

Passages Press



School Lunch Rights

Angelica D Thurlow, Sanford

Dear Superintendent Penna,

There are 178, six-hour days in a school year. Within those six hours, children must eat, it's simply unhealthy if they don't. This letter will describe why families shouldn't have to pay for school lunches.

Kids are required to go to school; therefore, they should have food. It's not fair to require children across the country to go to school and not be fed. School lunches should come out of taxes from the town where the district is located. There are free lunch programs and not every family meets the standards and are more likely to be declined the more children attend the school.

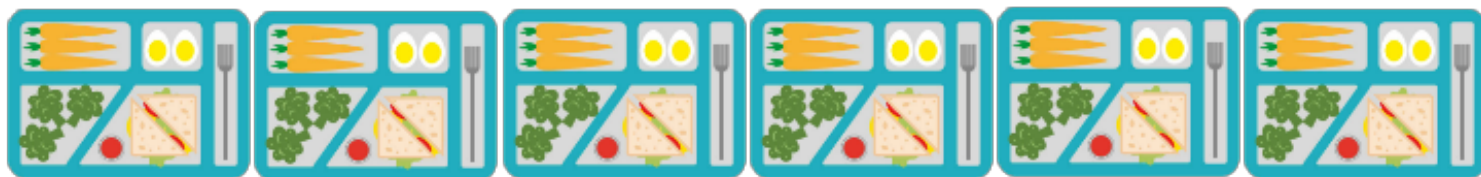
Children are expected to bring in money once a week or more in order to pay for their lunches. The embarrassment caused by not being able to afford to eat what his/her peers are eating can lead to anxiety and later on, eating disorders. Eating a healthy diet is not always an

option at home, therefore, the only vegetables children are eating may be at school.

Why should children who are not old enough to work have to pay for their school lunches when prisoners get three hot meals a day for free? Children have to be at least 14 in the state of Maine to be able to hold a job with a workers permit; they can be 16 and work up to 24 hours during the school week. I believe this is double standard because children can't hold a job, and therefore they cannot pay for their food, while prisoners who can't afford to pay for their meals still get them for free.

I believe that district taxes should pay for the children's school lunches. Children need access to healthy food. School-aged children cannot hold a job; therefore, they should not be held responsible for paying for lunch. School lunches should be free for children throughout the country.

Yours truly,
Angelica D. Thurlow



Two Kinds of Fry Bread

Autumn Francis-Stevens, Indian Twp.

Plain Fry Bread

4 cups of flour
2 tbsp baking powder
Pinch of salt

Mix with water until thick dough forms.
Cook in hot grease.

This bread is used in many different meals and it's not just cooked for my family, it is traditional for Native Americans. We serve it at special events and traditional holidays. This traditional meal has been carried on for a very long time it started way back in the day when Natives didn't have much. The Native women would make fry bread to feed their families because it was cheap.

Chocolate Fry Bread

2 cups of flour
Pure vanilla extract (if you want to add)
1 tbsp baking powder
Pinch of salt
1/3 cup of sugar
4-6 tbsp of cocoa powder
1 tbsp shortening
1 tbsp of instant coffee crystals
1 cup of water

This fry bread recipe is made as a traditional dessert for Native Americans. It makes five servings. - just enough for a family.



Ham & Pineapple Fried Rice

Savannah Senay, Tenants Harbor



This recipe is a good one because it's got a little bit of everything you need from the food groups. For protein there is ham, for grain there's the rice, and for fruit/vegetable there is pineapple and bell pepper - or in our case we substituted the pepper with peas. It was very delicious, and everyone enjoyed it, even Braelyn. It was easy to prepare and make!

Ingredients for 4 servings:

2 teaspoons oil
1/2 cup onion, diced
1 tablespoon garlic, minced
1/2 cup carrot, diced
1/2 cup bell pepper, diced
1/2 cup ham, diced
3 eggs, beaten
3 cups brown rice, cooked
2 tablespoons soy sauce
pepper, to taste
1 cup pineapple, diced

1) In a wok or deep skillet, heat up the oil over high heat and cook onion, garlic, carrots, bell peppers, and ham until onions are translucent and ham is slightly browned. Push all of the cooked ham and vegetables to the side of the pan.

2) Beat the eggs and pour into the cleared half of the pan. Scramble the eggs and mix with the rest of the vegetables.

3) Add rice, soy sauce, pepper, and pineapple. Mix well and let the rice cook until slightly crispy.

www.tasty.co/recipe/ham-pineapple-fried-rice

Fondant; Challenges & Fears

Lindsey Berube, Calais



Plan: I'm making a cake that that's due by Saturday for a birthday party. I need to start Thursday so it will be done by Friday night. I'm going to watch lots of YouTube video tutorials. I will watch all kinds of them. I'm going to take LOTS of pictures as I go - maybe video, too.

Fears & Challenges: I'm afraid it won't work as well as I want it to. I have to keep my kitchen cool. My kitchen doesn't usually stay cool, so I'll bake the cakes the day before. It'll be a two or three day process. I'm scared of putting color in the fondant. It's hard to knead the color into it. The color takes like 1/2 hour to get all the way blended into the fondant. I'm nervous about how it will turn out. My friend will buy the black fondant, I just need to color the white fondant yellow - plus all the other parts (a purple bow and red hearts) I'm excited for it to be finished. And, to see the results.

1) Baking the cake. I don't make it homemade. I use Betty Crocker yellow cake mix. Making it all out of scratch is way too difficult for me.

2) Letting the cake cool. The cake has to cool, that way the frosting doesn't melt as I'm putting it on the cake. If the cake is cool it makes it

easier putting it on. I usually put the cake in the freezer for about a half hour.

3) After the cake cools, I have to cut the top off the cake to make it all even. That way when I put the two round cakes together it will be completely even and easy to frost/put fondant on. I use a knife most times but dental floss works just as good!

4) Frosting the cake is the hardest part, believe it or not. I can't use too much frosting and I can't use too little. I have to make sure I use enough to make it all even, but if I don't use enough the fondant won't stick and it will fall apart.

5) Making yellow fondant is very hard to do! Like any color, it's hard to make. If I had a machine that mixes fondant that would be amazing, but there's no such thing. I have to knead the color into the frosting for about 10 minutes before it's all mixed evenly.

6) Smoothing out the fondant. I have to roll it really thin, but not TOO thin. If it's too thin the fondant will rip on me as I'm laying it on the cake. If it's too thick it will make it impossible to cut the cake when it's time to eat it. The fondant is like a big glob of hard, old gum. Tastes like it, too! Yuck.

7) Putting the fondant on the cake is tricky! In order for it to all look smooth the frosting has to be put on smooth and correctly. The fondant has to be all even, as well, and big enough to fit around the entire cake. If the fondant is too thick it won't work like you need it to. I have to smooth the edges with my hands and then cut the remaining piece of fondant hanging off the ends of the cake.

8) Coloring the remaining piece of white fondant purple and cutting it to make a bow.

Making the color purple is harder than it looks especially when you have to use your hands to mix in the color.

9) Making the bow is WAY harder than it looks. Instead of following YouTube directions, I decided to try to make one myself! It didn't come out as expected, but it still looked ok.

10) Decorating the emoji cupcakes: I used fondant at first but then realized how hard it was to make little heart eyes and mouths. I decided to use my homemade frosting for the mouth and decorating gel for the heart eyes.

11) Looking it over to make sure everything is the way I want it and make sure none of it falls apart because if a cake is too heavy, it will. Thankfully, everything was well put together.

A New Meal Plan

Isaiah Ellis, Waldoboro

During a typical day I wake up and do nothing. I don't eat breakfast often, but when I do I eat cereal. During lunch I will just eat whatever I can find, usually some mac and cheese if it has been a while since last shopping day. I eat an apple or pear once in a while. Dinner I eat whatever my mom makes, if she doesn't cook I will make a steak or pork, sometimes chicken. I want to increase how much I exercise.

I've learned that for someone my age who is not very active, my calorie count per day should be 2000 to 2400. For someone somewhat active it would be 2400 to 2800 calories per day, and for someone who is very active it would be 2800 to 3200 calories per day.

I found a daily meal plan that I am going to try after we go grocery shopping. For breakfast I

will have two ounces of a grain, like cereal, 1/2 cup of fruit, one cup of milk, and one egg. For lunch I will have 1/2 cup of fruit, one cup of milk, two ounces of meat, two ounces of a grain, and one cup of vegetables. For dinner I will have two ounces of grain, one cup of vegetables and fruit, one cup of milk, and three ounces of meat. I don't eat snacks often but sometimes I will eat an apple or a pear.

www.extension.umaine.edu



Italia

Madison Dorais, Buxton

I learned about Italy, what they do, their language, and other languages they speak. Italy is home to 62 million people. Italian culture is based on arts, culture, family, food and music. It is home to the Roman Empire and The Pope. The major religion is Roman Catholic; and home to famous structures, like the Colosseum and the Leaning Tower of Pisa. It is home to the most famous fashion brands, including Gucci, Versace, and Prada. Italian cuisine includes cheese and pasta (spaghetti) and pizza. Northern and Southern Italy have different cuisines. The celebration of Epiphany is celebrated on January 6, when Befana delivers presents on her broomstick, like Santa on Christmas.

Some Italian Phrases:

Per favore - Please

Grazie - Thank you

Prego - You're welcome

Buon giorno - Good morning

Buona notte - Good night

The Importance of Siblings

Nicole Guerrette, North Haven

There are many reasons why kids without siblings develop and grow up in society differently than children with siblings do. From stealing your clothes, to improving your mental health, having siblings would be a blessing to someone who has grown up in a childhood without the nuisance of a brother or sister. As someone who has been the only child for seventeen years, I can understand the emotions and frustrations of not having a “blood” sibling.

My mother got married to her first husband in 2003, when I was six years old. My mother’s husband had a child already who was two years older than me. I can remember fighting and bickering like siblings, but he never really felt like a sibling to me. All of my classmates had “blood” siblings with the same last name, and siblings that actually had a resemblance to them. I have always wanted that kind of sibling my whole life, the ones with the same parents as you by blood.

Dylan, my “brother,” always kept to himself. He had a grandmother that ran a daycare and I always felt like he was treated differently than me. He would always get more presents than me at Christmas and he was never disciplined the same way I was. I just never felt a sibling bond with him like I imagined my classmates did. I would always pray for a sibling every chance I could. Every shooting star, and every year at Thanksgiving if I got the bigger wish bone half from the turkey. Eventually my mother decided she needed a change and got a divorce in 2008 when I was eleven years old. We ended up living with my grandmother for a while until my mom met the love of her life.

Depending on how you perceive it, being the only child could be a good thing for some people. You may get the advantages of undivided love and attention from your parents. There are many advantages but it differs from person to person. In my opinion, I was never “spoiled,” and when I got a step-brother I think I was too old for him to feel like my blood brother. Perhaps the most apparent disadvantage of being an only child is the feeling of loneliness. Not having a sibling to play with regularly, and not being able to share your thoughts and memories with them. Also, when your parents get older being an only child, you would have to shoulder the responsibility of taking care of them on your own, which might be overwhelming. These are some things I would worry about for many years... seventeen, to be exact.



When my mother got married for the second time to my step-father Ray, I was well into my teens and I eventually lost all hope of getting a brother or sister because in a couple years I would be out of the house fending for myself. I would have no time to bond, play, fight and argue with them so I eventually forgot about it and stopped praying for one.

One day my mom and Ray brought me into their room and sat me down. I was sixteen years old at the time. I instantly knew somehow what they were going to talk to me about. They told me nervously that they were expecting a baby and that finally I would be a big sister. It didn't

even matter to me that she was only my half sister. She had the same mom as me and that is what I have wanted all my life. It did bother me that I would only get to spend a couple years with her before I moved out and was on my own, but to this day (she is four years old) every time I hear her call me, “Sissa” it melts my heart. If you put a picture of my sister Lilly and me at her age next to each other you wouldn’t be able to tell the difference. Even with different dads my sister and I share the resemblance I have always wanted to have with someone.

Growing up without a sibling I always knew that one day when I decided to have children I would make sure that they would grow up with siblings. Some people may not have a problem with not having a brother or sister, but for me growing up it made me very upset and I felt left out. My children will never know what that feels like and will probably take each other for granted, but I am just so happy that Addie will have someone to play and fight with, because I know how much that would have meant to me.

Communication

Sarena Bennett, Westbrook

Communication is transferring information to a place or person. There are many different types of communication styles. For example, there is verbal, non-verbal and visual.

Active listening is having full concentration, understanding, remembering what is being said and even showing non-verbal cues like nodding your head to show that you understand.

Non-verbal communication means reading hand gestures and facial expressions.

Examples of visual communication include signs, maps, drawings, and colors; it helps to know how fast you should go and when to stop.



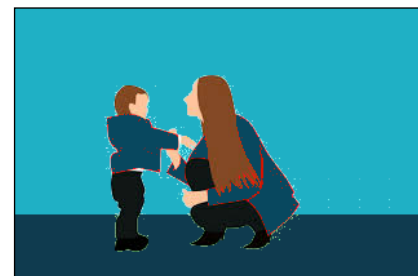
Talking Freely

Brooklyn Leigh, Vinalhaven

Communication. It’s key to every parent and child relationship. I learned that growing up. My mother and I talked about everything and always talked things out. I grew up with her as my best friend. We had the best relationship because we talked about everything. I’m going to teach my son that as he grows, it’s important to talk freely about your feelings and say what’s on your mind.

As my child grows up, if he gets into any conflict with other kids or a sibling, first of all - violence is not the answer. It’s important to find the root of the problem and talk it out, instead of fighting it out. I want to make sure Michael knows that he can go to an adult and solve the problem an easier way.

I think that you can be a parent and a friend as long as it doesn’t get out of hand and remember that parenting always comes first. When your child needs to be disciplined, you can’t be their friend. You need to be okay with that, and be able to take charge and correct them if they need it.



Reflection

Rebecca Phifer, Union

One of the hardest things about being a parent is the lack of sleep.

One of the best things about being a parent is knowing that she needs me.

One way in which I have grown as a parent is that I'm starting to recognize her cues and what she needs.

One way in which my partner has grown as a parent is he is starting to care for her more than expected.

One thing I'd like to learn is how it's going to affect Phoebe when I'm back at work.

One thing that would help me be a better parent is more sleep.

One great thing I've done for my baby is sacrificing everything to care for her.

One thing I fear is that I'm never going to be used to being away from her.

One thing I hope is that I continue to learn to become a better parent.

One way having a baby has changed me is that it's opened my eyes and made me realize how much to life there actually is.

One thing that I got from my parents that I would like to give to my child is the love and attention they gave me.

We've Got Each Other

Kiera McGowan, Swanville

Ryker's go-to person has always been me, because I'm his mama. I love having a bonding experience with him, but it's exhausting sometimes when I am are trying to shower or just pee. I feel like I have no help, because everyone will go, "Well he doesn't want me, he wants you."

I love Ryker a lot and I want him to have a good bond with me so he knows he has someone to look up to or simply talk to. I think bonding is very important for me and for our kid. I use to be very depressed and having my son makes me feel like I've got someone to keep pushing forward for. So not only does he got me, I've got him.



8 Ways to Bond with Baby

Brooke Mawson, Jonesport

1. Breastfeed your baby
2. Look into baby's eyes during bottle time
3. Put your phone away.
4. Look in the mirror together.
5. Listen to her heartbeat.
6. Go skin-to-skin.
7. Respond to her cries.
8. Get your silly on.

Bonding with Summer shows her that I'm there to protect her and keep her safe and love her so she can trust that the I will be there when she needs me.

www.parents.com



Open-Minded Parenting

Natasha Norwood, Belfast

I became a mother at fifteen. I feel like I didn't really have time to sit back and observe other peoples' parenting, but I have had the past seven years to look around and take in the fact that every single person parents differently. There is not one person who parents the same as the next.

There are so many things that you can agree with and want to do when parenting your child, but that does not necessarily mean that is going to work with your child. On another note, you could completely disagree with how they handle a situation but find that the way they handled it actually works for them.

I wouldn't say I would want to do anything differently. I would say that I don't want to be so quick to judge someone for the way that they parent (unless the child is in danger, of course) because every child is different from the next.

I don't have anything specific that I would like to mimic, I just want to be able to keep an open mind when watching other people parent. I am almost 23. I had my first daughter at fifteen and about to have my second. I am learning something new everyday from watching everyone parent their children the way they think it works for them and their child. I am kind of taking notes in the back of my mind on things that I feel I would like to try if ever put into a certain situation.

Melodie and I have learned and grown together. I had absolutely no idea what I was doing when I had her. She has taught me so many things over the past seven years. She has taught me that patience is one of the best qualities you can have as a parent, because boy, children will test it no matter what age they are. She has taught me about love, maybe not the "in love" love, but that the love between a child and mother that can never be replaced. It is hands down the most amazing feeling I have ever felt. She has taught me that crying and being angry is a normal everyday thing, we all feel it, but we all handle it in our own ways. My 23 year old self handles emotions a lot differently than my seven year old who is still trying to figure things out. To this day, she is still teaching me things.

Redirecting a Toddler

Chynna Chase, Brunswick

Redirecting works only about half the time, or maybe actually only like a quarter of the time. Basically, just like every other parenting tactic, it works for a little bit until your toddler catches on.

Redirecting and distracting can be great, especially when you can replace an item with a toy or kid-friendly object and redirect their interest somewhere else, but redirecting a stubborn, blossoming toddler who is a possessive, bossy, very emotionally unstable human being is not always the easiest of tasks.

My son Everett is relentless when he wants something, especially when he knows he shouldn't have it. I've witnessed some extreme meltdowns because I took some small, seemingly irrelevant item away from him. He was so emotionally attached to it that the world ended when I took it.

Alternatives to Spanking

Brittney Herbest, Machias

I went to the Harrington Health Center and met with a teacher who teaches how to discipline your child without including spankings.

I learned some different alternatives to spanking, what happens when you spank your child, the difference between discipline and punishment and what you're actually teaching your child when you spank them.

To start off there are plenty of other things you can do instead of spanking your child. You can take away the problem. For example, if a child writes on the wall - you can take away the writing utensils. You can also have them stand in a corner, go to their room, etc. There are SO many other things you can do besides raising a hand. From personal experience in my lifetime, I know that spanking doesn't work and honestly, a lot of the time it makes the situation worse. If your child is screaming and crying why would you want to hit them to make them scream and cry more? Logic.

A lot of times what happens when you spank your child is that it teaches them that if someone doesn't do what they want, someone makes them angry or someone doesn't listen to what they say, they can use violence to get it their way. It also teaches them to fear you when you're angry or upset at them thinking they're going to get smacked again. It may also confuse the child into wondering why their parents would hit them if they really did love them. So even when you're really angry at your son or daughter for grabbing a kitten too hard, trying to suffocate a hamster, or drawing on your brand



new painted walls, remember there are other ways to deal with the situation other than hitting your child. Remember, it takes a lot of patience to deal with a very angry upset child, and it is okay to walk away, but don't PUNISH the child for exerting their emotions in the only way a child knows how - instead learn to discipline them.

To punish is often thought of as something physical or associated with pain. Discipline is from the word disciple, which is to teach, or to guide which essentially is every parents goal for their child -- I know it's my goal!!

Anyway, let's say Finley is drawing on the walls I had just painted, and he decides to take some crayons to it right after I was finished. Instead of screaming at him, spanking him, or just telling him to stop, I'd need to take another angle., I'm not saying feed him a cupcake while telling him it's not okay to do what he's doing, but I'd tell him the wall is not a place for things to be drawn on. If he wants to draw he can draw on paper and give him a piece of

paper to draw on. This is TEACHING or GUIDING him because it's telling hm where to and where not to draw with crayons. You don't have to immediately jump down the child's throat, freak out, scream, cuss, take everything away and be super angry or spank him. TEACH him that it's not okay and then TEACH him what is okay. Now, if he continues drawing on the wall instead of the paper, by all means take the crayons away and tell him until he can use them correctly his crayon privileges are revoked and if there is a tantrum over it, IT IS OKAY TO WALK AWAY! If you can handle an angry situation in a

healthy manner, you're teaching your child how to handle it in a healthy manner. If you walk away, phone a friend, listen to music, clean the house, chop wood, watch a movie, ignore the situation whatever you do to calm yourself it teaches them alternatives to handling their anger and stress, because believe it or not that child is watching you carefully because YOU'RE their role model.

You set the examples for them and do you want them growing up thinking hitting people to get their way is how the "real world" is? Do you want them thinking violence solves problems? Think twice about spanking, and when you're angry -- take a step back, evaluate the issue and see if there's a way to outsmart that teeny tiny spawn you created.

Ryleigh Warms My Heart

Ciera Williams, Brunswick

My daughter always makes me hold her hands so she can walk around the house with me. She's very demanding about it sometimes and gets mad if I won't help her. When Ryleigh is playing by herself she is typically quiet, however, when I play with her she is very vocal and is always happy. She loves when anyone sits down and plays with her. Ryleigh has a toy that makes animal sounds when you put the farm animals in their correct spots; she loves listening to the different sounds each animal makes. Every time I sit down to play with Ryleigh I realize how smart she already is. Every day she learns something new. It warms my heart when I see her smile or hear her laugh while we are playing together. It reminds me just how lucky I am to have such a beautiful little girl.

Ryleigh is so unique in so many ways. She likes to sleep on her side, she loves *Daniel*

Tiger's Neighborhood on PBS, she likes listening to music with me, and going for walks. Ryleigh's favorite thing to do is swim. All summer we went swimming as often as possible. She loved floating around in her float. Ryleigh was already kicking her legs to try to move herself around.

Everything she does brings a smile to my face. She is so smart already it is unbelievable. I believe Ryleigh will grow to be an intelligent, caring person as she grows. She is already very affectionate toward those she cares for. I cannot wait to spend the next eighteen years teaching her the important things in life. I'm excited for every Christmas morning and every birthday that I get to spoil her. I am so excited to watch her go through school and praise her for her good work and help her when she is struggling.

My daughter has taught me that love knows no limits. She has grown so fast in the first seven months and is already so smart. She has taught me to have patience and how to get by on very little sleep. Ryleigh has taught me what it's like to have a little person to take care of everyday. Children grow so fast and every moment you get to spend with them is precious. Never take the time spent at home with your family for granted. Before you know it they will be all grown up and out on their own. Each day with her is a gift and I could not be more thankful.



Letter To My Daughter

Kiara Hunter, Saco

Dear Daughter,

I realize that you are learning more and more about your body each day like your arms, hands, legs, toes and even your vivi (vagina). I know you might wonder why it's there and might even feel around what is there. That is perfectly fine, it's what makes you--you (the beautiful girl that you are). Boys, on the other hand, have different parts from girls, called penises. It helps us tell each other apart.

Your curiosity will wander and you shall continue to explore, but sometimes it's not the best time. It's one thing to be by yourself in your room, but it wouldn't go so well when you're around many others. Why? People tend to act weird or funny when private parts are shown; that's why it's important to be in a safer place, where you're alone and can explore freely. If you have any questions that are roaming in your mind, I'd be happy to help you figure it out. If it's a difficult question and we can do some research together.

Love, Momma



Keeping Karma Safe

Sierra Leigh, Rockland

When I was growing up I didn't exactly have the best living situation. My mom didn't ever clean and we had no running water for six years. The only person I had that made me feel safe when I was younger was my dad. I didn't have the best life growing up; my parents were always fighting and cheating on each other. I grew up watching all of it happen and remember it. Things I will do differently so my daughter doesn't grow up with the same life I did is to keep my apartment clean, not be with someone who just cheats and fights with me all the time, and always put my daughter first.

Some things I can do in my home to make sure my daughter can play safely is put all chemicals and bad things up high so they can't be reached, put light socket covers over every outlet and make sure no cords are hanging or plugged in that she can reach. I can pick up toys that the kids are not playing with, and sweep, mop and do dishes when given the chance. Every time the kids are not around/sleeping, I try to clean what I can, do laundry or dishes, vacuum, wipe down tables and other surfaces. I want to try and remind other people who come over to help keep their messes picked up and wash their own dishes when they get done and make sure not to leave anything dangerous around. Recently, I've gotten first aid items, light socket covers and door handle covers to make it more safe for Karma to be able to play less-supervised.



Standing Rock #NODAPL

Lila Acheson, Indian Township

I watched a documentary about Standing Rock and the disagreement about the Dakota Access Pipeline in North Dakota.

My thoughts on the protest in Standing Rock are that it was definitely necessary and the right thing to do. Native Americans are still disrespected by the US government every day. By doing this the US government is deliberately breaking the Fort Laramie treaty of 1851, which gives the Lakota people the right to their land. In the 1940's the US Army Corps of Engineers built dams that flooded the most fruitful lands along the Missouri River. The pipeline that the US government wants to build would cross a burial ground and contaminate the people's source of water. So, of course something had to be done.

They wanted to put the Dakota Access Pipeline under the Missouri River which broke the treaty and was built on sacred ground a mile north up to the tribal reservation. On April 1, 2016 the sacred Stone Camp began with a blessing at Fort Yates. Excessive force was wasted on many protestors and even killed some.

It feels like all the government wants is a quick dollar, but they don't think of the long term effects it will put on our people, and not just Native Americans, either. We have to stand up!!

Welding

Lei-Ann Marble, Camden

I learned about a welding course through the Goodwill Workforce Program in Rockland. The program offers you a chance to learn a skill and pays for the educational expenses. I saw a woman named Sheila and she made sure I had everything I needed for my welding class.

Back in 2016 I took a stick welding class at the Rockland Vocational School. It was about 36 hour course. To start off our first class the instructor showed us a safety video on what to do and not to do. It explained how to safely dispose of the used sticks and properly put on a new one. The video also showed the proper footwear and clothing to wear. After the safety video, the instructor took everyone down to the site and gave us a demonstration.

The second class we started welding. Each class lasted about three hours.. We had to partner up with someone to begin welding. I met a guy named Jack who was the same age as me and we became good friends and partnered up every time we had class. One day during welding class I forgot my Carhartt sweatshirt and only had a winter coat. I also wore a V-neck shirt and ended up with a severe "sunburn" from how bright the welding is.

At the end of the course you are presented with a certificate that states you completed the requirements. The stick welding certificate helps you get into that career, or at least it's a foot in the door.

After I finished the course I decided that stick welding was definitely something I didn't want to do as my full-time career. It was fun, but not something I would enjoy doing on a day-to-day basis. With welding you have to have patience and now as a mother of three I have very little of that, so welding is last on my list of

career choices at the moment. I'll admit I thought welding was going to be amazing and I was going to want to do it, but after finishing the course I realized it wasn't as great as I thought it was going to be. I was proud of myself for sticking it out even though I didn't care for it.




Jack and I created this "art piece" in our third class.

I really enjoyed learning something new and stepping out of my comfort zone. I always felt like something was going to go wrong and the stick would electrocute me. Honestly, don't be afraid to try something new, and even if you don't like it, it doesn't mean you have to do it. If you never try how will you ever know?

— — —

**YOU'RE NOT ALONE!
THERE ARE SO MANY
PEOPLE IN THIS WORLD
GOING THROUGH THE
SAME SITUATIONS AS
YOU ARE.**



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**Images from a pamphlet
created by Jenessa Morin, Windham**

Making a Dream Catcher

Rochelle Millay, Machiasport

I decided to make a dream catcher because I think they are pretty. It was kind of frustrating at first, but I loved the finished product.

The first time I tried to do the webbed part I ended up cutting it apart, because I didn't like it. I tried it again and gave up. I couldn't take the time to figure it out. I tried watching youtube videos on how to do it, but it got pretty confusing for me. Maybe if I had all the right materials to start, it would have been a bit easier for me. I finally figured it out, even though I had a difficult time tying the feathers on because of my acrylic nails.



Bingo at the Nursing Home

Emily Wilcox, Machias

I volunteered at a nursing home in Machias every Tuesday night for Bingo Night. All the old folks who wanted to participate would gather around in the day room. Each winner got 25 cents. We would play as many rounds as we could fit in that night. Volunteers such as myself helped the old people with their bingo cards. We did things like read the card to them or help them cover their numbers. I had lots of fun and made lots of friends. My favorite was Todd. He was a really cool guy with some really messed up hands. I would help Todd every week at Bingo with his card and we sort of got to know each other.

Christmas Party at the Rec

Willow Gabriel, Pleasant Point



My tribe likes to throw parties for little kids. Like on Valentine's Day they will have a party at the Youth and Rec, or on Christmas we will throw a Christmas party for the kids that don't have it so well.

I volunteered for the Christmas party last year to help out. I had to wrap presents. My friend, Kailyn, and I wrapped over 30 presents with a few other people wrapping, too. It was a good experience for me. We decorated too.

We went to the Rec at six pm and got done by nine. We had a lot of fun. While we were decorating, Santa was driving around in the fire truck thru the rez for the little kids. After that he came to the Rec and gave presents out to the kids with a candy cane.

When I volunteered I made some new friends. We all had lots of fun. I was dressed up as an elf, while my friends were just wearing the hats. I was in the middle of two other people - my friend Kailyn was standing by one side of me and Noela was on the other side. When a kid would come up to tell us what they wanted from Santa, we would ask for their age.

When we were wrapping, we had to sort the presents out by ages,. After the kids told us their ages, Kailyn would go through, grab the present, hand it to me, and I would give it to Noela. We had a little system going on and it was fun. I was glad I was there to volunteer. I learned a lot. It was a good experience for all of us. I am now friends with people I didn't like before and got to see my old friends, too.

Generic vs Name Brand

Savanah Doak-Turner, Cushing

I like to shop. I think a lot of girls do! I mostly just shop for things that my family needs. There are certain things that I splurge on, but I mostly buy things from the clearance aisle for things that we don't really need, or try to use coupons.

Generic vs Name Brand is something that most people don't understand. Many people think, "they aren't the same things," or "they are the same things." I personally think that it doesn't matter how much your food costs, or if it's name brand or not. All food is food, and people should be lucky to have it. My family buys all generic things, but may splurge on name brand once in a while.

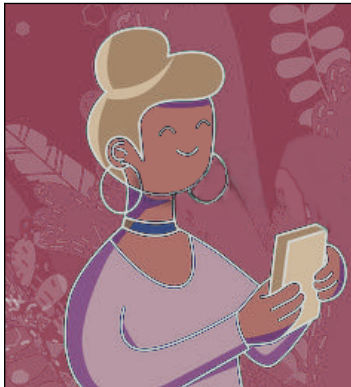
As far as name brands goes with clothing. It's the same thing. You have clothes on your back, and shoes on your feet. I've had name brand clothing, and non-name brand clothing. I personally think that my non-name clothing lasts way longer than my Victoria Secret clothing.

I looked up generic vs name brand items, and the first thing that caught my eye was an article that stated "Don't confuse store brands with generics." In that article it states that they ran a taste test and found that "33 of 57 store-brand foods to be as good as or better than the big name brand."



Pendo; an App

Gayle Wood, Machias



Pendo, is a multi-surface capable app. You can download it from most app stores. It's a planner, journal, event logger, plus it has notes and to-do lists all on one platform. Pendo puts everything in a

timeline like pattern so it becomes easy for the user to see what their schedule is, in advance. What has been done by the user is saved and stored away to be reviewed later, as "past." Newer tasks and events are "present," and then things to do later are called "future." This method puts into perspective and assurance that you don't always have to remember every detail of what needs to be done.

I've had a hard time with accountability in doing my work, and keeping track of how my time is spent, and where and what I need to do. I get lost in where I left off with my school work, and that's what makes it difficult coming back to it regularly. I'm hoping Pendo will help to keep me on track with my journal entries, as I log the rest of the school year. Maybe this will show me something new about myself!

"You can have it all.
Just not all at once."

— Oprah Winfrey

Field Bombing

Devon Danforth, Swanville

When I was younger, around age four, I was always watching my six year old, brother and my grandfather mowing lawns together. My grandfather owned his own trailer park and he had to take care of all of the lawns. That gave my grandfather a reason to buy two lawn mowers, because he and my brother were mowing all the lawns together. They were riding lawn mowers. I got into watching them and thinking about how fun it would be to be riding the lawn mower and cutting the grass at the same time. It also got me talking to my grandfather to get him to show *me* how to mow the lawns too. He said, "A lawn mower is not something that you can just jump onto and go."

So then he started mowing with me on his lap so I could see all of the different things that you have got to do while you are mowing. I really enjoyed him showing me all of these really cool things. The next summer that came around I was a whole year older - five years old and a little stronger. You had to have some strength to be able to pull the mowing deck back up off of the grass on these lawn mowers.

One day we were all going outside to get the lawn mowers ready. I thought something was a little weird when they took me into the garage where my new lawn mower was sitting. It was so cool! He actually bought me a new lawn mower to use, which meant that we now had a total of three lawn mowers. I got onto the lawn mower and started it. Then started to mow the lawns.



It was so much fun! It was a great feeling. He said that I had done a great job for only being five years old.

This mowing experience really inspired me to buy something else with a motor and tires. When I had enough money from mowing and working around the trailer park, I went to Bangor with my mother and father and bought myself a new go-kart, which was awesome! We got it home and I drove that thing around for a few years in my mother's six acre field.

When I was nine years old I talked to my mother and father and asked them if I could buy a beater car to have to drive around the field and to help Dad with moving stuff and working around the house. They said, "Devon, if you can continue working for your grandfather and making money pay for half of the car we will allow you to get it, and we will pay for the other half." So that is what I did! I busted my butt and finally had all the money I would need to pay for half of the car.

I started looking on the *Uncle Henry's* site for a beater car, and I found a 1998 Dodge Neon, 6-speed standard. It was green. I showed that to my parents and the only downside to this was the fact that it was a standard. They didn't think I would be able to drive the car, and at my age I didn't know the difference. Well, I ended up getting that car. It was \$400 and all it needed was a tire, so my father went and got me the car and a tire.

One day when I got home from school the car was in front of the garage. I was so excited! I ran into the house and my father was like, "Did you see what I got for you today?" I was like, "Yes." He then said, "Lets go!" So I ran outside and went to the car and looked at it. My dad opened the door and opened the hood and showed me the motor and everything. He told

me everything about the fluids, the motor size and how to check the oil in the car before starting it. That was really cool because I had no clue what it took to take care of a car.

He told me to hop in the car, which I did; he was driving. We went up the driveway and back it was so much different to watch him drive a standard than an automatic. We got back down to the house and I got into the driver's seat of the car.



He said, "Okay, you just need to listen to what I tell you and pay attention to the things that I am showing you." He told me to push in on the clutch, hold the brake at the same time and start the car. Then he told me to put the car in first gear, so that is what I did. Then he told me to take my foot off of the brake and put it on the gas, so I did. He then said to take my foot off of the clutch very easy and while I was doing that to slowly push the gas at the same time, and then the car would then start to move. Which it sure did! It stalled out on me when I went to try and stop, it jumped the crap out of me!

Over a few days I really got good at driving it. In about a week I was getting so good that I could park on a hill and take off without rolling back, which was really hard to learn how to do. I kept my car in the garage and tried to go out all of the time and clean it. My parents were really proud of me! They bought me some cleaning stuff for the car which was awesome. When I got

home from school that was the thing that I liked doing. I also used my car to move things around the yard and to take the trash up to the dumpster when it needed to be taken up there.

When I was about twelve years old, I ended up wrecking the car in my mother and father's field. I was going like 35 mph in the field and drove right into a huge water hole and it got stuck. I could not get it to move at all. I shut the car off and went and got my dad. He said, "Son, there is no way we are getting that car out tonight." We waited until the next day, which happened to be Saturday, so we went up and tried to start the car. It would not start. This sucked. I was so upset!

We finally got the car out by using my father's truck. We got it home and took out all of the spark plugs. Water was coming out of the holes in the motor. My dad said that the water went up my exhaust from when I shut it off, and it rusted everything in just one night. It was not fixable. I was very upset.

I can say that I did learn that driving my car, the one I worked very hard to get and take care of, through mud and water was not a good idea. Everything that I worked so hard for and my mother and father's money went into was gone and not fixable! I did learn my lesson



Wayfinder Schools

Ciera Williams, Brunswick

Wayfinder Schools is an alternative school for high school students that offers a program known as "Passages." This program was originally created for pregnant or parenting youth. Recently, the school made the decision to allow non-parenting students into this program who are looking to earn their high school diploma. Through this program individuals have the ability to work at their own pace. English, math, science, and history are all included in the curriculum. Things such as parenting, budgeting, conflict resolution, and many other life skill courses are also included. Wayfinder Schools' curriculum is based around life skills as opposed to some of the unnecessary academics provided by most public high schools.

I was enrolled in Wayfinder Schools in January of 2018. I have struggled through traditional high school since my freshman year and made the decision to apply to Wayfinder Schools after I had failed my second attempt at senior year. I was enrolled at Mt. Ararat High School prior to my time in the Passages program. Mt. Ararat was very unwilling to work with me through my second senior year as I was four months pregnant. They were reluctant to allow me to enroll in school there in the beginning because of this. Once I did finally get myself enrolled they would not allow me to take more than one night class per trimester. This made things very hard for me as I was four credits behind in school and without those extra classes I would not be able to graduate. Physical education class became increasingly difficult for me as my pregnancy went on. I was told by my doctors that I should not be lifting weights, but the school would not excuse me from the weightlifting unit in P.E., which automatically

caused me to fail that class. This was inconvenient because Physical Education is a required class in public high schools.

The Passages program has given me the ability to raise my daughter, work full-time, and this June I will finally graduate from high school. I personally believe that without this wonderful program I never would have been able to achieve what I have today. My teacher even comes to my house once a week to check in on my progress and help me with topics I am struggling with. I also have had the opportunity to participate in several workshops with other students through this program.

My teacher and I went to visit the University of Maine at Augusta, in one of these workshops and they even took some students and our little ones apple picking. My teacher, Joy Knowlton, has provided me with transportation to and from these workshops when necessary.

Wanting to be a journalist, Wayfinder Schools has provided me with several opportunities to incorporate my interest into my curriculum. I was even able to write and illustrate a children's book for my daughter as part of learning about early childhood development. Being able to visit with my teacher once a week gives me the ability to spend time with my daughter and work around my full-time work schedule. The one-on-one time with my teacher also gives me the ability to get help on subjects that I personally struggle with, such as mathematics. My SAT testing will also be of no cost to me like most public high schools, so I won't have to pay out of pocket for the testing most colleges might require. They are very

flexible and willing to work around your schedule, so school won't interfere with your work schedule.

Wayfinder Schools provided me with all of the supplies needed in order to be a successful student. They gave me a binder to keep my papers in as well as a storage box for all of my school work and on top of all of those things, they provided me with a MacBook Air to complete a lot of my school work. The Passages

teachers ensure that you have everything you will need and will assist you if you need help finding additional resources. For instance, Joy has provided me with reading materials in

multiple different genres, as well as math books to help me better my mathematics skills. Each of your "core skills" in the curriculum are written out for you to follow. They also provide you with multiple websites to use as resources while completing your work.

Wayfinder Schools is an amazing alternative education program, especially for those raising children or working full-time jobs to provide for themselves. They go to the students' homes, at the student's convenience, to meet with them and help with their work. They are very understanding about your circumstances and are more than willing to work with you in all aspects. They have been so good to me and have provided me with the opportunity to graduate with a high school diploma while raising my daughter. I could not be more thankful for all of the help I have received during my time enrolled at Wayfinders Schools.

