

# PASSAGES PRESS

A WAYFINDER SCHOOLS STUDENT PUBLICATION

## Home

Katelynn Juco, Lewiston

When I hear the word home, several people and places come to mind, never just one. In my younger years, home was never as easy for me as it is for some. Home is where you can lay your head to rest and be at peace, feel safe and secure. A place you can kick your feet up and take a breather. I imagined it being a place where my kids can run free, and my friends and family could feel at ease. Dinner cooking in the oven, great music on the TV, and kids running up and down the hall.

It took me 24 years to feel that feeling. With a childhood full of displacements and an adulthood of unpredictable living situations that could arise at any moment, I never knew what the next day, week, or month looked like for us. I never gave up or looked back; I kept pushing forward. I wanted to feel home, I wanted to see home, I wanted to know HOME. Home looked so different for others than it did for me. Home means security. I grew a fear of not having a place to live from a very young age. It has affected my mental health and my relationships drastically.

Two weeks ago we moved into our first home. After two years in a nightmarish apartment, with many ups and downs, and huge obstacles trying to tear us down, I got a moment of euphoria. I was making lunch for my children, peanut butter & jelly sandwiches, and carrot sticks. My daughter had a friend over and my son was free roaming the house. As they ran up and down the hallway, in and out of the bedrooms, giggling, screaming, and cheering, a light came over me. This was it. This was home. My kids were at peace, I was at peace, we had finally made it. My family has a home. We never have to worry about where we are going to sleep the next

night, no more laundromats. I will never have to put extra blankets over my children at night because the heat doesn't work. Never again will my children be woken up at 2 in the morning by partying upstairs neighbors. We are safe, they are safe, and we have finally reached home.

## Thankful for My Community

Daisy Ingraham, Hope

An example of community that I've experienced happened when my little brother passed away unexpectedly. Within hours, more than half of the town was showing up at our door and bringing food or anything they thought would help us. Places where my brother spent a lot of time, like Hope Air, showed their support by making bracelets with Kolby's name on them, and even making a page on Instagram for videos and pictures in remembrance of Kolby. People made large donations on a GoFundMe page too. Our community went above and beyond to be as supportive as they could and was very helpful to my family, especially when people brought over food to us because we were so depressed at the time that we were unable to take care of ourselves. It showed us that more people care than we thought. It was the best comfort we could receive at the time and without it, we would have been even more lost.



Community, Canva

## What is Community

Raelynn Philbrook, Cushing

A tight-knit community is a place where everyone knows everyone. Traveling to different places, larger places, like Florida makes me realize how small our community is. In a tight-knit community like ours, I feel it is easier to connect and find resources. You can be more involved in the community by volunteering and donating to the people in your town. For example, food banks, animal shelters, homeless shelters, and nursing homes are some ways to engage in the community. Volunteering at community events and organizations can make you feel good and will support others by helping provide services to those in need in the community.

## Warmth of Darkness

Emily Alley, Calais

My night light. I was scared of the dark for a long time. Even though we grew up with the lights off it always scared me. I'm a big noise and light person. It made me feel more protected. Like the feeling you get when you hug your parents. The secure warm feelings. Or making sure all the doors were locked. Double-checking. Just knowing that I did everything right before bed makes me sleep a lot easier. Especially since my room leads directly to a porch. I always felt unsafe anytime I was left alone. No matter how old I am, or what time it is. It could be in the morning or late at night. I always like to be in the know of what's going on.

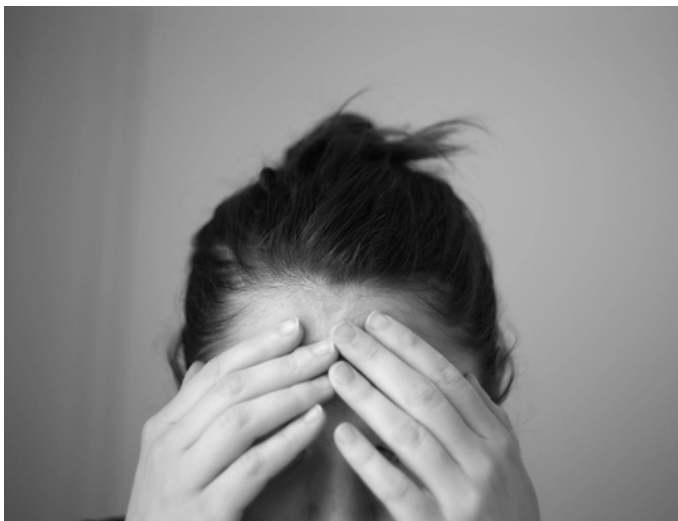


Photo by Jose Luis Navarro

## C & C Aftercare

Daisy Ingraham, Hope

One useful community resource that I've used is C&C Aftercare. It's like a counseling program that is free for people who need someone to talk to. I've been talking to a woman named Kay and she's helped me a lot with a lot of my stress. She's given me DBT\* work every time we talk to help look into a different perspective and train my brain to handle things properly and in a healthy way.

C & C Aftercare: 207-621-6228 - 10 Caldwell Road  
Augusta, Maine, 04330

\*Dialectical behavioral therapy (DBT) is a type of cognitive-behavioral therapy. Cognitive-behavioral therapy tries to identify and change negative thinking patterns and pushes for positive behavioral changes. It teaches patients skills to cope with, and change, unhealthy behaviors.

## MidCoast & Online Community Resources and Support

Raelynn Philbrook, Cushing

**Midcoast Maine Community Action**  
<https://midcoastmainecommunityaction.org>  
Midcoast Maine Community Action has many programs and services including Head Start and Early Head Start, transportation, emergency rental assistance, emergency services, housing assistance, counseling, financial education, family development, Families CAN!, and WIC (Women Infants & Children). WIC provides nutrition education, breastfeeding support, and referrals to a variety of programs related to family health and well-being. Participants also receive supplemental food vouchers to purchase nutritious foods.  
MMCA: 1-800-221-2221, 207-442-7963  
WIC: 207-319-0523



Graduates, MMCA Head Start Program

## 211 Maine

<https://211maine.org>

Dialing 211 helps direct callers to services and providers in their area. These services are aging and disability, basic needs, child development resources, crisis support, educational resources, family resources, food assistance, health care and assistance, housing assistance, job programs, mental health services, and substance use treatment. 211 Maine is accessible 24/7. Dial 211 or 1-886-811-5695, Email: [Info@211maine.org](mailto:Info@211maine.org)



## DHHS (Department of Health and Human Services)

<https://www.maine.gov/dhhs/>

DHHS has tons of programs and services, some of which include health insurance, food and nutrition, human services, health and prevention services, safety, education, employment assistance, financial assistance, inspections, and licensing. The food and supplement program they provide helps low-income households buy the food they need for good health. Through this program, participants can also receive nutrition education services with information on how to eat healthy on a budget. Open: 8 AM to 5 PM, Monday through Friday. 207-596-4200

## CDS (Child Development Services)

<https://www.maine.gov/doe/learning/cds>

The Child Development Services system is an Intermediate Educational Unit that provides both early interventions, birth through two years, and free appropriate public education for ages three through five years under the supervision of the Maine Department of Education. Regional CDS sites provide case management and direct instructions for families with children from birth through age five. Each site conducts Child Find, which is the process of identifying children with disabilities. Screenings and evaluations are provided to identify children who are eligible for services. Regional CDS sites arrange for local services that include early intervention and special education and related services for eligible children from birth through five years of age. Open: Monday through Friday. 207-594-5933

## Career Options Lily Harvey, Washington

To be a pre-k teacher you need either an associate's or a bachelor's degree in early childhood education. It is recommended that you get a bachelor's because you will be able to demand a higher salary and have more opportunities for advancement. You also need to complete a student teaching internship in a preschool classroom.

Some of the responsibilities that are required for this job are teaching shapes, colors, early reading skills, numbers, counting, and social skills such as listening, sharing, cooperation, and working in groups. Other responsibilities are supervising activities such as play, nap time, snack time, and field trips, as well as fostering an environment in which children can explore their interests, ask questions, and learn about the world around them. You also need to have the skills of effective communication, the ability to instruct a group of students, and be good with children. Another thing you will do is monitor students' progress and keep parents up to date on the development of their children. The average salary for a pre-k teacher is \$36,609 per year.

To be a social worker you need at least a bachelor's degree in social work, but preferably a master's degree, and depending on which setting you want to work in, a license and certification from the National Association of Social Workers. As a social worker, you improve lives by connecting clients with resources and social services. You administer mental health services, prevent substance abuse, protect children and families, and serve on the front lines of crisis situations. The average salary for a social worker is \$55,895 per year.



*Pre-K Teacher, Canva*

## Letter to Baby Isaac

Keli Crowley, Hope

Dear Isaac,

I wanted to start this letter off by saying that you are so loved and your dad and I are so excited to meet you. You already mean so much to us and it has only been 20 weeks of you being in my belly. I never knew one little baby could mean so much in such a short amount of time. Your father and I will be here to help guide you through any challenges that life throws at you. I know it's going to be hard to wake up every day and get motivated for school, but you got this. I wish to see you finish school and be proud of yourself.

I hope to see you meet a bunch of nice friends while you are in school. I know meeting new people and trusting them can be a struggle, but there are good people in this world and your family will always believe in you. I want you to grow up and know that your family will always be here through anything. I want to be your best friend. I want to share a bond with you that no one can break. I know it's hard opening up to your family, but we will never judge you.

My goal for you (other than finishing school) is to try new things even when you don't want to. It's going to be hard getting into something new but maybe once you start you will learn to love it. You could stay after school for clubs or even play a sport. A little note about your mom is that I used to play softball and basketball. I didn't want to try out for the teams or even play but my foster mom talked me into trying them out. I soon learned to love playing both sports.

I hope to see you grow up and appreciate all that is given or done for you in life. We may not be able to give you everything you want but we are gonna try our hardest to get you the things you need and still make life special. I know not having everything everyone around you has can be upsetting at times, but I hope you learn to love what is given to you. I also hope you realize that even when you may think we are being strict or punish you it's not because we don't want you to have fun. I want you to have a fun life growing up and just know it's okay to also have your off days where you just sit at home and do nothing.

You're already loved in so many ways I can't even begin to explain all the emotions. You are such a gift and I'm so lucky to be your mother.

Love, Mommy

## Ryder

Tailynne Ann Fogg, Rockland

Ryder is my baby girl. She is three years old and she doesn't mind getting dirty. She likes working on trucks and four-wheelers. She just amazes me with how smart she is and how quickly she can learn something. She can sing the big bad wolf song to me without listening to it.

Ryder makes me smile with her sense of humor and how she just starts loving me when I'm sad. I see Ryder being good with old people. She's not good with kids. I see her being strong-willed and following her dreams. I am excited to see my baby start school. I know she's going to do amazing with her schoolwork because she loves to help Mommy with hers. I want to bring her to the zoo for the first time, her first concert, and a car race.

## Tumahsis

Autumn Francis-Stevens, Pembroke

I'm Native American and I'm researching my own culture and different kinds of bread that are made in different cultures. I've never made my own bread before. My mother and I have been wanting to learn how to make our bread from our culture which is called Tumahsis or frybread.



Autumn's Tumahsis or frybread.

We made ours as the base of tacos that we make as a traditional meal. We call them Indian Tacos. They can be made all different ways, but we made ours with fried hamburger with taco seasoning and cut-up vegetables, with cheese and sour cream on top. When making Indian Tacos you can put whatever you like on top. Indian Tacos are so good with frybread as the base.

It turned out better than I expected. It was really easy to make and it came out really good with just four ingredients: flour, water, baking powder, and oil heated in a pan to fry it.



Autumn's Indian Tacos with frybread.

## Housing

Madison Dorais, Biddeford

**How many people in Maine are looking for housing?**

Roughly 2,100 people

**Why are there still so many people unhoused?**

Everything is unaffordable these days unless you work multiple jobs or a really good one where you might not be home all the time or have no time to do anything. Covid-19 hit and a lot of people lost jobs and can't pay rent or whatever to afford to stay at home, etc.

**How complicated is it to find housing for people?**

There are waitlists for every rental and some take longer than others. If you can't afford to rent and you haven't got in a place that'll help, it might be

easier to move to a different state or way different town far away where rent is cheap and affordable.

**How can someone like me find a house?**

Apply for housing and look for places that are affordable in the meantime, get a possible loan from the bank to help.

## Environmental Awareness

Destiny Kane, Swannville

How can I make my lifestyle more sustainable?

### Video games

- In my free time, I like playing video games. When the batteries are dead, I usually just get new ones.
- An eco-friendly alternative would be rechargeable controller battery packs or a charging station.

### Shower

- Buying soap in plastic containers is a huge waste because once the soap is gone, we just throw the bottle away.
- An eco-friendly alternative would be bar soap that comes in a cardboard container or refillable wall mounts.

### Utensils

- A lot of waste comes from food and the way we consume it, so by using some eco-friendly alternatives you can almost eliminate food-related waste.
- Some eco-friendly alternatives are reusable water bottles, durable reusable ziplock bags, and not using paper plates.

**Utensils**

A lot of waste comes from food and the way we consume so by using the following items you can almost eliminate food related waste

- Reusable water bottles instead of single use
- Durable reusable ziplock bags
- No paper plates

Utensils slide from Destiny's Environmental Awareness slideshow presentation.

## Hygiene

Eco-friendly switches I can make in my everyday routine are:

- Using a bamboo toothbrush.
- Switching to toothpaste tablets to avoid chemicals and plastics.
- All-natural deodorant in a recycled material container.

## Other things

Some bonus things I would like to implement in my everyday life are:

- All-natural pine/cedar cat litter.
- Plant-based cleaning products.
- Remember to use reusable shopping bags.

## Reading on an App Counts

Ethan Fogg, South Thomaston

Hunter X Hunter (manga) Volumes 33, 34, 35, and 36 by Yoshihiro Togashi

Genre: Fiction/ Action/Adventure/ Fantasy/ Martial arts.

Summary: Hunter X Hunter Volume 33 through 36 is about Kurapika, whose goal is to get back the eyes of his dead clan. He has collected almost all of their eyes but the last 10 of them are in possession of a prince named Tserriednich, and Tserriednich is on a huge boat battling with 13 other princes. The last one alive becomes the ruler of a new country on an uninhabited island. The battle between the princes is called the Succession War.

There are some things I'd change. Volume 33 felt like it dragged on for a while. It starts with random characters explaining what the Dark Continent is to other random characters for most of the volume. If I could change it, I'd probably do it pretty much the same but have someone be explaining it to a relevant character. I also would change how many princes are in the Succession War because 14 is way too many characters! Each prince has like five to 15 guards and, with that many characters, it's hard to keep track of what's happening especially when all the guards have their own motives. Out of these four books only one prince has died, so I'd have like seven princes in the war. But besides those things, I wouldn't change much.

## Letter to a Friend Lily Harvey, Washington

Dear Sarah,

I know you're having it hard and feel alone and that you think that Alex is so great. I know that he makes you feel good, and you feel like he understands you like no one else can. I have been there and remember that feeling.

People in their 20s are not friends with 13-year-olds and it isn't okay to be talking about sex with them. I'm not writing this to judge you, I'm writing this because I wish I had someone to say these things to me in a non-judgmental way when I was going through this. I know you think that he wants to date, but does he change the subject when you bring it up? That's because he only wants sex, and you deserve someone that wants to be with you because they like your personality.

I just don't want you to get taken advantage of like I did and have to feel bad about something that is not your fault. I'm always here for you if you need someone to talk to or help you in any way and if you ever need other help there are some resources that I think would help nicely.

Love, Lily

*\*please note that names have been changed for confidentiality\**



Writing a Letter, Canva

## Sexuality- Consent

Lexus Moody, Lewiston

A new sexual partner may not know what makes you comfortable and or uncomfortable. Both people in this role need to consent to everything being done. You both need to come to terms that what you are doing is okay and you want it to be happening. If one person is not comfortable with something it should not be done. Sometimes it can be hard to open up about sex, so I suggest using a safe word. I have a hard time telling people when I do not like something so I came up with a system that I share with any partner I may have. I call it the stoplight system. When they ask if this is okay and I'm one hundred percent consenting to it I will say green. If something is making me uncomfortable and I want it to stop I will say red. This has worked for me in the past, but it may not work all the time as you may need to come up with your own safe word. When coming up with this safe word you should be able to use it whenever you feel the need to. This may help some of this conversation about sex to be easier for you. Consenting to something rather than it just being done can help you have a healthy relationship because you're being able to communicate what is and isn't okay. Consent does not just work for straight couples but every couple.

Not every person in the world is straight. For example, I am bisexual. Having a different sexual orientation is one hundred percent okay in my book. Bisexual means you date both boys and girls. I am a part of the LGBT community along with my girlfriend. LGBT stands for lesbian, gay, bisexual, and transgender. No matter who your partner is, you need to make sure they consent to everything that is happening. Consent works both ways and both partners should feel comfortable no matter what. This works for women who like women, men who like men, straight couples, and everyone in between. Consent is needed whether your gender identity is a boy, girl, or even gender fluid. You are still human and have feelings, they are valid. Gender fluid is when your gender can change day to day and at any point. Some days you want to be referred to as him/he and other days you prefer she/her. You can change how you identify at any point. You may decide that your gender does not fit who you truly are which can be a little confusing. If you feel as if you were assigned the wrong gender, you could come out as transgender. No matter what the cases

are, who you are, and wherever you are, consent is something that needs to be present during all sexual times. Without consent it is rape.

Rape is a term that I feel as if everyone should be familiar with. Rape is when someone is forcing you to have sex without you consenting to it. This is a very scary thing and, in some cases, it may be people you don't even know. Rape is something that should never be taken lightly. Not everyone is comfortable with talking about this subject. In Maine, during 2018 there were 447 rape reports. There are probably way more than that now because some people don't feel comfortable enough to talk about it. A rapist can be a family member, a random person on the street, a close friend, an ex-boyfriend, a girlfriend, or even a spouse. This is why consent is important. No one should feel scared they're going to meet their rapist.

## Letter to a Friend

Anonymous

Dear Friend,

I feel very emotional hearing about the domestic abuse you told me you were going through. I am offering you emotional support if you need it. I am here to talk and help you through anything you are being put through.

If you need to go somewhere safe, I have open arms for you and your babies. We can make room for you guys. We can also contact the police about the whole situation when you are here and safe. If you take my offer of staying here, we will get you on your feet and safely away from your abuser.

Get back to me as soon as possible so I know you are safe, and we can work out the details about you coming here.

All my love and support,  
A



Heart, Public Domain

## Time Management

Ethan Fogg, South Thomaston

Time management is figuring out your priorities and then setting aside a certain time to finish or work on them. Time management is important because it can reduce stress and teach/help with self-discipline. It will improve the quality of the work you do; it can help with decision making, it stops you from missing opportunities, it helps you accomplish more, it gives you more time to spend with family and friends, and it can open up more possibilities for you.

I think time management is an important skill to have. I am not very good at it because I have a very loose idea of my schedule and how I'm going to do things most of the time but I'm planning on improving it so I can get stuff done more efficiently. Recently, I bought a whiteboard calendar and I plan on scheduling times to get stuff done. I feel that will help because I'll be able to see everything I need to do and when it needs to be done for the whole month.

This past week I've been feeling very unproductive, and I didn't manage my time very well. I worked on Sunday and Wednesday, and I went to Rae's house to work on schoolwork on Thursday, but besides that, I hung out with my friends. I am going to set a schedule and have designated times to work on schoolwork and other things to better manage my time. I think it will help me not procrastinate if I have it written down to do it at a certain time.

Procrastination has pros and cons. Some cons are not having enough time to finish a project, and another is not being able to do it to the best of your abilities. Procrastinating can cause stress and anxiety because you could be thinking about the project and be worrying and get stressed out thinking about it, and the whole time you're thinking or worrying you could be working on it. One pro is that some people work better under pressure. I think I work better with a little bit of pressure, but I get stressed out under a lot of pressure.

When I know I am working the next day I will set the clothes I need for work aside the night before so I have everything ready. I also set an alarm for 2:15 pm and 2:30 pm so I make sure I have enough time to get dressed and have enough time to get to work. Even though I didn't realize it, this is an example of backward planning. So when I think about my goal to

graduate and the steps to accomplish my goal with backward planning, I think about all the core skills I would need to get finished per month to graduate at the same time as all my friends.

- <https://www.turbinehq.com/blog/to-do-list-tips-for-better-time-management>
- <https://www.brainbridge.be/en/news/10-reasons-why-time-management-is-important>
- <https://clockify.me/time-management-techniques>
- <https://www.theodysseyonline.com/pros-cons-procrastination>
- <https://www.skillsyouneed.com/ps/time-management.html>

## Danganronpa

Kenzie Phifer, Union

Danganronpa is a game franchise that takes place in Hope's Peak Academy, the high school for "ultimates" or super high level students. In the game, you are trapped in Hopes Peak with your classmates, and the only way out is through murder. In the first game, Danganronpa: Trigger Happy Havoc, you play as Naegi, who has just stepped foot into Hope's Peak as the "ultimate lucky student." Naegi blackouts and awakens inside the school.



*Kenzie Danganronpa rendered by RayLuisHDX2 on DeviantArt*

As you progress, you meet so many interesting characters like Aoi Asahina, the ultimate swimming pro, or Leon Kuwata, the ultimate baseball star. During the class's confusion, they meet the "headmaster" Monokuma, who is a sadistic half black half white bear who tells them they will be



imprisoned in the Academy for the rest of their lives, and that they will be executed if they violate any of the school's rules. Monokuma explains that there is only one way that you can leave: murder another student and avoid being identified as the culprit.

Obviously, the whole plot is very violent and harsh, but I absolutely love the way they did it. I think all the characters were very well written, especially the way they react to everything so naturally and differently. Once a student has murdered the rest of the students there is a period of time to investigate the scene, after which they must go to the "trial grounds" to figure out "whodunnit," which isn't always easy.

## Social Media Can Be Dangerous

Daisy Ingraham, Hope

There are so many ways that social media has affected my life. I've met people on there who were complete strangers at one time and now they're in my life. It's crazy to think how social media has affected SO many paths I have taken in my life. It's also crazy to think about where I would be right now, where I'd be working, who I'd be hanging out with, and what I would do with my free time without social media. We can meet some awesome people through social media, but that doesn't mean that there aren't dangerous people on social media as well.

I've encountered many strange and dangerous people through social media. A friend and I met this much older man on social media. He wanted to exchange inappropriate things with my friends and then it fell on me as well. He would ask me over and over on Facebook and I kept saying no. My friend said yes though, and me not knowing any better, let that guy pick her up at my house one day. I thought nothing of it, but a while later, after I kept telling this guy no to what he wanted, I ended up in a very scary situation. I was home alone and, all of a sudden, some car pulled into my driveway. I was in the middle of getting dressed so I rushed into the bathroom and shut the door. Next thing I knew this person was walking into my house without even knocking once and he called my name. I didn't recognize the voice and I was scared. I kept hiding in the bathroom and I could hear him opening my drawers looking through my stuff. I finally walked

out and there that guy was in my bedroom without any permission. I texted someone and told them to get to my house right away. This guy kept cornering me and making me very uncomfortable. I told him to leave and luckily, he did. Someone got there and we rushed to the police station. Not only do we have to be careful with who we are talking to on social media, but we also have to be careful and aware of who others around us are talking to on social media. Ever since that day, I've been VERY cautious about who I talk to, who I hang out with, and so on.



*Bad Social Media, Canva*

## Fake News?

Brady Lombardo, Hollis

**How do you check whether the story is true or not?**  
Check if the site is trustworthy by looking at a few articles. If the article looks and sounds funny, if there is an author, what are the article sources, and are the images from the article accurate.

**What kind of damage can happen if you don't check the story?**

If you don't check, it can affect so many people to the point of angering someone or to the point of hurting someone. Without facts, rumors can become deadly. They can hurt someone or even hurt themselves like suicide. Fact-checking can save lives more than you think. People have disorders that even they don't know about like, PTSD, anxiety, depression, and anorexia. Spreading false rumors about someone they care about or even themselves can lead to any of those disorders exploding without warning, causing harm or even death, which can live with you till you die.

**How do you determine real from fake?**

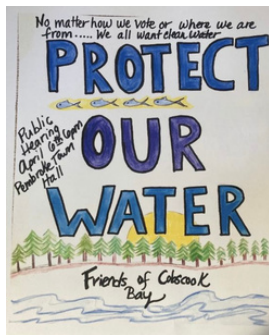
Fake profiles often spam legitimate users, posting inappropriate or illegal content. Here are some ways to figure out what's fake and what's real: Read through the updates posted on the profile.

Accounts that only broadcast or push out updates and content instead of having conversations and engaging with other community members are often fake. Keep an eye out for accounts that repeatedly push out spam. Signs include sharing the same link repeatedly in a short period of time and providing misleading information about the destination of a link. Watch for profiles created to provide phony reviews on social ratings and review sites. Fake reviews often do not comment on the specifics of a company's product or service. Instead, they tend to give overwhelmingly positive or negative feedback about only the brand.

### What are red flags (warning signs) that it's fake news?

An unknown or unusual web address, an old date on a breaking news story, an obvious slant or bias by the authors, and if the headline seems like clickbait trust that it is.

## The Truth About Metallic Mining? Autumn McIntyre, Pembroke



*Protect Our Water, by Autumn*

I interviewed a key contributor to the “Stop the Mine Movement,” Catherine Adelman, who is the founder of the group “Friends of Cobscook Bay.” She sat down with me and discussed her viewpoint, including the complications of metallic mining and the negative impact it will have on the Pembroke community.

Metallic Mining, also known as Metallic Sulfide Mining, is the process of extracting metals from the earth's crust. Some of the metals that miners search for include gold, silver, copper, nickel, lead, and zinc. They collect these metals to use for many products such as automobiles, electric and industrial equipment, jewelry, and decorative objects. Although it does provide us with a lot of things it has a very negative impact on the environment. According

to the U.S. Environmental Protection Agency's Toxics Release Inventory, “metal mining is the nation's #1 toxic polluter.”

One of the questions I asked Adelman was, “Do you know what tailings (mine waste) are made of?” Tailings is what happens after the miners are done digging for these metals. In our case, in Pembroke, the metals Wolfden plans to dig for are silver. (Wolfden is the Canadian company that is looking to mine here in Pembroke.) “It's whatever's left over after mining. In mining there's exploration, there's developing the mine, and then there's the processing of the ores. To extract the metals they want, chemicals are used. There is the chemical residue that's left over and there are the ores that have been exposed to air and water and they are very acidic. So it's rock waste and its chemical waste combined.”

“What do you think the worst-case scenario could be?”, I asked. “I think the contamination of our groundwater and the bay from acid mine drainage. When the sulfides in the rocks are exposed to air and water there's a chemical reaction that happens and sulfuric acid is created. So the waters that are contaminated from this process will eventually get into the groundwater and the surface water like the streams, wetlands, rivers, lakes, and finally the bay. It's highly acidic to aquatic life and aquatic life is the most sensitive to changes to the acid and metals that get into the streams. Fish are the first effected, but also the wells that provide our drinking water can be contaminated.”

“What are some ways people can help?”, I asked. “I think talking to neighbors, educating yourself about the risks, and knowing some facts about metal sulfide mining and the risks to our environment and our livelihood. Fishing will be impacted if the bay is contaminated. (1 out of 10 families in Pembroke have a commercial fishing license according to The Pembroke Clean Water Committee.) Sometimes it doesn't happen right away. It's a slow process but if the contamination is in the groundwater it's going to end up in the surface water and our wells and the bay. I think learning about it and talking to people about it and focusing on the real issues is important. No matter where we came from or how long we've been here, we all drink the water. It's really important to have a healthy water supply and a healthy community. It's also important to be looking to the future, to what we leave behind. The decisions we make now, the choices we make now affect the future.”