

Passages Press



Understanding Addiction

by Nicole Guerrette - Appleton

There are many types of abuse, and the one I suffer with everyday is drug abuse. My daughter's father is an addict and currently in jail serving time for his addiction disorder. I have been dealing with his addiction disorder for many years but recently, I have been wondering if I should get some help with it too. It's not only the user that the drugs affect, it's everyone around the user.

One thing that I have learned over the years is that I can't cure my daughter's father. I may be able to help by giving emotional support, but I will never be able to fix his problem. He is not going to change unless he wants to for himself. Honestly, I do believe that he wants to change, but this process is going to be very hard for our family because it's going to take a lot of time and energy. He has all the support and tools to get through this once he puts his mind to it, but what about me? I've been wondering if there are any programs that I could go to so that I know I'm not the only victim going through



this. The worst thing in the world is seeing someone you love go down a horrible path that they can't seem to get out of without help.

It's very hard to deal with a drug user if they are someone you love, because it takes a toll on you and that person can drain all your energy with the lies they tell. You can't prevent a drug user from using - it's all up to them. I have learned that drug users don't like to admit they have a problem until they are ready to change. They will continue to lie and do drugs behind your back no matter what you say, even if they love you. Drugs are their main priority.

It's a very hard situation for the victims of addiction disorder and their loved ones. Sometimes I feel like I would be happier without the weight on my shoulders of wondering when I'm going to get a call saying the father of my baby has died from an overdose, but at the same time I don't want to abandon him because I know he needs love and support to get through this.

I have so many thoughts going through my head all the time - wondering what to do. I don't want to leave him for my own happiness and then get a call a week later saying he has died. I don't want to live with that burden for the rest

of my life thinking it was my fault for leaving him in such a hard time. It is very hard to understand abuse, but luckily there are programs to help you through these times.

Al-Anon group meetings are for the friends and family members of problem drinkers and drug users. People share their experiences and learn how to apply the principles of the Al-Anon program to their individual situations. They learn that they are not alone in the problems they face, and that they have choices that can lead to greater peace of mind, whether the drinker or drug user continues their bad habits or not. You can find Al-Anon group meetings online (<http://www.al-anon.alateen.org>), in newspapers or you could ask your local doctor for the group meeting schedule. Al-Anon group meetings are free and anonymous. My goal in the new year is to attend a meeting.

Lily

by Opal Swearingen - Auburn

I used to see you every day
Now I can't it's all so gray
When the car flipped I tripped
Losing my mind and time

It's almost been a year since I last saw you here,
You got up and walked away from the wreck
But not home did you go
No one will ever know

I pray you're resting peaceful
Miss you so much and I hope I'll see you
Never wanted to lose you
My little sister
My best friend
Goodbye 'till then...

Learning to Listen

by Nikiah Berry - Belmont



Communication to me is a very important part in a relationship, not only with significant others but also with my child, my family, and my friends. Some of the things I can do to become a better listener are listen to why the other person is feeling the way they are, make sure I understand what they are saying, and try to look at it from their point of view. I can repeat what I heard and make sure I heard correctly. I can ask if there is more they would like to say and don't interrupt and let them finish their thoughts. I have tried using good listening and it's really hard for me. I like to butt-in when someone says something. I will try to use these skills when arguing with my grandmother.

According to the dictionary, negotiation is a "discussion aimed at reaching an agreement." To me negotiation means to give something in return for getting something else. I use this with Zylah to get her to do the things I need her to. I can ask Zylah to get her coat on and if she says no, I could say, "Well, we can do what you want and go outside if you put your coat on, but if not we will have to stay inside."

Some skills to use in negotiation:

Find ways to sooth yourself. This could be where I might step away for a while and maybe listen to

some music in my room then come back to the situation when I feel ready.

Find out how you're feeling and why you're feeling that way. I could ask myself, "What are you feeling?" (Mad) "Why are you feeling mad?" (Because I want to go to a friend's house)

Do your best to be aware of all the things your body is doing. (Eye contact, etc.)

Use humor and play to resolve your conflict. I might think of a joke to lighten up the mood.

Involuntary Isolation

by Opal Swearingen - Auburn

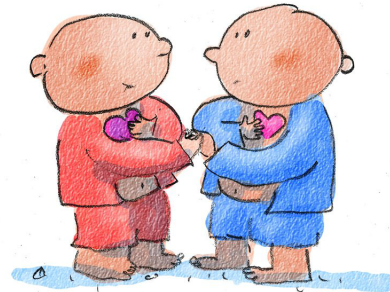
Inside I always stayed
Never to see the light of day
Vulnerable no matter what I say
On the bed I lay pinned
Lost in the eyes that are killing me
Under the body of someone who once loved me
Never to return to the same life
Tortured to the soul
Already lost the battle
Reality slipping from me
Yesterday is already gone

Inside I always stayed
Sun rays couldn't reach me
Only God knew where I laid
Lingering feelings wouldn't leave me
Anxiety express, when I think about asking
Today and every day
I'll be trapped
Ongoing forever
Never to see what I could really be

Four Insights About Conflict

by Chloe Edwards - Rockland

- 1) Communication is when two or more people exchange information or news to one another. Good communication involves encouragement, empathy, and being aware of how other people are feeling throughout the conversation.
- 2) Active listening is when you understand and pay attention and keep talking and acting interested in what the person is saying. You don't get distracted by what is going on around you. You stay focused. I've used active listening in both restorative justice and meetings with my teacher.
- 3) Conflict is a serious disagreement or argument. An example of conflict I have is finding a way to get along with a girl that I absolutely hate. We tried to come to an agreement at a meeting and were not able to do so. The girl wouldn't accept my apology. I felt extremely angry about this because I don't apologize very often and when I do I mean it. If she had accepted my apology then I feel we could have worked something out.
- 4) Conflict resolution is a way to find a peaceful solution between two or more people that works for everyone.



Listen with LOVE.



Do You Think Aliens Exist?

by Kileigh Rickett - Berwick

I believe in aliens. We on earth live on a planet- that makes us humans, and so I believe that somewhere out there, there are aliens living on other planets. Maybe they are not in our galaxy, but probably in another galaxy.

My friend and I were talking about aliens, and wondering if they think that we are aliens. We were saying that because we are on a planet, we think that they are aliens and they might see themselves as normal human beings, and we could be the aliens. Technically we really are aliens because we live on a planet, in space.

I'm sure several people have thought they've seen UFOs. I personally never have, but I think it would be a cool experience. I have seen the movies *Paul*, and *E.T.* Obviously the aliens in those movies are fake, but maybe somewhere out there there really are aliens like them.

People might think that aliens probe you, abduct you, or come to terrorize you, but nobody on earth knows if there are aliens for a fact and what they do - if they do exist. Why would aliens want humans on their planet? They have their own population and we humans destroy our planet as it is, I don't think aliens would want us going to their planets, or galaxies and ruining it for them.

Bike Memories

by Amber Gabriel - Pleasant Point

The first time I rode a bike
without training wheels
I didn't know how to stop
so I ended up bumping
into a fence
and of course I laughed.

Then there was this one time
my mom bought me and
my sisters new bikes
and they were good bikes.
I was going down the hill and
I ended up crashing into a tree.
I ended up with
a really bad cut that hurt for weeks,
but I thought it was funny after it happened.
My sisters still
tell that story all the time.

Then there was this other time
my mom and I took a bike ride
and we were on our way
back home - we were by the church -
and my pant leg ended up getting tangled
in the pedal.
She and I just laughed about it.

Another time Willow and I took a bike ride
during the summer. When we got
to Perry, it started hailing!
Of course we were both wearing shorts and tanks
tops.
So yeah, we
got cold.



Abel Jon Stanley-Maheu Arrives

by Cheyenne Maheu - Lubec

Abel Jon Stanley-Maheu was born March 13, 2017 at 7:24 p.m. He was 19 ¾ inches and weighed 7 lbs. 8 ozs. My water broke Saturday morning and contractions began shortly after. After I was admitted into the hospital, I was in labor for 42 hours and was finally rushed into an emergency C-section on Monday evening.

Starting my labor, Abel was higher than we originally thought he was, and was sitting crooked. We thought that the contractions would hopefully straighten him out as they increased in strength and consistency, but they only lodged him crookedly into my cervix.

I didn't feel my contractions all that much until I reached 7 cm. At that point I felt like I was being split in half. It went from a dull, period-like pain to a sharp to a stabbing pain very quickly. At this point a C-section was my very last option and the doctors made sure all other options were either exhausted, or no longer available.

I dilated 2 cm on my own, and then after that had to have the help of Pitocin to keep me moving along. However, at 9 cm I developed a lip in my cervix that Abel couldn't pass through. Once I was fully dilated, the lip was still present and my pelvis was not wide enough to push Abel through, so a C-section was what we were going to have to do.

After they numbed me and I lay down on the operating table, Abel was out within ten minutes. Afterwards they had to give me a shot and pills to make my uterus contract and cut off the bleeding, due to the long labor I went through. The whole surgery lasted 45 minutes, and I was in recovery in no time.

I didn't cuddle myself after the surgery - I was out of bed and moving around the next morning.

Labor wasn't easy. It was painful and I remember exactly how much pain I was in, but every moment, every contraction, and every needle was worth it as soon as I saw my little man's face.



Advice For the First Year

by Lucy Lombardo - Hollis

The advice I would give to first-time parents is that patience is key. The first year is a lot to handle. There will be lots of crying, uncontrollable emotions, baby crying, lots of messes, and sleep deprivation, but honestly giving birth to a beautiful baby is the best thing that can ever happen to you. You decided to bring a beautiful life into this world and that baby will need you for the rest of his or her life.

The first 2 years will fly by so fast- it's truly crazy. One day you'll wake up and your little one will be crawling, standing by themselves, walking, then saying words, and then speaking in sentences. They grow so fast! My advice is cherish the little things and moments you create with each other. The love is forever growing between you and that child. The physical and emotional changes of pregnancy, the sleep deprivation, late nights, messes, and everything is worth it. Cherish every moment like it's the last.

Bonding with Ellie

by Ryan Flanders - Rockland

One of the hardest things about being a parent is sacrificing your own needs and wants. It's hard, but I would do it over and over again. It's difficult sometimes to not be able to have your own life or identity. Perhaps that's only so hard because I'm a young parent.

One of the best things about being a parent is the relationship you form with your child. It teaches you a lot about love, yourself, and the meaning of life. It puts everything in perspective. You're always trying to be the best you can be so you can do the best for your child.

One way I've grown as a parent is my understanding of Ellie. It's sort of a natural progression, but as she's grown and as I've tried to hone my skills as a parent, a natural relationship has occurred and we've connected and I know her really well.

One way my partner has grown as a parent is that she's become more strict. She used to be the parent Ellie would turn to if I said "no" to something, but she's gotten much better with discipline and it's good for Ellie to have that balance.

One thing I'd like to learn about parenting is how to effectively potty train. It's a rather selfish one but, that would be an incredibly handy skill to know. It obviously comes in time, but some kind of trick would be nice.

One thing that would help me be a better parent would be more time. I don't have enough time with her, so we don't have the closest bond,

or at least not as strong as the one she and Rebecca have.

One great thing I've done for my baby is provide her with a happy, safe, and healthy home. It's necessary, of course, but for good reason, and I'm proud to have done it.

One thing I fear for myself as a parent is that I'll be too strict or stern, and that Ellie won't like me. I'm by no means aggressive, but I try to be stern and make sure Ellie knows when she is and isn't to do something she is supposed to. Sometimes I'm afraid that she won't like me for it.

One thing I hope for myself as a parent is that I can be the support Ellie will need for everything in her life. I'll always try to be, but sometimes doubt and fear can cloud thoughts about these things.

One way having a baby has changed me is it's forced me to grow up. I've had to be the strong capable adult that she needs and I'm all the better for it. It has made me face, head-on, many situations I wouldn't have on my own.

One thing I've gotten from my parents that I'd like to give Ellie when she's much older, is a healthy sense of cynicism. I feel like a good dose of skepticism is a good thing. George Carlin said to question everything, and I've certainly become cautious of things because of my parents. Being safe about things is a good way to go about it all.

One thing I'd like to be different than my experience of growing up would be to always have a stable, safe and happy home. It's the most important thing you could ever do for someone, and I'll always make sure Ellie has that.



Learning About Alanah

by Chloe Edwards - Thomaston

Alanah is almost 11 months old and she is very smart. She dances, she says hi, bye, Mama, Dada, Jay, Gus, and Papa, and she waves. And she knows how to let me know that she is hungry by making a chewing noise and putting her hand to her mouth like she is eating. Almost everything she does make me smile. I love her laugh and how she does things to get my attention.

I've learned some things that will help Alanah learn and grow. I can read to her, and I can play with her. I can walk with her and help her as much as I can. Showing her how to do things will help her out. When she gets a new toy I can play with it with her. We can do puzzles together and draw, color and write. These things will help her grow into a smart little girl, and make sure that she doesn't fall behind developmentally.

I've also learned some ideas for discipline that make sense for a one-year-old. I can redirect by saying, "No, don't bite. Give kisses instead." A good idea is to always offer an alternative for the child to the thing you don't want them doing.

Another thing I learned is to not always give bad attention. Giving good attention more often is more helpful.

In Alanah I see a very smart, loving, caring, amazing little girl who's going to turn into a wonderful young lady. I look forward to doing so many things with her like being her mom, watching her grow, and watching her learn and go to school.

A New Chapter

by Nicole Guerrette - Appleton

My hope for Adelynn is that she stays as independent as she is now and doesn't let anyone try to rule her. I want her to get through high school and pursue any career path that she wants. I will support whatever decision she chooses for herself. I want her to grow up knowing I will always love her and help her out in any way that I can. I want her to know to stay away from drugs and that nothing good comes from it. I want her to know how hard it is to get sober once you have gone down that drug path. I want her to know that I won't ever let her down. I want her to have the confidence in herself that I never had and I want to teach her as she's growing up that she's beautiful and that she can conquer anything life throws at her. I want to not only be her mother, but also her best friend.

Having a baby has changed my life in so many ways. It made me appreciate my mother even more because I didn't know how hard it was and how much it changes you as a person- physically and emotionally. Being a mom has made me mature. I can't do as many things as I used to do like go out with friends all the time and go to parties, but Adelynn has started a new chapter in my life. I can't wait to make memories with her and watch her grow up to be a beautiful young lady.

“A daughter is one of the most beautiful gifts this world has to give.”

- Laurel Atherton

The background of the page is a stylized, wavy American flag. The stars and stripes are rendered in a soft, painterly style, with the colors appearing slightly muted and blended. The flag is positioned behind the text, creating a patriotic atmosphere.

Thinking About Government

by Amber Burns - Lincoln

When I started learning about U.S. history and citizenship, I thought it was going to be really hard. Now I'm glad I know more about what the state spends and how all the money is used, and more about the history of civil and voting rights.

I didn't realize that even after women got the right to vote in 1920, they still couldn't do much else. I didn't know women needed permission to have a bank account and they couldn't have birth control without their husband's permission. That explains why families used to be so much bigger.

My grandfather wouldn't allow my grandmother to use birth control and she had seven kids. I kind of knew about how minorities didn't have many legal rights until the 1950s and 60s, but I didn't know that you could literally be killed for trying to vote, or for eating at a lunch counter, going to an all-white school, or basically just leaving your part of town. I didn't know that it was significantly after everyone else, in 1948, that all Native Americans got the right to vote. I never really thought about this. I just thought everyone had the right to vote.

I didn't know that President Trump would get to pick everybody in his cabinet and that his appointments need to get the approval of Congress. I learned that it was set up this way in the Constitution so we wouldn't end up with a dictatorship.

I learned that the Constitution contains all the rights and responsibilities for citizens and that it can protect us more than hurt us by giving people a fair trial, the right to free speech and assembly, which means protest, the right to vote, the right to own guns, and the right to choose your religion. When the Constitution was written in 1787, it said that only white, Protestant, land-

Contacting My Senator

by Lucy Lombardo - Hollis

Hello Mr. Angus King,

My name is Luciana Lombardo and I'm writing you today because I'm concerned about the future of our education, as well as what Donald Trump will do to cut as much as possible. I attend Wayfinder Schools' Passages program, and I'm a young mother of a very intelligent and curious two-year-old daughter who craves learning. I worry for her future education with Donald Trump as president as well as his pick for Secretary of Education, Betsy DeVos. I want my daughter to grow and be filled with great knowledge and keep her love of learning alive and I have a hard time believing that's possible with Donald Trump as president and Betsy DeVos by his side. I decided to contact you not only for my school core skill of civics, but as well as a concerned parent for my daughter's educational future.

Thank you for taking your time out of your day to read my concerned email. I can't wait to hear back from you as soon as you can! Thank you very much for your time and all you do for my state.

Sincerely,

Luciana Angelina Lombardo

owning men could vote. This was less than 10% of the population. Over time, amendments to the Constitution were voted in to make changes.

Another thing about the Constitution is that it outlines the three branches of government, the executive, judicial, and congressional branches, and what they can and cannot control. It was designed this way so that no one branch can have all the power.

After 230 years of the Constitution, it's still around and it works. I think it's good because it guarantees fair trials, people aren't allowed to be improperly treated by police officers, and I can, as a citizen use the amendments to my benefit. They allow me choice and protection. As a citizen, you really should vote if you can. One of my old teachers always said, "If you don't vote, you don't get to complain about what happens."



Amber with her children at the library

Five Important Things

by Brittany Abbott - Westbrook

One:

Elephants define me because I like collecting them. I have collected them since I was a very young kid and I still collect them to this day.

Two:

My phone, so I can make appointments for Damian, so he can be a healthy baby. Also so people can get a hold of me.

Three:

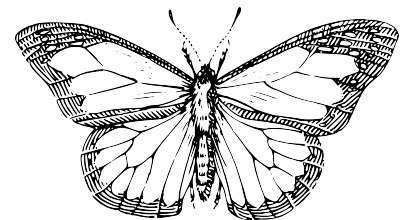
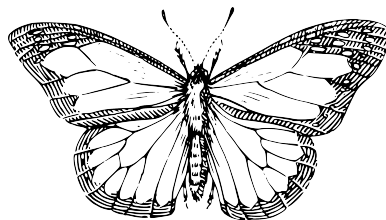
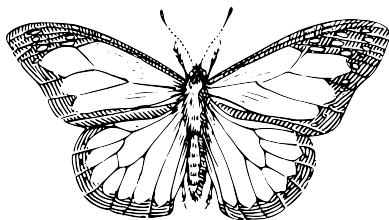
The Internet is important because it helps me do my school work. Plus I can surf the web if I need to buy something or just use Facebook.

Four:

I love being outside. When Damian is bigger we can take him outside and play. I have always been an outdoors person.

Five:

My mom helps me take care of Damian. I also can ask her for her opinions. She takes me to appointments and to work. She is very loving and a wonderful person.



Can Wolves Be Pets?

by Amber Gabriel - Pleasant Point

Wolves can be kept as exotic pets or working pets, but wolves aren't a "man's best friend" like dogs are because wolves need a lot more space than most dogs and because wolves can be a lot meaner than pet dogs.

A wolf pup might be able to be trained to be a pet, but it could be hard to do because you have to



be with it all the time and make sure it gets use to you, your family, and friends. You could train wolf pups like you would train a puppy, but wolves aren't good

around kids unless you introduce kids to them when they are puppies.

Wolves aren't as playful as pet dogs and they are a lot stronger than dogs. Wolves can pull you, push you and bite you really badly. If a wolf could kill a deer, then it must be really strong and you wouldn't want one to be around your little puppies or children. Wolves have a jaw pressure of 1,500 pounds of pressure per square inch, which is twice as much as a German Shepherd.

Wolves travel in packs, so if you train a wolf you would have to be the pack leader. You have to be the alpha dog in your pet's pack because if not, the wolf wouldn't listen to you. If you're not acting like the alpha dog, a pet wolf might attack you and the think that it's in charge instead of you being in charge.

In the book, *The Island Of The Blue Dolphins*, by Scott O'Dell, the main character is a girl named Karana, and Rontu is her best friend.

Rontu is a wolf. Rontu and his pack were the ones that killed Karana's brother, but then Karana trained Rontu to be her pet. Karana was the pack leader to Rontu, so he listened to her.

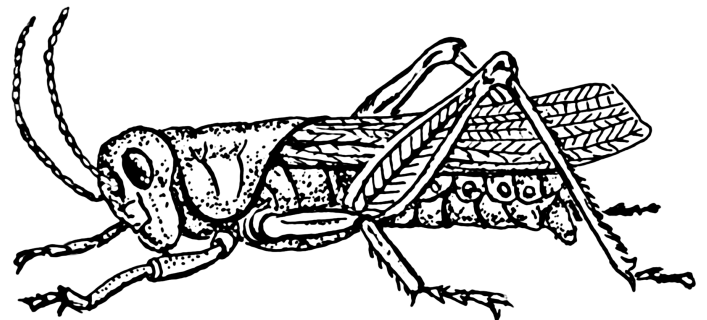
I wouldn't want a wolf as a pet because of how mean they can be. The reason why I don't want a wolf is because of our other dogs plus the other kids in the house could get hurt. A pet wolf might get really aggressive. It's not worth taking a chance.

Bug Science

by Rochelle Millay - Machiasport

I remember science class in my middle school at Fort O'Brien. In seventh grade we caught insects and put them into jars and then stuck them with a pin and put them on a piece of styrofoam.

I remember my friend, Aleaha, caught some weird looking spiders. One of them was about the size of a nickel, with a white abdomen. I HATE spiders! I think that they are the most repulsive things. I remember catching a grasshopper, a cricket, and a bee. After we were done collecting bugs, we labeled them with their scientific names, and then did a lot of research.



Blobs and Bubbles

by Deidra Pushard - Richmond

What you need:

- A clean, 1-liter soda bottle
- 3/4 cup of water
- Vegetable oil
- Fizzing tablets (Alka-Seltzer)
- Food coloring

Directions:

- Put water into soda bottle
- Fill the rest of the bottle with oil
- Add about 10 drops food coloring of your choice
- Add half of an Alka-Seltzer tablet to start



Observations:

- The water and oil didn't combine. When I put food coloring in, it sat on the line between the water and oil.
- When I added 1/2 an Alka-Seltzer tablet, it started to bubble. The bubbles stayed green and the liquid turned light green.
- When I added more Alka-Seltzer, it kept fizzing and the bubbles got bigger.
- When I added some blue food coloring, it

started to fizz and bubble. It looked blue and green.

- After about ten minutes, there was a dark layer of food coloring at the bottom, and the oil was still bubbly. They were little bubbles and a light greenish color. Every once in awhile, a big bubble popped up to the top.

- After 3 or 4 days, I dumped out the bottle because oil started to come through the bottom like it was eating it. Before I dumped it, there was a big blob of black color at the bottom. It wasn't a bubble—it was a big blob filling the bottom of the bottle. The water and the oil was clear, and the oil was on top of the water.

What I expected to happen:

I thought that the bubbles would just float. I didn't expect that they would sink to the bottom first. This must be because a big bubble would float up to the top, after almost all of the littler ones had already done this and popped, I figured out that this must have happened because it had enough gas to get to the top. Also, I kind of thought that the oil and water would combine, because that does happen sometimes when you are cooking.

Conclusion:

We talked about how all things (matter) never really go away, but instead they can be part of a never ending cycle of change. We talked about the water cycle, and how water evaporates and goes up into the sky, and then it comes back down again as rain. We also talked about density, which is how compact matter is. An example is a bubble and a pebble. They could be the same size, but the pebble is denser and heavier, and will always sink in water, but bubbles will float up to the surface. So in this experiment the oil floated above the water because it is less dense than the water.

Diaper Science

by Nikiah Berry - Belmont

As a science experiment, I tested different types of diapers to see which one is most absorbent. I tested these three brands: Huggies, Luvs, and Parent's Choice.

Hypothesis:

I think that after testing these diapers, Huggies will be the most absorbent because they are advertised all over the TV. I think that Parent's Choice will be the least absorbent.

Materials:

Diapers, water, and a bin

Procedure:

- 1 - Collect materials
- 2- Take diaper #1 and pick apart all the cotton. Put the all cotton in a bin.
- 3- Shake about 4 times to get the powder away from the cotton. When done shaking then put all the cotton in trash. There should be only powder in the bin.
- 4- Pour one pitcher of water into the bin with the diaper powder.
- 5- Observe what happens.
Feel diaper power & water mixture with hands.
- 6-Record observations.
- 7-Repeat steps 2-6 for other two diaper brands.

Observations:

I noticed that the Luv diaper brand were the most absorbent.

The Huggies brand were pretty absorbent, but less absorbent the Luvs.

I noticed that Parent's Choice brand were the least absorbent of the three.

Conclusion:

After doing all this test I came to conclusion that Luvs is the most absorbent diaper. I use Luvs already and will continue to using them.

Spring, 2017

Wayfinder Schools ♦ <http://www.wayfinderschools.org>

Ziploc Painting with Zylah

by Nikiah Berry - Belmont

With Ziploc painting I have found a perfect, fun, no-mess painting solution! This colorful bag of paint is the perfect way to work on color mixing. To make your own mess-free, finger painting bag you will need:

- a heavy-duty resealable (Ziploc) bag
- finger paint, or any thick paint that you have
- wide tape – I used masking tape

Directions: Place 2 colors inside the Ziploc, remove all the air and seal tightly. Then tape over the seam just to make sure you will have no accidental opening of the paint bag. I placed a white paper under our bag and then taped everything to the table to keep the bag from slipping around.



Zylah liked doing this and I had fun doing it with her. This was a project that we could do together and both enjoy. I like this because it's mess-free painting. I don't think there was anything I didn't like about this project. I learned that I'm just a big kid that likes to have fun painting. I would recommend this to families because it's a fun and an easy craft to do especially with little ones. I think that we will do this again.

A Homestyle Meal

by Emily Stancil - Lewiston



Whole Roasted Chicken

Step 1 - Turn the oven to 400°F.

Step 2 - Put the chicken in a oven-safe, deep pan.

Step 3 - Rub about 3 tablespoons olive oil and garlic powder and A1 Garlic & Classic Herb dry rub all over the chicken make sure to rub in good.

Step 4 - Bake for about 1 ½ to 2 hours. After about an hour, turn it down to 350°F.

Mashed Potatoes

Step 1 - Peel potatoes and rinse.

Step 2 - Cut potatoes into small chunks and place them in a pot of water.

Step 3 - Put on stove at medium heat for about 30 minutes. (Check by sticking a fork into them. If goes through, they are done.)

Step 4 - Grab your masher and mash potatoes; put half a stick butter and half-and-half until it's texture if you want.

Step 5 - Beat with an electric beater till there are no lumps and add salt to taste.

Sautéed Cabbage

Step 1 - Cut cabbage in half. Cut into small shreds.

Step 2 - Throw cabbage in a bag with olive oil, salt, pepper, and garlic powder. SHAKE WELL!!!

Step 3 - Place cabbage in a deep pan and put on medium heat on stove.

Step 4 - Stir often. I added chicken broth from the chicken. Remove when done.

Roasted Carrots

Step 1 - Set oven to 400°F.

Step 2 - Cut big carrots in half, then slice in half again.

Step 3 - Place in ziplock bag with olive oil, chicken rub garlic powder, and salt. SHAKE WELL!!!

Step 4 - Line baking sheet with tin foil, then place carrots on it spread apart from each other.

Step 5 - Place in oven and cook for 20 to 30 minutes.



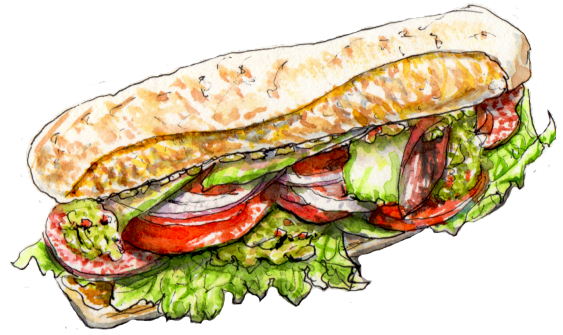
Food Service: Working at Subway

by Gayle Wood - Cutler

Food service has always held my interest most. Cooking and baking have always been a way to express myself. I am looking into learning about nutrition and all the jobs that can line up with that knowledge. My personal skills include a variety of household chores and tasks, along with all the planning and dedication that it takes. I believe that I have a strong work ethic due to my ability to see finer details and have a wider view of most situations. I'm dependable and headstrong with the ability to adapt and learn on the go. I value people who take initiative and do a job fully to the best ability the first time it's done. Typically, I am a person who doesn't say much, but lets it show in my productivity.

According to most personality tests I resonate most as a thorough personality, with high standards. With those traits I tend to be hard on myself and strive for perfection. I also enjoy knowing all there is to know on any given topic, to help understand more of a task or skill. I think that the kind of career that would fit my type of personal style would be anything having to do with engineering, science, or food service. Some examples might be a health inspector, food scientist (agriculture, fruit science, biology), landscaping, and possibly an owner of a café.

Recently I've gained employment status at our local Subway in Machias. To describe how I felt that first day is to underestimate the amount of brain warping I had to put forth: new people, new surroundings, new everything. Within it all I felt peaceful and focused, but also overwhelmed and nervous.



The first thing my boss she had me do was switch on all the power for the ingredient fridge, warmers, and ovens. Then she had me set up all the ingredients and condiments in their correct order on the line. Next was to count the drawer from the previous day, make deposits and make sure our money was accounted for with no mistakes. As we were doing that, we also are counting our breads, wraps and salad containers. We had to make sure all that has been wasted the day before was accounted for and nothing was missing.

As the computers were calculating and computing, I put together the fountain for drinks and then made the tea for the day. I had to warm the meatballs and count what was needed for the mini-fridge and walk-in for the rest of the morning and into the evening. Then I got to prep all the things needed for sandwiches, while getting cookies baked and putting the bread to rise in the "proofer" (a warm/moist cabinet).

Finally, it was time to open the doors and turn on the Subway signs, lobby lights, and fans. I greeted and helped customers with their orders, while maintaining a clean workspace and fully stocked breads and ingredients.

So far this has been my favorite job! It's very straightforward with lots of tips and tricks to be learned with great co-workers. There is so much to learn and so much more to it than just the normal morning routine, but I already find it soothing and easy to remember. I can't wait to see where this job leads me!

Interview at Dunkin' Donuts

by Jacki Riethmuller - Milford

My interview at Dunkin' Donuts was nothing like what I thought it was going to be. I thought I would go in and the person would ask me a lot of questions and that I would have to really think about to be able to answer. But the interview was nothing like that.

The manger at the store just introduced herself and then went over the application that I filled out online. In the end, it was all just "yes" or "no" questions and it was easy.

I learned that it is okay to be nervous for an interview because you want to make a good first impression, but don't work yourself up too much because you just end up freaking out for no reason because it's not as bad as you might think.



Critic's Corner

2 books & a documentary

Soldier Mom

Reviewed by Deidra Pushard - Richmond

I read *Soldier Mom* by Alice Mead and I loved it. It was about an eleven-year-old girl named Jasmyn and her brother Andrew. Their mother is in the U.S. army; at the beginning of August 1990 she was called to serve in the Persian Gulf War.

Who was going to take care of Jas and her baby half-brother? Mom's boyfriend, Jake, who was also Andrew's father, would look after them for mother. Jasmyn was really upset that her mother could just up and leave them. The day her mother left was really hard on Jas. Mom tried to stay home, but the army wouldn't let that happen. When her mother left I cried. Jas was worried that something bad would happen to Mom while she was at war. Jake wasn't very good at planning the schedule for dinner, let alone packing Andrew's diaper bag for daycare.

I chose this book because I have a lot of friends in the army. The story takes place in Maine and it is a really great book. Some parts get sad and they made me cry. I would definitely recommend this book to others because it is a real eye opener for people that are wanting to join the U.S. Army. It shows you that you can't take things for granted. Everything is possible. I felt connected with the character named Jas, because when my brother went into the army I never knew when I was going to hear from him so I always waited by the phone like Jas did, waiting for her mother to call.

Number the Stars

Reviewed by Leanna Cole - Lyman

I found this book by Lois Lowry to take a long time to get through. It was slow moving for me. The book has me caught in a mutual zone of optimism and pessimism. It makes me feel optimistic by that fact that people were able to find ways to get around the Holocaust and they will do so again if a situation arises. Another reason for my optimistic view is because what I know about the Holocaust and this book made sense together. People got in trouble for being apart of the Holocaust. How would a whole country make that mistake again?

My pessimistic views on the other hand tends to be more of my type of thinking. If we take things that are currently happening with our government and connected them to things that happened in this book, things aren't much different. Could it be possible that we elected a president who could do this? In the book its says how the police go into homes and take the Jewish people away to concentration camps. Our homeland security officers are currently taking away undocumented immigrants. History has a way of repeating itself. Is it human nature to think we can perform the same actions and get different outcomes? I think that our human nature makes us weak. We are puppets on a string to the next event that comes along. If we notice it before it starts we will we stop it.

This book has made me worried about our future as a country. Is it really possible that we are capable of doing this kind of damage? I think we are, but only if we let ourselves. This book has made me want to keep up on current events within my country. I will most definitely be watching for more of our president's laws.

Secrets: The Sphinx

Reviewed by Shane Callahan - Rockland

The documentary I decided to watch was called *Secrets: The Sphinx*. It talks about how there are a few possibilities as to who actually built it. Some believe it was a pharaoh named Khufu, some believe it was his son, Khafre. People believe it was Khafre because the location of the Great Pyramid which stands right behind the Sphinx. Some believe it was Khufu because if you look at Khafre's road to his pyramid it curves around the Sphinx, meaning that the Sphinx was already there.

Some people believe that the Sphinx originally had a different head. The reason they believe that is because they have found evidence of reshaping with other sphinx's heads along with this sphinx, most of which were originally lion heads.

My opinion is the that the Sphinx was built by the pharaoh's son Khafre, because there is a lot of evidence and not a lot of holes in the theory according to this documentary. What was convincing to me about the film was they showed all of the evidence for and against each possible builder. I never really knew that people debated about who built the Sphinx, so I can't really say that this film changed the way I think on the issue.

