

PASSAGES PRESS

A WAYFINDER SCHOOLS STUDENT PUBLICATION

A Letter to my Younger Self

Kristina Rideout, Sanford

Dear younger me,

Honestly, where do I even start? Life has been a whirlwind since we were four. It hasn't gotten much better if I'm being honest. People we love have passed on, we've lost friends, and we've hit rock bottom again and again. Some days I wish I could turn back time, fix things I've done, relationships I've ruined. You can't do that though. If there were a thing I could tell you, it would be to hold your loved ones close. They don't last forever.

I don't really know much of what to say. Life has been really tough for a long time, there aren't many breaks you've gotten over the years. I'm thankful for all the versions of myself I've had though. The good, the bad, the depressed, the innocent. She is me, she is us and as much as I hate her, I love her just as much.

I know you think your traumas aren't "bad," they don't affect you or they're not valid, but they are valid and it was traumatic. It DID affect you, in more ways than you could ever imagine, and I wish I could fix that. I wish people believed you more and loved you differently. You deserved to be listened to, protected and loved more than you were. For that I'm sorry. I wish someone fought more for you to get the help you needed so we weren't as messed up in the future because we deserve better. YOU deserve better little me.

The cards that we were dealt weren't exactly ideal, I can't even remember enough of my childhood to even write to you properly. But the cards we were dealt, they made us who we are, and yeah we're a mess. But a beautiful, funny, loving, singing, makeup

doing, dog hugging mess. You have two amazing friends who you would do anything for. You have a beautiful niece who you'd die for.

Even with all the bad, there's been good and I hope wherever you are, whatever year it may be, you remember you are a beautiful mess, worth living for.



Girl Hugging Labrador Retriever, MyDesignCorner.

How to Become a Police Officer

Zalina Broad, Portland

I interviewed Sergeant Chris Mitchell, a member of the Community Policing Division at the Portland Police Department. I learned that in order to become a police detective, I would have to go to the Police Academy for 18 weeks and that I would get yelled at a lot. I wouldn't have to go to college but it'd be better if I did. Before becoming a detective, I'd have to be a patrol officer first. Some jobs do involve straight detective work, like working for the FBI or becoming a U.S. Marshall.

I learned that I would be pepper sprayed with 50-70 other cadets at the Police Academy, all at the same time. There are different physical fitness standards for men and women who want to become police officers....other than that, he said men and women are treated the same. You have to be 21 to go to the Police Academy. To be hired as a police officer you have to take a civil service test, complete a fitness test (run 1.5 miles), be interviewed, and complete a polygraph test. There is also a background check. Officer Mitchell likes that each day is different and there are different problems to solve. He doesn't like the paperwork he has to file!

someone else's shoes because their brains aren't quite as developed in that way yet.



Gray Badge, Join Portland Maine Police.



Jennifer and her children.

Race & Equality Essay **Maliyah Powell, Camden**

How Do Toddlers Think? **Jennifer Ramsey Collins, Sanford**

How do toddlers think? Toddlers think differently from older kids or even adults. For example, when you see a toddler snatching things from people you might think they're being selfish when in reality their brains are thinking differently. They don't yet understand the concept of other people existing outside of them. There is a phrase, "put yourself in someone else's shoes." I heard this a bunch of times when I was younger. Now I totally understand what that phrase means, and I try to do this. But if you think about it, toddlers can't put themselves in

Race and equality are crucial topics to talk about in society. Let's face it, the United States was built solely on the oppression of others, and if you don't make a boat-load of money or have skin color lighter than a paper bag, you were meant to fail in America. Systematic racism is a deeply ingrained governmental issue that extends throughout various aspects of society, leading to detrimental effects on people of color and even those who are low-income. This form of racism is not just based on individual acts of discrimination, but larger structures that uphold oppression. The discrimination faced by individuals based simply on their race have far reaching consequences when it comes to various opportunities, well-being and overall quality of life; from unequal access to education, employment and housing, to poor healthcare and criminal justice systems. Systematic racism extends a cycle of inequality and injustice that spoils the progression of affected individuals and communities. Education plays a crucial role in tackling systemic racism. By learning about the history and experiences of marginalized communities we can develop understanding, empathy and a commitment to change.

Going hand-in-hand with systematic racism is police brutality. This is a significant problem that affects

communities of color at a disproportionate rate. It's a harsh reality that many individuals have to think twice about everyday activities that most take for granted, like driving, walking around a certain neighborhood or simply interacting with law enforcement. There's a fear present that shouldn't be, but is; due to numerous incidents where encounters with police have escalated quickly, sometimes with devastating consequences. When talking about police brutality we're also talking about the trust between communities and law enforcement; every incident where someone is unfairly stereotyped or treated harshly by police chips away at that trust. The ripple effect is huge too, these incidents can lead to widespread fear, anger and trauma; this is the reason we call for reforms like better training for police, the use of body cameras and community-based policing strategies. It's a complex issue, but these discussions are the first steps toward a more just society.

It is crucial to be aware and empathetic of everyone's similarities and differences to create an understanding when it comes to respect and inclusivity in society. "Not seeing color," and, "only seeing the human race," can create a blindness to the very real inequality that people of color face and only does more harm than good. By acknowledging and appreciating the diversity of experiences, perspectives and identities that exist within our communities, we can create a more equitable and compassionate society. Where people feel valued and accepted for who they are. Diversity is like the spice of life, it makes everything richer! By surrounding yourself with people who have different backgrounds and experiences, it gives you space to grow and learn more about people as a whole.

A culture clash occurs when individuals from different cultural backgrounds encounter conflicts or misunderstandings due to differences in values or beliefs, these conflicts can happen in various settings such as workspaces, schools or in everyday life. For example, someone who may not understand the religion of Islam may be confused when their Muslim coworker turns down a slice of cake during day hours of Ramadan! Understanding and addressing culture clashes requires openness, willingness to learn and mutual understanding. By recognizing and respecting cultural differences, it can be easier to navigate conflicts and misunderstandings more effectively.

Diversity enriches our society, bringing in new

perspectives and experiences that can lead to greater innovation and understanding. Racial empathy and conversations about systemic racism are essential, they help us identify and tackle the structures that uphold inequality. By embracing diversity, practicing empathy and engaging in hard conversations, we could build more equitable and inclusive communities. It's not about seeing everyone the same, it's about acknowledging our differences, learning from them and working together to create a society where everyone has the opportunity to thrive.

Author's Note: If you have children I recommend you watch the movie Zootopia with them. The movie shows the challenges the main character faces after wanting to become a bunny police officer in a town where they believe bunnies can't be police officers. In this movie she overcomes various obstacles and stereotypes placed upon her, ultimately becoming the police officer she wanted to be! Zootopia had an amazing way of simplifying discrimination and inequality in a way children could understand, and I 100% recommend the watch!



Zootopia, Disney+.

Multicultural Society

Raquel Mendez, Perry

We live in a society where there are many cultures and religions living side by side. We have to be considerate and aware of people belonging to different cultures. I myself feel that when my generation sees or witnesses prejudice or racism, we react with swift correction.

My generation believes in fairness to all with no care of race, religion or color. Although we live in a

country of freedom of all beliefs, there will always be racism. If we truly lived in a free country, then everyone could have strong beliefs on racism or freedom without consequence. You can never have the good without the bad.

In my lifetime, I have seen many forms of prejudice and social injustice. I myself am a Native American and Mexican American, and have experienced prejudice on both sides. Some of the worst social prejudice I have seen is in small communities.

When a rumor has started or a person in the small town has spoken out about an issue, I have seen communities shun that said person and their children. Small communities follow suit with who they feel has position and who can benefit themselves. Usually this is not done because that said person is not a good person, but out of fear of being shunned or their family being affected. This is some of the worst prejudice I have seen.

Service Learning

Mikayla Robbins, South Thomaston

A problem in my neighborhood is overpopulation of stray cats.

Many dogs and cats are not spayed or neutered. Not spaying/neutering your pets can cause overpopulation and result in many strays. Spaying and neutering your pet helps reduce the number of strays or unwanted animals in your community. I volunteered 40+ hours at Pope Memorial Humane Society, and also fostered a litter of kittens until they were old enough to be adopted. While volunteering at Pope I learned about their spay and neuter program. Pope offers a voucher to help with the cost of spay and neutering. It's very easy to get, you just need to fill out an application. Pope is a wonderful animal shelter. Not only is it a great place to adopt a new pet but they also offer many programs to help the community. They have a program called "Moms and Tom's," where if you have an oops litter and you want to surrender the offspring, Pope will spay your dog or cat to prevent any further pregnancies for free. They also have a pet food assistance program where community members in need of pet food may call the shelter at 207-594-2200 to request food for their pet.



Getty Images - GK Hart/Vikki Hart.

While researching the overpopulation of stray cats I have found that many people do not have their cat spayed or neutered because of the financial burden. I think if more people knew of the programs offered at Pope Humane Society, there would be more people, spaying and neutering their pet's.

Another problem that we have in our community is littering. I hate when people pollute. People often throw trash out their car windows not realizing the effect it has on animals and mammals. So today my mother and I drove around town and picked up trash on the side of the road.



Mikayla picking up trash on the side of the road for her Service Learning core skill.

Block Printing

Adam Matis, Portland

Block printing was nice. It was a bit frustrating at first because I wasn't sure how to start it. I wrote down a couple of ideas for simpler things (like flowers, butterflies - stuff like that). I just thought a butterfly is a more interesting idea. And I like the whole way that butterflies' wings sometimes look like eyes. I sketched it in my notebook first, then used that as a reference, and sketched it lightly on the block.

What did I learn about myself? That I'm a perfectionist when it comes to this stuff. That's why I need to do digital art now. With traditional art it is so easy to make mistakes and not be able to correct them. Originally, the middle part of my butterfly block print was supposed to be like a pin but it looked weirdly chopped up so I made it bigger so it would look better. With digital art I could start again. I was a bit worried because I'd also chosen a symmetrical design - because butterflies are symmetrical. I would do one tiny part on one side, and then go do the other tiny part on the other side. I changed the nib to experiment with different size markings, but I had to stop myself because I worried if I added too much it would look cluttered.

Creativity

Asia Nguyen, Lewiston

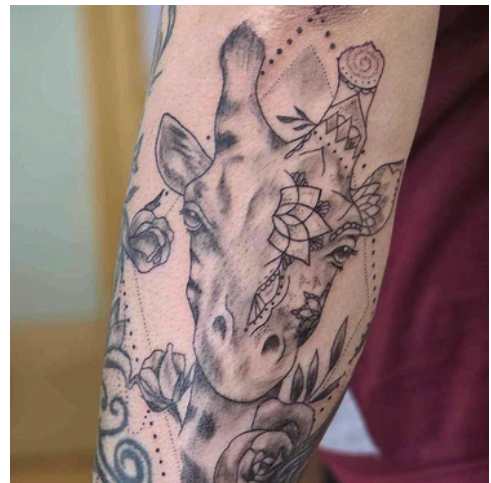
Four mediums that interest me are ink (tattoos), photography, mixed media and music. When it comes to tattoos you have to do your research. It's always best to check their portfolio, line work and style of tattoo. Taylor Rogers from Auburn uses beautiful art and converts it into instantly breathtaking tattoos. I have an old co-worker, Aydan James. He does all kinds of different styles of photography. My favorite ones are of the sunset and the lighting that he captures. I've researched an artist Elmira Solo from Canada that uses mixed media. I like the consistency of the colors and themes with different stories. My all time favorite artist is SZA. Her music is so relatable to my life and stories. Every high and low I have, there's a song I can listen to.

To elaborate on high and low songs, depending on what kind of day I'm having is how I decide what song I'm listening to. It's a healthy way to let out

emotions. Self care can really be anything you do that makes you feel good. The best part about self care is you can be creative in how you express yourself and what medium you use to do it.

I interviewed my long-time friend Emma. She is so talented in so many different ways! She loves to make different types of arts and crafts projects. She enjoys painting, weaving, epoxy on dried flowers, sewing and more. I asked her a few questions about the process of her work and what struggles she has while doing them. She says she finds peace in doing something she loves to do, and it's a form of self care. She can come home from work and work on her projects and relax. It also keeps her from going out and or spending unnecessary money when she doesn't need to. It can create built in stability in "you time." She stated, "I find myself wanting to stay home and do my arts and crafts more than even talking or hanging out with people. I stay focused and it has helped me in my everyday routine. I'm less anxious and more settled."

I created my own sweatshirt design. I drew up the lettering I wanted to use and I went to a graphic shop and had it printed on my hoodie. I've never really been into drawing up my own ideas for clothing but it seemed like something fun, unique and new. I enjoyed doing it and I definitely would do it again either with clothing and or tattoos. It gives some character to your clothing and or tattoo work. I struggled with sizing it properly and making sure the lines were even. I did about 6 or 7 different stencils and designs before I found the one I liked. My favorite statement lately is, "you learn something new everyday," and I definitely did. I learned that if I really put my mind to something and don't give up I can do it.



Giraffe tattoo by Taylor Rogers at the Parlor Tattoo in Auburn.

Creativity

Keli Crowley, Hope

There are many ways of being creative. It can be a form of self care. I am almost 19 and I still, and always will, believe self care is one of the most important factors in life. Coloring is a great way to be creative while also practicing self care, because it helps ease your mind and take your mind off the negativity around you. Being creative doesn't mean you have to do some big art project, it can be as small as making slime. Even just having a skin care routine is being creative in your own way while focusing on your mental health.

I find having a journal that has questions that help to focus on how your day went is another way to get creative. I know writing doesn't sound creative, but if you just start to write or type, your mind will get creative and soon you will have completed a whole page. Makeup is a great way to be creative, especially because there are multiple colors and designs to choose from and different skin colors to explore with.

Winter days are some of the best days to get creative while doing self care. You can go outside and build a snowman while getting Vitamin D. If your power is out, take that time to just jot down random things and make them into a story. I know if you have a child, especially a toddler, you tend to think you never get time to do self care. Let me tell you, YOU ARE WRONG! Everyday you are being creative coming up with ways to play with toys in different ways and making blanket forts and just simply cooking with them is being creative and boosting their self esteem.

It Was Something About the Wood

Tucker Ducasse, Harrison

What are your interests, skills and values?

I definitely have good social skills. And a good work ethic. I also have landscaping skills, carpentry and drywall skills, as well as logging and excavation skills.

What is your disposition?

I try to look at things as in, "how can I try to fix this?" I always try to have a positive attitude, even though

at times it can be hard.

Ask someone you trust what kind of person you are, and summarize what they said here:

She said that I'm helpful, caring and strong, based on the way that I help her and others, and the way I care for her.

When reviewing the above, what naturally comes to you as a potential job/career?

Excavation, logging or landscaping. I might want to pursue my Commercial Drivers License in a few years. The dream is to have my own excavation business someday.

If you have held a job and/or work, what were the duties you had to perform?

At the lumberyard I worked at, I would build loads to be picked up or delivered, and I helped customers find what they needed. You had to be active and I like that. I liked the loading more than helping people. It was something about the wood. If I can't log, that's the next best thing.



Wood pile, Freeimages.com.

Review of Wattpad

Amariyah Gordon, Lewiston

Wattpad is a popular website and an app that you can not only read on, but also write and publish your own work on. Wattpad is most known for reading and writing fanfiction. If you're not aware of what fanfiction is, let me tell you. Fanfiction is when a fan of a certain Tv show, movie, video game, or book writes something to do with the already existing characters. I started reading on Wattpad back in 2021

when I got into Harry Potter. To this day I still read on Wattpad and I've even written on it.

Wattpad is very easy to navigate and use, and also very customizable. When you choose something to read on Wattpad, you can choose your font and font size, and if you want it in light or dark mode. You can even choose between auto scrolling, regular scrolling or have it set to page, which will simulate flipping a page.

One of my favorite features is being able to leave comments while you're reading. In every paragraph you can leave a comment, and you can also see everyone else's comments from when they read it. This feature is super fun. You can react to what happened and see how other people reacted to what happened in that paragraph.

However, there is one downside to this app that I personally find annoying. After you finish a chapter, there will be an ad or two. You can get around this by buying a premium subscription to avoid the ads. I still think if you're interested in checking out Wattpad, you still should even though there are ads. I've had Wattpad for years now and the ads are not that bad.

If you like the idea of reading fan fiction but the ads are a dealbreaker, there is a similar site called Archive of Our Own, also known as AO3. This is another site known for reading and writing fanfiction, but it doesn't have ads. I would recommend checking out Wattpad first, because it's easier to use than AO3. If ads bother you, then I would recommend using AO3. I hope this review convinced you to use Wattpad and interested you enough to check it out. Thank you for reading!

Propaganda Techniques **Kiona Newell, Indian Township**

Writers, politicians and advertisers mix fact and opinion in their work. They make their opinion sound like fact to better help their arguments/persuasions. They do include facts, but all their facts may not be true. Clorox is "trusted by moms," is an example. They put celebrities on the front of products to make people want to buy them. They think if a celebrity uses it, the product must work.

Some different propaganda techniques:

1. Bandwagon Propaganda
2. Card Stacking Propaganda
3. Stereotyping Propaganda
4. Fear Appeals Propaganda

Propaganda has been used to persuade or brainwash a group of people by making them think that they "need" a certain product. One ad for M&M's had the caption, "Peanut Butter M&M's, like a comforting pat on the back, from a teddy bear." I'm guessing the target audience is people who want to feel better.

Febreze had a magazine ad with an onion behind the bottle of Febreze with the text, "60% of the people who are exposed to a bad odor have a bad mood." It might make people think their mood will be better.

Journalists and news organizations should be unbiased and objective in their reporting because it is better for people to know the truth to form their own opinion. You can look up things using google so you can differentiate real news websites and articles from fake sources. Some fact checking websites are snopes.com, politifact.com, and factcheck.com.

5 Red Flags in an Abusive Relationship **Lyndon Harnois, Indian Township**

1. Physical Abuse: If anyone tries to harm you physically or does anything that could hurt you that is an immediate red flag that should not be tolerated.

2. Isolation: If your partner is trying to isolate you away from your friends and family, it might be because they are trying to make it harder for you to seek help and leave the relationship. This is another red flag that I would watch out for to be honest.

3. Verbal Abuse: If your significant other is constantly yelling at you, insulting you or just not being nice at all, this can be really emotionally damaging. Not good at all for a stable relationship. Personally, I'd just get out of there.

4. Controlling behavior: If your partner tries to control almost everything about you such as what you wear everyday, how you spend your time and money, it is also not good for a healthy relationship, and is a really important red flag to stay away from.

5. Manipulation: If your partner tries to manipulate you in any way like gaslighting you, guilt tripping you or just playing mind games, it is probably the worst red flag in a relationship that there is. It is not healthy to be a part of at all.

Computer Proficiency

Jordyn Stoddard, Whiting

Social networking can be used to create positive change in the world by creating fundraising for good causes, like a family that loses everything in a fire and the community does a fundraiser to help them. People can advocate on social media for the rights or things they believe in.

Social networking can also be negative in the world, with people harassing other people for different things, or people bullying others and spreading lies about them, causing low self esteem and sometimes suicide.

An example of positive change is like starting a fundraiser for a child diagnosed with cancer. The fundraiser would help the family with upcoming bills and expenses making it a little easier for the family to get by and not worry as much.

A negative example is like a child at school that is constantly being picked on, and sees all the false lies others are posting about them. The child gets upset and harms themselves because of it or harms the other kids that were doing the mean things.

A Little Antarctica Trivia

Karl Hoffses, Waldoboro

When heading to Antarctica, you have to board a flight in a private plane to enter the continent. When you reach Antarctica, you have to wear these specialized ski jackets because of how damn cold it is. You have to stay where the scientists do their research.

Did you know that one of the flags of Antarctica was almost copyrighted? The crazy thing is that it was made by Ubisoft. Yes, a game developing team had designed the flag of Antarctica but it is not a recognized flag universally.



Ubisoft variant made by a game called 3D Atlas 2018.

By the way, this one is named True South.



Continent variant with a UN background 1997.

Penguins roam and live in Antarctica because their bodies can take the cold weather. They are natives to Antarctica, but be aware that penguins are not safe when they enter the water. They are hunted by seals, killer whales, walrus and sharks. Newborn penguins are kept under their mothers to keep them warm and comfortable until they can walk, roam around, swim and play with the others. Mothers take care of the youngest and the fathers hunt for food for the youngest.

Transportation

Jaimy Saenz, Rockland

There are 3 classes; classes A, B and C and they are based on the weight of the vehicle. People passing a roadblock or street racing can get a license suspended for up to 90 days. If you are still driving while you have a suspension you get 60 days added to your suspension.

The following examples are causes for suspension; failure to stop for a police officer, leaving the scene of an accident, driving alone on a permit, driving without a license, passing a stopped school bus with its red lights flashing, speeding 30 miles per hour or more over the speed limit, loaning a license, unlawful

use of a license, displaying a suspended license, falsifying an application for registration or license, or giving false information to an officer will be reasons to suspend license for 30 days. If you are not yet 21 or older, and have liquor in the vehicle, you can get suspended for 30 days, and if this happens a second time then it is a 90 day suspension. Demerit points are for traffic violations. If you get 6 points you get a warning and if you get 12 or more points then you will get a suspension and the rest is up to the superior court.

Things That Have Impacted My Development

Hayley Hoffses, Waldoboro

I've had quite a few situations in my life so far that have impacted my development. My parents have always made sure I could be very creative by letting me draw on the walls, supported my interest in drawing, having a lot of time to play, and making sure I was active. I was always shy as a kid, so my closest friend for a while was my twin. In a way my siblings have also impacted my development. My brothers have always shown me things that I found interesting, and my sister introduced me to drawing. When I did eventually get a small group of friends, we ended up going our separate ways due to me getting diagnosed with depression in 3rd grade. I wouldn't participate in school, and almost got held back. After I was getting better, I noticed I was different from the other kids. I had depression (I had no idea what that meant at the time) and I had to work extra hard to do the work they were doing, making me miss out on science and other subjects, and I had to do counseling. Since I was so young with a counselor and not used to talking to strangers about my feelings, I hid my own feelings and troubles. Which caused Maladaptive Daydreaming.

But now, I know when people are there to help and listen to me. During sometime in the 8th grade I suspected I had social anxiety, which seemed to develop during the pandemic. So my early teen years of development were also affected. It was so bad, I knew I had to do something else than public school. But with all of this, I am now learning to grow as a person. I am also experiencing the death of my childhood cat. So grief will definitely be a part of my development now. But I'm thankful I have learned a lot to help myself now.

Human Development

Aiden Pike, Union

Thinking back, my interests as a child were small seeds for my growth and development. My basic interests in finger painting, singing songs, dancing, were all stepping stones for me to expand my capabilities and interests. We create neurological connections every time we learn a new activity. For example, using my fingers to smash paint around paper teaches me what happens when I put the paint on to the paper, what happens when I mix two colors together. It allows me to practice my fine motor skills to control where my paint swipes go. From there I can pick up a paintbrush and see how the brush strokes are different. When we are stimulating our brains we are continuously learning small things. These small things (such as: mixing red and blue makes purple) may seem insignificant at the time but together every small thing we learn gives way to something greater. We wouldn't have rainbows if we stuck with red, blue and yellow.

Trauma impacts children and adults alike, good or bad. When we are traumatized by something, perhaps it is child neglect, we learn to adapt around it. The neglected child will learn to become more independent, they may not rely on or even trust others. Emotionally when they are older, they may feel alone or unable to speak up for help as this is not something they are familiar with. If the parents are withholding love and proper care, as the child grows they may struggle developing healthy relationships with others. They've never learned the proper way to treat others. Trauma can be physical as well as mental. Say you have broken your leg playing a sport, you may choose to never play the sport again or use great caution while playing after you've healed. You now associate the sport with breaking your leg, it may make you anxious or scared to participate in. With our parents typically being the only people we look up to for the beginning years of our life, we are bound to want to subconsciously copy and follow. Not all parents are perfect people though. Your trauma at an early age can affect you for the rest of your life if you do not learn otherwise. If your parents teach you unconditional love and care, you are more likely to be a happy, confident person who finds it easy to connect with others. If your parents neglect your feelings, yell at you when you "misbehave" or don't take you seriously, you are more likely to feel insecurity, self-doubt, and fear

when it comes to connecting with others. I've recognized this in a real life situation, a friend of mine has similar life experiences to me. We have entirely different outlooks and attitudes because of the type of parenting we received. I was taught that although bad things happen, the most we can do is try and stay positive. I learned that love and togetherness matters the most of all. Life can get out of our control, so try to only worry about things we can. I am very grateful and fortunate to have had a father who cares for me, and has such a good outlook. On the other hand, my friend was raised in a similar environment except in stark contrast- the parents. Their parents were very negative, saying things such as the world is evil, and nothing ever gets better. There's nothing we can do and it's all horrible. While you may think having similar childhoods (divorces at the same age, tragic events, etc.) would create similar people, they do not. The two different parent's polar guidance at a young age have created attitudes and personalities that have striking differences. The most we can do as adults is to be able to recognize our upbringing, seeing in what ways we are like our parents and whether that is good or bad. Trauma is what creates traits in people, and how they behave and react to certain situations after a traumatizing experience. Traumatizing experiences are typically defining moments in someone's character.

Parts of the Brain

Brekyn Wadsworth, Thomaston

The cerebrum is the biggest part of the brain, it contains every lobe in the brain. Since the cerebrum carries all of the lobes it has a wide range of abilities.

The frontal lobe is responsible for everyone's personality, their behavior, emotions, speech, writing, awareness and concentration. The parietal lobe controls all five senses. It gets signals from your body and helps you understand what you're smelling, tasting, hearing and seeing. The occipital lobe is in the back of your head and its purpose is to process colors, lights, movement and your perception. The temporal lobe helps with the understanding of languages, memory, hearing and sequences like pattern recognition. The insular lobe is located under the temporal, frontal and parietal lobes. This lobe controls your pain perception and your fight or flight response to help save your energy.

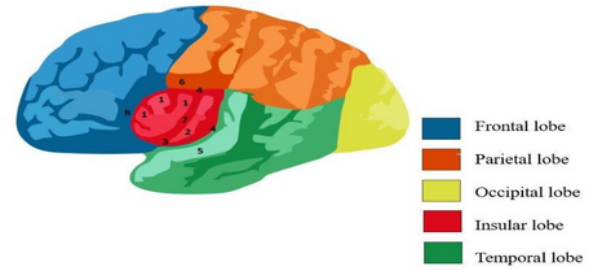
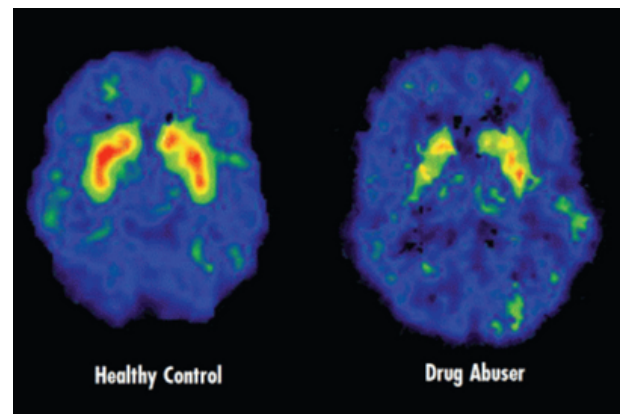


Figure 1, ReasearchGate.

The cerebellum is under the cerebrum and its purpose is to watch and regulate body movements, specifically automatic movements. Strangely enough the cerebellum is only approximately 10% of the total weight of the brain but we believe that it contains more neurons than the rest of the brain altogether.

Your brain stem is located at the bottom of your brain. The reason it's so important is because your brain sends messages through the stem like a phone. The message travels through the spinal cord and helps regulate your breathing, balance, your heart rate and even more

So how do drugs affect the brain? The "good" feelings and the bad.



Healthy and Drug Abuser Brains PET Scan, Science Photo Library.

Alcohol makes you feel euphoric because it impairs the parts of your brain that control balance, speech, judgment and memory. An adolescent's brain on alcohol is more at risk for long term changes in function and structure. But in adults, alcohol can cause shrinking in your neurons.

Home Safety

Shauna Collins, Eastport

My house was always locked as a child. I always felt safe anywhere my mom was because I knew she would do anything to protect us. I never really felt unsafe as a child.

Our house is already well organized as much as I can. 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 also help.

We did a fire drill. Everyone was ready to get out and we were fast. I think we could have done it better because we were kind of sloppy. It would be relatively easy to exit the house from the second floor where all the bedrooms are because of the slant of a smaller roof. We could climb out a window and onto the other roof, then carefully slide down the smaller roof and safely go to the ground.

First Aid and Home Safety

Allison Moffett, Calais

My room made me feel most safe when I was a kid. It was always mostly clean and away from my brothers. Nothing about where I lived made me feel unsafe. The things I've learned that provide a secure environment for my children are to keep the floors clean, keep wires up and make sure the fire alarms are working. You should deep clean once a week to keep a safe environment.

Bleach and cleaning supplies, we keep in a cabinet. They can cause irritated skin, skin rashes, and if it's digested it can cause vomiting and other issues. Call 911 in an emergency situation and call poison control. When the baby is mobile, crawling and walking, we will lock the cabinet or keep them up high so he can not reach them.

I can organize my time to have a deep cleaning day once a week. I just need to make sure to make no other plans except to keep focused on cleaning.

I have taken first aid and CPR to use in an emergency situation. CPR is a medical procedure of repeated compressions of a person's chest, performed to help

restore blood circulation and breathing of a person who has suffered cardiac arrest. Immediately call 911 then begin CPR. First Aid is when help is given to a sick or injured person until full medical treatment is available.

Understanding Abuse

Brianna Candace, Baileyville

Red flags in abusive relationships:

- They want to move too quickly into the relationship.
- Early in the relationship they flatter you constantly, and seem "too good to be true."
- They want you all to him-or herself; insist that you stop spending time with your friends or family.
- They insist that you stop participating in hobbies or activities, quit school or quit your job.
- They do not honor your boundaries.
- They are excessively jealous and accuse you of being unfaithful.
- They want to know where you are all of the time and frequently calls, emails, and texts you throughout the day.
- They criticize or put you down, says you are crazy, stupid, and/or fat/unattractive, or that no one else would ever want or love you.
- They take no responsibility for his or her behavior and blames others.
- They have a history of abusing others.
- They blame the entire failure of previous relationships on his or her former partner; for example, "My ex was totally crazy."
- They take your money or runs up your credit card debt.
- They rage out of control with you but can maintain composure around others.

You can recognize these red flags by paying attention to their actions and behavior.



Abuse In a Relationship, Cava.

Types of Communication Styles

Brayden Hicks, Thomaston

Aggressive Communication - Expressing feelings, needs, and ideas at the expense of others; ignoring others' rights in order to support your own.

Passive Communication - Not expressing feelings or needs; ignoring your own personal rights and allowing others to do so.

Passive Aggressive Communication - Appearing passive on the surface, but subtly acting out anger.

Assertive Communication - Direct, honest communication of thoughts and feelings (this is where I fall under).

Example of a disagreement:

My friend and I had an argument. We argued over what would be the most strategic way to get around a Sea Dragon in Subnautica. His initial plan was to get around the dragon by rushing around it while my plan was to get around it in a more stealthy way. We argued for around 10 minutes over who had the better idea. After that conversation happened he went all in, "I'm confident in my plan being better, so I'm gonna go and just run by it. Watch me." His plan started working as he ran by the dragon, but after he got past it he celebrated too early and DIED. "I'm gonna rethink that." Then it was my turn to get around the dragon. My plan involved sneaking around the dragon to not get noticed by it. It took noticeably longer than his plan did, but ended in me getting away without injury. In the end, my way of getting around the issue was the better one, as I did not end up getting eaten while he did.