

Passages Press



Future Goals

Diamond Curtis, Winterport

There are many goals I want to achieve as I grow older and wiser. A lot of people ask me the same question over and over again so here is my answer.

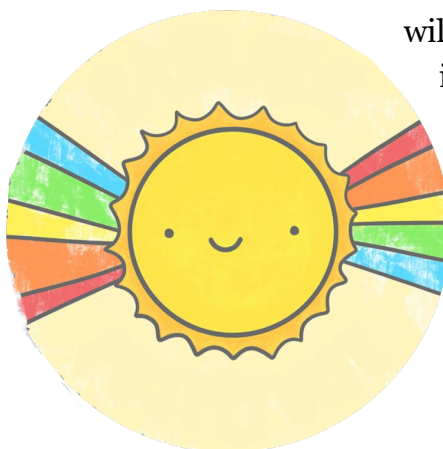
I want to be an amazing mom. I want my child to be raised with respect not only for others but for herself. I thought I had it all figured out but I didn't. Having a baby in such a crazy world can be stressful. As a mom, I only want the best for my child, so I decided to go back to school and get my high school diploma and start a career in midwifery.

I want to do something my child could be proud of. I want to show her the right things to do in life and how to be responsible. School is very important and she is going to realize that as she gets older.

I'm not just a mom, I'm me. I want to complete so many different things in my

life. I want to travel and work as a midwife helping other moms bring new life into this world. I want to give my little family a life of fun, happiness, and adventures. I want to learn new things that I can use in life, and I want to get better at cooking. I want to turn all these I wants into "I did" or "I am."

My goal is to be a much more positive person. I felt so lost at the start of the year. Looking back at all my growth I know that I am very capable of achieving all my dreams, as long as I hold in my heart that I am enough and I can get through any obstacle in my way. Having a positive and open mindset will help me get all the things I want. I'm going to live in the moment and ride the roller coaster. Things will get hard because not every chapter is easy, but I will get through it because I know I can do it.



Delayed Gratification

Norma Richards, Hollis

The marshmallow experiment was an experiment done on young children ages 4-5. Researchers put a marshmallow in front of them and then leave the room. Before the researcher left the room, they would tell the child that if they didn't eat the first marshmallow they could get a second marshmallow. This shows delayed gratification by teaching kids that good things can come to those who wait. These researchers followed these children into their 40s and found the kids who waited for the second marshmallow had higher SAT scores, manage stress better, are more social, and less likely to be obese.

The Effect Of Sports

Jayden Munroe, Lewiston

There's never been a greater joy in my life than watching or even playing sports. When you're watching you can feel the energy of the game through your TV with the roaring fans or these barbarians crashing into each other like cars in football, or watching a baseball game and seeing a grand slam for the win in the final inning and watching the winning team hug each other in victory.

When you are playing sports it's a whole different ball game. You get to experience everything for yourself. There's nothing like waking up on a Friday, Saturday, or Sunday knowing that you have a game. Or for me, I was looking for a complete family, and that's what I got with a team full of brothers and a coach as a father pointing me in the right direction and teaching me life lessons.

Working at TJMaxx

Savannah Senay, Tenants Harbor

What makes working at TJMaxx different from other jobs you have had?

It's easy. It's not a hard job to do, the people are friendly, and it's an easy place to be. The places I've worked before did not feel as comfortable.

If you were a manager, what would you want to change?

I'd create more flexibility in scheduling, what time breaks are taken, and in what locations people are put on the floor. I would make things more consistent by having the same schedule every week including breaks and position. That way it's not so hard for people to plan things in their life.

What are your strengths at work?

Weaknesses?

My strength is my ability to keep a positive attitude whenever I'm there, or as the manager tells people, "Leave your sh*t at the door." I'm one who's a quick thinker and good at staying positive. A weakness would be that I am always exhausted, so I hate being there super early in the morning or really late at night.

What have you learned about yourself since working this job? Do you see a change in you as far as your independence or your self-esteem?

I enjoy having the money for all the things I need without worrying about having to count on someone else, but I have also learned that I don't want to work a full-time job if I financially don't have to because I don't like having to miss out on things with my kids.

Tip Jar Tax

Angelica Thurlow, Steep Falls

Tax on tip jars

The IRS insists that paper trail taxes be taken out of tip jars because it counts as wages. They believe that people making only \$20,000 a year aren't paying enough taxes and if you make more than \$200 a week in tips you must report to the establishment by the 10th of the following month which will take more taxes out of your check.

<https://www.theguardian.com/commentisfree/2013/sep/08/irs-tax-waiter-tips-automatic-gratuities>



Holes In My Pockets

Raelynn Philbrook, Cushing

There isn't really a pattern in my spending habits. Until I need something I buy stuff that I want; mostly random stuff that I just think is cool. I don't need a lot, I don't have bills or food that I have to worry about. My needs are things like shampoo and conditioner, makeup, socks, and things like that.

People budget their money to ensure they have enough for their needs. Following a spending plan will get your important things out of the way and give you a precise amount of how much play money you will have leftover. Budgeting can also help you prepare for emergencies. Having a savings account, or maybe a jar to shove a five or ten in every paycheck adds up and can be used for sudden emergencies, or maybe a larger 'want' you may have. To budget you put the most important things first; these things may include rent or

groceries. You should have these in categories with the set amount you need to go toward these things. Hypothetically, if you get paid \$500 every week, and your rent is \$1000 every month, you could take \$250 out of your weekly paycheck to ensure your monthly rent is paid.

I have holes in my pocket. I have an issue with valuing money. The issue is that I don't value it. I spend until I have nothing left and I have trouble saving. I asked my sister about what it's like to be financially responsible for taking care of herself and two children. She said it's difficult but you learn to juggle it all. She said it feels good at the end of the day to own your home and provide for your family. I asked my aunt what her budgeting is like as well, and she said it's very difficult but with lots of loving family to help it takes a little weight off her shoulders, and that she's grateful to have such a generous family. My mom said that she always makes it work, no matter what. She said that she would never let her family go hungry or homeless. My parents are extremely hard workers.

Recently I've been thinking about my future and the difficulties of holding back my wants and putting my needs before them. I realize that it really is a requirement and you can't live off of cool socks and video games.



Financial Abuse

Isaiah Ellis, Waldoboro

Financial abuse can happen to anyone. Financial abuse is a form of abuse often used to keep a partner from leaving them. According to The Center for Financial Security, it occurs in 99% of domestic violence cases. It is the act of taking control over someone's bank accounts, money and even prohibiting employment. This act of abuse is why many people don't leave abusive relationships. They may feel that if they leave they won't be able to provide for themselves or their children.

Financial abuse can start small. Your partner may talk to you about taking control of your money to make life easier for you. They might act like they are helping you out. Common ways you might be financially abused are: stalking or harassment at work, preventing you from working, refusing to give you access to bank accounts, and/or hiding assets from you, or only giving you a certain amount of money for spending,

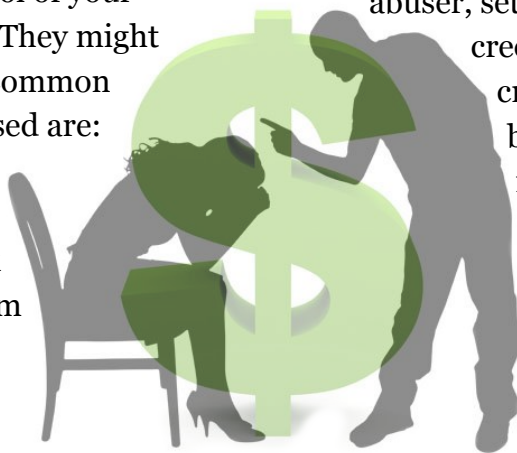
There are ways you can protect yourself from being financially abused. You can keep your personal information safe by calling your bank and credit card company to change your PIN and access codes, and also change all the passwords you use for your bank and credit card accounts. Getting a free credit report will tell you if there were accounts opened using your name and your social security card. The federal law says that you can get a credit report every 12 months. You can find many ways to check your credit report for free. If you know you are being abused, start secretly saving money to get ready to leave them. Find a hidden spot for your money or open a secret bank

account. The only problem with a secret bank account is that mail might come to your home for this account. Another idea is to hold items with value to sell later on.

When you are ready to leave your abusive relationship, gather as many important documents as you can. Having things like birth certificates, social security cards, health insurance cards, and bank statements will increase your independence. They will also help you with child custody and divorce hearings. It's okay if you can't grab everything, the most important part is getting you and your kids, if you have any, out of the relationship.

Once you are away or planning to leave the abuser, set up a plan to repair your credit. You can freeze your credit account or have a credit bureau issue a fraud alert to make it harder for people to make accounts in your name. You can get free financial education dealing with debt, a mortgage, or credit issues from the non-profit National Foundation for Credit

Counseling. You can also get an expert to assist with a step-by-step plan to repair your credit and rebuild your finances. Most states have assistance programs to help survivors of domestic violence. Find the resources offered in your state at the National Coalition Against Domestic Violence. Many states have laws to protect your right to take time off from your job to go to court for violence and abuse issues. Many states also have laws to protect you against discrimination if you have experienced violence or sexual assault. The Women's Legal Defense and Education Fund has a list of state laws that may help you.



Thoughts About Racism

Five Students from Lewiston/Auburn

I think that racism should be long forgotten. The reason being is that it isn't nice to judge someone by the color of their skin or even ethnicity. We should honestly get to know each other for who we are as people. Heck, you might even make a friend that you might not have even considered. I also think that schools should teach people that it isn't okay to judge someone by the color of their skin or ethnicity. Schools should take it seriously because kids will constantly bully each other over this matter. If you find it hard to teach or look at each other as all the same, just think about this: We all have the same bones in our bodies, and we all breathe as well.

I am not against the group Black Lives Matter (BLM). I am for it, I think it's okay to protest for being equal. Even though I am for it, I don't like how some people are looting and destroying buildings. I wouldn't count those people as actual BLM protesters. I would like to see a world one day where we can all get along and not have to protest. Although I would like that, I'm sure it won't happen for some time, but hopefully, our world will soon become better.

- Emalee Donahue

My feeling about racism is that we are all humans and just because someone has a different skin color doesn't mean we shouldn't love them any differently. We all have our beliefs, but that shouldn't determine whether you like me because I'm different from you. In reality, we're all human beings fighting for the same goal.

When I was in the grocery store I had a cashier following me around because she thought I would take something. It made me feel uncomfortable.

The Black Lives Matter movement is uplifting because you can see so many people coming together to lift people up. You don't get to see that very often. You get to see hate in the world, but you don't get to see any real love.

- Jayden Munroe

As weird as this may sound I feel like there are different types of racism, and that people pick and choose which cultures and religions to be racist about.

That being said, I feel as a Muslim woman in America that I "stand out," and not necessarily in a good way. It's always been hard, to be honest. I've always had to explain who I was to others. I've always gotten questions about my looks, what I wear, why I didn't have what others had, and so on.

There came a point where I just let it all be questioned. I got sick of having to tell people who I am, why I wear a scarf on my head, etc.

I was in seventh grade when I stepped out of my comfort zone. I started to show my hair, and wear clothes that weren't appropriate in my religion. As a Muslim, we must cover up. As time went on I slowly started fitting in with others around me. I sure was getting Americanized, which let me tell you guys right now, my mother DID not like. She's a very religious woman and very strict. Not only disobeying her rules but disobeying the Deen (our religion) did not make her happy.

- Khadija Adan

Racism. I can't see a reason for it.

You're not born racist. It is taught to you as you grow. The reason I say this is because, for example, my daughter has two Baby Alive dolls; a white Baby Alive doll and a Black Baby Alive doll. Luna loves both dolls, but she shows a preference for the Black one.

Another reason I think racism is taught and not something we are born with is how children interact. They don't care about the color of the other person's skin or the differences between people. Kids just want to be friends and make friends, and if a child is nice to another child, they will usually become friends, because children see the world more purely and kindly.

I believe we should raise our kids to be kind, and teach this generation acceptance of all, then we could abolish racism, and the world would be a better place. I know that sadly it wouldn't be that easy, although it's nice to dream of what the world could be if people were more accepting of each other, and celebrated each other's differences. - **Gaby Taylor**

“Injustice anywhere is a threat to justice everywhere.”

- Martin Luther King, Jr.

I am nothing if not a mother, and that means that it's up to me entirely to show my children the rights and wrongs of the world. Sadly, people today are very quick to judge those around them merely because they don't share the same color skin.

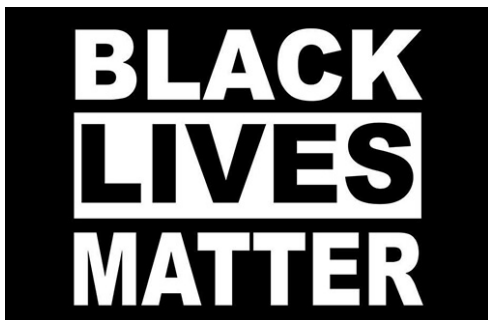
When I was in high school, some of my nearest and dearest friends were Somali. I wasn't concerned with where they came from, it didn't bother me that they spoke another language or that they had different morals - they were just my friends. That's all I saw, and that's all that mattered. I want my boys to grow up the same way, where they can make friends in any crowd of people. Somali, Puerto Rican, Chinese - it doesn't matter. I want to teach them that for every bad person in this world, there is a good one, and it might surprise them how often it will be that that person has a different shade of skin than theirs. It's sad how many times I've watched nice and kind people cry and put down themselves because someone who thought they were superior made fun of something that was out of their control.

As my babies get older and have a better understanding of social cues, I'm going to sit them down and explain to them that the only way we are going to nip racism in the bud is if we ALL DO IT TOGETHER! They are the generation that we are putting our hope into, and after everything that has happened this year, such as the Black Lives Matter movement, that is going to be a vital part of their history it's up to us as parents to tell them how it REALLY happened and show them that they need to be the voice of reason. We all need to stand up for those who need it no matter how they look, don't be judgmental, and never be ashamed of who your friends are, especially if they are good people. - **Brianna Robinson**

Black Lives Matter

Kayli Preston, Westbrook

An issue I feel strongly about is the Black Lives Matter movement. Right now, the Black community is trying to fight for their rights. They're trying to be heard and feel understood. Other people are saying, 'screw them,' which is racist. Others are also saying, "All Lives Matter." Some people just don't even care what's happening. The Black community has been brought down by white people for hundreds of years. White people are constantly being racist towards them, blaming them for crimes, killing them for things that never happened, or crimes they didn't commit. White people have been saying that the Black community is the reason for violence in America. This is not true. It's white people. Just because someone doesn't have the same skin color as you, hair texture, culture, beliefs, etc., doesn't mean you can treat them differently. The Black community deserves rights just as much as white people. They deserve to be heard and be understood.



Anger

Chelsea Dorr, Bath

It's so weird how you can go all your life
Never being the angry one
You conform, you adapt
You change and hide
Without any question just to fit the part

You never put up a fight
Or resist even when you really wanted too
Just because it's easier that way

Your emotions always suppressed
For the sake of others feelings
Even when you're drowning

But then one day you feel something
In the pit of your chest
At the bottom of your heart
And it feels like pure fire
And instead of putting it out
You let it burn down everything around you.

Beyond Communication

Emalee Donahue, Lewiston

The four main communication styles are passive, aggressive, passive-aggressive, and assertive.

The assertive style has been found to be the most effective because it incorporates the best aspects of all the other types of communication.

Individuals who use passive communication often yield to others. They also usually fail to express their feelings or needs to allow others to express theirs. Most people who are passive often have a hard time saying no to others, but there are some upsides. Passive people are easy

to get along with because they often go with the flow.

Then there's aggressive communication. Aggressive people often speak in a loud demanding voice. These people often try to control others through blaming and will often intimidate or threaten people. These people may ask rude questions and often fail to listen to others.



Passive aggressiveness is the most common type of communication. Passive-aggressive communicators will often mutter to avoid confronting the issue. These people often have difficulty acknowledging their anger and will also deny that there is any problem. They often communicate through body language and usually will have a lack of communication with the person they are speaking to. Those who use passive-aggressive communication will often give someone the silent treatment, spread rumors, or even try to sabotage someone else's efforts. Passive-aggressive people usually know what their needs are, but will fail to voice them.

The most effective communication style is assertive. People who use this kind of communication are known for making sure you

know their needs and feelings. Assertive communicators aim for both sides to win the situation. People who use assertive communication often try to make sure everything is balanced in the end.

In general, I am an assertive communicator, but that doesn't mean all my interactions go well. In the past, I got into fights with someone who I lived with who is passive-aggressive. At that time there was a situation about his marijuana. He was verbally abusive and used that behavior to get his way. In this situation, he blamed me for his marijuana coming up missing. I'd done nothing of the sort so of course, I denied it. Well, we got into a fight which led to him throwing all my food away and saying that I would starve to death.

My thoughts about this are that he shouldn't have done all that over an accusation that he made. I also felt that if he had sat back and listened it might have been different.

Little did he know it was his best friend taking it all along. All I have to say is thank God he's out of my life. Things might have been different if he knew how to handle certain situations. Maybe when he was little he could have practiced talking to someone instead of just going off. My issue was that I didn't take the weed and his issue was that some was missing, so he blamed me without looking into it.

We never came to a conclusion about the argument; it was just a big fight. The reason why was that he wasn't going to listen to what I had to say since I was "young." To this day, I know he blames me, but it's not my problem anymore now that I have left the state. So goodbye rumors and people who are dumb enough to believe him.

Keep Your Audience Interested

Aya Salman, Portland

When it comes to public speaking, there are a few steps that can wow the audience and make them stay interested.

- You need to pay attention to your body language. Don't just stand there like a tree.
- When a presenter talks, they usually walk around and that helps the audience pay attention. They usually do hand movements too. It's called gesturing.
- Make sure you have a good posture. Stand up straight.
- Make sure you make eye contact with the audience. Try to look around; not always looking down or zoning out.
- Make sure your voice is clear and understandable. It should be loud but not that loud like you are yelling. You can also control your voice to make it sound interesting and fun, sad, scary, or any other way.

Social Media

Ethan Fogg, Cushing

I use social media mainly to talk to my friends and I use it for probably an hour every day, but it's not the only way I use social media. I spend some screen time to see what my friends post and I check other accounts like Snapchat when I'm in a car and I have nothing to do. I think social media has brought a lot of communities together that otherwise might not have been as easy to find. Now with social media, you can search for people with the same interests as you. There's a site called Reddit where you can find whole communities where people post anything about a topic and if a topic

you like isn't on the site you can make a subreddit.

I think that social media has caused people to think less about what they say and that causes a lot of cyberbullying / harassment because it seems people have less of a filter when online. I haven't experienced any bullying or harassment online. Some studies I've found online say that spending too much time on social media can cause social anxiety and other mental health issues like depression or symptoms of depression.

Being a good digital citizen means protecting yourself online and being respectful as well. A good way to be a good digital citizen is to help others online or give feedback on something that someone created. You can do that either through comments on a post or by reviewing something on the internet. Another good way to help online is to report ads that are scams or viruses. Some people with anxiety like the internet more because they aren't interacting in a public environment. It can also help many people learn. There are a lot of online educational resources and also a lot of job sites to help people find jobs.

Pros: Social media helps by disarming stigmas such as anxiety. With the use of social media educational resources can be used online. Certain networking sites can help job seekers find work.

Cons: Social media can lead to increased feelings of disconnect which can put people at higher risk of disorders such as depression, low self-esteem, anxiety, and eating disorders. Social media can use up a lot of time that could be used to be more productive.

My Friend From Sweden

Lily Harvey, Washington

Things that make up a culture are its characteristics, knowledge, religion, food, what we wear, how we wear it, our language, marriage, music, what we believe is right or wrong, how we sit at the table, how we greet visitors, how we behave with loved ones, and a million other things.

I have been friends with Håkan for four years. We met through a chat group. He is from Sweden. I asked him some questions and this is what I learned about some Swedish customs. He also sent pictures. I am glad to learn more about him and his country.



This is Vaxholm a charming old town.

Customs:

- Swedish children only eat sweets on Saturdays.
- They call teachers, professors, and bosses by their first names.
- They don't wear shoes in the house.
- Family in Sweden is extremely important.
- The rights of children are well protected.
- One of the key characteristics of Swedish culture is that Swedes are egalitarian, humble, and find boasting absolutely unacceptable.
- The mother or father is entitled to be absent from work until their child reaches 18 months old.

- You have the right to up to 60 days off per year to care for a sick child.
- Either parent has the right to reduce their workload by 25% until their child reaches eight years old (and is formally ready for school).



Waiting in line for the ferry from Rindö.

- A parental allowance is paid for 480 days, which is intended for both parents. Sixty of these days must be used by the 'minority' parents. For this reason, this element of the allowance is often known as Daddy's months.
- If you are invited to a Swede's home, then it is suggested that you take some type of gift, such as a bouquet of flowers or a box of chocolates. If you choose to give flowers, then ensure that the bouquet does not include white lilies or chrysanthemums. The reason for this being that both types of flowers are typically given at funerals.
- Since Sweden is such a child-centered country, it is always recommended that you bring gifts for any children who may be part of the family you are visiting.
- If you are personally given a gift, then it is custom to open it upon receiving.



A swap meet for old car parts north of Arlanda airport.

Dream Trip to Greece

Destiny Adkins, Swanville

Someday I want to travel to Greece and see all the historical buildings, statues, and grounds. There is so much mystery and culture in Greece not to mention it's absolutely beautiful. If I were to plan a trip right now and go, how much would it cost? How long would I stay and where would I go? Let's find out.

Let's say I want to stay in Athens. A seven-night stay at the Stanley Hotel in the center of Athens would be about \$455 US dollars. I need a way to get there, and the quickest way to get there would be by plane. A round trip ticket would be about \$1,048.

On the first day in Greece, I would go see the



Acropolis of Athens, which would cost about \$15 US dollars. I would spend as much time as I could there then

go and walk around town. Then I would go see the place where ancient Athenians would deploy their powerful naval ships, which would cost nothing, and after that, I would watch the sunset over the ocean. Then I would go back to the hotel and eat dinner.

The next day I would go to Olympia and take in all the fallen historic architecture and I would stay there as long as I could. After leaving Olympia, I would go for a swim as the sun sets.

The next day I would take a trip to Sparta. The bus would cost \$20 US dollars. When I finish sightseeing in Sparta I would see one of

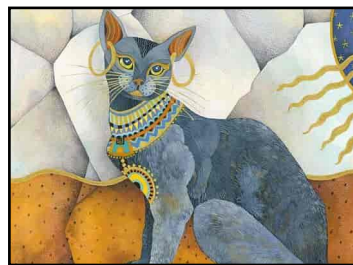
the ancient theaters, then go back to the hotel and eat. The trip back to Athens would cost \$20 US dollars.

For the next three days, I would take the Greece Island Cruise which would cost about \$550 US dollars. After I get back from the cruise that would leave me one day to revisit all the sites that I saw on my trip before heading back to the hotel to pack and leave Greece. It would be a minimum of about \$2,058 for a seven day trip to Greece and a cruise to my dream destination. I better start saving!

Domestication of Cats

Marion Webster, Westbrook

I researched the domestication of cats and I was really surprised to find out that cats haven't changed much since they were domesticated.



One of the only things that changed is their colors and patterns. I learned that cats basically domesticated themselves. Cats would hang around

the humans because a

lot of mice hung around the human's food and the humans liked that the cats would take care of their pests. They lived alongside humans for thousands of years before they were domesticated. Something else I learned that I thought was cool was that cats were domesticated twice first in southwest Asia 10,000 years ago, and then in Egypt 3,500 years ago.



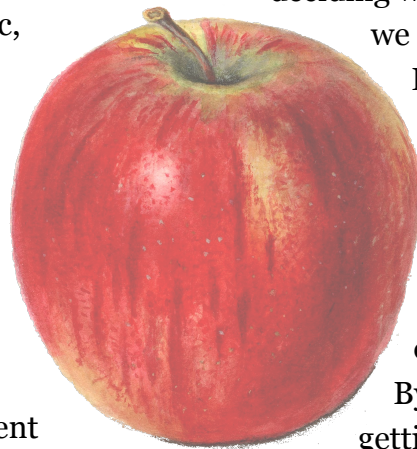
Apple Picking

Elizabeth Clark, Rockland

Last October, my family and I decided to go apple and pumpkin picking. It was kind of a last-minute decision. Abby, Lukas, my mother, Penelope, and I started our way towards Levant. Levant is an off-road town in Maine. It was beautiful driving up there. The trees were all different colors, the fields were humongous, and the smell of the air just screamed fall. We took the BMW up so we had the sunroof open the whole time taking in all the air.

After about two hours we finally got to the orchard in Levant. It was full of people who were all following the Covid-19 procedures, and having a blast. There was music, farm animals everywhere, and a whole menu of homemade food for the families to enjoy. They had homemade donuts, pizza, apple cider, ice cream, and all sorts of goodies for the kids. Birds were walking around everywhere with the people, along with some goats too; that was extremely nice. We went to the stand to get tickets and bags to decide what we would do first.

The first thing we had our eyes on was the huge corn maze that was in the shape of Maine, a lobster, and the numbers 2020. They had a puzzle and checkpoints so we split into two teams to see who would win. The first team was Lukas, Penelope, and me. The second team was my mother and Abby. We had a problem with Penelope and her diaper so my mom and Abby won the maze. I was a sore loser about it and had an attitude after. At every checkpoint in the



maze there were multiple choice questions about Maine, you had to answer. Getting them all right would spell out a word using the answers that you picked, which won you a free ice cream. Even though we lost, Penelope was still able to get ice cream.

The second thing we did was pick some apples for apple pie. We went for the McIntosh apples first, then the Cortlands. They had this awesome apple picker for the apples at the top of the tree. In an “Elizabeth way” of explaining it, it was a long stick with a little basket at the top that had sharp ends to grab the apple with. We got almost four bags of apples before

deciding we had enough. After picking apples, we got a few squash, mostly for

Halloween decorations. We then went over to the pumpkins to see what they had. They had all colors of pumpkins; white, orange, yellow, and even a shade of red. We got a few white, and orange ones.

By the end, Penelope was overtired, getting cranky, and wanting to go home to sleep. We were walking up to check out and we ran into a farm cat that was just wandering around. That put her in a better mood. Penelope loves cats no matter the shape or size. She played with the cat, rolled around in the grass, and I took some pictures of her with it. After the cat visit, we walked our way up to the top to cash out with our apples. We also ended up buying a gallon of apple cider to bring home with us. Then we started back on our way home seeing all the beautiful views we saw going up.

Eliana is Growing

Kailey Townsend, Calais

Eliana has learned to point to something if she wants it. If we are downstairs by something to drink or eat she will point or walk up to it and grab it and bring it to me.

When she was little she had different types of cries. It took me a little bit to figure out what cries were for what, but once I did I instantly knew what she wanted. Sometimes she wanted something to eat or she needed her diaper changed or maybe just to even cuddle. When she was hungry she would scrunch up her face and bite on anything that she could get her hands on. I knew then that she was hungry and needed something to eat.

Eliana loves to play outside so sometimes we go out and walk around the yard or take her for a walk in her stroller. I smile at my daughter a lot and once she sees me smile at her she smiles at me back. I sing to her and sometimes she will mumble back as if she is trying to sing. I read to her, and sometimes we just lay down together.

I am hoping she will be okay with the new baby. Eliana is clingy and loves attention so I'm hoping to give her and the new baby their own time. Maybe when the baby is sleeping Eliana and I could do something she loves, or even when the baby is up we could still find something fun to do like go for a walk.

Infant Care Log

Brandi Bailey, Princeton

Something new I've noticed about my baby is that he likes to giggle and talk.

Something I think my baby enjoys is when people talk to him, make noises, and give him attention.

Something my baby might benefit from is being held and rocked.

Something I love about my baby is how he smiles, laughs, makes faces, and makes noises. I love everything about him.

Something I hope for my baby is that he graduates high school, goes to college. I hope that he is hardworking, and finds a great job.

One of the hardest things about being a parent is not being able to get anything done.

One of the best things about being a parent is having a little human that I made, and being able to watch him grow up to be a handsome and charming little boy!

One thing I hope for myself as a parent is that I succeed as a parent and become a great mother.

One way having a baby has changed me is that I am wanting to accomplish things in life and have a great family and wanting to do stuff with my little family.

One thing I want to be different for him from my own experience of growing up, is to not get into any trouble, and be respectful.



Becoming a Midwife

Diamond Curtis, Winterport

There is a lot that goes into being a midwife. You are not just a midwife, you are much more than that; you are a friend, a supporter, a teacher, and a caregiver for the new mom and her new little. My dream career is midwifery because I would love to help new moms welcome the new littles into their arms. I want to be a midwife because I became a mom at a very young age. I did a lot of research during my pregnancy and fell in love with the whole process.

My midwives and OB-GYN were very nice and did everything they could to make me feel comfortable. They helped me get through my pregnancy and even though I did not see them as often in the early stages of my pregnancy they made sure I knew and understood everything for my pregnancy, like what I was limited to do and how to eat a healthy diet for the baby. I noticed there can be some midwives that are a little more difficult to work with but I would love to be a midwife that can help moms and couples have and give new gifts of life into the world.

I hear a lot of questions about how a midwife would be able to deal with an unwanted pregnancy. If it was me, I would do as much as I could to offer the mom different paths she could take and help her make her choices. There are a lot of things to think about when becoming a midwife. A lot of things can go wrong in pregnancy as far as stillbirth and miscarriage but there can also be health issues with mom and baby. For instance, preeclampsia is a high-risk pregnancy where the mom and baby may need more attention than normal. If this is not treated right it can harm mom and baby.

There are so many things that go into being a midwife and I am excited to move closer to my dream career to help new moms and dads have the perfect gift of young lives brought into this world.



Pregnancy

Krysten Chandler, Rockland

Pregnancy is different for everyone. Most of the time babies are born between 38-40 weeks. The sooner you go to your ob-gyn the better off you and your baby will be. This is to be sure nothing is wrong with the baby or the mother.

There are three trimesters in pregnancy. During the first trimester, you usually get to see the baby on a sonogram and get to hear the heartbeat. The midwives will measure your belly to see how much the baby has grown. There are also classes to learn how to become a new mother and you can always ask your midwives, doctor, or teacher if you have other questions.

During pregnancy, you will experience lots of different changes to your body. Your moles or freckles may become bigger and darker. If you're feeling depressed or sleeping more or have suicidal thoughts, reach out to your midwives or your doctor for help. They can help get medication and counseling for you. Call your ob-gyn immediately if you are having bleeding or pain so they can see what is going on. If you

smoke or drink alcohol or take drugs during your pregnancy you can cause a lot of serious problems such as a miscarriage, stillborn, birth defects, low birth weight, and fetal alcohol syndrome. If you do drugs your baby can be born addicted to the drugs that you take.

It is recommended that you add at least 300 calories to your diet every day, but it depends on how much you weigh before you get pregnant. Most women gain about 25 to 35 pounds. If you work during your pregnancy your midwife might recommend that you don't pick up heavy objects while at work or home. It's more comfortable if you lay on your side and have your knees bent while sleeping. If you are stressed it can cause you to not sleep because you are worried about the baby's health or giving birth.

Sometimes you might feel like you will lose your baby or that you can't take care of or afford your baby. I couldn't afford my first baby, but my mom helped me. Also, remember to ask others for help. Something that helped me during my pregnancy was having positive people around me.

Sleep Maintenance Insomnia

Madison Dorais, Buxton

Sleep maintenance insomnia is the difficulty of staying asleep. It's more common in elders, people who consume tobacco, caffeine, and alcohol before bed. Insomnia is a big factor of depression; anxiety and stress too but not as much. If you worry excessively about not getting enough sleep it's going to cause sleep problems. Bipolar is a low but decent factor of insomnia.

30% to 48% of insomnia affects elders. 23.8% of insomnia affects teens. 50% of insomnia affects pregnant women.



Insomnia can cause sleep habits and unhealthy lifestyles. Therapy, medication, good self-care/hygiene, and practicing healthy lifestyle habits are good ways to lower insomnia or chances of getting insomnia.

Why We Dream

Ben Mowatt, Sanford

The brain is a mystery and what happens during sleep is even more of a mystery.

REM Sleep (Rapid Eye Movement), is what brings us into a deep sleep where we begin dreaming. At the University of Chicago, researchers discovered unusual brain activity during REM sleep that is almost equal to waking brain activity. About 90 minutes into one's sleep, REM begins which starts up the dream cycle. As we begin to dream, our brain is also trying to organize memories and events that happen throughout your day. Say you watch a scary movie with friends, your brain might try to make room to remember that as you slept. There is a possibility that an event from that movie might occur in your dream. The reason our dreams seem crazy and unorganized is because of a part of the brain called the cortex. While we are in REM sleep, our brain is busy

organizing and the cortex isn't working at its full potential. It gets confused and seemingly overwhelmed by this. Our memories and desires fuse together causing strange and unrealistic dreams.

This opens up the topic of lucid dreaming. A lucid dream is basically when your subconscious mind realizes you are dreaming. When that happens you can take control of your dream and make whatever you want to happen. During dreams, lucid or normal, certain emotions like fear, anger, and anxiety are active in our brain. These are our survival instincts kicking in. Sometimes when we have crazy or scary dreams, our brain is playing out scenarios for us. We present these emotions during our dream to prepare us for any real-life survival encounters. This is why a lot of dreams seem negative and unpleasant. In a way, our brain is the general commander and we are the soldiers.

Now let's discuss nightmares. We all may have nightmares throughout our lives. Nightmares can be triggered by anxiety, depression, trauma, and even the stresses of daily life. A major change such as the death or disappearance of a loved one or friend can have even worse effects. We can wake up during a creepy or unpleasant nightmare as we see in all those movies when the kids fly up out of their beds screaming.



Here is where we talk about what happens when we don't wake up or when we start walking during sleep. During REM sleep, our brains release a chemical known as glycine. Glycine is the chemical that keeps us paralyzed when we sleep so that we don't act out our dreams and cause harm to ourselves or others. Glycine also blocks certain brain chemicals such as serotonin, norepinephrine, and histamine. Once we wake up the glycine stops producing and we can get up in the morning, however, that's not always the case. This phenomenon is known as sleep paralysis. We wake up but our bodies still think we are in REM sleep. During sleep paralysis, it is common for one's nightmares to feel like a reality, which is why we might see shadowy or distorted figures in the corner, on the ceiling, or even closer. Sleep paralysis is somewhat rare and doesn't happen too often. Sleep paralysis episodes usually last from a few seconds to a few minutes and are usually harmless in most cases.

Another strange phenomenon experienced during sleep is commonly called sleepwalking, or scientifically known as somnambulism. This mostly occurs in young children due to their brains not being fully developed. It sometimes occurs in adults who suffer from depression and alcoholism. Sleepwalking occurs when a person is slightly awoken, enough to return to physical activity while remaining asleep.

The brain is a vast sea of knowledge that we may not ever understand, but every bit of research brings us closer to understanding why the brain works and how REM sleep is the most important part of the sleep cycle. Sleep phenomena are still being studied worldwide and researchers are always discovering something new and fascinating about the human brain.