

Passages Press



A Father's Reflections

by Ryan Flanders - Rockland

Something I've been wondering about Ellie is how she views the world. It's a curious thing to see her interact with the world, our home and other environments. She's curious, playful and very in tune with what's going on around her, but at times it's a bit difficult with the "language barrier" - she's not talking too much yet. I'm so curious about what she thinks of everything.

Something new I've noticed about Ellie is how helpful around the house she is. She helps pick up her room and clean the house. It has come as a bit of a surprise to me. Without asking, she will clean her room. It may seem like a small thing, but it's quite nice indeed.

Something I think Ellie enjoys is reading together. I try to read to her when I lay her down to sleep. I'm certain she enjoys it. Actually, it's quite nice for both of us.

Something Ellie finds upsetting is when she's overtired. She still needs one nap a day and she can get easily stressed if she doesn't get enough rest. This leads to small tantrums when being told what to do - not that any of this is a surprise. It's all natural.

Something Ellie would benefit from would be interaction with kids her age. She needs the socialization and playtime with friends just as any of us would. Everyone, big or small, needs people they can relate to.

Something unique about Ellie would maybe be that she's a very adventurous eater. She hasn't complained about much. She'll try everything from turnip to hot sauce, which I assume is quite rare.

Something I love about Ellie is how sweet she is. She's an incredibly caring kid and she has such an innocent, beautiful nature. It's a fantastic thing to be able to witness. She's open to sharing, hugs and kisses and she's gentle with animals and friends. She is a great kid.

Something I fear for Ellie would probably be every parent's biggest fear, that I'm not doing enough or well enough for her. I fear that I'm somehow lacking in giving her what she needs. That's the scariest thing I can think of.

Something I hope for her is that she's happy - that's all. I only, always want her to be happy and for good things to come her way.

The Happiest Little Boy

by Kat Guernsey - Warren

Alekzander Vincent Goodwin: there is a lot that makes him special-- his laugh, more like an excited shriek, and his cry which some mistake for laughing. He loves knocking over block towers and flipping the pages faster than I can read in any book. He crawls with a kind of prance to it. You can just see how happy and determined he is to get where he is going. Ever since he could crawl he sees the cats and immediately yells "DAAAT". Even though he doesn't have the 'C' sound yet, we know what he sees! I'm pretty sure it was his first



word with "Mama" soon after.

One thing that made me smile was when he was a tiny, tiny baby until he was about 5 months every time he'd sneeze he'd make this

"oooooo" sound after. It was the most heart-melting thing. Also, he loves to clap and be praised for the things he does; he'll even start clapping after dropping food on the floor on purpose or throwing his sippy cup. Zander has grown and changed so much in just the last 8 months... from sleeping most of the time to trying to sit up to scooting forward and crawling! These little stages go by so fast it's hard to keep track.

When you blink and then he's doing something new!

The kind of person I see emerging in Zander is a gentleman: smart, funny and caring with a big heart. He's already so smart and loving and just the happiest little boy. I know he'll go places and I am so honored I am here to watch him grow.

I am really looking forward to taking Zander to the zoo because he loves animals and I think he will have the best time! Also, just teaching him things and being his biggest support. I am excited and nervous for the future, but that is some of the charm of being a parent.

They Rely on Us

by Gayle Wood - Cutler

Editor Note: "The still face experiment is a procedure developed by Edward Tronick in 1978, where a mother faces her baby, and is asked to hold a 'still face', in which she does not react to the baby's behaviours. The reactions of the baby are then observed." - Psychology Concepts

While watching "The Still Face Experiment" I immediately understood how the bond between parent and child is so important. All day I try my hardest to show Coraline new things and to teach her important lessons as she grows. This experiment really shows just how much children absorb from us. Children thrive off of our reactions. They rely on us to know if they're doing good or if they're in "trouble."

As I watched the video, it became more apparent that Coraline gives me certain cues during the day when something "clicks" inside her little head, like when she gets excited over something or when she can finally do something. She'll look up at me in hopes of getting my attention to see my reaction. When she does get my reaction, (usually of praise) she beams a

smile and is quick to do the task over again. Without my reaction, she might be lost in her possibilities and wonder.

As parents, we're here to guide our children and to help them know right from wrong. Our children are always watching and learning from us.

Getting Ready to be Older

by Brittany Sprague - Damariscotta



When my teacher, Joy told me that a kid's development is like "building blocks," I responded with, "And the blocks turn into rocket ships."

A child needs attention and to be shown affection in order to grow into a healthy person. If its parents aren't showing them things and paying attention, the baby won't develop. Babies and children react to the attention they get, and mimic what their parents do. That must be why my daughter talks so much!

Everything they do is all about getting ready to be older. Sarah just turned two. When she is with other kids, she tries to play and interact with them. She gets excited to be with other children, and she is getting more independent - unless she sees me go, then she

wants my and everybody else's attention. It's like she's in a place where she can do stuff with kids, but she still wants me. She's not so dependent on me anymore and it sucks, because she's in between being little and not.

Breaking the News

by Nicole Guerrette - Appleton

Pregnancy is one of the most amazing, life changing moments you could ever go through in life. It truly has made my boyfriend and me better people and made our lives change for the better.

It all started with a test, a test that made me feel all the emotions you could ever feel in one single moment. As soon as I saw those double lines slowly but surely appear on the screen I couldn't believe my eyes. I suddenly thought, "Is this really true? Am I really going to have a baby at this point in my life?" I was so excited, because I have always wanted to be a mom, but at the same time I had so much anxiety going through my head because I knew that my whole life was about to change. After about an hour of complete shock, I thought to myself, "How am I going to break this momentous news to my parents?"

A few weeks went by and I decided that it was the right time to tell my mom. I lived in Camden at the time, and she lived in the small town of Appleton. The drive over there felt like the longest drive of my lifetime, but really it was only



about 20 minutes away. As I pulled into the driveway, I began running through my head over and over again about how I was going to tell her and how she would react.

I walked in and saw that she had the flu. I almost decided that it wasn't the right time, and that it would be better to break the news to her when she was in better spirits. I couldn't get myself to turn around and wait one more overwrought day. So I puffed up my chest and told myself, "You can do this!"

With the pregnancy test for proof in my pocket I sat down on the bedside next to her with a nervous smirk on my face and said these exact words, "Mom, I have something to tell you." She instantly looked up at me with tears in her eyes and said, "What? Are you pregnant?", like she already knew it by the look on my face. I said yes, and she started crying even more. She wasn't crying because she was mad or upset, but because she was worried for me. I then told her that everything was going to be okay and that I was going to be a great mother.

After a few weeks it really began to hit me that I was pregnant. Now I needed to tell my father. I was more anxious about telling my dad because my dad and I have always been very close. I held off on telling him for about two weeks until I began to feel really guilty about not telling him sooner. My dad lives up north in Madawaska, so the only way of telling him was over the phone which made it a little easier. I called him as soon as I woke up one morning and began to tell him the news. My father reacted in a way that I would have never expected. He was excited and began congratulating me and telling me how excited he was to be a grandfather.

After I told both of my parents it felt like fifty pounds was lifted off my shoulders. Now I could begin feeling excited about having a baby.

Telling my parents was the hardest thing I had to do, but as soon as it was over everything started to look up. If I had to change one thing, I would have definitely told my dad sooner, because you never know what will happen until you conquer your fear.

My Birth Story

by Eliza Debrienza - Lewiston

My world changed when I found out I was pregnant.

On December 14, I was 39 weeks and 5 days pregnant with a baby girl. My due date was just two days away. That day also happened to be my weekly check up appointment. At this point I was very tired and uncomfortable and just want to meet my baby.

When my midwife Jessie came in, she told me she was going to check the baby's heartbeat and my cervix to see if I was dilated. I was 2 cm dilated and that I wasn't far enough along to be admitted so I went home.

It was about 3 am and I woke up bawling my eyes out, so I got my mom up and told her that I was going to the hospital and that I would call her if I was dilated and if they were admitting me.

When I arrived at the hospital, they brought me up to the labor and delivery floor and the nurses got me settled in a room and hooked me up to a monitor that records the baby's heartbeat and counts the contractions.

Then the doctor took me off the monitor so I could get up and walk around to see if my labor would progress because if it didn't, she was going to give me medicine to try and relax me so I could get some rest and send me home till the next morning.

I walked around the floor at least 15 times before I went back into my room and tried laying down because the pain kept increasing.

About 8 am the doctor came back to my room and checked my cervix. It was still 2 cm and 50 percent effaced. She gave me the medicine and sent me home. I called my mom and told her I was coming home and going to bed.

I went straight into my bedroom and tried to fall asleep, but that didn't happen! So I got up and started walking back and forth around my house to see if I could cope with the pain at least a little bit. That didn't help one bit. The pain kept increasing!

My mom asked me if I wanted to try eating something to see if it would help a little bit since I hadn't eaten anything all morning. She got me a sandwich and brought it into my room. I looked at her and said, "I am not eating that! I need to go to the hospital!"

It was 1 o'clock in the afternoon and I was on my way back to the hospital. When we got there, they brought me back up to the labor and delivery floor. The same nurse I had earlier that morning was still there. She got me settled in my room and hooked me up to the monitors again. Jessie, the midwife checked my cervix and I was STILL only 2 cm dilated! I asked the nurse if I could get off the monitor and take a bath. She took me off the monitor and helped me get the bath ready. I was in the bath for about half an hour before I couldn't control the contractions anymore. I said, "I need something to ease this pain and I'm not waiting any longer!" Jessie checked me again and I was now 3 cm. She said, "I'll give you Nubain for the pain. Your labor will either progress or we will send you home."



After she left my room I looked at my mom and told her I couldn't handle the pain. She told me I was strong enough to do this, and told me to take deep breaths and breathe, so I did.

It was about 7 pm when the nurse came back in my room and checked me. I was now 5 cm. I said, "I want the epidural and I want it now!" While I waited, I asked Grace, the next nurse on duty, if she could help support me through the pain and she did. Grace helped me breathe through the contractions and slowly cope with the pain.

It was 9 o'clock and I was finally relaxed after I got the epidural. I fell asleep and woke up around 11 with a lot of pressure and hit the nurse call button. Grace came in and checked me. I was now 7 cm and

80 percent effaced and my water broke.

When it hit 1:30, I told the nurse that she needed to go get Jessie and have her check my cervix because I felt the need to push. When Jessie checked me, I was 9 cm and 100 percent effaced. I told her I needed to push, so she got the crew together and brought them in my room.

I started pushing at 1:35 am and had my baby girl in my arms 15 minutes later! The relief of having her out was unexplainable! When she came out she went straight onto my chest, and I immediately started to cry. That moment was the moment I will cherish forever. Her name is Oceanna Lynn Debrienza. She weighed 6 pounds 8 ounces and was 19 inches. The moment she was born is a moment that I will cherish always. She is my baby girl. She has changed my life drastically in so many good ways. I love her intensely and always will.

Body Talk

by Kaitland Pendleton - Eastport

When I am feeling good about myself I suppose I dress more, you could say, revealing, but it's because I have the confidence to do that. I don't always have confidence. I never dress to impress anyone but myself. When I try to look good, it's for me. Some days I wake up and like how I look and how my body looks and I try to embrace that, but more days than others I don't.

I look up to people who don't care what people think and dress however makes them feel good despite how their body looks whether they are thicker or thinner. It takes a lot of guts to do that, especially in a world of judgmental people who you know are going to talk.

Of course there is a fine line. When you're literally just letting it all hang out - butt, boobs and all - I find that a bit much. I try not to judge others, but sometimes it makes you wonder if they're doing it for all the wrong reasons.

In my life I have never felt comfortable enough to go to the beach or the pool or anywhere in a two-piece bathing suit, or even a one-piece in general without a shirt over it. I have worked my way up to feeling comfortable to wear crop tops, but those are on my good days.

I have always had a hard time accepting how I look. A lot of people find that hard to believe. I am someone who has always refused to change my clothes in front of any of my friends, or anyone in general. My friends have always felt comfortable to change right in front of each other since like third grade. I think that says a lot.

I'm trying to love myself and my body, though. Since I've had a kid my body has changed a lot. I'm good at covering my mom pouch, so people don't really know it's there even though I know it is. It's a love-hate relationship, really.

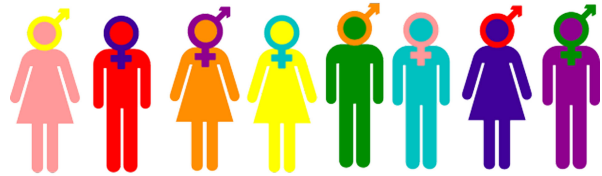
Sexuality

by Nikiah Berry - Belmont

Biological sex is how you're identified at birth. It's what makes up your chromosomes. If you are born with male genitals your chromosomes read XY and if female then XX.

Gender Identity is the way people identify themselves. It may be the same or different than their biological sex.

Orientation is where you have feelings for someone and want to have an emotional and/or physical bond. Some people can be attracted to same sex, different sex, or both.



I know that my daughter Zylah will grow up and need to know all about these things. I'm prepared to talk to her about it because it's good to know how your body will be changing and how it works.

I want Zylah to know about safe sex. I would like her to know about biological sex, gender identity and orientation. I want her growing up knowing that she can be what she who she is and can love who she wants to, no matter what.



Turning to Resources

by Shanika Simkowitz - Portland

Dear Whomever Is Reading This,

I know using resources can be embarrassing and make you feel like you can't do things on your own. Well, that's not always the case.

I didn't like having to turn to the State, but for the safety of my child I had no choice. In the eyes of the State, you're customers. They want to see that you get the help that you need.

Resources are really good to have, such as a caseworker. A caseworker is there to work with you, not against you. Life has been really hard for me for the past few months, whether it's worrying about where my son and I are going to rest our heads at night or how I'm going to be able to provide him with the things he needs. My caseworker has helped me answer these questions.

Resources are a good thing to use because using resources shows other concerned people that you are trying, and that you are working to get things going. It also shows them that you're not giving up.

Turning to resources is a great thing to do in the time of need. Take it from someone who hasn't had it so easy at the age of 17.

Sincerely,
Another Student In Your Position Who Understands



A Cover Letter for Dog Trainers

by Heaven Dow - Lewiston

Dear Mr./Ms. Dog Owner,

I am writing to inquire about your need for a dog trainer. I saw your ad on Craigslist yesterday and I thought it would be the perfect job for me.

I love working with animals, particularly dogs. It's been a passion of mine since I was 16. I have taken in several rescue dogs and helped retrain them so they can find forever homes! I have experience with untrained puppies and aggressive dogs. I know that not every style works for every dog and that it's about letting them know you are their pack leader and that you're there to guide them and take care of them. Dogs naturally know you love them if you do these things.

I would love to meet with you anytime between 12:30-3 Monday through Thursday. We can meet at the dog park on Strawberry Avenue. My cell phone number is (207)-555-1234.

I can't wait to hear from you.
Thank you for your time.

Sincerely,
Heaven Dow

Helping Others

by Heather Geisinger - Portland

I am organized and part of what I want in a career is to help other people. I know that I'm responsible, because being a teen parent has taught me to work hard to meet the needs of my child and myself. I'm also emotionally sensitive and I feel that it's important because in the medical field you have to be aware of everyone's feelings and needs at all times - the patients and their family members. If you are a sensitive person like me, you might make your decisions differently because you may care more about your patient than someone who isn't as sensitive.

Someone who isn't as sensitive might do what is easier for them and not what's best for the patient.

I currently work at Maine Medical Center in the nutrition department. I have many different duties. I do everything from taking care of the trash to delivering trays to patients.

There are so many different things to do and that's what I like about my job. I'm never doing the same thing for too long, which breaks up my day and makes time pass quickly.

My job at Maine Medical Center doesn't require that I have a diploma. My whole family works at Maine Medical and they are a good company to work for. They offer to pay for training and education. For example, my brother could do EMT training if he wanted to and people who have a high school diploma can do a CNA course.

"The great gift of human beings is that we have the power of empathy."

- Meryl Streep

John F. Kennedy

by Amber Burns - Wiscasset

John Fitzgerald Kennedy was born May 29, 1917. He died on November 22, 1963. He was the 35th president of the United States of America. He was president for approximately two years before he was assassinated in November of 1963.



Before becoming president at age 44, he had a long political career. He was in the U.S. House of Representatives from 1947 to 1953 and then he was in the U.S. Senate from 1953 to 1960, both times representing Massachusetts. Kennedy

married his wife Jacqueline in 1953. They met at a dinner party in the previous year. A great deal of history changing events happening during his presidency.

One influential event that happened during his presidency was the signing of the Partial Nuclear Test Ban Treaty, which is a treaty stating that nuclear weapons can only be tested underground. It was signed by the United Kingdom, United States, and the Soviet Union on August 5, 1963 before allowing other countries to sign it. It went into effect on October 10, 1963 and since then 123 other states have signed it.

I think John F. Kennedy is one of the greatest presidents we have known.



Emotional Abuse

by Rebecca Schaeffer - Jefferson

Emotional abuse is when someone is verbally offending you, threatening you, bullying, constantly criticizing, shaming and manipulating you.

I read through an article on liveboldandbloom.com and it talked about how the abuser might have childhood wounds and insecurities that they haven't dealt with yet, or even having been abused themselves. It also said that some abusers don't actually see their actions as abuse.

In my own experience with emotional abuse, I thought that I was in love. Maybe I was in love and thought that this was just normal to go through. I was teased, made fun of and talked down to like a child. I always felt like I had to ask for permission to do things like hangout with friends or family. I ended up never seeing my friends and family because I was always guilt-tripped into not leaving him by himself. He always gave me attitude over what I spent my money on, like I shouldn't be buying makeup or jewelry. I was always told whatever I did or said was wrong and that he was always right. He always wanted to be right.

I was constantly being manipulated. I didn't know any of this because I thought this was how it was suppose to be. I loved him and did everything and anything I could do to make him happy even if I didn't want to. I just wanted him.

It finally got to the point where I was picking him over my family and friends. I wish I

didn't let it get to that point for so long. I can honestly say that when I think back to that time I wouldn't change it. It has shown me that I shouldn't have to push myself just to make someone happy when they won't do it in return.

After the breakup was completely done I decided to see a therapist. Talking to someone that's not so close to me made me feel a lot better. I was depressed for a while after we broke up because I thought it was all my fault. Talking to someone really helped me feel more like I have

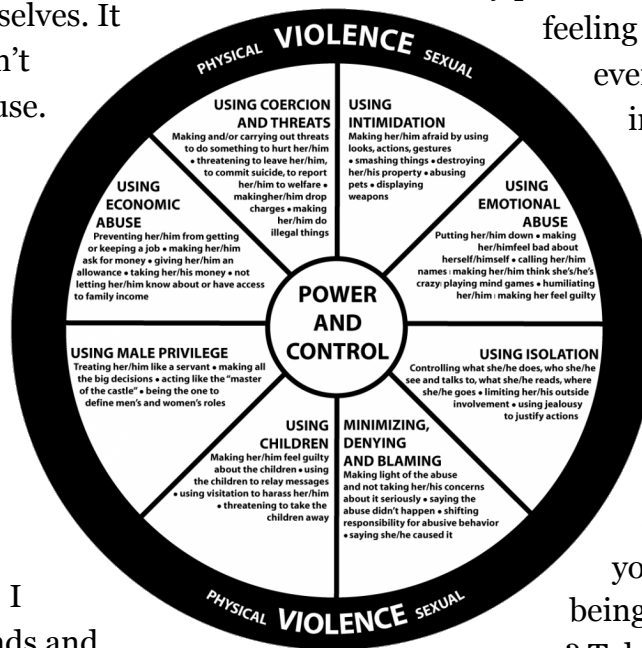
my power back and finally started feeling better again. No one should ever have to feel scared or stay in an unwanted relationship.

No one deserves to be abused in any form just for being and acting the way you are.

If you're going through this or know someone who is, stop and take a few breaths to think clearly. Be honest with yourself. Are you really happy being treated the way you are now? Take your power back into your

life, stop taking any form of abuse and work on healing yourself. Talk to your family, friends, teacher or even a counselor. They will help you get away and into a safe environment.

Everyone gets second chances, give yourself one by doing what's right for YOU. If you have kids, you always do what's best and safe for them. Kids can learn and pick up on actions of their older sibling, a friend or a parent. Having them grow up around any form of abuse could teach them that what's going on is okay even if your abuser has never hurt them. One day they could.



Dear Heroin

by Nicole Guerrette - Appleton

Dear Heroin,

I hate you with a passion. I didn't know what hate actually meant until you came crawling into my life. You have officially destroyed my relationship with my daughter's father. You're not only slowly killing him, but you're slowly killing me, too.

Your range goes on for miles. You affect anyone who gets near you. The love we share isn't love anymore. I'm jealous of the love you guys share together. You have tricked him into loving you when he truly doesn't. You have ripped him apart from the real world and you have changed the wonderful human being that he is into a lying manipulating mess.

He cares about nothing but you, because you tricked him down a dark, dark hole and he's afraid of turning around because he doesn't remember what it's like to be away from you. You have fooled him into thinking that you are meant for him. You made him forget what it's like to be sober. You have numbed his life so that he doesn't care anymore. He's always wondering when he can get more of you and he knows he doesn't want to, but you have corrupted his life. You're like an annoying fly buzzing in his ear, and as that annoying fly continues to buzz, he gives in. He lives everyday with the annoyance of you in his head. You are putrid and rotten.

He cries to me because he can't seem to get you out of his life. You're like a hungry tick looking for blood. YOU destroy innocent people and their bonds with their loved ones. YOU pull families apart.

In my opinion, you ARE the devil. You can't hide from me. I know every time you sneak your way into my house. You leave an ugly trail of black fingerprints on the walls and light switches. I know every time you come into our lives when you force yourself into my cabinet and steal my cooking foil. You are disgusting. You make me sick to my stomach. You're not only demolishing the health of the one I love the most, but your demolishing everyone who tries to help him get away from you. You have officially broken my heart into a million pieces.

No matter what I do, he is ALWAYS going to pick you over me until he finds his strength to survive. You are eating him alive. Your goal is to someday corrupt him enough to kill him. But I will NOT give up and I will NOT let that happen. You are a murderer! Someday I will defeat you and I WILL have my loving boyfriend back and I WILL have a family with him. And you will be gone and you will never ever come back.

I'm lucky enough you haven't corrupted me, and put me 6 feet under. You have demoralized and killed SO many people and made so many strong families fall apart. Well, guess what, Heroin? YOU will NEVER suck me into your repelling life. You will never get near me because I have seen what you do to people. You have hurt me enough and I'm done dealing with you. I want YOU out of my life FOREVER.

Sincerely,
Someone You Won't Infect

Thoughts on Our Government

by Brittany Sprague - Damariscotta

When I was in 6th grade I remember having to memorize the Preamble to the US Constitution - "We the People," but I could never quite fully memorize it. Now going over it, I understand why there are the three branches of government and the reason the Constitution was written.

It's set up this way so that no one person has power over anyone else and no one can try to take power and control the whole country and turn it into a mess. The fact that the President doesn't actually make all the rules surprised me and I didn't understand that there are three separate pieces to our national government. I also think it's weird that each state has different laws from one another, and from the federal government.

The good thing about having the three branches of government is that even though Trump got elected and has all these plans to build a wall and kick everybody out, he has to get an okay from Congress and The Supreme Court. If he didn't, then it would go against the Constitution.

Congress can impeach the president if he goes against the laws of the land. People who come here and become citizens have the same rights as we do. You would think that President Trump would rethink that because his wife is from a foreign country.

I didn't know that it took 116 days for the 39 delegates to write the Constitution and I didn't know that Benjamin Franklin was one of them. I thought he just invented eyeglasses.

Plants to Think About

by Alyssa Pease - Richmond

This is what I learned about some plants that I have in my house:

Golden Pothos: (also known as Devil's Ivy) If ingested by humans it can cause mouth burning, skin irritation, vomiting, diarrhea and swelling of the lips, tongue and throat. For pets it can cause the same symptoms, but lead to kidney failure and even death. I need to figure out what to do about these plants, because they are so toxic!



Prayer Plant: Is non-toxic

Spider Plant: Is non-toxic but be a hallucinogenic to cats if ingested!

Money Tree: Is non-toxic

Dracaena plant: (also called a Dragon Tree) It's non-toxic to humans, but can be bad for animals.



Writing to Our Governor

by Leanna Cole - Lyman

Dear Mr. LePage,

I'm writing you to tell you a young citizen's opinion about the Federal Refugee Program. My name is Leanna Cole. I am 18 years old and just starting to understand how some things work with our government. I voted today and I will continue to do so every year.

I know this may sound like an over-opinionated statement from some young woman who doesn't know much of anything about government, but what I do know is not all of the refugees that come here are going to go fight and die for ISIS. Not all the refugees abuse or are going to abuse the help the government gives them. With this program you promise people from war torn countries help and give them safety within our state. I know a woman who has been in our state for years and never abused our system. So why take it away from every good refugee citizen doing what they were supposed to? I understand the caution of allowing refugees into our state, but what about the ones just trying to live?

In your letter you state that if coming to the United States from nations where terrorism is rampant, immigrants need to be looked at more carefully. Why do you think that is okay? I would like to know what you think. What about the parents trying to save their kids from war and terrorism within their own country? Do you think they come here just to become what they tried to escape from? Removing Maine from this program will only give them less of a chance to escape the county were barred from. Having this program gives them hope.

You say in your letter to Mr. President Obama that you hope they will re-evaluate the screening process so that it is less dangerous for American citizens. Do you want them to change it? Do you want it gone all together? Are you talking to people about options to help the program instead of removing Maine from the program? Are you getting involved? What are you doing to help fix the program all together?

I hope you can write back. I am looking forward to your response. Thank you for taking time out of your busy schedule to open and read this letter.

Sincerely,
Leanna Cole



Cookbook for My Grandfather

by Nikia Berry - Belfast

I decided to create a recipe book based on a diabetic menu. My grandfather has diabetes and he doesn't eat many things, so I did some research and found out that he can eat things that he likes while being on a diabetic diet. I printed off four recipes that I would like to try and see if he likes them. These recipes are also very healthy, so getting the rest of my family to eat them would make them choose healthy choices instead of unhealthy choices.

“A diabetes diet is a healthy-eating plan that's naturally rich in nutrients and low in fat and calories. Key elements are fruits, vegetables and whole grains. In fact, a diabetes diet is the best eating plan for most everyone” - Mayo clinic

When you're on a diabetic diet it means that you eat less fat and calories, but that doesn't mean you have to give up all the foods you love up.

I made crab quiches and they actually came out pretty good. I choose to cook them because it's a diabetic recipe that I felt my grandfather would like. I had a lot of fun making these and think that it's something I would make again.



Crab Mini Quiche

Makes 6 servings



Ingredients:

3 large eggs
1 cup fat-free evaporated milk
8 oz. fresh, white crabmeat, drained & flaked
4 scallions, minced
1/2 cup roasted red bell pepper, drained & chopped
2 oz. aged Gruyere cheese, shredded
1/2 tsp. grated lemon zest
1/2 tsp seafood seasoning, such as Old Bay
pinch ground nutmeg.

Directions:

Preheat oven to 350F. Spray 6 (8 ounce) ramekins or custard cups with nonstick spray. Whisk together eggs and milk in a large bowl until blended. Add crabmeat, scallions, roasted red pepper, cheese, lemon zest, seafood seasoning and nutmeg until well combined. Evenly distribute the filling among the ramekins.

Place ramekins on a baking sheet and bake until puffed and golden for about 30 minutes. Let stand for 10 minutes before serving to allow juices to settle.

From the Academy of Nutrition and Dietetics (eat right.org)

Screen Time for Toddlers

by Chloe Edwards - Thomaston

When I am ready to introduce Alanah to the computer, I'll try to find toddler friendly games that help her learn how to add, subtract, recognize colors, shapes, and learn to read. I will also make sure that she has limited computer time. I will make the computer safe from the sites that I don't want her on as she gets older by using parental controls.



According to the American Academy of Pediatrics, you should limit screen time to two hours or less of screen time between the ages three to eighteen and none for children two or younger. They say that the more screen time that a kid has, the more likely they are to be obese. I don't agree with that. I have four younger siblings and they can be watching TV, but also playing and running around, so I don't see how they could become obese.

Most of the time Alanah only sees screens if I'm at my Dad's house or walking through the living room. I want to wait until she's 3 or 4 years old until I let her watch TV shows. I would rather have her up and playing with toys rather than glued to the TV screen. I want to help her brain develop and I don't feel TV does that.

Things I Learned From:

"10 Reasons Why You Should Read to Your Kids"

www.earlymoments.com

by Kalya Wing - Bath

Reading to your children develops a stronger relationship between the both of you.

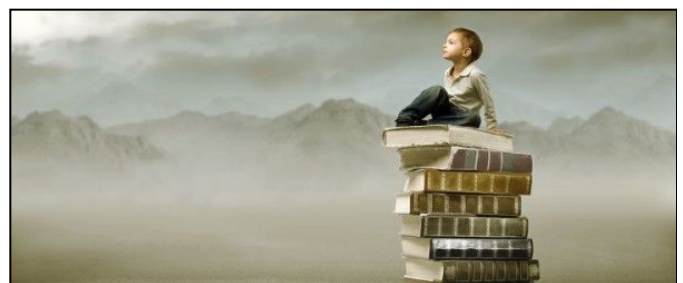
Reading to your children helps them develop skills like grasping putting together sentences and learning math, science and social study. Studies have shown that if you read to your children before preschool they have a higher level of understanding all academic studies.

Reading to your children will help them with basic speech skills. When your child listens to you read he or she will most likely try to pretend to read and sound out letter and words on his or her own.

Reading to your children help them learn the basics on how to read a book. They learn that the words go from left to right and that the words are separated from the picture.

Reading to your children will help them with communication skills. Children are more likely to express themselves and relate to each other in a healthy way, because they are witnessing and interacting with the characters in the book.

I was surprised by the facts that reading to your child helps them with all subjects in school - not just reading and writing!



Movie Critic's Corner

2 Documentaries & a Drama

“Biology of Dads”

Reviewed by Lateesha Emmons - Springvale



I watched “Biology of Dads” which was made in 2010. After watching the film, I believe that children do need both parents in their life.

The role of a father is different than the role of a mother. The dad is first the father and then a friend. The mother is a friend and a parent at the same time. The dad kind of keeps the family together and the mother gives love, but the daddy brings joy and adventure. The child seems to do better in school and in life when the father is in his or her life.

The most convincing thing was the way that children change when they are with their daddy compared to mommy. It is so surprising.

Mothers are easier and don't want the kids in any harmful situations while the dad, on the other hand, will help the child take risks.

I was surprised to learn that dads can gain “pregnancy” weight and that the daddy can also feel nauseous when the mommy does. They also showed the father getting his blood work done by himself and it was normal. Next, they had him hold his baby for 15 minutes and then took blood again. The test showed that his prolactin* went up by 20%. I learned that the presence of the father while the mother gives birth makes birth easier, but if the father is anxious it can make the birth harder.

I knew it was better for children to have both parents, but I didn't realize how much a daddy can change so much of a kid's life. I am now a firm believer of the child (under certain circumstances) having both parents.

I researched this topic to find differing points of view and found out that kids can be raised without a father if they have enough love and support from the other parent.

**Prolactin is a hormone produced by the pituitary gland and its primary role is to help initiate and maintain breast milk production in pregnant and nursing women*

“Before The Flood”

Reviewed by Kelly Glidewell - Calais

Before the Flood is an educational and advocacy documentary. It's a Cliffs Notes version of what's happening to the world we live in, what's going to happen to the world we live in and what we can do to prevent the worst possible outcome. I think this documentary is one of the best I've watched. Just one change in our diet or just using less of everything can make a very huge difference.

What was convincing to me was countries like China and India are handling climate change, and getting a first hand account of the effects of climate change on their communities that could very well be a preview of much worse things to come.



I saw first-hand how Greenland's melting ice is causing a change in color of its terrain, which in turn no longer reflects the sun, but absorbs it, becoming a heat creator instead of reflector.

The movie shows how Miami Beach, Florida is having to literally raise the elevation of its roads to combat rising ocean waters and how developing communities in places like India are already battling pollution even as their population doesn't entirely have access to power. Amongst these growing issues, everyone is turning to the U.S. to be an example across the globe.

Unfortunately, money continues to be a deciding factor that's dividing our politicians and making widespread change impossible.

This documentary changed the way I thought because I did not notice how bad pollution was, how bad other people have it in other countries and how people die because everything is gone, on fire or flooded out.

“Hidden Figures”

Reviewed by Leanna Cole - Lyman

I recommend the movie, Hidden Figures, to students who are doing classes on U.S. history, segregation and slavery or for just a good watch! It tells about how not only black people, but black women had it tough and that slavery wasn't their only problem. These three women characters revolutionize the segregation between blacks and whites starting with the bathrooms at their jobs at NASA and ending with becoming the first black woman to become an engineer and going to court to fight to go to an all white school.

The title of the movie to me means that black women were never expected to be so smart and motivated. The fact that the black women mathematicians were placed in the west wing of a basement at NASA, in a little room with over 30 women in it--they were hidden figures. The title is also about how the Americans were trying to beat Russia in the space race and had to keep their research a secret.

