



HILTON.

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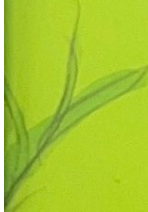


READERS LETTER:

Dear Reader,

My name is Josie Hilton and this is my magazine. Reading this will tell you about me, my identity, and my interests, as well as some of my other personal experiences that will hopefully allow you to look at things differently. I will talk about my passions and things that I enjoy or make me happy as well as harder moments in my life that even though I didn't want to go through, really helped me become who I am as a learner now. I am a figure skater. And I enjoy reading and listening to music. I also go to a sleepaway camp that has shaped me a lot as a person and taught me how to deal with or look at conflict differently. My magazine will teach you a lot about my surface area experiences as well as more personal ones that I don't often share. I will also have a playlist with most of my favorite songs as well as a book review on my current favorite book. I want people to see both fun things about me and the more emotional and important parts as well, I hope this magazine will help show you that! Enjoy reading.

From, Josie Hilton

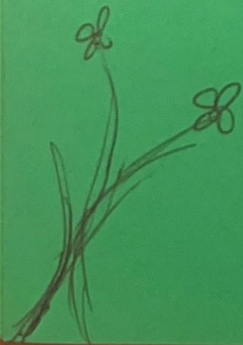


VIGNETTE:

I have been going to the same sleepaway camp for 8 years, at this specific camp they practice radical empathy which means when in conflict you respect the other side and keep an open mind while trying to put yourself in their shoes. They show radical empathy by using conflict circles. Throughout my years at camp I have been in many circles for many reasons. They could be for small fights with friends, or for larger problems in a big group of kids.



This year I was in a cabin with friends from past years and a girl that was new. Because my friend group was so close we were unaware that the girl in our cabin was feeling left out. We tried to talk to her a few times though she seemed very uninterested and uncomfortable. As a group we gave up on trying to speak to her. She would often just sit on her phone and wouldn't talk much to us or anyone really. After a few days we noticed that she had left our cabin and we weren't exactly sure why but just assumed she didn't like us enough to stay. Later that night our camp director came into our cabin and we had a circle where she explained to us that the girl felt like she didn't fit in and because we were so involved in getting to see each other again we didn't take the time to include her. At first I was upset about having the circle in the first place as we had tried a few times to include her but she seemed uninterested and I didn't feel it was right that we were in trouble. After having the situation explained to us more and knowing that she was supposed to have a friend with her but she couldn't make it and she has been looking forward to camp for 6 months I was more understanding.



This specific situation taught me to be more mindful and less involved with my own feelings so I can put myself in other people's shoes. This was especially hard for me because I



don't enjoy confrontation and it felt very uncomfortable to be called out on something I know I did wrong on, but am very grateful for this experience because I know how to be more empathetic in the future. I usually thought of myself as an empathetic person but after having this conflict I learned that there was always room for me to try harder and be less selfish especially if I had an idea of what was going on. I think it's hard for a lot of people to take the extra time to care if there is comfort in what your "normal" is. For us having this

tight knit friend group was very comfortable for us and we feared letting other people in would cause it to change. But making sure other people are just as comfortable as you are is very important even if it affects you. Now I make sure to notice people more as well as not always assuming things. I know I will continue to make mistakes along the way as I am still learning but every mistake I have made has taught me a lot about myself and how to interact with others. I now think of this situation when meeting new people and it has already helped me this year while making friends.

PASSION:

I have been figure skating since I was eight years old. My friend had a birthday party at a rink and I enjoyed it so much that I wanted to start lessons immediately. I had tried soccer and other sports but nothing really got me as excited as skating did. When I first started it was harder



than I thought but I really enjoyed going for group lessons every week with my friends and always looked forward to it. After a year or so of skating I wanted to try private lessons with a coach. At first I was really nervous for a coach to only be focused on me and no other student during a lesson but after a few lessons I found it to be more helpful than before. A few months later my coach wanted me to do a show. It was to "fly me to the moon" by Frank Sinatra. I wasn't very good but I was very proud of myself for being able to perform for the first time and so were my parents and coach. After that I did shows every year and continued with lessons. The idea of getting to learn a routine and showing people

has always excited me. About three years ago I decided to join a synchronized skating team and

competed for a year with them. Though we only got first in a few of our competitions we all enjoyed getting to perform together in front of judges. We learned a lot about teamwork and how people in very different levels can still work well together. After that I decided to go back to solo competitions and my skill tests. At this time I also switched to a new coach. This coach not only helped me with my moves, she also gave me a lot of tips for nerves which no other coach had taken the time to do. After seeing her for a while I did my first solo show and kept up with my tests. When covid hit we couldn't go to the rink anymore but I continued stretches and workouts to help build strength over zoom for when I came back. Surprisingly coming back wasn't as hard as I thought it would be, I enjoyed going even more than before and even though I had to relearn some things my coach was really helpful the whole way through.

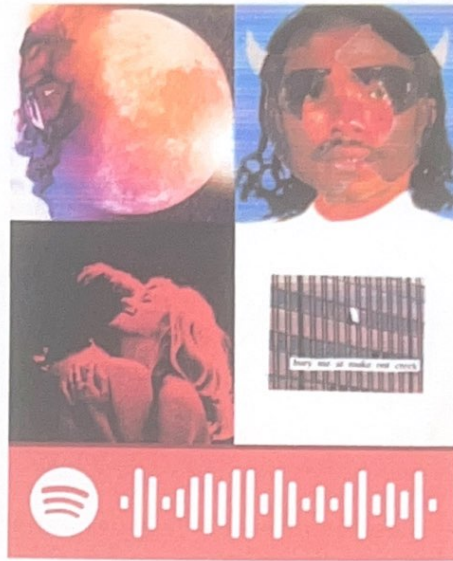
Competitions and shows have always been a bit harder for me. I am a very anxious person so the thought of being on the spot and being physically judged scared me. Before every performance I would be shaky or feel sick but as soon as I got on I would calm down and it would just be like practicing again. I loved the feeling of the relief of finishing a program or test. Even if I didn't do my best I would remember to always be proud of myself for trying even if I didn't pass or get first. To this day I still love skating and always look forward to learning new jumps and spins and getting my tests done. I've learned so much about myself while skating that I hope to continue and one day become a coach.



SCAN

Playlist:

- Static- steve lacy
- Birds don't sing- tv girl
- Pursuit of happiness- kid cudl
- townie - mitski
- Young & dumb- ciggarettes after sex
- Coollest place in the world- suki waterhouse
- N side- steve lacy
- Last train at 25 O' clock- lamp
- Me and your mama- childish gambino
- Bag of bones- mitski
- SMUCKERS- tyler the creator
- Self control- frank ocean Carino- the marias
- On melancholy hill- gorillaz
- Strawberry fields forever- the beatles



Here is a playlist of some of my favorite songs you can scan the spotify link to listen!

BOOK REVIEW:

The perks of being a wallflower:

This book is one of my favorites. I believe it shows mental illness, friendships, sexuality, relationships, and family trauma really well. It is focused on a teenage boy, Charlie who struggles to navigate high school and his relationships with his friends and family members. I think though it's a sad book there are many beautiful and happy moments that Charlie shares. It is told through the perspective of a journal which is one of my favorite formats for a book so if you enjoy that as well I would definitely recommend this book. Because it focuses on so many subjects, a lot of people have room to relate to it. I know I did, which I always find makes a book more enjoyable and interesting. I hope this encourages you to check out the perks of being a wallflower!





JOSIE