



INTO
THE
MIND

Dear Readers,

THIS MAGAZINE YOU ARE ABOUT TO READ IS ALL ABOUT ME, SASHA BOYKO. THIS MAGAZINE WAS MADE BY ME AND IS ALL ABOUT ME. THESE MAGAZINES ARE MADE SO YOU CAN LEARN A LITTLE MORE ABOUT EVERYONE IN THE FRESHMAN CLASS EACH YEAR. THE WHOLE PROMPT FOR FRESHMAN YEAR IS ABOUT FIGURING OUT YOUR IDENTITY, BUT IT WAS HONESTLY HARD TO WRITE DOWN THINGS ABOUT MYSELF, NOT TO MENTION A WHOLE MAGAZINE. I KNOW, FUNNY BECAUSE WRITING ABOUT YOURSELF SHOULD BE EASY BECAUSE IT IS ABOUT YOU. BUT PUTTING YOUR FEELINGS INTO WORDS ON PAPER IS HARD. BUT BY WORKING HARD,

THINKING A LOT AND FIGURING IT OUT I WAS ABLE TO WRITE SOME COOL THINGS ABOUT ME. YOU WILL BE ABLE TO READ A COOL ARTICLE ABOUT WHY SLEEPING IS SO IMPORTANT TO ME, AND A VIGNETTE ABOUT AN EDUCATIONAL LESSON I LEARNED IN SCHOOL. YOU WILL ALSO GET TO READ ABOUT MY DOG. SHE IS A LITTLE WEIRD BUT CUTE. ALSO YOU WILL READ ABOUT MY ZODIAC AND A RECIPE THAT I THINK WOULD BE SUPER GOOD. AT THE END OF THIS MAGAZINE YOU WILL NOT KNOW EVERYTHING ABOUT ME, MAYBE NOT EVEN CLOSE TO EVERYTHING ABOUT ME. IT WOULD BE IMPOSSIBLE FOR YOU TO COME OUT OF THIS MAGAZINE AND KNOW ME SUPER WELL. BUT YOU WILL LEARN THE START ABOUT ME. WELL ON THAT NOTE I WILL LEAVE YOU TO IT. I HOPE YOU ENJOY IT!

Love,
Sasha Boyko

MY DOG

I HAVE 2 DOGS BUT ONLY ONE ACTUALLY MINE. HER NAME IS BEBE AND SHE IS A LITTLE STINKER MOST OF THE TIME. SHE FINDS JOY IN CHASING GAMES. SO SHE LOVES WHEN YOU HAVE TO CHASE HER AROUND THE HOUSE. SO ITS SO MUCH FUN WHEN SHE NEEDS TO GO OUT TO PEE.



THE GRADE

ONE OF THE MOST EMBARRASSING MOMENTS TO HAPPEN AT SCHOOL IS THE DAY AFTER REPORT CARDS COME OUT. YOU WALK INTO SCHOOL WITH YOUR HEART POUNDING OUT OF YOUR CHEST, HOPING NOBODY WOULD ASK YOU ABOUT YOUR GRADES. NOT TO SAY THAT MY GRADES WERE BAD, THEY WERE PRETTY GOOD ACTUALLY BUT WHEN YOU HAVE ONE CLASS THAT ISN'T GOOD, NOBODY CARES IF ALL THE OTHERS WERE GOOD EVERYONE WILL LOOK AT THAT ONE BAD GRADE.

TODAY WAS THAT DAY. WALKING INTO SCHOOL AND LINING UP BEFORE MY FIRST CLASS I CAN HEAR THE PEOPLE ALREADY TALKING ABOUT THE REPORT CARDS OVER THE LOUD THUMPING OF MY BEATING HEART. PEOPLE START GOING DOWN THE LINE AND PRYING THE GRADES OUT OF EVERYONE. WHEN THEY FINALLY REACH ME I HAVE TO THINK QUICKLY. "I DON'T REALLY REMEMBER WHAT MY GRADES WERE BUT MOSTLY THEY WERE AS" I SAID, HOPING THAT NOBODY WOULD PUSH FOR MORE OF AN ANSWER.

THE GRADE

WE WALK INTO THE CLASS AND I SIT DOWN. I DROWN OUT ALL OF THE CONVERSATIONS AND FEEL MY HEART DROP IN MY STOMACH. I FEEL EMBARRASSED EVEN THOUGH I DIDN'T TELL ANYONE. I COULDN'T BELIEVE I ACTUALLY HAD TO LIE ABOUT MY GRADES. I COULDN'T FEEL HAPPY ABOUT THE AS BECAUSE OF THAT ONE GRADE. ALL I COULD THINK ABOUT WAS THAT THIS NEEDED TO CHANGE, I NEEDED TO BRING UP MY MATH GRADE. NOT JUST SO I WOULDN'T FEEL BAD BUT I NEEDED TO DO IT FOR MYSELF, TO MAKE ME FEEL GOOD ABOUT MYSELF. THE NEXT CLASS WAS MATH AND I WAS GONNA FIX THIS.

I WALKED INTO MATH WITH THE ATTITUDE THAT I WAS GONNA UNDERSTAND WHAT WE WERE LEARNING, AND I WAS GONNA TALK TO MY TEACHER ABOUT GETTING HELP. MY MOM IN THE MORNING ASKED ME TO TALK TO MY TEACHER AND I WAS GONNA DO IT. BUT THAT ATTITUDE QUICKLY LEFT ME WHEN CLASS STARTED. AGAIN I HAD NO IDEA WHAT WE WERE DOING AND I STARTED TO ZONE OUT. FOR SOME REASON MATH JUST NEVER STUCK WITH ME. I KNEW I NEEDED HELP BUT IT IS WAY TOO EMBARRASSING TO ACTUALLY ADMIT YOU NEEDED IT. IF I TOLD SOMEONE THAT I THOUGHT I NEEDED HELP THEN IT WOULD ACTUALLY BE TRUE, I WOULD ACTUALLY HAVE TO ADMIT TO MYSELF AND OTHERS THAT I WAS STRUGGLING.

THE GRADE

THROUGHOUT THE DAY I KEPT THINKING BACK TO MY MATH GRADES. NOTHING I COULD DO WOULD GET IT OUT OF MY HEAD. HOW COULD I GET SUCH A BAD GRADE? WHEN I GOT HOME I HAD TO MAKE A DECISION THAT I HOPED I WOULDN'T REGRET. IT WOULD BE THE FIRST TIME ADMITTING TO SOMEONE I NEEDED HELP FOR MATH. I WAS GONNA ASK FOR A TUTOR.

I QUICKLY FOUND MY MOM WORKING ON HER COMPUTER. ONCE SHE SAW ME SHE TURNED AROUND TO FACE ME. "HOW WAS YOUR DAY? DID YOU TALK TO YOUR TEACHER?" I FELT MY HEART BEATING LOUDLY KNOWING ONCE I MENTION A TUTOR, I CAN'T JUST BACK OUT OF IT. I'LL ACTUALLY HAVE TO COMMIT TO IT. "IT WAS OKAY AND NO I DIDN'T TALK TO HIM, I WAS WAY TOO EMBARRASSED AND ALL MY FRIENDS WERE AROUND, PLUS THE NEXT CLASS WAS ALREADY WAITING OUTSIDE TO COME IN" I STARTED GOING ON AND ON ABOUT ALL THE REASONS I COULDN'T TALK TO HIM. MY MOM JUST LOOKS AT ME WITH A BLANK FACE. "MOM, CAN I ASK YOU SOMETHING?" I SAY JUST SO I CAN QUICKLY GET THIS OVER WITH. "YEAH" THIS WAS IT, I WAS ACTUALLY GOING TO ADMIT SOMETHING I NEVER THOUGHT I WOULD HAVE TO. "CAN I JUST GET A TUTOR, SO I CAN JUST HAVE SOMEONE GIVE ME EXTRA HELP ON EXPLAINING HOW TO DO THE PROBLEMS."

THE GRADE

MY MOM LOOKS SURPRISED THAT I ASK BUT SHE RESPONDS LIKE HOW ANY MOM WOULD RESPOND. "YES YOU CAN, I THINK I KNOW SOMEONE THAT CAN HELP, BUT YOU STILL NEED TO TALK TO YOUR TEACHER." "YEAH I KNOW"

ADMITTING THAT YOU ACTUALLY NEED HELP ON SOMETHING IS HARD. BUT IT WILL HELP IN THE LONG RUN. AFTER THE FIRST TIME SAYING YOU NEED HELP. IT GETS A LOT EASIER TO TALK TO YOUR PARENTS ABOUT THAT CLASS AND ALL OF THE THINGS YOU'RE STRUGGLING WITH.

ZODIACS

MY HOROSCOPES
ARE...

SUN: LIBRA

MOON: AQUARIUS

RISING: LIBRA



THE POWER OF SLEEP

THINKING ABOUT SOMETHING I AM PASSIONATE ABOUT WAS A HARD THING TO DO. I AM PASSIONATE ABOUT A LOT OF THINGS BUT NONE I WANTED TO WRITE ABOUT. SOME I WROTE MANY THINGS ABOUT THAT I COULDN'T POSSIBLY KEEP WRITING ABOUT. ALSO OTHERS JUST ARE NOT SOMETHING I WANT TO WRITE ABOUT. THERE WAS ALSO THE WORD PASSION THAT I HAD TO FOLLOW UNDER. PASSION IS SUCH A STRONG WORD. WHEN I THINK OF THAT WORD I THINK ABOUT WHAT I WANT TO SPEND THE REST OF MY LIFE DOING. LIKE THE PASSION OF DANCE, TEACHING OR BASKETBALL. BUT I AM YOUNG AND I AM NOT DOING ANYTHING TO HELP MY FUTURE PASSION SO WHAT COULD I POSSIBLY WRITE ABOUT. BUT THEN SOMETHING CLICKED. THERE IS SOMETHING I DO A LOT THAT I WOULD BE DOING FOR THE REST OF MY LIFE. I ALSO HAVE A LOT OF FEELINGS ABOUT AND I AM VERY GOOD AT AND THAT PASSION IS SLEEPING.

HONESTLY, SLEEPING IS ONE OF THE THINGS I HOLD VERY DEARLY TO ME BECAUSE IT IS AMAZING. WHEN YOUR HEAD HITS THE PILLOW AND YOU HAVE SOME MUSIC IN THE BACKGROUND AND JUST LET YOURSELF DRIFT OFF TO SLEEP. IT'S THE BEST FEELING IN THE WORLD. I LOVE BEING ABLE TO TAKE NAPS DURING THE DAY AND LET THE DAY DRIFT AWAY WHILE I AM SLEEPING. I LOVE THE FEELING OF BEING FULLY READY TO TAKE ON THE DAY WHEN I WAKE UP.

THE POWER OF SLEEP

THERE IS ALSO A SENSE OF PRIDE WHEN I KNOW I HAVE TAKEN A NAP. WHEN I WAS LITTLE I COULD NOT TAKE NAPS FOR THE LIFE OF ME. BUT NOW THAT I AM OLDER I CAN TAKE SO MANY NAPS A DAY. IT'S ABSOLUTELY AWESOME. BUT NOW THAT I CAN TAKE NAPS I CAN'T GO TO BED AT NIGHT. GOING TO SLEEP AT NIGHT TAKES A LOT OF EFFORT, SO WHEN I CAN TAKE NAPS DURING THE DAY IT HELPS ME BE ABLE TO FULLY GO THROUGH THE DAY THEN IF I WAS GOING OFF 4 HOURS OF SLEEP. I LIKE TO THINK OF IT AS RECHARGING MY BRAIN THROUGHOUT THE DAY TO KEEP ME CHARGED.

BUT I HAVE BEEN RELYING ON TAKING NAPS TO KEEP ME ENERGIZED, WHEN MY NAPS GET TAKEN AWAY FROM ME I BECOME REALLY GRUMPY. LIKE THIS SUMMER EVERY TIME I HAD A PLANNED NAP SOMEONE WOULD NEED ME OR I WOULD HAVE ADDITIONAL PRACTICES. LIKE I ALREADY HAD TO WAKE UP AT 4:45 TO GO TO DRILL TEAM PRACTICE THEN GO STRAIGHT TO FLOAT NIGHT PRACTICE. SO I WAS DEAD ALL MORNING AND THEN WHEN I WOULD PLAN A NAP AT REST HOUR OR SAP SOMEONE WOULD NEED ME TO DO SOMETHING. THERE HAVE BEEN TIMES WHERE I CRY FULL BLOWN ABOUT MY NAPS BEING TAKEN AWAY. LIKE I RELY ON SLEEP SO MUCH AND IF THAT GETS TAKEN AWAY, I'M NOT GONNA BE HAPPY.

SLEEP IS ABSOLUTELY AMAZING AND EVERYONE USES IT. SO IT'S LIKE A WORLDWIDE PASSION. EVERYBODY LOVES TO SLEEP AND EVERYBODY NEEDS IT. THAT'S WHY IT IS MY PASSION.

BANANA CHOCOLATE BREAD

I DON'T HAVE ANY SPECIAL RECIPES BUT HERE IS
ONE I FOUND OFF THE WEB THAT SOUNDS
YUMMY...

- 3 RIPE BANANAS
 - $\frac{1}{3}$ CUP BUTTER, MELTED
 - $\frac{1}{2}$ CUP SUGAR
 - 1 EGG, BEATEN
 - 1 TEASPOON VANILLA EXTRACT
 - 1 TEASPOON BAKING SODA
 - SALT, TO TASTE
 - $1\frac{1}{2}$ CUPS ALL-PURPOSE FLOUR
 - $\frac{1}{2}$ CUP MINI CHOCOLATE CHIPS
-
- PREHEAT OVEN TO 350 DEGREES
 - ADD MASH BANANAS TO A BOWL AND MELTED BUTTER TILL SMOOTH AND COMBINED.
 - ADD SUGAR, EGG, VANILLA, BAKING SODA, SALT AND FLOUR TILL SMOOTH.
 - ADD CHOCOLATE CHIPS AND POUR INTO GREASE PAN
 - BAKE FOR 50 MIN + AN HOUR
 - COOL COMPLETELY

<https://tasty.co/recipe/one-bowl-chocolate-chip-banana-bread>

