



# THE WATERSHED SOURCE



NOVEMBER ISSUE



## WATERSHED WELCOMES NEW ART TEACHER

**W**atershed is very excited to welcome the new art teacher: Debra Hoffman!

Debra is teaching two different art classes: Art Foundations I on Tuesdays, and Art Foundations II on Fridays. You may find Debra's students learning about a variety of art terms and techniques, or you might find us cuddling with her new puppy, Eddie.

Debra moved here from Philadelphia, where she taught art at the Germantown Friends school. She decided to move to Maine to be with her husband. She heard about Watershed from our previous art teacher, Kim Bernard and was drawn to Watershed because of its size— the class size at her last school was 15 kids per class, and she was looking for something smaller.

"Watershed students want to learn and grow in a positive way," Debra says, "I was excited to join Watershed because being in that environment makes teaching more powerful and fulfilling."

Debra's mother was a painter, so art came naturally for her. Even though she didn't have a lot of art experiences as a kid, she was interested in pursuing her family's passion. She found her love of painting in art school. Despite her lack of teaching experience, she worked with a Philadelphia artist who also taught at a university. The teacher was looking for someone to teach in the art department, so they invited her to apply. She got the job and taught for 14 years.

Outside of school, Debra loves to garden, and she used to be an avid dancer in swing and modern styles. She and her husband are also building their house, so most of her free time is spent on construction.

Thanks, Debra, for joining the Watershed community! We hope you are enjoying it.

*By Maggie Vinci*



# MARCHING FOR THE FUTURE

## *Camden Students Participate in the Global Climate Strike*

On September 20, 2019, climate strikes took place in over 150 countries. Strikers called for governments to take action in reducing carbon emissions and preventing further climate change. The most striking aspect of the protest was the fact that it was all organized by teenagers. One of the protest organizations, School Strike for Climate, is a student-led group that encourages teenagers from all over the globe to take a stand and push for climate change prevention. The climate change movement began in 2015, when students across the globe did not attend school on the first day of the United Nations Climate Change Conference. This same movement coordinated the September 20th strike just days before the UN emergency climate summit. The student group also organized strikes in May, June, and August of 2019, along with several other strikes in past years.

In addition to the physical walkout, the student group is also organizing an online movement, the Digital #ClimateStrike. There is a line of JavaScript that causes the participating website to shut down for the day and instead, show a banner that reads: "Our Website is joining the Digital Climate Strike. Will you?" School Strike for Climate uses social media and digital outreach avidly, especially for people who aren't able to join the physical strike.

Many adults marvel at the fact that teenagers from across the globe are willing to work together and organize such a powerful event on their own. One of the most effective tools young activist groups like SSFC use is social media. Many students use social media to encourage others to sign up, show support, or simply spread the word. The September 20th strike is one of the biggest climate strikes the group has organized to date, and Camden students are joining in alongside over 5,000 planned strikes all around the globe.

However the Camden Hills strike was bland compared to other strikes. The Camden Hills adminis-

tration changed the scheduled time to 2 PM so that the strike was not disrupting class. That, of course, removes the whole point of having a walkout, which is to disrupt the everyday norm to demand change. In addition, the student turnout was minimal. Out of roughly 680 students, there seemed to be no more than a hundred in attendance at the march. This was surprising for a school that had made such a push for environmental changes to their campus in the past, such as building a windmill, using solar panels and composting. However, the student speakers at the march were empowering and impactful, addressing not only what is happening in the present with climate change, but also what can be done in the future to reduce its impact. Some speakers talked about how the upcoming 2020 election is going to be crucial for the next few steps to stopping climate change, and how even before then, Congress needs to make an effort. Others talked about what climate change will mean for our future, and how the planet will have changed for the next generation. Watershed student Caleb Edwards talked about how we will be affected locally, as a coastal town. Every year, precipitation increases, which means more snow, ice, rain, and sleet. If this continues, the Camden Snow Bowl, a huge part of the town's economy in the off-season, will disappear. Students were also passing around voter registration forms, petitions to sign, and postcards for students to send to legislatures with their input. Many people thought it strange that students in a town known for being environmentally friendly would be asking for more change. The town of Camden is working towards lowering carbon levels, meeting emission reduction standards, and implementing more solar power, but the students understand that if any change is going to be made, we have to start locally before we can work globally.

*By Marina Decordre*





*Above: A crowd of students gathers at Camden Hills Regional High School on Sept. 20th, 2019 as part of the global climate strike occurring in places all around the country on that day.*



*Left: Camden Hills senior Chloe Cognard gives a speech detailing the effects of climate change.*



*Right: These protests took place all around the world under the title "Global Climate strike". They started on the 20th, but extended to the rest of the week.*

# APPLE PICKING, PUMPKIN CARVING, AND MASS EXTINCTION

**I**t's autumn in Maine and there is something exciting for everyone—hot chai, fresh ruby apples, and seasonal holidays like Halloween and Thanksgiving. Fall in New England offers one of the best times for beautiful views, perfect sailing winds, and scenic hikes. The leaves are yellow, red and purple, the air is crisp and cool, and the water is a sparkling blue. The season may be coming to an end for the leaf-peepers, but it's in full swing for the locals. In a town like Camden, the population just about triples during the summertime. But, as the October days dwindle, the town visibly empties out. Families with young kids head home before winter arrives, visitors who came to see the foliage go when the leaves drop, and restaurants and shops start to close down.

There is serenity that comes with the cool October weather. Store owners can close down a little earlier, children brainstorm over what Halloween costume to wear this year, and students going back to school are all bright eyed and excited for the year to come. Of course, there are some downsides to the new season. Many students are stressed about the school year, SATs, and keeping up with studies.

But the question on everyone's minds is: What is the winter going to be like? Will it be filled with white, fluffy snow and a bright sun, or will we be covered in a blanket of darkness, with messy, wet slush beneath our feet? Winters the past few years have been bitter cold and wet, frosts are coming earlier and earlier, and the news shows images of climate change happening in the Arctic. Throughout the east coast of the United States, spring is arriving earlier and bringing more rain. Heavy rainstorms are more frequent, and summers are hotter and drier. In Maine's future, the changing of the climate is likely to increase flooding, harm ecosystems, disrupt the fishing industry, harm agricultural growth, and disrupt winter recreation such as skiing or ice skating.

The average precipitation per year in the Northeastern area of the United States increased 10 percent from 1895 to 2011, and precipitation from heavy storms such as hurricanes has increased 70 percent from 1958 to 2016. This means that rising temperatures will melt the snow earlier in spring and increase evaporation, and because of this, Maine's soil will be drier during summer. Drier soils are bad for farmers, food growth, and the agricultural industry. This could also mean that flooding is likely to be worse during winter and spring, and droughts worse during summer and early fall.

Along with the weather change, 'tis the season for runny

noses, annoying coughs, and dry throats. Climate change isn't just affecting our climate, but human health is a large factor as well. Both the American Academy of Pediatrics and the American Medical Association called climate change the "greatest public health challenge of the 21st century."

Today, when children go out to play in the woods, the routine afterwards is to check for ticks. But my parents never worried about ticks after running through tall grass or hiking through the forest. Everyone in Maine today understands the fear of ticks, or more importantly, the diseases that they carry. Warmer winters means that the tick season is longer, and more people will be susceptible to diseases for longer periods of time.

Lastly, we can't forget that climate change can heavily affect mental health. The American Psychological Association summarized the effects in an extensive report, linking climate change disasters such as droughts and flooding to stress disorders and depression. The study also found that worry about global warming can increase anxiety, depression, and substance abuse. The majority of these cases can be linked to places that have faced an environmental disaster or storm due to the climate changing.

Thankfully, teens are taking a stand and doing their part to make a difference. The Climate Strike began one August day in Sweden, when a 15 year old girl named Greta Thunberg sat down on the steps of the Swedish parliament building with a hand painted banner reading, "skolstrejk för klimatet" (school strike for climate). "Some people can just let things go, but I can't, especially if there's something that worries me or makes me sad," Greta said. This past fall, millions of people around the world held a global climate strike on Friday, September 20th, inspired by Thunberg. Protesters on every continent held homemade posters and called for action in what might have been the biggest ever protest against global warming caused by humans. "Our house is on fire," Thunberg said at a recent rally in New York City. "We will not just stand aside and watch."

Today, the youngest generation is taking a stand. Around the globe, millions of youth strike every Friday demanding that their governments take action against the biggest threat to our world. Climate change is real, dangerous, and urgent. Our government needs to prioritize this existential threat. Teenagers cannot, and should not, fight this enemy alone.

*By Morgan Macdougall*



# THE PATRIOT WAY

## *A New Era in the NFL*

The most important thing for a real team to do is to stay together when it gets hard. Many tests or challenges in life are often for the sake of finding one's inner ability to stand through the storm of adversity. This is often critical towards a person's growth. Without adversity, there is no drive, no courage to do more. It takes a fall to get back up. As illustrated in today's NFL, a type of mindset has changed the way many view and play the game of football. This set of principles is vaguely known as the Patriot way. With the Patriots unprecedented, unmatched success, they've in essence dominated the league since the year 2001 when Tom Brady and Bill Belichick made their first start. Not surprisingly, many irritated fans/writers/analysts will find excuse after excuse to call on Patriots as cheaters or magnets of luck. Despite this, there is a strong case for our New England heroes having begun a new era in the NFL.

This era goes by a few mottos, with the first being "buy into the system." This seemingly simple phrase is key to many instances of Patriot success. This marks the idea of faith in one's ability to perform in an organization given the hard work and commitment it will ultimately take to even make the team. Although job security is given in contracts, Belichick has never shied away from cutting a player he didn't see the effort from and value in. He treats every offseason as a new beginning, every upcoming week as a new challenge, which requires evaluations, corrections, adjustments and

ultimately, more and more hard work.

On The Camden Hills football team, this approach was emphasized early in the season with our OC's offensive coaches; they work an offense, which can and is constantly changing. They want to be able to put anyone in any position at any time, and if they know the offense well enough, they should know exactly what to do on every play.

The second heavily expressed motto is "on to Cincinnati." This was a quote by Belichick after a press conference in 2014, directly after a Patriots loss in which Brady threw multiple picks and former backup quarterback Jimmy Garoppolo had to come in and take over. The Patriots were 2-2 at that point and the dynasty's future was in question. During the ensuing press conference, Belichick ridiculed the idea

of evaluating the quarterback position, and he soon realized this was all the reporters were interested in. So in classic Bill fashion, he repeated the same phrase until the conference ended, forever engraved into Patriots lore "we are on to Cincinnati." The Patriots then went on to light up the 3-0 Bengals and from there they never looked back, eventually winning Super Bowl 49 later that year. Many claim it as a common phrase after the troubles of life: something bad happens- "on to Cincinnati."

***By Brady Hedstrom***

*Watershed Senior Brady Hedstrom is a captain of the Camden Hills football team*

# *BE AN ACTIVIST, NOT A CLICKTIVIST*

**M**odern activism comes in many forms. Some activists host marches and protests, some meet with their legislators and help to draft bills. Some take to the streets and volunteer within communities, and others knock on doors for their favorite candidates. Some activists do everything all at once. But what makes these activists effective?

Recently I've been hearing a lot of complaints about "social media activists"—the people whose main claim to working for the greater good is posting on Instagram or Facebook. I've made complaints about these people myself—I hate when my peers republish Instagram stories about the Amazon burning or the latest mass shooting and then neglect to show up to rallies, donate to conservation foundations, or contact their legislators. It seems like they want to feel righteous and progressive, but don't want to put in any work. It's hard to tell whether these people actually care about the issues or simply like the feeling of being on the right side. But after consulting some of my peers and fellow social media users, I've come to believe that most "internet activists" do actually care about current issues—they simply aren't sure what action to take. We can't blame our friends and family members for blasting their opinions all over the internet. For one reason, it usually doesn't do any harm. Spreading awareness about an issue is an important part of activism. When the information being shared is accurate, social media can be an incredibly powerful tool for advocacy. We also can't blame these Snapchat saviors because it's unlikely that they've been given an alternative action to posting on social media. We can't expect everyone to know how to make the biggest impact on a serious issue. It is up to experts, educators, and experienced advocates to provide our posting protesters with real, concrete action. And finally, we can't blame the internet activists if we are doing the very same thing on our own social media pages. I take to my Instagram story almost every week to broadcast my opinions on current issues, and I've been called out for it, too. We all have the right to let the world know that we care, so why shouldn't we? Using social media to vent our frustrations and anguish with the state of our world can *FEEL* good, but if we want it to actually *DO* good, those rants need to be paired with solid action.

Before posting about a current issue that you're passionate about on Instagram or Facebook, try to go through a checklist to make sure you're making the right kind of impact. First, make sure that the information you're about to post is accurate. Spreading awareness doesn't do much

good if you're spreading false information, so make sure to check your sources first—especially if you're reposting something with a piece of information you weren't aware of until seeing that viral post. A few months ago there was a meme that my friends were posting all over the place that began with the sentence: "As some of you may know, if we don't stop pollution, then in about 12 years, the human race will come to an end." I was outraged not only by the fact that this alarmingly false piece of information existed, but that it was spreading around the internet like wildfire. I was angry and upset at my friends for reposting it, but then I realized that, sadly, what I knew to be true about the climate change catastrophe wasn't exactly common knowledge. So I explained to some of my friends and followers that, no, the human race is *NOT* going to end in 12 years and it will likely outlive the impacts of climate change, albeit miserably. I explained to them that the 12-year mark's significance came from the IPCC's report which stated that we have approximately 12 years to halve worldwide carbon emissions before we face irreversible consequences. My knowledge was received well, and since then I have always been sure to not only provide my own input gracefully, but also be open to others' corrections on my own interpretations as well. I've faced criticism for my online opinions, and I can now accept and learn from it. After you're sure that the information you're posting is accurate, make sure it's relevant. Will your followers be learning something new from viewing this post? Will they be gaining perspective? Will they be pushed to take further action? Sometimes I'll see reposts on Instagram that claim "for every republish on this post, we'll feed one hungry child in Sudan," or, "for every republish on this post, we'll plant 1,000 trees!" First of all, no they won't. If the people behind those Instagram accounts could afford to feed all those children or plant all those trees, they would have done it already without asking for social media attention. These kinds of posts are designed to make people feel like they're making a real difference just by clicking a button. They're promoting lazy advocacy and clicktivism without spreading any valuable information at all. They're alluring, but false. Making a difference takes much more work than reposting a graphic. And no major crisis was ever solved by simply clicking a button.

*This article was originally published in the newspaper “Village Soup” in August of 2019.*

*Art by Caleb Edwards*

