

# PASSAGES PRESS

## A WAYFINDER SCHOOLS STUDENT PUBLICATION

### Budgeting and Shopping

by Arielys Diaz, Lewiston

I like fashion. I love making my daughter look nice and having nice things, even though sometimes it hurts my pockets. The difference between spending money on the things I want, instead of spending money on the things I need, is that I'll feel horrible after going out and spending tons on restaurants. Instead when I pay my rent, I feel so good about it after.

There's a pattern to the things I spend money on: I buy diapers almost every two weeks, so that's a pattern. I take Ubers a lot to get where I need to go and back and that can be a lot of money in a week. I also notice I love buying food out, and that's not okay. I feel if I buy bigger diaper boxes it will last me longer even though it's more money. I probably won't have to buy a bag every two weeks. I want to be able to save money so it lasts me the whole month. Instead of doing my hair twice a month I could do it once a month. I use 20% of my income for my rent.

Some people are good with money. Budgeting is saying, "this money is for this," or, "that money is for that." They are organized. They do it so they can pay their bills and know what's important and what's not. They can see what they spend their money on. One budgeting technique is to use an app to help you track how much you spend and where it goes to. Another technique is to treat savings as an expense like a bill, because then you get used to doing it and then you just do it without thinking and you are saving. I like the phone app much better than other techniques.

A strategy to help me track my money is this app I downloaded on my phone. It's called a spending

tracker. It files spending into categories and writes the percentage of each category. Since I'm having a problem being organized, this helps me keep track of my spendings during the month. Before I got the app on my phone I wrote it down on paper.

In addition to budgeting, it's important to have good credit. Credit is a way to tell if a person is responsible or not about paying things on time or not paying something or someone back. Good credit helps you get loans from the bank for a house, or it could get you a nice car. One way I can establish credit is I can get a credit card or make payments to a company. To keep good credit I have to pay on time and make sure I pay the whole amount.



*Photo of Arielys in Lewiston.*

One way to save money on grocery shopping is to look at the unit prices and compare the stuff you are buying by comparing the store brands to the other brands. The store brand is cheaper. Another way to save money is by bulk buying. It won't be a smart idea to buy a large amount of vegetables but it is a smart idea to buy a big bag of toilet paper because we need that and it won't go bad like vegetables

would. The pros of using a pawn shop is that it's cheap, but the con is that it's used and you don't know where it's coming from. You can catch a rash if you have sensitive skin like me. You have to be careful. The pros of Rent-A-Center is that you can do payments and get what you like. The cons is that if you don't pay your credit goes down. You can't miss a payment. The pricing is very high. I don't even want to talk about it. In the future I will just save money and buy it at the store.

My long term goal is to have enough for a house. My midterm goal is to save up for a car. My short term goal is to save up for a better apartment and get out of the one I have now. I need to start saving up money. I could put it in a bank, but it's harder for me because once I put it in my checking account I want to spend it. I am going to try a savings account with my bank and I'm going to track my spending and then call and tell them to take money from my checking every time I get paid.

I have improved by saving my money and keeping track of what I'm spending it on. Next year, I want to be able to save more money than I am now. The way I'm going to keep building my credit is to use my one and only credit card and pay it off on time.

## Common Ground Fair Report

by Madison Hart, Searsport

A charming occasion that sets itself apart from the typical fair experience is the Common Ground Fair in Maine. It chooses a more understated and grounded approach instead of the thrilling rides and glitzy attractions frequently associated with fairs. Even while it might not be as exciting, it gives a distinctive viewpoint akin to a farmer's market. Visitors travel a considerable distance on a dirt path through mainly grassy and tree-lined landscapes to get to the Common Ground Fair. The fair is located in a semi-rural location, so I believe the travel alone counts as an experience. The peaceful setting in the countryside serves as a calming backdrop for the lengthy walk and provides a glimpse of the Maine countryside. Visitors are welcomed by booths brimming with handmade goods, handcrafted crafts, and fresh produce as soon as they enter the fairgrounds. The fair has a farmer's market feel to it with local sellers proudly displaying their items, such as colorful, organic fruit or clay crafts.



*Madison's photos of the horse-drawn carriage rides and local produce.*

Small horse-drawn carriage rides are one of the Common Ground Fair's distinctive features. Visitors get the chance to take a ride around the fairgrounds. I did not get to ride myself, but it seemed like a peaceful and nice experience. There is a tiny specialized section of the fair that caters to families, with young children's entertainment. This area offers kid-friendly amusements and activities. Children may interact with one another and have a little space to themselves.

In summary, the Common Ground Fair in Maine is similar to a farmer's market and offers a relaxed and genuine experience. A leisurely and family-friendly environment is created by the fair's lengthy stroll, the kiosks bursting with fresh food and handcrafted items, the horse-drawn carriage rides, and the little children's section. It may not have the exhilarating rides and extravagance of other fairs, but it offers a special chance to take in Maine's rich agricultural past and the allure of a more straightforward, conventional fair.



*Madison's picture of the Children's Area at the Common Ground Fair.*



## Scientific Method

by Greg Sprowl, Warren

Science is everything; climate change, our bodies, history, smartphones. Science can literally be used for everything.

### Three Branches Of Science

1. Marine Biology. Marine Biology is the study of life in oceans and other saltwater environments, such as estuaries and wetlands.
2. Oceanography. Oceanography is the branch of science that deals with the physical and biological properties of the sea.
3. Meteorology. Meteorology is the branch of science concerned with the processes and phenomena of the atmosphere, especially as a means of forecasting the weather.

### Topic of interest: Tornadoes

A tornado is a dangerous rotating column of air that is in contact with both the surface of the earth and a Cumulonimbus cloud. In rare cases, the base cumulus cloud is referred to as a twister, whirlwind or cyclone. The winds of the tornado blow counterclockwise in the Northern hemisphere and clockwise in the Southern hemisphere. Most tornadoes have wind speeds up to 110 miles per hour and about 80 meters (250 feet) across. They travel a few miles before dissipating. The most extreme tornado winds can go up to 300 miles per hour, are more than 3 kilometers in diameter, and stay on the ground for more than 62 miles.



Greg conducting the Homemade Lava Lamp experiment.

### Science experiment: Homemade Lava Lamp

This science experiment represented the states of matter. I filled the bottle with  $\frac{1}{4}$  of water then filled the rest of the bottle with oil. Then I put food coloring in. I dropped an Alka Seltzer tablet into the bottle. I had to use more than one, but after that you watch the magic happen. The oil is hydrophobic, which means it doesn't mix with water. It's also less dense, which is why it floats on top of the colored water. The Alka Seltzer tablets contain two important chemicals: acetyl salicylic acid and bicarbonate of soda. When the tablet is dropped in water and dissolves, these two chemicals mix together. When the tablet is dissolved the bubbles of CO<sub>2</sub> will raise the liquid and push the water up into the oil with the food coloring. When the bubbles of gas pop the colored water drops down due to it having a higher density than the oil then it just keeps repeating itself.

## Chernobyl Essay

by Cayleigh Ward, Swanville

In one of the nuclear power plants in Ukraine, they were doing a safety test that went wrong. The ceiling of this reactor exploded, releasing a lot of radiation into the air. The radiation was blown to surrounding cities and countries by the wind. During this time, nobody knew how dangerous this really was. The people of Chernobyl and some surrounding cities were evacuated and told they were coming back in three days. In other cities that weren't so close to where this happened, they were relocated and were given two hours to evacuate with accommodations to leave. Two reactor workers were killed immediately, and 134 more were hospitalized. Out of these people, it is likely that 42 survived in the long term. 130,000 people in total were evacuated from the area surrounding Chernobyl. Based on estimates, the long-term death toll might have been anywhere between 4,000 and 200,000 people.

On April 26, 1986 in Chernobyl, Ukraine, the nuclear power plants were doing a safety test in reactor #4. At this time, the city of Kyiv was receiving their power from this plant, so they requested it be done after peak power usage. The tests were moved to the night time shifts. The Senior control chief that night, Leonid Toptunov, had little experience, just like a lot of the people on the night shift. The reactor went down to 10 megawatts. It almost stopped. The reactor is less stable the lower it is. The only way to increase

the level of capacity is to pull out all of the 218 control rods, so that is what one of the main scientists, Anatoly Stepanovich Dyatlov decided to do. In just seconds, it went from 10 megawatts to 10,000 megawatts, which is 1,000 times the amount of power it should have. None of the workers understood what was happening due to being inexperienced. The scientists decided to put all of the rods back in, but the reactor had gotten so hot that it warped the tubes that the rods go into so they couldn't get the control rods into them to decrease the power. This would have been the right decision, but it wasn't designed correctly. When they pushed the button that puts the control rods back into place, it created a small spike of reactivity which sent it over the edge and blew the ceiling off of the reactor, sending lots of radiation into the air.



*Control rod coverings for the nuclear reactor in Chernobyl's Unit 1.  
Source: RadioFreeEurope*

For the first few days, the main danger was leaving the reactor without cooling it down. In the initial couple of hours, workers kept giving water to the reactor to cool it down, but there was no reactor, so all of the water collected underneath the reactor room. If the fuel had melted down the foundation and got inside that room, there could have been a very big second explosion. An explosion big enough to completely destroy Kyiv, which is 150 kilometers from Chernobyl. This means that the radiation cloud would have been big enough to inhabit all of Europe and would have affected the whole world. Thankfully, they had drained the water from the reactor room so this didn't happen. The Chernobyl disaster had a significant impact on society in the areas of health, environment, and energy policies. The disaster caused radiation exposure and related illnesses, displacement of people, and contamination of the environment. It also led to changes in nuclear

power regulations and increased scrutiny of nuclear power plants all over the world.

Radiation damages your blood vessels, intestines, stomach, and bone marrow, which makes blood cells. Damage to bone marrow lowers the number of white blood cells in your body, which is what fights off infections. As a result, most people who die from radiation sickness are killed by infections or internal bleeding.

There are approximately 100 people legally living in villages in the Chernobyl Exclusion Zone, almost all of them are women. They're only allowed to live there because they're old, meaning old age will kill them before the radiation will. Scientists come to the villages to take samples of soil, food, water and the environment around them for testing. They try to monitor how the radiation migrates from year to year.

The area is kept under lockdown. The military and police monitor who goes in and out of the exclusion zone. Some people, called stalkers, illegally sneak into the exclusion zone. The military catches one stalker every three days, but there are some that are under the military's radar and don't get caught. Some are known to steal property and sell it for money, others just explore and look for cool things.

The Chernobyl disaster of 1986 was one of the most catastrophic nuclear accidents in history. The explosion and subsequent radiation leak at the nuclear power plant in Ukraine had far-reaching effects on the environment and human health. The disaster was caused by a combination of human error and design flaws, and its impact is still felt today as it is uninhabitable.



*The remains of the Chernobyl nuclear power plant after the explosion.  
Source: Associated Press*



## Computer Proficiency

by Anastasia Myatt, Lewiston

I mainly spend time on video games rather than social media. On social media I use mostly Facebook or TikTok. I only Facetime or do a video call every blue moon as it comes in handy when I have to show someone something or help them in finding something on their phone.

I believe that social media is good and bad mainly because you can spread positivity, like body positivity, or you can spread awareness on certain things and create a helpful or fun group of people who like the same things as you. The bad parts of social media are false news, and hateful or creepy people. But with surveillance and just the right knowledge of the internet, you will know which places are safe or reliable, and what places are not.

To keep your computer running fast and snappy like when you first got it, they have antivirus programs to help get rid of all the bad. Norton and McAfee are one of the top antivirus brands out there to make sure it meets your needs and your computer needs. To keep your information safe, they have google generated passwords that are a lot more secure and complicated than a normal password for your safety needs. To unsubscribe from an email, you choose the email you want to unsubscribe from, and then you scroll all the way down that email and there should be an “unsubscribe” button, and you just click it.

There are plenty of ways to tell whether a website is fake or not. For fake websites, they can have different dot names like xyz, and dot pop. Some trusted websites that normally have good information are sites like .gov, .edu, and sometimes .com can have information on what's a real or fake website, or just help you with any of your researching needs. If the headliner is different than the actual site url, it may not be fake, but it is a bit suspicious. Some websites also have comments that you can read to see if it's a scam or not. Another thing to look for is bad grammar on the website, which can indicate whether it's a scam or not. Another way to see if the site is real is by researching the author, or you can fact check their work to see if what they are saying is actually true.

I would love to try and be more productive with my time and not always in front of my computer. However, on my day off I don't feel like doing productive things or getting up half of the time if I don't have work.

## Computer Proficiency

by Aiden Pike, Union

Being a good digital citizen - RAPID Principal.

**Respectful:** Everything you post remains online forever. Many prospective employers and colleges research your digital footprint. If what they find is deemed disrespectful, inappropriate or immature it can severely hurt your chances at being accepted as an employee or student.

**Authentic:** Your digital footprint is a part of your reputation. It is important to be authentic, because it shows who you are and what you represent.

**Positive:** With everything you post staying online forever, be sure to only post what you are willing to commit to forever. Being positive and kind online is important, because you cannot take back anything you put out on the internet.

**Intelligent:** There is a lot of information online, putting a lot of power in your hands. Being aware of algorithms and what you do online, can help direct you to use that power for good.

**Distinctive:** Only share what you want your targeted audience to see. Make sure you're using the right platforms for what you want out of them.

### Pros:

- Connect with friends and family
- Expressing yourself (sharing music, art, literature, etc.)
- Entertaining yourself
- Ability to share information or a cause (charity, food drive, events, etc.)
- Job networking, finding prospective employers
- Marketing opportunities, advertising, informing your consumers of changes
- Being aware about local happenings, such as road obstructions, missing pets

## Cons:

- Cyberbullying and harassment
- Spread of misinformation
- Addictive, increases need for approval (likes, shares, comments)
- Scammers and hackers, credit card information being unsafe
- Anyone can see your personal information (where you live, where you go/went to school, where you work, etc.) If someone can find that information, it makes identity fraud easier or answering your security questions

## How to protect your information:

- Keeping privacy settings on
- Verifying you know someone before you add them as a friend/ let them follow
- Limiting what information you post
- Updating passwords regularly
- Install firewall, antivirus
- Ignore and don't click spam emails or messages
- Don't respond to someone you don't know

## Building PC's

by Lyndon Harnois, Indian Township

Building a PC has become an increasingly popular hobby and practical endeavor for tech-savvy people. This is the process of building your own PC.

First and foremost, building your own PC offers many advantages. It allows you to customize your machine according to your specific needs and preferences. Whether you're a gamer, content creator, or professional seeking optimal performance, you can select components that align with your requirements and budget. Moreover, DIY PC building often costs less than purchasing a pre-built computer with similar specifications, providing better value for your money.

The core components of a PC include the central processing unit (cpu), motherboard, graphics processing unit (gpu), memory (ram), storage drives, power supply unit (psu), and a computer case. Each component plays a crucial role in the system's performance, and selecting the right ones is key to a successful build.

The process of building a PC can be broken down into several steps. First, you'll need to plan

considering stuff like the intended use, budget, and compatibility of components. Once you've chosen your components, you'll start assembling them, beginning with installing the cpu, memory, and motherboard. Connecting power cables, attaching the gpu, and adding storage drives follow. Finally, you'll place everything in the computer case, ensure proper cable management, and connect peripherals.

Building your own PC is a great experience. It requires careful attention to detail, problem solving skills, and patience. As you follow the step by step process and troubleshoot any issues that come, you'll gain a deeper understanding of computer hardware and how it works. The sense of accomplishment when you power on your built PC for the first time, and see it working flawlessly, is really rewarding.

In conclusion, building your own PC offers a unique opportunity to tailor your computer to your specific needs, save money, and gain valuable technical skills. With careful planning, component selection, and patience, the process can be a fulfilling adventure in technology. Whether you're a PC nerd or a beginner, building a PC can be a satisfying journey that almost anyone will love.



Picture of a PC. Source: Canva

## Culture, Race, and Equity

by Hayley Hoffses, Waldoboro

**Cultural and Social Norms:** culture is the customary beliefs, and material traits of a racial, religious, or social group. Each culture is very unique in their own way; even if they have similarities with each other they manage to each express themselves differently. Each has their own social norms, which usually involves human knowledge, belief, and

behavior. An example of a social norm in a culture could be a commonly belief in Islam. Most cultures will also express themselves through different arts that have been brought up throughout their culture, or how they address and socialize with each other.

**Refugee:** a person who is forced to leave their country because of an emergency, like escaping war, persecution, or natural disaster.

**Persecution:** hostility or ill-treatment because of ethnicity, religion, sexual orientation, or political beliefs.

**Asylum seeker:** someone who has left their country as a political refugee and is seeking asylum in some way.

**Asylum:** the protection granted by a nation to someone who has left their country as a political refugee.

**Political Refugee:** someone who has left their country because of political persecution.

**Immigrant:** someone who comes to live in a foreign country.

## Race

Race: humans that are divided and based on physical traits that are regarded as common among a shared ancestry. Race can divide people, or cause people to be divided in a group, which is a categorization of race. The race groups share a common cultural, geographical, linguistic, or religious origin or background.

## Racism

Racism: the process of which systems, policies, actions, and attitudes create inequitable situations and outcomes for people based on race. Racism, sadly, is a really strong force against people. Prejudice is not only in thoughts or action. It is when the prejudice of an individual or an institution is against a race to a point they discriminate against, oppress, or limit the rights of others due to race. Racism changes over time, so the situations in which racism is involved, all start in different ways. An example could be Covid. When it started I used to hear a lot of people put the blame onto every Chinese person. I think occasionally people would even blame Asians entirely.

## Children’s Movie I Found that Teaches About Race, Diversity, and Inclusion.

A nice movie I watched in 9th grade, which I think would be amazing to show to a younger audience too, Hidden Figures. It teaches about how badly three women of color were treated in NASA at the time when white people wouldn’t share things such as bathrooms, water fountains, coffee cups, etc. with black people. These three women were extremely talented, and it shows how even still they were badly treated with such great talents. In the end, they end up getting the dream jobs they deserved. And separated things because of color were removed. It shows how powerful they were.

## Final Thoughts

I learned quite a bit about cultures, and I’m proud that it was some you don’t really hear about. But I can say “I know about that” or “Oh I know about your culture.” Something about this has made me feel more experienced about the world and people. Though I chose these cultures out of interest about my friend’s life, I also got to learn about other people too. It means a lot to me, because as a writer and an artist I can make more diverse pieces. When I write or draw I would love for someone who barely got to say when they were a kid, “That person is like me!” to be able to say that when they see my work. To know someone cares about who they are.

## Self Care by Aiden Pike, Union

What is self care to me? Listening to my body and my mind to tell me what it needs and following through.

There’s a lot of pressure in our culture to live a certain lifestyle; to enjoy the “right things” or own the “latest items.” Self care to me is taking the time to appreciate myself. I stop to think about what I really value or things I genuinely enjoy and understand that it is okay if it’s not what somebody else likes. Learning that you don’t need to fit in, and to be somebody that you can love. Instead, focus on what speaks to your heart by following your genuine passions, and it can guide you to like-minded people. There is beauty in our differences, if we were all gray there would be no rainbows.



Listening to what your body needs nutritionally, like drinking water, eating well balanced meals and getting plenty of sleep are all things I include in my self care.

For your mind to feel good, it's important that your body feels good so it has the energy to carry you throughout your daily tasks. Something new I would like to try is making home remedies for colds, flu, etc. What we put into our bodies is incredibly important to our health. While I do believe that there are many useful and safe medicines, if possible we should be using our natural ingredients to help our health first.

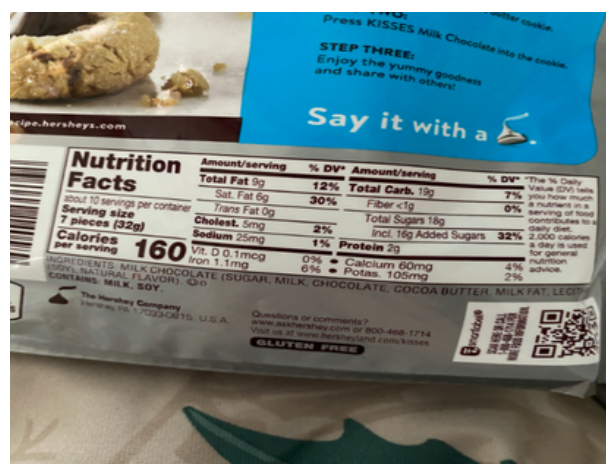
An important aspect of self care is learning new things. Recently, I've been interested in canning or preserving foods. A lot of our foods are filled with pesticides and preservatives. By learning to preserve my own food I can grow my own or purchase fresh fruits and vegetables from farmers markets and save them for year round consumption. A large chunk of the year, Maine is covered by snow. This means if I were to only buy when I needed vegetables I would be left with no choices except the chemical filled cans on the shelf, or items trucked in from hundreds of miles away. With just one simple thing learned, canning, I've unlocked a new skill that will be beneficial for a lifetime. It may even play a role in improving my health by always having honestly sourced foods. That is why learning new things is so important, and why it plays such an important role in self care.



*Aiden's homemade canned pickles.*

## Health and Nutrition by Hayley Hoffses, Waldoboro

The basic parts of a food label are the nutrition facts, the calories, how many servings, and the ingredients, fat, carbs, etc in the food itself. This information is very helpful for your diet in general. Looking at the food label, you can keep track of if the food you are eating is the right choice for your health and diet. Hershey Kisses contain sugar, milk, chocolate, cocoa butter, milk fat, lecithin (soy), and natural flavor. I actually was surprised at how “milk” and “soy” were bolded. I’m guessing it’s because those ingredients are very common food allergies. I also never noticed they were gluten free until I looked at the food label.



*Food label of Hershey Kisses.*

The daily energy intake for a 16 year old varies between how active they are. For an inactive teen, 1,800 calories per day for a teen girl is recommended and 2,400 calories per day for a teen boy. For a moderately active teen girl 2,000 calories per day is recommended and 2,800 for a male teen. Lastly, for an extremely active teen girl 2,400 calories per day is the recommended amount and for males, 3,200 calories per day.

Nutritional needs become more important as a person grows, as they typically need larger amounts of a varied diet. Growing takes energy, and nutrition is what gives our bodies that energy we need. You can make sure you're getting your nutritional needs by keeping track of what you're eating. Carbohydrates, proteins, and fat are absolute needs for your nutrition. Are you a little low on your protein intake? You can look up what foods can provide you with protein. Fat has definitely been a word people jump at, but that doesn't mean you avoid it completely.



Making sure you are consuming enough throughout the day can make you feel more energetic, healthier (like feeling less sick), and really just good in general. Although, if you are eating something you are allergic or sensitive to, or eat too much of one thing, you can definitely feel ill. So it is important to keep track of how you feel after eating. Eating too little can make you feel tired, weak, dizzy, or feel ill and out of it. For me, I have a hard relationship with my stomach. I typically try to avoid dairy, although a lot of the foods I like contain it, and sadly dairy free products are just so expensive. Even when I avoid dairy I can still get an ill stomach, so this little wonderland is a field I'm still exploring. If I were to change my diet, I could definitely start by changing the type of snacks I eat. I could include small portions of fruit for a snack. I could also eat vegetables like celery or any kind of peppers. Peanuts or any kind of nut would also be a good way to get more protein.

**Avoidant Restrictive Food Intake Disorder (ARFID)**  
ARFID is an eating disorder that is similar to anorexia. They both share limitations to food, such as the type of food or intake when eating. Someone with ARFID does not have problems with body shape or the fear of weight gain. ARFID is picky eating to a point where someone with ARFID experiences a lack of calories, growth, nutritional deficiency, and development. A decrease in growth and development is mainly seen in younger adults.

Adults with ARFID will mainly only experience weight loss and lack of calories. Symptoms of ARFID are dramatic weight loss, range of preferred food decreasing over time (due to texture, smell, or taste), fear of choking or vomiting, lack of food interest overtime, no body dysmorphia or drive for thinness, and medical complications.

To treat ARFID it is recommended to get professional help such as a doctor or an eating disorder treatment center if possible, because it can not be self treated. Some places may offer financial assistance if needed. Typically medications, eating disorder assessment when involving eating disorder treatment centers, and therapy will be the common parts of treating ARFID. Websites can help you find therapists for eating disorders like <https://www.eatingdisorderhope.com/directory/me>.

There are people who are more at risk for ARFID such as individuals on the autism spectrum, someone with ADHD, children that are picky eaters that don't

improve over time, and individuals with anxiety disorders or OCD. This is another reason why therapy is also a recommendation for treating ARFID.

## Sexuality

by Mikayla Robbins, South Thomaston

**What are physical and emotional changes that occur in persons with vaginas/uteruses that affect sexuality during puberty?** Physical changes may include feeling bloated and or having a bigger appetite, sore muscles, stomach pain and tenderness. Emotionally you may feel anxious, have a lower mood or feeling of loneliness.

**What are physical and emotional changes that occur in persons with vaginas/uteruses that affect sexuality during pregnancy?** Physical changes are tiredness and weight gain. Emotional changes include mood swings, feeling tearful and easily irritated.

**What are physical and emotional changes that occur in persons with vaginas/uteruses that affect sexuality during menopause?** Decreases in estrogen during this phase can impact your mental health as well as your physical health. You may experience feeling anxious, stressed, or even depressed. Physical changes are hot flashes, and weight gain. And men go through andropause. Symptoms of that include fatigue and low sex drive, mood swings, irritability, and difficulty sleeping.

**What physical and emotional changes occur to a person with testes/penis after the course of their sexual reproductive lifetime?** Physical and emotional changes that occur after a man's sexual reproductive lifetime is, some men may have a lower sex drive and sexual responses may become slower and less intense.

**How can you prevent contracting, or spreading a sexually transmitted infection in a consensual sex encounter?** You can prevent contracting or spreading a sexually transmitted infection by wearing a condom.

**How might a healthy body image relate to a healthy sex life?** If you feel comfortable in your own skin then you're more apt to feel comfortable with a partner.

**How will you stay open to learning and talking about sex with your friends and partner?** By being open and honest, and having clear communication.

**Do you feel comfortable responding to your partner's sexual needs? What makes these conversations easy or difficult? How does consent relate to healthy sexuality and relationships?** I think consent plays a huge part in a sexual relationship. My current partner and I have a very open, honest relationship, because consent was taken away from me in the past.

## **Community Resources** by Alexa Finley, Rockland

The Coastal Recovery Community Center (CRCC) in Rockland has a wide variety of help they can offer to you. It is a safe place where you are not judged by anyone, they just want to help you. You don't have to be in/need recovery, they will still try their best to help you in any way possible. It could be, "hey I'm homeless and need help," to, "I'm withdrawing and need medication."

For example, for someone withdrawing they will get you medicine and then find you a bed, and all you have to do is show up and want help. They have a recovery based support group that meets there every night. They have also partnered with other local places, such as the police department and The Landing Place. The police will bring people there sometimes so they can sober up and possibly get help if they choose. Some fun things they do for the community include a game night that happens at least once a month. Companies donate items or gift cards that are given out as prizes.

How can we in the community help? We could make sure everyone knows that there are places like this that are willing to connect you to services that you need. It is also a safe place to dispose of dirty needles and get clean ones, and get some free Narcan and fentanyl test strips to make sure you know what you are taking. You may never know what someone around you may be doing so it is a good idea to have both of these items. As much as we would like for drugs and such to not be a problem, we know it will probably never end. In September 2022 there were 111 people who showed up for help. By September of this year, there were a total of 548 people who had shown up to get help. I learned a lot from my interview and I

I feel good that my town offers this type of program.

## **Community Resources** by Keli Crowley, Hope

### **Maine Families**

- No cost services
- Does activities with your child and tracks their milestones
- Home visits to make it easier or virtual visits
- For people who are expecting or have a baby less than 3 months old
- Helps with supplies you may need for your child or home safety
- They listen to your needs as a family and newly parents

### **Public Health Nursing**

- No cost service
- At home visits
- Weighs your child and checks their growth
- Communicates with your child's primary care provider
- Offers information about available resources
- Talks about any concerns you have

### **Goodwill Workforce Solutions**

- Helps with career planning
- Assists with training
- No cost services
- Helps with removing barriers to help with employment

### **New Hope**

- No cost services
- Helps abusers find new beginnings and get the help they need
- Helps people who have been neglected or abused with housing
- Offers group services or some one on one

### **Woman, Infants and Children (WIC)**

- No cost services
- Helps with food for pregnant women and your child till the age of 5
- Offer assistance to nursing moms

### **AIO**

- Food Assistance
- Energy Assistance
- Food Pantry
- Diaper Assistance