating**—to motivate oneself to achieve something, particularly a dream or goal, and be able to keep yourself motivated. When you want to do it, when you're into something. "If there's a will, there's a way."

**Planning**—the process of preparing ahead and setting yourself up for success. Work on getting closer to graduation.

**Delegate**—trusting others to do responsible things. By delegating, it teaches learning.

**Stress management**— to manage stress with coping strategies and skills like breathing, stemming (pacing, twirling hair) or taking yourself away from the situation. Other things that help may include pet time, sleep, connecting with important people (talk to mom), or exercise.

**Categorizing**— putting like-items in a group to organize the content better. Organization.

**Procrastination**— putting something off to the last minute due to a lack of interest and motivation.

Stress gets in the way of completing goals.



Time Management, Canva

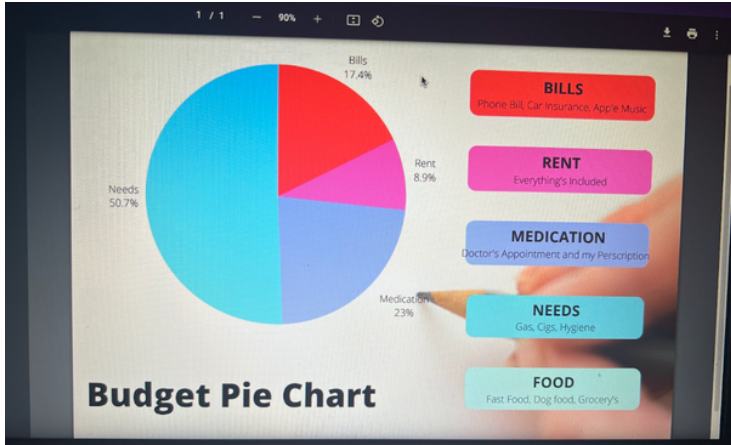
## Budgeting and Shopping From Couponing to Credit

Rianna Morales, Waldoboro

I think I got my shopping habits from my mother. When she shops she always has a list and sticks to it. I always do that too. I usually always get the same stuff, but I still write a list anyway. Having a budget makes it easier to pay bills on time or save for major expenses such as a car or home. There are a lot of things people can do to save money when shopping. Get organized, search coupon policy or use digital coupons. Many stores have sale flyers. You could also buy in bulk. Buying generic brands instead of name brands helps tremendously too.

Some pros of having a credit card are that it helps you build your credit score, lets you track your spending,

and you could even earn some rewards. Fine print can be confusing. Spending too much can negatively affect your credit score. Not paying on time can also negatively affect it. My credit score finally updated to 517 when it was at 0. Most credit scores range from 300-850. It tells potential lenders how likely you are to pay back what you borrow. My credit score isn't very high, so I most likely wouldn't get approved for a loan.



Rianna's budgeting pie chart

## Looking at Self-care

Abbigale London, Auburn

For anyone going through a hard time or just needing a minute to themselves, take a second and look at the self-care core skill, and try some of the suggested methods. I know it sounds like it's not going to work, but take it from someone who thought the same, it really helps. I picked the two because I use them on a daily basis and anyone can try them out.

**Learn to say No:** I have a very hard time saying no, whether I want to do something or not because I don't want to hurt anyone's feelings. What I need to learn is how to say no at any point in time, even if it hurts others. It's going to make me feel bigger and stronger as a person. My stepdad was not the greatest, and saying no just didn't seem like the right thing to do at the time, but looking back it was not smart. I'm learning now that saying no helps a lot and allows me to stand up for myself when I don't want to do something.

**Take a Walk:** Another method of self-care is to take a walk. Doing so has always helped me clear my mind and just breathe. That cold air on your face

and the peaceful sound of nature is amazing! You can take a walk when your mind's racing or you just need a second to step away. Take a walk. Go explore. Trust me it helps because you're not around what's bugging you while you clear your mind and let it go. So if you ever need a second to yourself, take a walk. I promise it helps. I need to take more walks. Anyone going through a hard time, step outside!

## Psychology and the Brain

Katelynn Juco, Lewiston

There are many factors that can affect brain development like alcohol, drugs, trauma and abuse. Your brain doesn't fully develop until about age 25. About 27% of adolescents have drunk alcohol in the last month. During the adolescence period your brain goes through a lot of social, neural and emotional development. Consuming alcohol during that time period can have long lasting effects. Part of the brain that processes fearful and threatening stimuli is called the amygdala. If your amygdala is being "used" too much, if you're going through too much trauma, it can affect the development of your prefrontal cortex where your reasoning, comprehension and impulse control part of your brain are located. It is like your control center for all creativity, problem solving and perseverance.

The media dramatizes Post Traumatic Stress Disorder (PTSD) and paints a picture that isn't quite accurate. What you often see in the media are veterans. PTSD symptoms can be mental but also physical and affect your every day relationships and interactions. Examples include angry outbursts, avoiding thoughts and feelings pertaining to the event and loss of interest in enjoyable activities. For me, I have learned to cope with my PTSD so well that I almost don't mind it. It is a reminder of all that I have accomplished even though I have experienced the worst. My new meds are helping and I haven't had any issues with the anxiety that was bad before.

PTSD can not be cured completely, but with some treatments it becomes manageable. There are a few types of treatment options including medications and different types of therapy. I am on Sertraline and in therapy once a week. It works very well for me. I do experience headaches as a side effect but I am working with my doctor to manage them. With



the treatment options out there for PTSD some symptoms can live dormant in your body for years making you feel a sense of being cured. There is still so much to learn about the brain and mental health, so much we don't know yet. One thing we do know is mental health is real, important and serious. Your mind controls your body, it is your control system. It is very important to keep it healthy.

## Mental Illness History

Emily Alley, Calais

In the middle ages, mentally ill patients often became outcasts in society. In some cases people thought mental illness was the devil or witchcraft. The term mental hygiene spread in the medical world in the 19th century. Prior to this there were no terms for emotional or behavioral issues. Mental illnesses were present long before we had names or diagnoses for specific disorders. Disorders we now know as depression, post-traumatic stress disorder (PTSD) and bipolar disorder have had names such as hysteria, shell shock, psychosis and in some cases, demonic possession. Exorcisms, malnutrition and inappropriate medications became common treatment for mental health. The view of the mentally ill being “crazy” and “out of this world” influenced the lack of effective treatment.



*A Warmth of Darkness*, by Jose Luis Navarro

As time went on as a society, we began to understand the struggles and importance of mental illness and its treatment. Dorothea Dix, a mental health advocate in the 1800s, was born in Hampden, Maine. She paved a way for how mental health is viewed. Some of the treatment options at the time

still were questionable but they worked towards the goal of helping and not harming. While Dorothea pushed for government paid treatment facilities, it paved the way for more controversial treatment methods residing in the treatment facilities known at the time as “insane asylums.” They used to house the mentally ill far away from “normal” society.

Modern mental health treatments are common and seem more effective and humane as a result of our evolved perception on mental illness. Even now some families view mental illness like a contagious disease and something they can't comprehend as the struggles of mental illness, which makes it difficult for patients who need help to get it or to even admit they need help.

## Understanding Substance Abuse

Autumn McIntyre, Pembroke

Addiction is a complex disease and quitting usually takes more than good intentions or a strong will. Substances that people abuse can change the brain in ways that make quitting hard, even for those who want to. Opiates, for example, are substances that change brain chemistry. Often people will require some sort of methadone or suboxone maintenance program to avoid severe physical withdrawal. The same is true for alcoholism. Withdrawing abruptly from alcohol can be deadly. Seizures can occur. Rehabilitation programs are available in the Brewer and Bangor area for help with the medical aspects of withdrawal.

Recovery is more than “just stopping.” It is a healing and reconciliation process that requires daily work and action to recover from the disease of alcoholism and drug addiction. There are groups in the Washington County area that assist people with recovery. Two examples of recovery groups in Washington County are The Arise Addiction Recovery Program and Alcoholics Anonymous.

### Alcoholics Anonymous

AA - Alcoholics Anonymous is an international mutual aid fellowship dedicated to abstinence based recovery from alcoholism through its spiritually inclined Twelve Step program. Following its Twelve Traditions, AA and autonomous AA groups are self-supporting through the strictly voluntary donations from members only. AA is free.

## Arise Addiction Recovery

Arise Addiction Recovery provides a residential treatment for men struggling with addiction. Those in this program learn structure, discipline and hard work while they study the Bible and God's word then apply it to their lives. Their goal is not only to help people find freedom from addiction, but to help re-establish them in their community as effective members of their families, employees and friends. The meetings are free.

## Culture and Language Raelynn Philbrook, Cushing

Social and cultural norms are rules or expectations of behavior and thoughts based on shared beliefs within a specific cultural and social group. For example, Americans can be very direct and honest. In Japan, Japanese people always display modesty and humility. Human beings need norms to guide and direct their behavior, to provide order and predictability in social relationships and to make sense of and understanding of each other's actions. These are some of the reasons why most people, most of the time, conform to social norms.

Cultural differences are the various beliefs, languages, behaviors, practices, and expressions considered unique to members of a specific ethnicity, race, or national origin. Some examples of cultural differences as they pertain to the workplace include employees who are younger or older than their coworkers, employees who hold higher degrees than others in the workplace and individuals who grew up in either metropolitan areas or small towns. It is said that employees often have more similarities than differences, but those differences can sometimes outweigh the similarities. While these differences can create a more vibrant office environment, they can also lead to more than a few problems resulting from culture clashes.

Race and ethnicity are two concepts related to human ancestry. Race is defined as "a category of humankind that shares certain distinctive physical traits." The term ethnicity is more broadly defined as "large groups of people classed according to common racial, national, tribal, religious, linguistic, or cultural origin or background." Race is usually associated with biology and linked with physical

characteristics, skin color or hair textures. Ethnicity is linked with cultural expression and identification. However, both are socially constructs used to categorize and characterize seemingly distinct populations.

## Baking: The Start of a Cookbook Mikayla Robbins, South Thomaston

### Apple crisp

Peel 8-10 apples  
1 cup of sugar  
1/2c. of oats  
1/2 c. of flour  
1 stick of butter softened  
3/4 teaspoon of cinnamon  
3/4 teaspoon of nutmeg



Peeling apples for apple crisp

**Step One:** Peel the apples.

**Step Two:** Put one cup of sugar, 1/2 cup of oats, 1/2 of flour, 1 stick of butter softened, 3/4 teaspoon of cinnamon, 3/4 teaspoon of nutmeg in a bowl and mix.

**Step Three:** Preheat your oven to 375 degrees then put your apples in a pan and spread the mix on top of the apples then dust cinnamon all over the top.

**Step Four:** Put in the oven for thirty minutes.

**Step Five:** Add some ice cream and enjoy.



## Poison Dart Frogs Can't Swim & Other Frog Facts

Mikayla Robbins, Thomaston



Poison Dart frog

The poison dart frog is a frog that I would love to own. They are well known for their name and outstanding colors and patterns. Poison dart frogs are only poisonous in the wild because they ingest certain chemicals in the food they eat that they don't get in captivity. Scientists do not fully understand what ingredients in the wild cause toxicity, we just know that none are present in captive care. The poison is called batrachotoxin and when a predator consumes one of these frogs, the secreted batrachotoxin goes to work attacking the nervous system and causing convulsions, muscle contractions, salivation and even death.

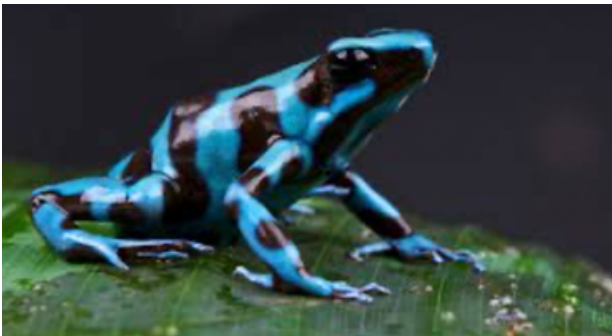
This species of frog surprised me because they are not great climbers like most frogs. They actually kind of stink at it and they are horrible swimmers too. These frogs will likely be in leaf litter catching bugs. I've been looking into this species of frogs for a while now even before I got my green tree frogs. What got me interested in them at first was their outstanding

colors and patterns plus the fact they are diurnal (active during the day), these frogs can live easily over ten years with proper care!

**A frog's diet:** Frogs eat just about anything that fits in their mouth like grasshoppers, butterflies, spiders and small fish.

### Some fun frog facts you may not know:

A group of frogs is called an army. Frogs can't keep their eyes open while eating because when a frog swallows food it pulls its eyes down into the roof of its mouth and uses them to help push food down. The golden frog is the most poisonous animal in the world, while only being the size of a paper clip, it can kill up to 10 humans. The Goliath frog grows to be 12.5 inches long and dines on fish, crabs, baby turtles and young snakes. Each species has its own special call. Frogs have teeth on the roof of their mouth but they are not used for biting or chewing, they are used for keeping the frogs' dinner from escaping.



Poison Dart frog