

# Community Series

## Driver safety by Stephen Baird

There are around 10 million driving accidents a year and 1 million of those accidents are deaths. Most of these accidents occur from Speeding, Drunkenness, Distracted driving, reckless driving, Driving under the influence or drugs, and texting. These are the main causes of accidents that can be stopped. Some accidents can not be stopped. These causes can be. Other causes of accidents that can't be prevented are Rain, Night driving, Ice, snow, Pot holes, Fog, and animal crossing.

If we can stop the causes that can be prevented the number of accidents would decrease. We can prevent this by following rules, Not be the one driving if under the influence of drinking or drugs, and not texting or anything else that can get the driver distracted.

Be safe!

## Random Acts of Kindness by Jada Gaudreau

Random acts of kindness is when people do kind things for no reason or profit. Random acts of kindness is very important in every community because it draws everyone together and it benefits both parties. There is unfortunately so much negativity in the world and simple random acts of kindness can help counter that negativity.

If someone is having a bad day, and others are kind to them, then it can change their whole viewpoint. Kindness is contagious even on rainy days- always keep that in mind.

Some examples of random acts of kindness can be:

Leaving money in a vending machine for someone else, picking up litter on the beach, doing a 5k for a good cause, giving compliments to strangers, etc.

Daily Goal: Take some time out of each and every day to think of someone else and perform a random act of kindness. Remember that something small can go a long way.

## Happy Spring by Faith Ampuja

Happy Spring!!!! Since the snow is gone there is lots of trash on the sides of the road. If anyone sees any trash please pick it up so no animals eat it and get hurt. Also it is bad for the environment and the air and we want it to be clean in our town. So please don't litter on the ground.

Honeybees are becoming extinct and that's why we need to be planting flowers like sunflowers, coneflowers, snapdragons and bee balm to make the bees come back. If we don't have bees that would be really bad because they pollinate our flowers and if we don't have that then our allergies will be bad. Happy gardening!

## Good Shepherds Foundation Boutique by Sophie Baird

Join us for our first pop up boutique on May 26th from 9am-2pm at 132 Windsor Drive in Auburn. We will be selling painted rocks, positive word stones, homemade stuffed animals, headbands, bows, pillows, cupcakes, cake pops, and paintings. We will have v Shepherd logo items too! We will have pop-up shops in different locations through the summer. Thanks!

## Positive Communication by Bella Baird

Everyday we communicate with others for different reasons, but very little do we all take a second to think about what we are saying. That second or less than one second makes a big difference. We can save someone from being hurt. Although actions are bigger than words we use our words more as this is an era of texting and calling. The children born into this can be afraid of face to face and do better behind a screen. Many use word as their defense or offense, using them as daggers meant to cut into the skin of others.

Have you used your words as daggers? Many will say no, but you may have used them as daggers unintentionally. For those of you that say yes, I understand. We sometimes say things we regret with intentions to hurt people. You can use your words and say sorry, but words haunt us all. In the back of your mind, what is your doubts, insecurities, and negative thoughts? They are words. What did the playground bully say to you four years ago that made you want to lose weight? Words.

Save a life, choose your words wisely. Take that one second and ask yourself, 'is this nice' and 'is it necessary'. If it is not positive, try and switch your words around into the correct puzzle you want them to be. That's the best part, words are flexible. Words stick like glue to your brain, as long as they have been heard and mean a great deal to someone.

Now let's be flexible and look at the positive side. Words can be used to make someone's day, not haunts someone's soul. Compliment everyone, it could change everything. You could gain a new friend, or it can save you down the road. Love everyone and show them or tell them! Words are the difference the change people need to hear. "Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate, and to humble." Yehuda Berg



*Good Shepherds Foundation*

### Monthly Spotlight: Haleigh “Piper” Bowler

Hi!! My name is Haleigh and my nickname is Piper. I am 13 years old and am in the 7th grade. I like being a part of Good Shepherds Foundation. It makes me happy when I can give a part of myself through volunteering. I also learn skills such as planning fundraising events and learning about the needs of my community while helping others. These skills help me to learn to communicate, manage time, make decisions, and work cooperatively with my peers. Also, the members of Good Shepherds Foundation have become good friends of mine. We all work well together and support each other as we reach out to help those in need.

In addition to being on the Good Shepherds Youth Advisory Board, I work hard at school and I am on the National Junior Honor Society. I am also a middle school cheerleader and a member of the Builder’s Club (community service). My greatest passion is being an All-Star Cheerleader for East Celebrity Elite. This year my two teams get to compete at the 2018 Summit competition in Florida. I am also the youngest kid from a family of 10 with 4 brothers, 3 sisters, and a niece who is almost one! I have two cute and very loyal Shelties, Luke and Moose.

## Get involved by Sean Kelly

To get involved with the Good Shepherds Foundation. You can fill out a volunteer form, visit our website, and Facebook page.

Volunteer Form Link: [https://docs.google.com/forms/d/e/](https://docs.google.com/forms/d/e/1FAIpQLScnau1xd_mlyJmC8VNGFFQYTS8hps6tOTDoUgt_3ayRACX_lw/viewform?c=0&w=1)

[1FAIpQLScnau1xd\\_mlyJmC8VNGFFQYTS8hps6tOTDoUgt\\_3ayRACX\\_lw/viewform?c=0&w=1](https://docs.google.com/forms/d/e/1FAIpQLScnau1xd_mlyJmC8VNGFFQYTS8hps6tOTDoUgt_3ayRACX_lw/viewform?c=0&w=1)

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