

**United
Way**



United Way
of Jackson County

LUCIA McGUIRE
WARPED
by PERCEPTION

Vol 1, Issue III

THE BIG IDEA NEXT
SPECIAL THANKS TO THE MBA

THE JOBY PROJECT: WELLNESS 2022

ALTERNATIVE TIMES
Magazine



TYRRELL CHESNUTT

“FINDING MY PASSION”

When I woke up all I could see was a bleak, gray sun. The land was a barren wasteland. There were almost no animals or people as far as I could see. I felt dazed and confused about how I ended up out here surrounded by rubble. I had many questions, but no one was around for me to ask those questions to.

My mother used to tell me this story, and she always told me to believe everything that was said. When I looked into her eyes while she was telling me the story I saw a kind of sadness, like she wasn't telling me something. When I was younger I would always ask her why she always had a sad look in her eyes when she told the story. Ramira whispered gently, “I hope you never have to find out.”

I continued looking around and wondering what I should do next. I thought about going to the nearest store, but there was only one problem I didn't know where I am. All I see around me is empty desert and the occasional tumbleweed blowing by. I won't give up hope though, giving up hope was the one thing my father, Christos, would tell me to

never do. It was at that moment that I had a brilliant idea, but first I needed some water. I stumbled upon the nearest body of water. Upon getting closer I realized that the water was a murky, mossy green color, but I drank from it anyway. When I drank from the water I realized that something was off in my body, it felt like something was missing, one of my kidneys was gone.

As the water quenched my thirst I looked around and realized that I needed shelter. As I was looking for shelter I came across two young animals fighting over a dead creature that they found. At first I was going to leave them alone but then I realized I needed to eat. I saw reinforcements arriving to help the bigger of the two, so I decided to step in and killed the two bigger ones and scared off the bigger of the two young cubs. When all was said and done I sparked a fire and badly charred the meat, but I ate it anyway. I eventually found a small hunting and camping shop in the broken remains of the city. While in the shop I found different types of foods to use to lure animals out into the open, but I did not find anything to hunt them with in the store. It kind of seemed like someone was here before me and took almost everything.

When I was younger on my hunting trips with my father he taught me how to make a bow and enough arrows for two weeks of hunting. I went back into the store and found some strip wood in the back of the store and also found some flexible cord and fashioned my bow and arrows then eventually built a shelter and hid it too. “I don't know why I hid it but I felt like doing that was a necessary thing for my survival.” I said to myself. Just as I was about to lay down to sleep I heard this faint whining sound, when I went to see what it was I noticed the cat that I had saved was outside my shelter. I then thought to myself, “So much for being hidden.” I let the creature in and moved my arrows and bow to a secure location next to my sleeping spot and eventually went to sleep with him on my legs.

I spent the next few days searching for any signs of life in the city, but eventually came up empty. So I decided to set up another shelter in the woods closer to the animal habitat and closer to the cat's home. Later that night I kept hearing strange noises coming from the woods. At first I thought nothing of it so I went to lay down. I then heard more than one of those sounds getting louder and closer. I got my bow and nocked an arrow preparing to fire it. I then heard a cry of pain. I lowered the arrow and grabbed the only light source I had in my hut, a lamp that I

found in the shop. When I went to investigate I surprisingly found nothing but a piece of clothing which is weird cause I am the only one left alive, or so I thought. I decided to not make a big deal out of it and go out and look for the person or persons. I noticed the next day that there were bloody footsteps that led to the east, but they weren't human at all. I followed them in hopes to find the animal and either fix it up or end its suffering if it is too injured. After hours of searching I stumbled across an animal-human hybrid who was sadly too injured to save even though my cat friend Vicente, who I had named after my youngest brother who had sadly died after birth, tried his best to lick her wounds. Before she had died she told me to search for the ones to save all which was very confusing because I was the only person left here.

As the day went on I found more and more signs of something or someone out there, but every time I went looking I found nothing but animal bones and carcasses. I eventually decided to leave the woods and go to search for these ones to save all hoping I would find them before anything bad happened. As I was looking through the city I was in I found a building with one light still on and a spark of hope ignited inside me. I went to open the steel door, but as soon as I had touched the door handle it had fell apart, so I tried to push the door open, but it had fallen apart as well. I felt something in my ear saying, "Don't go in there", but I decided to ignore it and walked through the door anyway. While inside the building I started to recognize some of

the walls and the way they were designed.

Out of the corner of my eye I noticed something scratched into the wall. It was someone's initials, the letters D and C with a heart shape around it. I recognized the way it was carved it was my carving, I started to remember my past when I heard glass shatter on the ground. I started to feel dizzy and fell and that was when the dreams started. I was back in the lab but things looked newer and cleaner. I then heard a familiar voice coming from behind me, it said "where were you Dimitrios?" I turned around and saw the girl I had a crush on for a few months, her name was Cassi. The day I witnessed was the day she asked me on a date. At first I was hesitant, but I accepted her request and we started dating for the next three months. When the doctor found out he was furious. The main reason he was enraged was because I was dating his daughter. He tried for months to keep us apart but was unsuccessful. Eventually we



had to break up because the doctor tried to hurt her majorly.

After we broke up the doctor started to be more aggressive towards me and the other patients in the facility. That was when the tests had started, every night we were taken into this area in the woods behind the building and had a serum injected into our arms. None of us knew what this was about until some of the people that were given the shot were dying. Everyone who was given the shot either died or was never seen again, except me. It seemed like the serum had no effect on me, although the place where he stuck the needle felt like it was burning. One day Cassi came running up to me with a panicked look in her eyes and told me that she woke up one morning and her father was standing over her with the L1f3 serum. He injected her with the serum along with the rest of us even though there was a high chance that it could have killed her if it wasn't compatible.

WELLNESS HEALTH

2022



LET'S BE INTENTIONAL!

WELLNESS IS.....



MENTORING



CULINARY ARTS



CHILL TIME



FRIENDSHIP

WHEN THE VIBE IS ORGANIC!!!!!!!!!!!!!!

Hi Will this is Lucia McGuire from ATI. This is what I have to submit for the magazine and some photos as well. It's mainly kids from our school and some nature. The art work relates to the poem titled 'Warped By Perception'. I painted this a long time ago but left it unfinished and decided to finish it because I thought it related to my poem about how I was influenced by social media. The mask connected to the wires creating cracks on her face symbolizes the energy and time spent on entertainment from machinery and screens. This leaves her with a blank stare while it tears her apart. Recently and especially during quarantine I have felt that my only entertainment has been from a screen and that has taken away from what my life actually is. The girl is surrounded by screens that are powered by her emotions and thoughts, but all she has to do is unplug them to get away. This relates to me because I know I can choose not to participate in social media but I still choose to, even knowing how it has negatively effected me. I hope you enjoy the pictures and thank you for letting us participate in this. :)



I grew up studying my reflection
remembering what gets me noticed
and how to avoid it
but my consumption of
has left me envious with comparison
and craving the attention

my insecurities were bred
to have another product sold to them
so if all I am is a walking advertisement
sharing consumer corruption
I'm letting numbers do the controlling
to the point it's consumed and destroyed me

if my only connection is through a screen
that sounds like a life with no function
I'm holding onto a pretense
that if I was like this or that
these things would be different

but I've let go of that dissatisfaction
I won't ever change other's reactions
who I am will stay the same
no matter what face I display
I've been warped by perception

but it doesn't have to stay that way.

Self Esteem

Self esteem is described as confidence
but I've taught myself that's nonsense
I could be confident but stuck in torment
it wouldn't matter if all I am is a door mat

my self worth is an image
that's pricked and poked at
I'm either too thin or too fat
I'm told to wear this instead,
don't do that

all I was taught was to sacrifice my life
I gave away my self esteem by the slice
that's price of a being too nice
so I've been rebuilding it ever since
because i'm the place where it begins and ends

it took me too long to realize this
but I can't hate someone I've never met
or blame myself for my own regrets
now I finally know what that word means
confidence doesn't create self esteem

it's created by trying your best.



LOVE IS TWO WAY STREET.

The Love Story about Angel and Belinda. I would like to start off by saying a relationship isn't always sunshine and rainbows. There will be ups and downs, but you have to communicate especially if you're going into a relationship don't give up on each other.

I was in a bad place before I met Angel. I never thought that I would get through it. I met Angel at Starbucks one day after I got off work in Burns, Oregon. My friend that was with me thought he cute and of course I agreed with her. A few weeks go by and one of my friends boyfriend would hangout with Angel, and that's when we added each other on snapchat. After many conversations he started to open up to me, and gave me more insight into his life. As it turns out, we were going through the same things, which obviously made us closer. Because of all of his tribulations, Angel had made up his mind and didn't want a relationship. But I fought for him, and the possibility of something good. I bought him an iPhone because I wanted to talk to him all the time.

Through our intense communication I found that Angel was going through things no teenager should go through. Angel lived in Texas

before moving to Burns. He really didn't have parents as a support system and he was on his



own for a long time. Until one day he flew to his brothers home in Burns. Consequently, I haven't had my parents since I was very little when my mom had my dad deported, and I haven't seen him years.

My mom became addicted to drugs and I was in foster care until my aunt adopted me, my three brothers, and my sister that has cerebral palsy. Angel and I clicked when I told him this story because our are so similar. Angel had to move to Boise, Idaho because his brother and his girlfriend had problems in their relationship. On my 18th birth-

day I snuck Angel into my room and we were dating but we haven't told my parents. Not to long after, Angel and I ended up leaving together because I found out I was pregnant. Things continued to get worse, and because of the stress and everything else I had a miscarriage.

Another move to make, but this time it was with his cousin and girlfriend and more rules. She complained about everything, but the perception of cleaning or not cleaning seem to anger the lady of the house. Another Move! This time is back home to make amends with my family. Things seem to go well, and the family was very forgiving. My brothers love Angel as well as my family as they have embraced him as their own. Our relationship has been a rollercoaster at times but we have stuck together through it all. It's been a year but it was love at first sight, and I knew he was the one. We are still growing and learning and we have big plans for the future, because, **We Got This!**



HAPPY WELLNESS DAY "THINK WELLNESS"

SPECIAL THANKS TO LITTLE CAESARS & FIGARO PIZZA





Sophia Meccia

By Will Young

When I think of Sophia, I think of adverse childhood experiences. I'm just speculating, but judging by my interview with her there have been plenty of rough patches. Upon meeting her she seems like every other teenager in transition, but soon after, the bomb goes off and then I was trying to figure out what causes this volatility, or the trigger. So, after two days of observing her, I found her to be charming, engaging, inquisi-

tive, enlightening, sensitive, and angry. So, I will try to report it the way she dictated it to me.

I started by asking her "how did you get this far in your life? This was a loaded question because she got locked up in the 8th grade for stealing a car (her mom's car). After this episode she was turned over to Family Solutions but didn't like it because she didn't like the vibe which included run-ons with the staff and other youth. She went into a period of antagonizing others, and trying to find herself which proved that her current surroundings would not serve well. JDH was the next stop as it was a very calming and sobering experience. It was a place to clear her head and gain some perspective, but it was not going to be enough to keep her straight.

Sophia's biological dad was not in the picture at first, and Sophia became the pawn between mom, stepdad, and biological dad. For Sophia, the behavior continued, and she found herself inside another facility, this time it was Y.I.P. (Youth Inspiration Program) in Klamath Falls. This was another program to help work on her dependency on Marijuana and other drugs. But again, another program with the same results. Her pattern was to find something good about a pro-

gram, get out and go back to doing the same things.

The story changes when she starts to understand how conscientious she is. When she was locked up in jail or rehab centers she was treated differently and saw racism as problem. Sophia considers herself a privileged white young lady even through her trials and tribulations she still feels fortunate to have a pretty good life. She wants a better relationship with her mom but credits her sister with the blueprint for a successful future. Her sister is very spiritual and provides a wealth of knowledge and guidance especially through her bouts with depression and insecurity. She really wants to graduate this year, and she is afraid of failing. Her nephews provide motivation, but her wellness health comes from breathing in fresh air, and engaging in indigenous rituals that offer her peace and balance.

Who knows what happens next? Like many others I am pulling for her to complete her studies and start the next level of life. Peace.



In all my life, I've never had a true connection with someone outside of the family. I have always kept to myself cause in the end all you have left is yourself. For the most part I keep my guard up and push people around me away. Its easy for me to let someone go because I've never fully let someone in and took the time to get to know them. In the end, I'm afraid to allow someone to truly know me. I'm scared to be vulnerable plain and simple and the thoughts of someone having control of my life is frightening. When you grow up with a mentality where showing emotions showcases your weaknesses and creates a nasty habit of revealing shame and guilt. But what went so wrong in my life that I have built walls to keep others out? To some degree most people are guarded by the perception of others and their untruthfulness. You tell yourself no, and that you don't need anyone, and you can deal with life on your own, but we are dependent on the touch and feelings of others.

After a while someone comes into your life and breaks those walls down that you have tried



MATTERS OF THE HEART

so hard to protect. There's that certain someone that can bring you up no matter what, even at your lowest point. Its so nice to around someone that can just make you happy with just their presence and smile. Its as if they have met you before because they can see past the anger and the negatives in your life that you spent so much time to hide. This person will make you feel a genuine feeling of warmth and safety just knowing they are in your life. When it is real there is a calm that comes over you and you slip away into another world whenever you're with them.

In time, the barriers you've put up start to crumble because of the infatuation and you start to let your guard

down. It's shocking when you realize how much you care about that person, or worse, losing them. Throughout everything this person slowly becomes your world and that person for me is Donovan Foy. Donovan is someone I will do anything for because I have allowed myself to become vulnerable, and because I care a lot for him. At the end of the day, I would like to see him at the very top even if I am not by his side because he deserves so much more than I can begin to explain. Will would say "protect your heart and your mind," which probably means matters of the heart proceed with caution.

By

Sierra Sweitzer



THE BIG IDEA NEXT PRESENTS JOB SHADOWING



The Big Idea Next developing at a rapid rate. The idea of the concept “circle of support,” is very important when you trying to move the needle through education.

We have selected job shadowing to develop work ready teens. To understand the value of work experience, professionalism and relationships. More importantly to provide an up close look at different organizations, companies and occupations.

The United Way will be instrumental in the development of this project by setting clear goals and

objectives. Public speaking will be used to prepare youth for positions where they represent a businesses to the public.

Our vision is to have workshops which support these opportunities and also allow guest speakers to share stories, information, and strategies to become successful. For business owners, job shadowing is a process that is effective for existing workers and prospective future employees. It also you to gain an insight into a particular profession and organizational culture.

Finding a job could prove difficult

without a game plan, even in a job friendly climate. If you are looking for a more realistic outlook on a career. Being introduced to a career that you may not have considered by doing your research and exploring the qualifications more intently.





MY OWN MAN
BY STEVEN HEADY

Steven has settled in nicely at Crater Lake Academy, but his path to stability and balance was not always that easy. Steven by his own admission has transferred from school to school because he always had issues with the way schools were operating. Wow..... How can a young man decide that there are issues without its full examination or completion. But Steven is a very interesting thoughtful and candid and I hope my depiction does him justice.

Steven is more than the average high school student, in fact he knows exactly what he wants to do with his life. First, he has no problems building friendships, but his expectations of those relationships are very high. He doesn't appreciate young people speaking inappropriately and he prefers the company of more mature individuals with great conversation. This approach leads to a search for good kids to be around with good

attitudes. Steven loves new relationships that are nurturing and supportive. He loves honesty and values other's feelings. The thought that came over me was that Steven was being judgmental or overly critical, but this was just his thoughts on creating longer more productive relationships.

The most important question for young people continues to be "how are you doing," or to ascertain their state of mind. For most of us including Steven, over thinking can be problematic especially when you are a perfectionist of sorts, which makes it harder to stay on track. The opposite of perfection is probably confusion which has lead to destructive thinking for Steven. At times he will take a good thought and turn into a bad one and by his own admission he loses perspective.

He can always turn to his parents for support. Learning, Loving, and Living is the motto in their home. Dad is always there to back you up when you fall and will be there to provide guidance lessons of life.

Last but not least is the girlfriend which is described as the best friendship ever, as dad has taught him to go slowly during relationships, but sorry dad nothing beats a good old fashion crush.

Vulnerable to Powerful



ABBY

Sexual assault is something no one should have to go through, especially kids who are too young to even understand that word. Sexual assault is any type of sexual activity or contact that happens without your consent. For me it made it hard to function and I couldn't handle myself anymore, and I was scared of what had happened to you to the point where you won't want to leave your room or you feel empty inside like you don't know yourself anymore. You can't recognize the person you've become because you're scared.

I was scared to the point where I wouldn't sleep at night, and only when my dad was awake cause he wouldn't let anybody hurt me. . Nobody knew for a long time because I was scared that he would do something worse to me if I had told anyone. I am still very scared of him. Whenever he enters the room I get really uncomfortable.

He has made it hard for me to cope with the feeling of someone touching you when they don't have the right, and then thinking it's okay. It still hurts to know that it's not only me that it's happened to but many others as well. And, when you're in that situation it IS very hard to speak up. When I had finally told my parents, my dad was driving me to school like he did every morning. But that morning he couldn't even look at me. He couldn't see past the pain that I had been put through and him not knowing about it. It's been haunting me since I was 8 or 9. Scared, I felt alone when this was happening because it was someone I trusted.

Hotline 1800-656-HOPE (4673)

RVTD AND UNITED WAY CELEBRATE TRANSIT EQUITY DAY AND THE COMMEMORATION OF ROSA PARK'S BIRTHDAY



LET'S START A CONVERSATION

Wellness 2022 is the hope for our Big Idea Next. We as a community, and We as a people must have compassion to our neighbors in the most pragmatic of ways. Wellness Health is about Personal Wellness, Interpersonal Wellness, Community Wellness, Environmental Wellness, Self-care Wellness, and Family Wellness. We need to be intentional about the messages that we all deliver especially to our young people. But young people do all you can to take care of each other by being kind.

“Think Wellness”

Will Young

Community Impact Director

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