

# Passages Press



## Mom's Thoughts

by Brianna Sukeforth, Gorham

I've been wondering why my baby only wants me  
It's stopping her father from being who he's supposed to be  
I've noticed my baby is walking a lot  
It's only a matter of time before she starts to talk  
Something I love about my baby. . .  
I love your little fingers and your little toes  
Your little squirms and your little throws  
I love your beautiful brown eyes  
Almost as bright as the moonlight skies  
I love your long, beautiful auburn hair  
And at night when you cuddle with your bear  
I love rocking you to sleep  
Then trying not to make a peep  
I hope you enjoy your childhood  
If you had mine you never would  
I want you to be happy  
So you don't grow up to be snappy  
The hardest thing about being a parent  
Is you needing attention 24/7  
I've always made sure you have everything you need  
Especially your fun books because you loves to read  
I worry that you will be unhappy then  
Blaming me for being crappy  
I hope you know that you can always come to be  
Right here is where I'm always going to be  
I don't want you to always be scared  
But I'd like for you to be aware  
I want you to feel like it's safe to go somewhere to play  
And not worry that there's going to be a raid  
I don't want you worrying about money  
Only things like the weather, if it's going to be sunny.

# Watching Ryder Grow

by Kyleigh Philbrook, Cushing

Ryder is unique and special because she's her own person. Even at a young age, she has developed such a bright, playful personality. She lights up a room when she steps inside. When I'm upset or sad, she sits and hugs me. She's caring and sympathetic. Her being happy is what makes me happy. Her favorite restaurant is McDonald's, and every time we pull in, her face lights up and she takes a deep breath. I love that the little things make her happy. She cuddles when I need someone, and she plays when I need a good laugh.

I see Ryder growing into a smart, strong, independent woman. She already shows so many signs of these traits. She has a heart of gold, which I'm sure will only grow bigger. She cares not only about people, but animals and other living creatures. I see her as the type of person that admires the flower, but does not pick it. I see her becoming someone that makes me proud. I'm looking forward to taking walks with her and being able to have a conversation that actually goes somewhere. I'm looking forward to things that all children go through. Her first "boo-boo," her first bike ride without training wheels, and the first time she gets on the school bus. I'm just excited to see her grow and to be her mother.

## Homemade Play Dough

I made homemade play dough for my daughter, Ryder. I looked online for activities that could be made from things I have at home and found this recipe made with no chemicals and all things I had in my kitchen.



## No-Cook Play Dough

### Ingredients:

Two cups flour  
One cup salt  
One tablespoon oil  
One cup cold water  
Two drops (any color) food coloring

### Steps:

Combine flour and salt.  
Add oil, water, and food coloring.  
Mix until all ingredients are combined  
Knead well.  
(If consistency is too wet, add a little more flour).

At first I think Ryder thought it was weird, because when I prepare food for her I do not let her play with it and I think that is what she thought I was doing. When I let her play and poke at it, she really enjoyed the play dough. Even my younger brother wanted to bring it to school because he didn't want Ryder to play with it while he was away. So, I feel it was a good activity. It felt good to do this with Ryder because it makes our bond even closer.

# Discovering Parenting

by Shelby Robinson, Auburn

I've honestly observed more things I *wouldn't* use in my parenting than things I'd like to mimic. The only thing that's really stood out to me that I'd like to mimic is something I discovered by listening to my older friend Cher's journey through parenthood. It's not like anything I've ever heard.

She never yelled at her children, not until they were much older, anyway. She allowed them a lot of room to develop their own personalities. That is what I apply to my parenting everyday. I apply the fact that she let her kids explore and learn about things any way they choose as long as they weren't putting themselves or others in danger. Since I've listened to her story as a mother, I feel like I've become a better mom to my daughter. The most important thing I've ever heard regarding parenting is a quote from her.

*"There's no one who can judge your parenting but your child. Each child has their own set of needs from you. As long as your child's healthy and happy with their specific needs being met by you, you are a fantastic parent. Until she can tell you what she needs only you can decide what those needs are."*

Since hearing her story, I've been a better parent to my daughter than I ever thought I could be. It helped me evolve. It helped me with my depression and anxiety making me feel like I was a horrible parent. It helped me not feel so crushed by the social standards of what a good parent was. It was the most helpful thing I've ever had said to me. It's the most important concept I've ever heard about parenting. I'm thankful, maybe even

pleased to have learned such a wonderful and empowering thing from such a strong woman. It's changed mine and my daughter's life for the better. I hope every struggling mom gets that kind of hope and inspiration.



## My Aunt Paula

by Lucy Lombardo, Hollis

I think one of the most important people who helped me the most to become who I am today, is my Aunt Paula. She taught me to never be selfish, appreciate the little things in life because they mean the most, and cherish every moment spent with family and loved ones. And always smile, just a simple smile could save a life.

My Aunt Paula was one of the most loving, caring, kind and overall truly beautiful people I've ever gotten the chance to spend time with in my life. She never failed to make me happy even on my worst of days, I could tell her anything, I could talk to her for hours about the littlest of things and it meant the absolute world to me. My aunt was like my best friend. Some days I wish she was still here. I miss her like crazy. If it wasn't for her, I wouldn't be the person I am today and I could never thank her enough for everything she's taught me.



# Pre-eclampsia

by Brianna Lopes, Greene

Dear Friend,

I am writing you this informational letter to let you know more about preeclampsia and how it affects your baby and you. First, let me tell you a little bit more about preeclampsia in its medical definition. Preeclampsia is a problem in pregnancy mostly occurring after the 20th week in pregnancy. Preeclampsia is also known as hypertension. Hypertension is high blood pressure. Preeclampsia can cause damage to major organs and it can cause complications with the baby and delivery.

Preeclampsia is caused by a placenta that does not function properly. Doctors believe that the problem starts in the very beginning when the placenta and blood vessels develop. Preeclampsia does not usually show symptoms until the 20th week or later. Doctors suggest that it is caused by poor diet and/or being overweight. Also, not having enough blood flow to the uterus could play a factor. Preeclampsia is most common in first time moms, teen moms, and women over 40 years of age.

Preeclampsia can affect your baby by the amount of food they actually receive through the placenta. Preeclampsia compromises the placenta, and the baby's body begins to restrict blood flow to its limbs, organs, and other parts of the body. Preeclampsia can be very deadly if not treated or detected.

So you may ask, what does it mean to have preeclampsia? It means that the doctor has tested your urine and has found substantial amount of protein, accompanied by high blood pressure.



Preeclampsia symptoms consist of, but are not limited to persistent headaches, high blood pressure, change in vision, protein in urine, abnormal swelling, and rapid weight gain. It is very important that if you have any of these symptoms you contact your doctor. Preeclampsia isn't always severe, and if managed properly could allow a healthy forty week pregnancy.

As you can see preeclampsia can be very dangerous. Doctors don't know exactly how to prevent preeclampsia, but they do believe eating healthy and maintaining a healthy weight could be effective in preventing it.

My experience with preeclampsia was not pleasant. Toward the end, it was nearly unmanageable. I suffered from a lot of symptoms and side effects of the condition. Out of nowhere I started rapidly gaining weight. During the first twenty weeks I lost twenty-five pounds, but by thirty weeks I was gaining ten pounds or more a week. My blood pressure started to go up, my feet, hands, and face swelled more than what is considered normal, and I was having migraines every single day. I couldn't work, and at times my feet were so swollen I couldn't walk. I was brought in for a C-Section at thirty-eight weeks because the effects were

too much on my body, and it was no longer safe for my child. I was lucky enough that my baby was born as healthy as she could be weighing six pounds, seven ounces. I hope that this letter provided you enough information and answered some of your questions.

Your friend,  
Brianna

# Hope & Love

by Lindsey Berube, Calais

Something I love about my baby is how happy she is when she wakes up in the morning. The smile on her face puts me in the best mood. I never used to be a morning person but she always brightens my entire day as soon as I lay eyes on her. I never knew what love really was until I brought her into this crazy mess of a world.

Something I fear for my baby is having her grow up in a broken/abusive home like I did. As you grow older and things eventually get better you still can never really completely “heal” from everything that’s once happened to you. I never did. I just learned from it, and I will always live with it for the rest of my life. That’s the hard part.

Something I hope for my baby is for her to never follow her momma’s footsteps. I hope she goes above and beyond what I’ve done. I hope she knows her worth and never lets anyone take advantage of her. I hope she learns from every mistake she may make and doesn’t have any regrets because life is too short to live with regrets.

One of the hardest things about being a parent is trying to keep another human alive when you can barely keep yourself alive. It’s hard most days let, let me tell you. Some days I just want to lock myself in the closet and cry, but my baby girl



will not grow up seeing me broken and hurting. I’ll do my best to always have her see a smile on my face. Life is too short to be stressed all the time.

One thing I fear for myself as a parent is being a failure. I’ve failed at a lot of things in life and I don’t want to fail at raising my daughter. I know there’s no “right way” to parent, but I want to be a better parent than my mother was to me. She gave up on all of her children. I would hope I have the strength to not ever give up on my family.

One of the best things about being a parent is the unconditional love I have for my daughter and my fiancé, and the unconditional love they both have for me. I thought I knew what love was, but I never really did until I met Brent and we had our beautiful daughter.

## Six Word Memoirs

### For Wally

by Opal Swearingen, Auburn

Fragile  
Innocent  
Unknowing  
What  
Was  
Coming.

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### Untitled

by Serenity Dustin, Sabattus

Boyfriend, love, pregnant, pain, beautiful, baby.

# Social & Emotional Learning

by Kyleigh Philbrook, Cushing

Social learning is what the child sees around them. It's watching their mom, dad, or a grandparent. If you eat a certain way in front of your child, you'll notice that they dip their potatoes in ketchup just like you, or if you brush your hair before jumping in the shower you'll notice that one day, they'll also brush their hair before jumping in the shower. Social learning is also going out in public, and seeing a child throw their stuffed animal on the floor, so your child does the same. To me, I take social learning as more of a hands-on type of learning.

Emotional learning is almost the same thing, but instead of hands-on learning, it's watching how others handle situations. If you go into a store and your child sees another child throwing a fit to get their way, they might think they can throw a fit to get their way. If you stub your toe, and you get angry and slam your fist on the nearest surface, you'll notice every time your child endures pain, they'll also deal with it in a negative, aggressive way. This is almost the same as social learning, but instead of watching the way their family members physically deal with situations, they watch how they mentally handle situations.

**"The way we talk to our children,  
becomes their inner voice."  
- Peggy O'Mara**



## I am me just because...

by Savannah Senay, Hope

I am me because of my brown eyes and brown hair,  
I am me because of how much I care.  
I am me because of my family,  
even the ones in other states that I don't often get to see.  
I am me because I have been to public and private school,  
I am me because I think cooking is cool.  
I am me because I like photography,  
I am me because I want to do cosmetology.  
I am me because playing sports is something I used to do,  
I am me because I grew up with sports too.  
I am me because of my good days and bad,  
I am me because I sometimes get sad.  
I am me because I am about to be a mom,  
I am me because I'm typically calm.  
I am me because of the Spanish I've learned,  
I am me because of the money I've earned.  
I am me because of my two older brothers,  
I am me because I have a supportive mother.  
They may not be all the things that you can see,  
but there are a lot of things that make me, me.

## Father/Son. Father/Daughter.

by Eric Bowen, Searsport

As a kid, I was very active. I enjoyed being outside and riding my bike. One time, I built a ramp out of a plastic tote and a piece of wood I found out in back of my house. It didn't work out as I had planned. The tote broke and I went face first into the ground. I learned that you cannot build a ramp out of a plastic tote and a piece of wood. My dad helped me build a more stable ramp; we used a cement block and a piece of wood, which I used very often and had a great time on. I think what made me like this activity the most was hanging out with my dad.

My daughter, Zylah, loves to play tag. She always starts the game first by running up to me and tagging me on the leg. I proceed to chase after her and she giggles and enjoys the attention. I like watching my daughter be happy. I love to hear her laugh and play with her.

## Keeping Addie Safe

by Nicole Guerrette, Appleton

One thing from my childhood that made me feel secure was my stuffed animal, Barney. I had him for my whole childhood and I still have it to this day, and now Adelynn sleeps with it every night. One thing that made me feel unsafe from my childhood home were the six-foot, giant windows that went all the way down to the floor. It made me feel like I was going to fall out, even though thinking about it now I don't think that was possible. By using my childhood memories, I'm going to make sure my Barney helps Addie feel as secure as I did and if I ever move into a place with giant windows looking down at the ground, I might close the curtains so she will feel more secure in the environment.

## In Our New Home

by Chloe Edwards, Waldoboro

I just moved into my own place in Waldoboro. When I first went inside the trailer, it was filthy; missing parts of the walls, the floor had a hole in it and it was nowhere near livable in my eyes. Since I've moved in we have repainted all of the walls, I'm working on laying new floor tile and I also am getting ready to put up new sheetrock.

Some of the products that we have in our house that are used for cleaning may be poisonous. Things like laundry detergents, all purpose cleaner, air fresheners, drain cleaner and bleach I can put up in a high cupboard with child safety locks on the doors just in case Alanah was to find a way up there. The cabinet I use is above the washer and dryer. I will make sure the people in my house know where stuff goes and follow where things should be.

In order to keep my home picked up and clean, I will put things away after every time I use something. If I do the dishes after dinner and put them right away then I won't have that mess. If I put laundry away right after I fold it then I won't have to refold it or rewash it if it gets tossed around everywhere. I plan to follow the cleaning schedule that I found online. It's important for everyone in the house to help out. I will explain to my boyfriend, Kurt that I can't do it all alone and that he lives there too. We will use our cleaning schedule and divide the responsibilities between us.





# Almost Skunked

by Cheyenne Maheu, Lubec

*So let me tell you all how Chief let me die a thousand deaths tonight....*

Dawson, Abel, our dog named Chief, and I were all proceeding to lay down in our nice, warm room on this chilly night. We were lying there for all of *maybe* ten stinkin' minutes when my lovely Chief decided he had to go pee. For anyone who doesn't know this lovely creature, he's a white, six month-old pit bull with a big black spot at the base of his tail.

Of course, this erupted into a debate between Dawson and me about who was going to take the &#%!@! dog out to pee.

Needless to say, I lost. Tromping down the stairs I went, tripping over my ever-rude dog who went flying past me the entire way. We have a closed in backyard and so without checking for an open or closed gate, I let Chief free. I watched this numb-er run around like a mindless idiot, tripping over himself and snatching up anything he passed for about five minutes before I decided he didn't need to use the bathroom. He just wanted to play and pull me out of my nice, warm bed!

Grouching and groaning, I proceeded to call for my dumb dog, who never listens and likes to do whatever he very well pleases. He was darting around the yard as if you had just let him out of the barn for the first time after a long winter. My wonderful, handsome pup would only pause *briefly* when I bribed him with a yummy, dog treat.

Anyway, this wonderful creature darted across the yard one final time, making eye contact with me the entire time and then disappeared - quicker than Houdini himself - through the open gate!



I was standing there, staring at the side of the fence, hating myself, Dawson, and humanity in general when this  *jerk* of a dog poked his head back around the fence, barked and left again! At this I walked across the stupid yard, hoping and praying to any god that would listen to my blasphemous being that I wouldn't step in any landmines left by my pleasant Chiefy in my bare feet. Turning at the open gate, I started walking toward my neighbor's yard to see if Chief had snuck over there to visit his friend. Then I stopped. I heard Chief, and he wasn't in the neighbor's yard - he was standing on my front porch growling. At what? I had no clue and didn't really care. I thought I didn't, anyway. Turning on my heels, I headed around the corner of the

house. I thought he was growling at his shadow - it is his favorite pastime.

All my dreams were crushed when I realized it was *not* his shadow, or his doggy friend from next door dropping by for a late night visit. What I saw was a lovely, black cat with a delightful white stripe that he wore so proudly, standing merely *two feet from me!!* I snatched my poor pit by the collar and ran - well I tried to - inside, *only to find that the front door was locked! Yeah... locked!!*

Everybody had gone to bed in the time I was outside chasing my dog. This mini Satan of a skunk had his tail straight in the air and I swear on anything and everything, it was out to get me.

I proceeded to tap lightly, but violently on the window, praying to the gods, that I wouldn't get sprayed with Chief's friend's holy water. Thank you, to whatever god let me fall to their merciful feet, because Gary opened the door and I ushered my delightful fur baby inside just in time. Gary asked what happened and all I could stutter out was "Sk sk sk-unk." He laughed at me, and I took a thankful walk of shame up those stairs taking our, skunk-less tushes to bed.



## New York City Dream

by Angelica Thurlow, Limington

After graduation I plan on moving to New York City. It's always held my interest. I love all the people, talent, and history. When I was younger I was obsessed with NYC because it was the city where every movie took place. It was like a mystery where no one ever knows what's going to happen and where it's going to happen. It's the city that never sleeps. I want to go to NYU graduate school to become a teacher or nurse and have my own apartment on a higher floor for the view and have a cool patio.

Then, I will accidentally meet the love of my life in a little coffee shop after getting my usual. We'll fall madly in love and get married around the age of 24 and have another child at 26. Now I have Keith, so I'm all set on my first baby. He will have so much fun in the city. Even though it's dangerous there, I feel like it will teach him some good survival skills.

Everything in NYC is a lot more expensive than around here, but the jobs also pay more, so I feel like it will be hard to notice the difference. Plus, I'll get good exercise because I'll walk everywhere because of how close everything is.

I'm a shy person and I don't make friends easily. I don't really fit in a lot of places, and when I'm around a lot of people I get anxiety, but when I'm in New York it's different! I feel like I'm home and I become a whole new person. I never want to leave.

## A Peanut Butter & Jelly Sandwich in 12 Steps

by Brittany Abbott, Westbrook

**Q: How do you make a peanut butter and jelly sandwich?**

**A: The way you make a PB&J sandwich is:**

- 1) You get a paper plate and
- 2) you put it on the counter.
- 3) Then you get two pieces of bread out of the bread bag
- 4) and put them on the paper plate.
- 5) You get the peanut butter off the shelf
- 6) and put it by your bread.
- 7) Then you get the jelly out of the fridge,
- 8) and put that on the counter, also.
- 9) Then get a butter knife out
- 10) and spread the peanut butter on one side,
- 11) and the other side you spread the jelly.
- 12) Then put the two sides that have the peanut butter and jelly together and that's your PB&J sandwich!

## Six Word Memoirs

### For Isabelle

by Brianna Lopes, Greene

Loving, caring, my little turkey sandwich.

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### Untitled

by Alexis Wardwell, Rumford

Being a mom is difficulty rewarded.



# Children and Screens

by Faith Arsenault, Lewiston

Remember back when it was the normal to send your children outside to play? When television was rarely used except for the morning and night news updates? This is referred to the “Good Ol’ Days.” In today’s society things have drastically changed. Kids are mostly in the house in front of a cell phone or in front of a gaming system. It’s distracting, it ruins relationships, and overall it’s just not healthy. On average kids spend about five hours in front of TV and or six hours on digital screens. So, the question really is how much is the right amount of screen time?

According to a study, from 2006- 2017 the amount of time in front of a screen has increased by a good 38%. Pediatricians have come up with a new screen time rule in 2017. They say that children under the age of 18 months should have *absolutely no screen time*. Children ages two-five should be limited to one to two hours a day.

Schools don’t help with this situation. Everything is based on a computer, or iPad. The days of essays being written by hand or books being read instead of being researched online have come and gone. It makes it difficult limiting kids to the screen. Researchers have found that one of the leading causes of relationship issues is too much time in front of a phone or in front of a TV. It completely destroys communication and can destroy families if not limited.

Often people go overboard and don’t even realize that they basically have spent hours and hours looking at a screen. Trying to cut back on this issue is important to do. Slowly, but surely, people are losing skills that they need in life; most importantly, the communication skill. You need this skill for jobs, to go out somewhere, or even just going to the store. You need communication

every day. Screen time is making it harder and harder for people to communicate in real life.

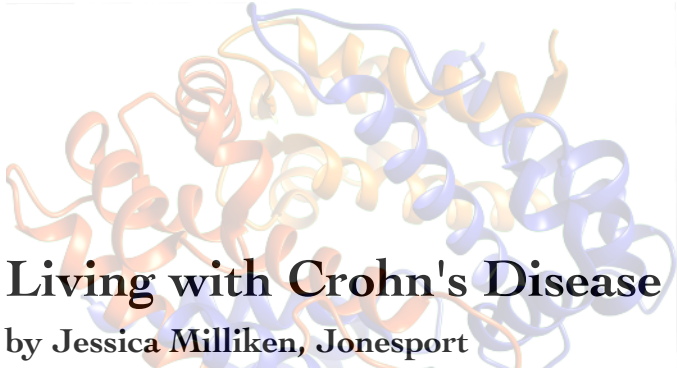
Lastly, it can cause self confidence issues and makes bullying easier. Teens, and even adults, have body image issues because the Internet can make them feel as if they would only be accepted if they are a certain size, or if they have a certain hair length, etc. Often it makes it harder for people to be open to speak out face-to-face. Instead they can get used to saying things behind the screen. Like bullies, for an example. The screen can make it easier to target others. A bully can feel a sort of comfort not saying or doing mean things in person because over a text is easier.

All in all, screen time should be limited to save relationships, to prevent bullying from happening, and to make others be open to speak out in their own voice. Less screen time will only make things in life better and easier.

# Coloring Feels Good

by Kyleigh Philbrook, Cushing

As a child my favorite activities were coloring, exploring, and biking. I believe what made them enjoyable was that they all had a calming effect on me. To this day, I still enjoy coloring. Something about all the colors and keeping them between the lines really calms me down, and I think it did when I was a child too. My daughter Ryder and I sit to color most nights. The first time I bought coloring books and crayons, we got home and she looked at me funny when I passed her a sheet and a crayon. I could feel her watching me while I was coloring, and when I looked up she was smiling at me. It made me feel good to know that when I do things with her, it makes her happy.



# Living with Crohn's Disease

by Jessica Milliken, Jonesport

When I was in the sixth grade I remember my stomach always being upset and I didn't know why. The doctors said I may be lactose intolerant, so we tried that diet and it didn't seem to help all that much. So ever since the sixth grade I struggled with stomach pain and went through all kinds of tests to find out what was wrong with me. I was finally diagnosed with IBS (irritable bowel syndrome). There was nothing that they could do for me, as there was no treatment at the time.

When I reached high school, my stomach pain just continued to get worse and I was always missing school because I was either in the bathroom all day or in bed crying with goosebumps because my stomach hurt so bad.

My mother decided it was time to get a second opinion on my stomach issues and I got an appointment with Dr. Massaad. He decided to do an exploratory procedure - a colonoscopy. During this procedure he discovered that I have colitis which causes the inner lining of my colon to be inflamed. From there he tested me for Crohn's disease and it came back negative. The doctor decided to put me on medicine for Crohn's anyway and it helped my stomach and all the cramping tremendously.

I am now 20 years old and on a medication that helps, but I still have trigger foods I can't eat because they upset my stomach. These foods include: red meat, dairy, eggs, broccoli and onions.

# Six Word Memoirs

## Untitled

by Gaby Taylor, Auburn

In

Death

You

Became

My

Angel

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## For the Babies

by Brianna Lopes, Greene

My heart stopped beating with them.

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## For Faith

by Opal Swearingen, Auburn

Such

a

Character

Strong

And

Spirited



## Two Break-up Scenarios

by Brianna Sukeforth, Gorham

### ***Katelyn and John:***

Katelyn and John have been dating for five months. Last weekend when John went to go visit relatives, Katelyn went to a party with another guy and she doesn't want John to find out. When John got back from visiting his relatives, he heard rumors that Katelyn was at a party with another guy so that made John lose all of his trust for Katelyn and now he wants to break up with her.

The best way for them to break up in this situation is for Katelyn to tell John that she needs to talk to him in person and tell him that she was at a party with another guy, that it was a mistake, and that she still wants to be with John. She's going to have prove to John that she won't do it again and earn his trust back by not talking to other guys and not going to parties without John.

Now John doesn't want to be with Katelyn because he can't trust her anymore, so he needs to tell Katelyn that he's really enjoyed their time together, but he heard rumors that she was with another guy and he needs to tell her that it would be best if they broke up because he doesn't trust her anymore.

### ***Josh and Lauren:***

Josh and Lauren have been dating for three years. Josh is realizing that he wants to be with other people because Lauren is the only person he's been with. He doesn't want to make a commitment to her and wonder 'what if?' for the rest of his life, but he doesn't want to break up either, so he wants to talk to her about that. Lauren is very happy in their relationship and she wants to spend the rest of her life with Josh. She feels as if they were meant to be together.

Josh needs to tell Lauren that he has been thinking about seeing other people, not anyone specifically, just other women in general. It's not right for him to be with Lauren while thinking about being with anyone other than her, but he doesn't want to break up with Lauren.

The best way they could handle this is that Josh should think about this some more. Does he really want to give up his relationship that he's been in for three years, just to see what it's like with other women? Lauren might not want to wait around for Josh while he's experimenting with other women and if he's absolutely sure that he wants to be with other people, he needs to break up with Lauren. If he doesn't want to break up with Lauren then seeing other people must not be that important.





## Puberty, Pregnancy & Menopause

by Chloe Edwards, Waldoboro

When it comes to puberty, everyone is different and it can be a hard time for girls. They see other girls maturing and wonder why they aren't. I know I struggled with it because I was a late bloomer and I would always wonder when I was going to start developing boobs. Growing up with two older sisters who had already hit puberty, I would always ask questions as to why I hadn't started yet. Puberty can also cause you to get acne. I know when I first started my period my face broke out so bad and upset me so much. I also grew quite a bit. I had always been very short and then I started getting taller and gained more weight. I wasn't a little girl anymore.



Hormones during pregnancy can be horrendous. Your estrogen levels increase in the first trimester of pregnancy which can lead to morning sickness. I didn't just have it in the morning though I had it all day everyday. Estrogen levels also increase so that in the second trimester of pregnancy it helps increase the milk production. Progesterone levels also go up when you are pregnant. I noticed when I was pregnant I started to grow more hair in places that I didn't ever think that I would ever have hair grow! Progesterone levels also go up to thicken up the lining of the wall of your uterus.

During menopause, your period slowly starts to come to an end and after 12 months straight with no period, you've finally hit menopause. When menopause comes naturally, then your period ends on its own. If you have a hysterectomy then your period will come to an end after both of your ovaries are removed. Some women have a full hysterectomy where all of their reproductive organs are taken out. Most women go through natural menopause between the ages of 40 and 58. When my mom went through menopause it was caused by her hysterectomy and I remember her physical changes. She started growing facial hair and she was upset about it. She told me it was because she doesn't have as much estrogen anymore. She still looks like a woman but she grows more hair. It also made her a little depressed. She told me she didn't feel like she was whole. She had a hysterectomy because she had cervical cancer and they decided to do a full hysterectomy. She was upset because she was only 32 years old and went through menopause.



## Six Word Memoir

### Untitled

by Alexis Wardwell, Rumford

One year of exclusive breastfeeding. Woohoo!

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## **Basketball Benefits**

by **Jamie Thurman, Damariscotta**

To Whom It May Concern:

I would love to play basketball for Medomak Valley High School. I feel that it would have many positive effects on not only me, but the team as well. My daughter has inspired me to better myself and do what I'm passionate about.

Basketball is my passion and I'd love to pursue that hobby of mine once again.

I have played once before for Medomak Valley and I loved it. While I was enrolled at Medomak, I got grades that were just passing and I didn't really care about my education. Basketball pushed me to get better grades, knowing that if they were poor I couldn't play. I started getting better grades and my behavior was mostly better throughout the season. I'm dedicated and I'd do whatever it takes to play for the team again.

Physically, I would be more active, strengthening my cardio and pushing myself to start eating right and staying healthy. Mentally, it could help me clear my mind as it keeps me occupied and overall more happy with myself, especially when I see myself improve. It will help me practice time management which is an important skill to have in life. I want to give my support and knowledge to the team while also gaining that in return.

Being a new dad makes you look at things differently, and I would like to introduce my daughter to basketball in hopes she will play

someday. I want to be able to teach her about the sport and I want her to be able to explore whatever her dreams might be.

I've been playing basketball ever since I could hold a ball. I find everything about it interesting, and I love to learn as much as I can about it. I love watching myself progress and improve over time. It's taught me dedication, determination, and leadership. Basketball has made me the person that I am. I respect the game and I respect everybody else who is either learning or coaching it. I hope and I look forward to playing for Medomak Valley with their talented students. I also would love to share my talents and learn more along the way and I hope to receive these positive benefits.

Sincerely,  
Jamie Thurman

## **Where Does The Money Go?**

by **Harley Kirk, Belfast**

Between Gage and I, we bring in enough to cover our bills plus we should have about \$605 leftover after everything else is paid for, but I can tell you right now we do not have \$605 in our wallets!

So where does that money go, you ask?? Me too!! The money is extra money that might have been used for one of our expenses, but because we don't spend the exact amount, some of it goes to stuff we randomly see and think we need. As in I'm sure sometimes you go to the store for one thing say, wipes and diapers, but you realize there is a sale or something and so you get them now while they don't cost so much even though you didn't need those things right now.

# What We're Up To Now...

## McKayla Corbett, Edgecomb Class of 2016



When I first entered the Passages Program, I was 15 and pregnant with my daughter Hailee. I had dropped out of high school and was really nervous

about what the future held for my family. When I got accepted to the program, I knew I was taking an amazing step forward; I knew I had it in me.

I was introduced to my teacher, Cindy and we clicked immediately. She was there for me as a mentor - not only through school, but during my family's homelessness, and the countless new places we were living. She was a blessing to my family in our hard times, and she gave me the push I needed to succeed and graduate.

In 2016, Jason and I got married, and we moved to Edgecomb. Shortly after, we found out we were expecting a little boy! I pushed harder, and graduated with the class of 2016! Hailee went to Headstart, and life was good! Months passed, and I had our sweet boy whom we named Jason as well!

After graduating and letting things slow down a bit, I decided I wanted to further my education. In March of 2017 I started adult education in Bath, Maine. Night school was a challenge with a working husband and two kiddos, but I pushed myself to do my best. I graduated from the program in August 2017 as a Clinical Certified Medical Assistant with one of the top scores in my class.

Immediately, I started seeking employment opportunities and was recently hired at the

Women's Center - Lincoln Health, in Damariscotta. Jason is a lobsterman, and we plan to buy our first home in the spring. Hailee is almost four and is the most amazing little girl - her personality could light up a room! Baby Jason is now ten months old and is just figuring everything out! He is so smart and I couldn't be more thankful for two happy, healthy babies!

The point I want to make is to let current and future students know that no matter how hard life gets, push through it! Passages is a blessing. Reach for the stars, learn as much as you can, and never stop trying. I took many breaks from the program, but I always made sure to get back up and try again. It IS worth it, I promise.

A special thank you to Cindy, for being not only my teacher, but my friend as well. I wouldn't be where I am if it wasn't for you and the Passages Program!

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## Katie Lee, Machias Class of 2011

I graduated from Passages in 2011 in Washington



County. I am currently attending Washington County Community College in Calais for my degree in Medical Assisting and am also working a full-time, overnight job as a Certified Residential Medication Aide. I want current Passages students to know that I am available for support in any way I can, and am happy to help them with their final Passage Project. As a

graduate, I strongly encourage all of them to continue their education after Passages, and also congratulate them on their successes thus far.