

# ALTERNATIVE TIMES

Magazine

**WELLNESS IS WHAT WE STRIVE FOR!**

CRATER LAKE ACADEMY STUDENTS  
WELLNESS HEALTH 2022

VOLUME 4

**United  
Way**



**United Way  
of Jackson County**

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Issue No. 1: The Joby Project/Big Idea Next

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## YOUR CHAOS TOOLBELT:

Research • Essays • Journals • Sound of Music • Playwrights • Employment • Diaries

When I was growing up it seemed that parents did all they could to separate themselves from the behavior of their children. They used to say things like “do you want something to cry about,” or “I brought you in the world,” and you know the rest of the story. These comments have become harsh reminders of how relationships can deteriorate. At the home of Caleb Laneer, there is less arguing and more understanding. I met Caleb in Mrs. Terrili’s yearbook class. He was very quiet and respectful, and always drawing, probably to stay composed while I spoke to the rest of the class. But he was not always like this, in fact at one point he wanted to drop out of high school because he didn’t feel like what he was learning was going to prepare him for the real world. The good news is that most of us go through that period of uncertainty.



And through this uncertainty Caleb is going to graduate this June from Armadillo Technical Institute. On his way to graduation, he has picked up

## TAKE FIVE: CALEB LANEAR

specifically the Supreme Court. History has also given him a rite of passage. His brother also graduated from ATI. Caleb loves ATI’s laidback atmosphere and its self-motivated challenges that encourages individual learning styles. But Caleb is more than a student; he is an extremely talented artist, which to me is his most endearing quality.

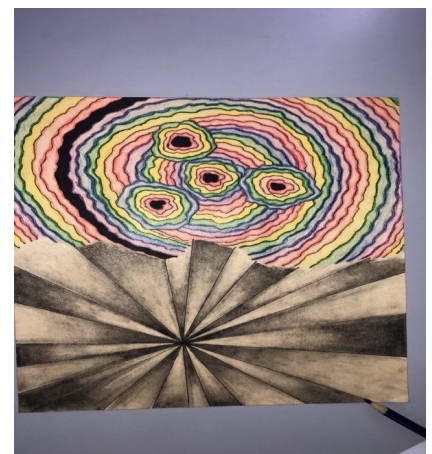
The mind of an artist has always been intriguing, and although left to be judged by others, art is about the process and what it takes to the process and what it takes to create a piece of work. Caleb describes art as more than just putting a pen to the paper, but as the amazing view that he creates when his mind is free to wander.

Mom enjoys the artistic process as well, but her skills are in painting, and according to Caleb she is very good. Caleb’s mom is his best relationship, but why wouldn’t it be. Well, in the last 20 years, we have witnessed the decline of parental relationships, and the deterioration of communication. Caleb’s mom has developed boundaries and a communication style that works for both of them. There have been some difficulties with Caleb’s mishandling of freedom, but as he has gotten older he has been better at managing the extra freedom and the expectations that come along



with them. “Take Five,” is more than a phrase from mom; it is an understanding that alleviates arguments and allows room for compromise. The payoff is that Caleb has become a more well rounded individual with the ability to plan and dream.

The plan starts after graduation with saving money and moving to Texas. After establishing himself in Texas, the next phase is partnering with a buddy, and potentially moving to New York to become chefs’. Lofty goals but that’s what has gotten him this far. A restaurant is also a possibility, but the ultimate destination could be Costa Rica. This seems like a perfect place for an artist; picturesque views and mental freedom. As we celebrate wellness, we all should take time to envision tranquility, if only a few minutes at a time.



Images by Wyatt Wallace  
Crater Lake Academy



## JOB SHADOWING



The Job Shadowing Program has been quite a success judging by the participation and the response of the business leaders and/or supervisors. We are so grateful at this point that our students have really utilized these opportunities to become more familiar with what it takes to run a business and

the characteristics of work ethics and job skills.

Here is a look at the evaluation from the Lomakatsi Restoration Project to our students that participated. “The participants did a wonderful job interacting with Lomakatsi staff and special guests. They especially appreciated those who incorporated hands on and interactive elements throughout the day. It was evident that participants were significantly impacted by their experience. Participants gave positive feedback and expressed how much they appreciated gaining

professional experience and learning about careers in the natural resource field.



## JOBY PROJECT—The Big Idea Next



The Big Idea Next and the Joby Project have become synonymous with the power of “Youth Voice.” It is clear that most of us have the same struggles but by expression we find some type of peace if only temporarily.

Joby was like most of us trying to find a place to call home within a functioning family unit. Joby is the inspiration of the Alternative Times monthly publication. It is a form of communication that fills a void for the voices that have been suppressed or ignored. The emphasis is on finding that circle of support that we all need.

Somewhere in Joby’s

support system there was a breakdown which left all of us with some unanswered questions and unresolved feelings. Through tragedy we look for answers that could possibly prevent the next one.

Alternatives Times also highlights the concept of equality. Students are encouraged to express themselves according to their passions or future pursuits.



**Becoming a teacher.** At first, I wanted to become a teacher because that's the only career I had an inside view of, or so I thought. I could have that career and still have a family. I would work the same hours as my children would go to school with weekends, holidays and summers off. Perfect. I held firm to that goal throughout elementary and middle school, because it seemed like a logical plan to meet all of my personal goals. After a couple years of high school though, my perspective shifted. I watched friends that I had grown up with and deeply cared about begin to make choices that negatively impacted their lives. Many of these individuals were incredibly intelligent and had thrived prior to high school. However, upon entering high school there was a major shift. This bothered me, deeply. In fact, it still does. It became my inspiration and drove

my passion to teach high school students.

**When my perspective** about teaching as a career shifted during high school, I thought I knew the answers. My friends were making poor choices because of a lack of consistency at home now that their parents were divorced. Or, they chose to experiment with drugs and alcohol because they were unsupervised and without accountability. Essentially, I blamed their parents. I was so focused on the injustice I perceived that I failed to look for a solution. I know now, blaming doesn't get you anywhere. I also know now the issues my friends were grappling with ran much deeper than I could understand then.

**Fast forward.** I am student teaching at South Medford High School. I am entering the career I have planned for nearly my entire life. I desperately desire to impact students and change the life trajectory of students who are like my friends from high school. Enter a new perspective. I have a student who lives in her car and has no family. She was robbed one night at a park. Where are her parents? Another young lady has grown up with parents who are drug addicts. She was sexually abused as a child and experimented with marijuana and

meth by age 13. What were her parents thinking? I have a student whose parents are affluent in the community, but she self harms. Why aren't her parents helping her? The stories go on and on, so I began to ask what is the solution and how can I make a difference?

**It would take some** introspection to answer that question first. During that season of student teaching, I was also attending school full-time at SOU and my husband was deployed to Afghanistan, and I often felt alone. My plate was full, my anxieties were high, and I was carrying the weight of the world on my shoulders. At the end of the day, I cracked. No, I didn't quit school or cease to care about my husband's safety, but I stopped carrying the weight of it all. I knew that if I didn't stop carrying the weight, it would paralyze me and I wouldn't move forward. I would fail. I wouldn't become the teacher, or wife, I always wanted to be. So, I spent a great deal of time at church and with people who listened and encouraged me. I came to realize that I wasn't the "savior" my students needed and in fact I had more in common with their parents who were overlooking their deeper heart issues just like I was.

**During my time** of introspection, I learned compassion. Compassion for myself and for others. When it

comes down to it, I am flawed and imperfect, just like everyone else.

**However,** I see my mission differently now. I have a set of strengths and weaknesses, and I have to set realistic goals moving forward for what I can do to serve others. I will not “save” all of my students from making poor choices, but I can serve as a catalyst. I can be that person who stands in the middle of life’s difficulties and I can offer support. I can listen and encourage. I can help forge a path forward just like others have done for me.

**This is also** the reason that I work at CLA. I have stumbled upon a team of people who think like me. The vision at our school is “Every student graduates +.” It’s the + that excites me. Our goal goes beyond a high school diploma, and seeks to set each student up for success in their lives and careers. That is the foundation of our decision-making that drives this school forward. My hope is that all of our students will find their catalyst to move through life’s difficulties.



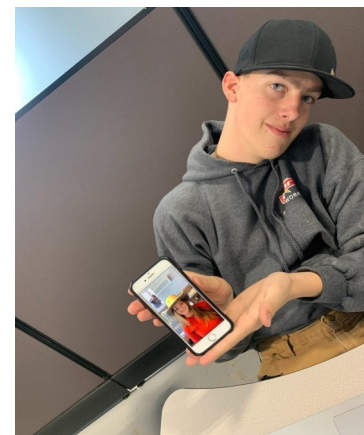
I met Macinzee one day while she was reading one of the magazines. She seemed really interested about a particular article that was rather sensitive; so we discussed it. This was the first time we had a conversation and now we talk all of the time.

Macinzee is a kind and gentle soul that doesn’t draw attention to herself but you know she’s around. After experiencing trouble in middle school by not turning homework in; she opted for life in a charter school where there was less drama and a higher graduation rate. Like most young people she had issues with



concentration, and was always worried about other things. It’s amazing to see how much young people go through, real or imagined. She lives in a close knit environment with her dad and step-mom, while visiting her biological mom every other weekend. She is hard working and loves the outdoors. A loyal friend that likes to travel anywhere. Her motto is to stay in her lane, and be your own leader.

Mac is just a cool person that seems to get along with everyone even though she is a little shy. She is very competitive and really hates to lose. But, she is also sensitive, and when things go wrong, stepmom gets the first shot at making things right. Atmosphere is very important whether she is home or at school. But that’s the cool thing about Crater Lake Academy; you can be yourself without judgement. I believe in her, and I can’t wait till her story is written in her own words, I’m sure there will be a lot to say.





From the first time I met him I knew we would be fast friends. Was it our size, our laugh, or just our complete devotion to young people? Whatever it was, Daye Stone has an admirer in Will Young. Daye Stone is someone I would want to work for because of his dedication to the education system and all that participate. He literally puts everything into the wellbeing of his students by always putting them first.

About a month ago he had a surgery that caused uncertainty around the school. But a week after the surgery he was right back in the saddle and the fight continues. At that time, there were about 30 students on track to graduate, and as of April 1, there are about 50. The students are working very hard and understand that there is a light at the end of the tunnel, and completion seems much closer than a month or two ago. A lot of credit goes to the young people that haven't given up and the teachers that continue to encourage them daily.

For Principal Stone, he is excited about the energy inside of Central Medford High School and how they have persevered during the pandemic, but his tenure is coming to an end. Principal Stone will be leaving in June to pursue family business, and Central Medford will be going in a different direction. They are developing other pathways such as credit retrieval, social and emotional learning, and employment opportunities through Project Youth Plus. With these efforts, Central Medford is becoming a school of choice, which promises to serve students at a particular stage of life. In addition to the changing climate, they have established a committee that is working on keeping them in the same location at least for another year.

At the end of the day, I feel fortunate to have worked with Principal Stone, and I appreciate the faith in which I was given to create relationships within the student body and administration.

# PROJECT YOUTH+

**COLLEGE+**

**+ACCOUNTS**

**CAREER BUILD**

**WHATEVER IT TAKES**

At Project Youth+, we prepare low income, first-generation, and under represented youth to thrive in school, careers and life. We use these resiliency development strategies personalized to meet the strengths, preferences and challenges of each individual.

The goals include:

- To support youth in learning about themselves and applying this self-awareness toward school and careers.
- To help each youth reach their full academic potential, and prepare them for a successful transition high school to college to the workplace.
- To provide the financial training and support that participants need to achieve their savings goals.

**CMHS—Troy McNichols**

**ATI—Katie Howitt**

## THE ADOLESCENT BRAIN: SOME FACTS...

- The brain reaches its biggest size in adolescence
- Teen brains may be more vulnerable to stress
- Teens need more sleep than infants & adults
- Friends are EVERYTHING!

## Stages of Psychosocial Development



## IS SOCIAL MEDIA DANGEROUS TO YOUR ADOLESCENT BRAIN?



### ***"It allows me to stay connected to my friends."***

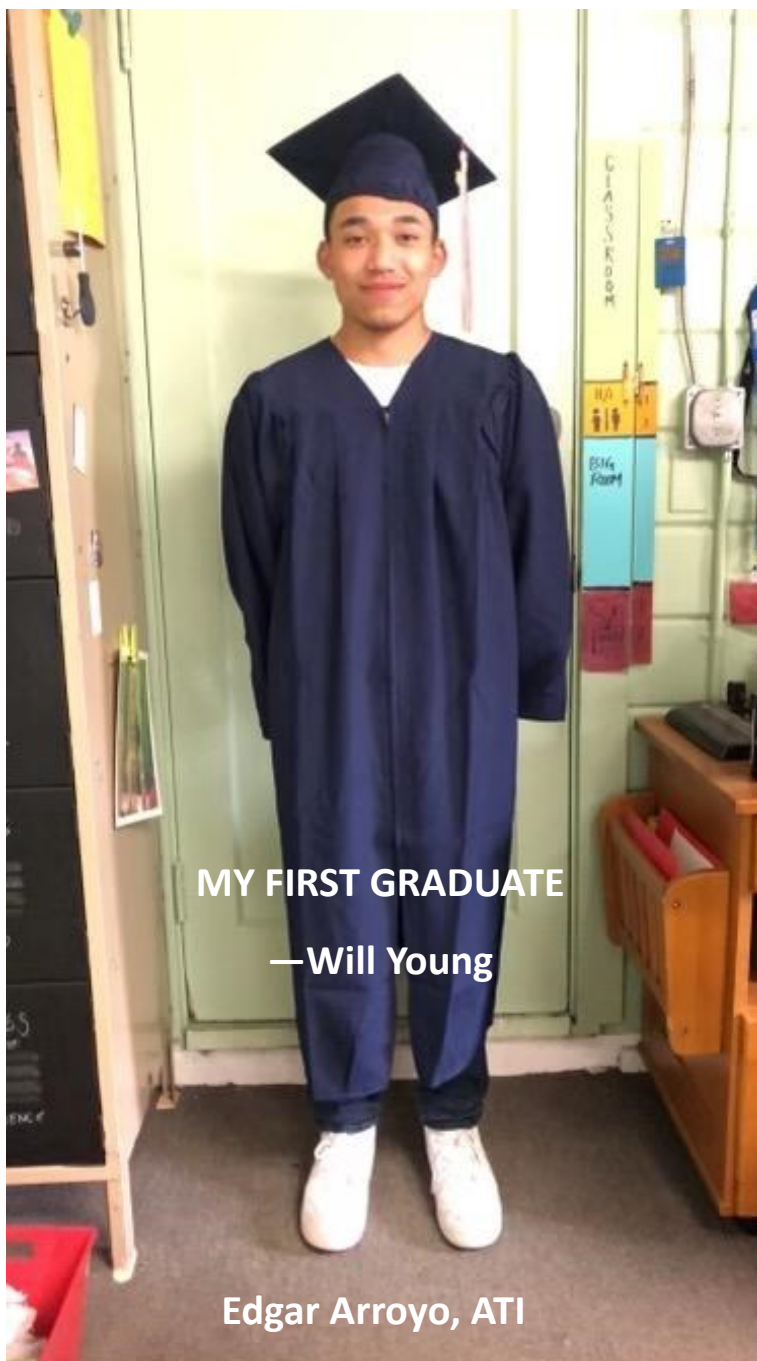
Despite having access to technology which brings instant connection, adolescents are becoming lonelier and more isolated. Social media is also providing adolescents protection when it comes to learning how to interact, communicate and positively build relationships with their peers. Even when adolescents "feel bad" after engaging in social media with a lower sense of self-esteem or are educated on the risks, they still tend to have trouble disconnecting considering screen time is dangerously addictive.



### ***"It gives me inspiration and ideas." (body shaming/comparison)***

Adolescents bring with it a strong internal need to develop a sense of self and personal identity. Social comparison is a construct which has helped adolescents in achieving this goal since the beginning of time. However, when youth use social media for these comparisons, it can create unrealistic expectations and decreased self-esteem. In the United States adolescent's psychological well-being dropped drastically between 2012-2022, which just so happens to be the time access to devices increased. Using social media for age-appropriate comparison can create emotional strain which may lead to harmful behaviors such as eating disorders or body dysmorphia.





MY FIRST GRADUATE

—Will Young

Edgar Arroyo, ATI

When I first started my work with the United Way, I was worried that I would not have time for direct services, but because of this e-magazine and opportunities to visit students in their classrooms, I was able to not only meet young people but to develop relationships that were not offered in previous years. So with Big Idea Next, Barrier Reduction program, and High School Completion; I have my first graduate, and his name is Edgar Arroyo.

## **“THE CRAZY ONES”**

*“HERE’S TO THE CRAZY ONES. THE MISFITS. THE REBELS. THE TROUBLE-MAKERS. THE ROUND PEGS IN THE SQUARE HOLES. THE ONES WHO SEE THINGS DIFFERENTLY. THEY’RE NOT FOND OF RULES, AND THEY HAVE NO RESPECT FOR THE STATUS-QUO. YOU CAN’T QUOTE THEM, DISAGREE WITH THEM, GLORIFY, OR VILIFY THEM.*

*ABOUT THE ONLY THING YOU CAN’T DO IS IGNORE THEM. BECAUSE THEY CHANGE THINGS. THEY PUSH THE HUMAN RACE FORWARD. AND WHILE SOME MAY SEE THEM AS THE CRAZY ONES, WE SEE GENIUS.*

*BECAUSE THE PEOPLE WHO ARE CRAZY ENOUGH TO THINK THEY CAN CHANGE THE WORLD—ARE THE ONES THAT DO!” — Steve Jobs*

**BIG IDEA NEXT**

## Dark Lord: Chapter One:

By Isys Chesnutt

On August 12, 2013, a woman was pregnant with twins. She was really stressed and freaking out. That night there was a blackout, during the blackout, the woman went into labor and she screamed for a doctor. The doctor came rushing into the room and noticed two faint lights floating above the woman, like the lights were guardian angels. He went up to the woman in labor and said "Maya, I need you to take deep breaths". During the birthing process the doctor noticed the two faint lights fading away. The doctor eventually heard the infants crying. He placed them on the weighing machine and wrapped them in a blanket. Maya watched the doctor. When the doctor turned around he noticed that the lights were gone. He handed Maya her babies. When she looked at them, she noticed that they each had a white streak in their hair. The doctor walked out of the room, and went to the husband of Maya and said "Your wife is in the room with two lovely children, you may go and see them". The husband walked into the room and sat next to the bed. Maya handed him one of the babies. Maya said "Their names are Lincoln and Mary". Maya was exhausted and left the babies with Rosco, who is the father. Maya went to the bedroom and fell asleep. Rosco was down the hall with the twins. He started playing peek-a-boo with them. When he covered his eyes, Lincoln started floating in the

air. When the father uncovered his eyes, he noticed that Lincoln wasn't on the floor. He frantically started looking for Lincoln. When he went back to the living room he noticed that Lincoln was back on the ground. He thought it was weird, but he went back to playing with them. He went up to the room and saw Maya sleeping, he noticed something off about her, he looked closer and saw that she had a small streak of white hair. He thought it was a genetic trait and thought



nothing of it. Later that night, Maya heard one of the babies crying and went to check on them. When she went into their room, she noticed someone was standing near the crib, she couldn't see who it was because it was dark. Maya went in front of the crib and guarded her babies. The person that was in the room looked at Maya, with an intense glare and leapt out the window. Maya turned around to face her babies and noticed that they were asleep again. The next day, Maya was still in the infant's room making sure they were safe.

When Maya woke up, she went out of the room down a really long hallway. It was too dark for her to see. Maya blinked, trying to adjust her eyes to the darkness. When she blinked the third time, a light appeared in front of her. She looked at it with confusion. Maya raised her hand to touch it, but it moved quickly out of her reach. The light started showing the day Lincoln and Mary were born. Maya watched closely, she saw the two lights above her head and thought "those lights are the same color as my kids hair". When the vision was over, the light led Maya to a door and flashed twice, then disappeared. Maya looked at the door hesitantly. She grabbed the doorknob and twisted. When she opened the door, there was a bright flash and she was back in her house. She didn't think much of it and continued on her way. When Maya went to the living room, she noticed two kids standing in the middle of the living room. She stood in shock, when she realized that they were Lincoln and Mary. They were facing towards the back window and Maya was behind them. She slowly approached them and they turned around and in unison they said "Hi Mom." Maya was a little spooked by them. She approached them and knelt in front of them. She looked up at Lincoln and saw his eyes slowly turn to a white color. She then looked towards Mary and saw her eyes turn black. Maya stood up and Lincoln started to hover above the ground and Mary created a black hole beneath her. Lincoln looked down at Maya and said in a deep

tone "The fate of the world is in our hands." Everything went bright and when Maya opened her eyes she was back in her hallway and Lincoln and Mary were babies again. Maya went down to see her husband. When she got downstairs, he wasn't downstairs. She yelled for him but there was no response. She walked into the living room to see him sitting on the couch holding still. She looked in the direction he was looking and saw someone across the distance. She touched her husband's shoulder and he came back to consciousness. He looked up at Maya and asked her "What is it dear?" Maya replied with a concerned look "I think our kids have super powers." Maya walked away from her husband. A few years later, Mary and Lincoln are now in grade-school somewhat unaware of their powers. Maya was taking them to a special class. When they got to the class, they went around the building and entered a different door. The door led to a special



operative room that was full of other kids like Lincoln and Mary. Mary's powers were shadow controlling, the ability to control shadows and to shape shift. Lincoln's powers were still growing, but he still practiced combat skills. Mary used her powers against dummies and sometimes she would get to use her powers on other kids like her, but Mary's powers were really strong and could get out of hand sometimes. Maya thought it was weird that her powers were getting stronger and that Lincoln's powers hadn't developed yet. After the training class, they all went home. They had a delicious dinner. Mary and Lincoln went outside to practice what they learned in their class. Mary would show Lincoln her abilities and teach him what she was taught in the training lesson, and Lincoln would show Mary how to fight using basic combat. After they were finished practicing, they went inside and got prepped for bed. Lincoln and Mary always had a routine before bed to ensure their safety, Mary would lock the bedroom door and place shadow puppets by the window, to protect them from anyone or anything. Lincoln would stay up until Mary was asleep, to protect her. Late at night, someone approached Maya's house and went to the window of Lincoln's and Mary's room. The person floated up into the room and stood by the window, the person noticed the shadow puppets and stood still. The puppets looked at the person and did nothing, thinking that he was a shadow. The shadow puppets went



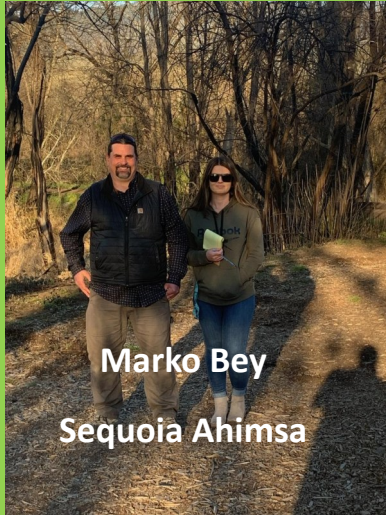
back to their stance and continued guarding. The person moved to the wall and went up to Mary, then removed the mask and looked at Mary. The person placed one hand over Mary's head and whispered some words and Mary's eyes opened to reveal a dark red coloration in her eyes. Mary started mouthing the words of what the person was saying and then stopped, everything was quiet and the person was gone. The next morning, Lincoln got up before Mary. Lincoln noticed that the shadow puppets were gone and that Mary was still asleep. He thought it was weird, but he didn't mind it. He went to the bathroom and started preparing for school, while he was getting ready he heard a close whisper. He turned around and it all went black.



On Saturday March 19, a group of students and community leaders were treated to an educational-work day to repair some of the damage done by the fires of 2020 with the Lomakatsi Restoration Project. The youth were involved in shrub/tree planting ceremony in Ashland to better understand the nature of restoration.

Lomakatsi Restoration Project is a nonprofit, grassroots organization based in Ashland, Oregon that for over 27 years has been developing and implementing forest and watershed restoration projects, programs, and initiatives across Oregon and Northern California. Lomakatsi's mission is to "restore ecosystems and the sustainability of communities, culture and economies.

Lomakatsi's Ecological Stewardship Training and Employment Program provides youth with educational experiences in ecosystem restoration through hands-on workforce training and employment designed to inspire interest in natural resource



careers . Lomakatsi operates youth workforce initiatives throughout the region—layered into landscape-scale ecological restoration projects with partners including the US Forest Service—engaging students in both the science and application of ecosystem restoration and natural resource stewardship. Through positive work experience and teamwork, youth gain education, professional skills, and a sense of responsibility and a long term community service ethic.



## United Way Volunteers

### Gena Guglielmo, UNH, Intern Big Idea Next



Gena joins the Big Idea Next program as an intern working alongside Will Young and the youth in Jackson County. Gena has over 11 years of experience working with youth in after school programs and

as a residential supervisor in therapeutic settings. She has served as a consultant and therapeutic mentor to youth transitioning back home with their families. Gena has volunteered with Hospice as well as with migrant workers and their children to ensure their needs are being met. She is currently attending University of New Hamp-

shire as a graduate student in social work. Her hope is to gain the knowledge and experience needed to provide outreach and support to youth in her community while serving as an advocate. While not working or going to school, Gena enjoys being active outdoors, growing her own food, and spending time with those she loves.



## OHSU at SOU Nursing Students

### Eric McCann and Simona Gruzdyte

**PROJECT:** THE BIG IDEA NEXT

**PROJECT FOCUS:** NEEDS ASSESSMENT FOR ALTERNATIVE EDUCATION.

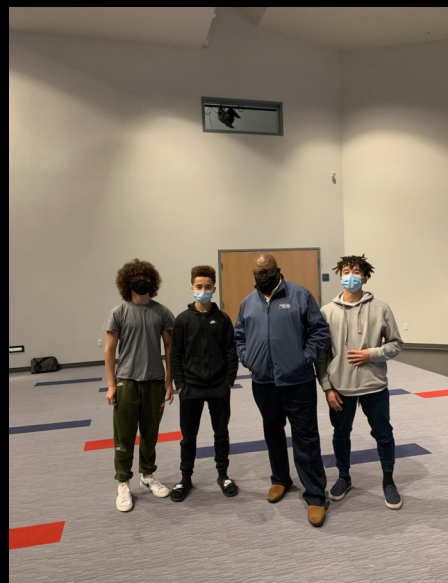
**HISTORY:** the population of high school students at Butte Falls Charter, Crater Lake Academy, Central Medford High School, and Armadillo Technical Institute in Phoenix will be the focus this term. OHSU Nursing students each spring have surveyed and compiled information to help the Big Idea Next choose direction and support for the future

students. In addition to the compilation of the survey, there will be focus groups with identity development and the aftermath of the pandemic and effect on our high school population.





**BLACK  
YOUTH  
LEADERSHIP  
SUMMIT**



# LET'S START A CONVERSATION

## "FINDING YOUR IDENTITY"



When in doubt, have a conversation. Since our intern, Ms. Gena arrived, we have spent more time on identity and the crisis that ensues. The students have really embraced the opportunity to talk about things on a personal level and nothing is more personal than knowing who are you.

From forums, to symposiums, and one on one chats; we learned so much from listening without sharing, and/or commenting without bias. Trying to figure out who you are can be a daunting task especially when the measurement is sitting right next to you. We understand that we see ourselves through the eyes of others, but the goal should be self awareness through self examination. In other words, take charge of who you are.

