

# Passages Press



## Plastic Grocery Bags

Emily Wilcox, Machias

I feel strongly about plastic grocery bags. Not only are they wasteful they are bad for the environment, and they are endangering our sea turtles! There are many solutions to this problem.

There's no denying it, disposable plastic bags are suffocating the planet. According to onegreenplanet.org, 60,000 plastic bags are being handed out in the US every five seconds. They are made using non-renewable resources, either petroleum or natural gas. They take huge amounts of energy to manufacture, transport across the country, and recycle. Plastic bags are very wasteful. Personally I have a collection of hundreds of plastic grocery bags, and I bet a lot of other families do too.

Not only is plastic terrible for the environment, but it's also terrible for wildlife, such as sea turtles. Turtles commonly mistake plastic for jelly fish and end up suffocating themselves. Plastic bags don't break down in landfills due to the lack of oxygen and light and over time they release dangerous chemicals. They're incredibly difficult to recycle, causing problems such as blocking the sorting

equipment used by most recycling facilities. They contribute to a widespread, global litter problem.

When I worked at Hannaford, I used paper bags as often as I could. They were stronger, larger, and the customers loved them! Being a bagger is all fun and games until you have to deal with cheap thin plastic bags. I once put two 16oz bottles of barbecue sauce in one bag. Nothing else! Upon lifting it up, the bottom of the bag fell out and the bottles burst all over the floor! Do your bagger a favor and ask for paper, or better yet, invest in some reusable bags. They are very cheap, very strong, and very worth it.

My conclusion is that plastic bags are impractical and a drain on the economy. I use many different reusable grocery bags. I have quite the collection, from bags that keep things cold, to bags that hold glass bottles perfectly upright. I think if everybody made an effort to try to use less plastic, or remember to bring bags with them grocery shopping, we could end this crisis and save some turtles too.



## Should We Have Zoos?

Miranda Leavitt, New Gloucester

*“Should we have zoos?” - Newsela*

This article is asking whether we should have more zoos. Are zoos a good thing to have? The Golden Frog is almost extinct, but the zoo has one so it won't go extinct. The zoo takes care of animals. We should have more zoos because if it wasn't for people saving these animals, they could all go extinct. Some people are saying that animals shouldn't be in captivity, but the animals seem to have enough room and are happy with all the people. Zoos have programs to teach people about the wildlife. They offer camp, classes, and sleepovers to connect kids to nature. They make the animal's cages like a habitat so it makes them feel safe. A zoo took some animals from a circus that were being starved. Some people think they shouldn't be in captivity, but I think that if they have a big enough area that it should be fine.



## Feeling Safe

Rochelle Millay, Machiasport

When I was little I felt safest when my grandmother and grandfather were home. I was really scared of the thundering and lightning. As soon as I heard a rumble, or saw a flash, I would run and jump into my grandfather's lap and sit there until it was over. Sometimes I would even camp out on the floor in the living room where he slept.

## Pay it Forward

Gayle Wood, Machias

Here's a small story, an act of random kindness, that reflects the nature of what I see in our community in downeast Maine.

A few weeks ago I had to leave Hannaford without my groceries. My EBT card was nowhere to be found in my wallet. I didn't know it, but a gracious person paid for them after I walked out. She paid \$50 and said to give the customer of the bags (me), the remainder of the change.

I was absolutely floored when I came back 20 minutes later after I found my EBT card. One of the Hannaford employees handed me my bags and a stack of cash and said that my groceries were paid for! I thanked the heavens for that kind-hearted person that day and I still think about it.

It's the small things of paying it forward that can make someone's day, or even their whole year! I was so thankful to buy the diapers that day with the "change" that person left for me, because pay day was two days away and I was out. It was like a little birdy had whispered into their ear and said, "That person could use some help" and they acted selflessly. I couldn't have been more grateful!

It reminded me of the time I left \$10 at the gas station after fueling up for the next person who got gas after me, and how awesome it made me feel. I think that my story about paying it forward is a great representation for how our community works. We all know how hard things can be, and we all want to share a smile if we can.



# Self-Care

Chelsea Dorr, Bath

I define self-care as taking time to focus on myself and my needs, both physically and mentally. This is important to me now more than ever, because I've always been the type of person to help other people constantly and put myself in not-great situations just to help someone out, even when they might not deserve my help. I've come to realize my health is more important than always trying to be there for everyone.

I think self-care is important because we all need "me" time. It is very important for us as humans to take care of our own physical and mental needs, and this can consist of many different things depending on the person. Self-care relates to self-awareness because caring for your own needs means you can identify when something isn't right with your own body. Being aware of what you need to be the best you is very important.

I practice self-care by taking a step back from my social life, and disconnecting from the stress of the world for a little bit. I love shutting my phone off and taking a warm bath, or going for a walk or hike by myself and putting in my headphones and listening to good music. I also think self-care can be eating healthy and giving my body good nutrients, or even making time to hangout with good friends and catch up with family.

As a person who has been through the type of stuff I have, I have a lot of emotional self-care needs. Emotionally, I need to know when enough is enough for myself and when I need to step back from a situation or indulge in some self-care, because I get easily stressed out. I often try to do way too much at once.



Physically, and especially since I am pregnant, I need a lot of rest and relaxation. To meet these needs I am often in bed early and don't always have time for a social life between work, school and being pregnant, but I am more than okay with that.

My social needs aren't very huge compared to my physical and mental ones. Socially, as long as I see my close friend once a week I am happy. Frank and I also try to have one "date" night each week even if that just means laying in bed and watching a movie together with our cell phones off.

Intellectually, I think I've already started meeting my needs by getting back into school and I am also reading more. I think if I could work on anything it would be the physical care of relaxing more and not trying to do so much all at once.

I feel that I am very good at communicating with the people around me on what I need. If I need space, I usually just tell my friends that I need some alone time and don't feel like talking or hanging out. My boyfriend helps me a lot with my daily self-care needs and is really great at making my life easier.

# Playing in the Snow

Brittney Herbest, Machias

When I was a child I loved to do a number of things. One of my favorite things to do was to go outside and play in the snow. My sister and I liked to dig into the snow bank like an animal would, making it look like a cave. We'd pretend we were wild animals looking for hibernation because, well, my sister and I had VERY active imaginations.

We would dig HUGE holes in the gigantic snowbank that built up by the little red shed. We'd always talk about how one day we were going to connect the holes with tunnels so we could sneak around under the snow, until one day I got stuck in the hole. I was digging and digging and digging some more and when I poked my head up I couldn't see



anything but snow. Mind you, I was all of four feet tall and I had just dug a six foot deep hole. I was definitely NOT getting out of that easily. I screamed and screamed until my sister went inside and got my dad, who then got my brother. Even after that horror show, I still went and dug holes in the snow. It phased me in the moment, but not in the long term.

My sister and I didn't always get along, but when we were outside playing these games, using our imagination, we weren't just "Brittney and Hailee," we were usually a completely different species and everything we did had nothing to do with our actual lives. We were able to tolerate each other instead of bickering and fighting the entire time. We set our

differences aside and just had fun with what we were doing together. Now as adults, we get along better and we argue less, because we learned from previous times that we don't gain anything from bickering and it's easier to settle things maturely instead.

## Dog Trainers

Emily Stancil, Auburn

Dog trainers train dogs to be obedient and learn positive behaviors. You can learn online from Animal Behavior College or Canine Trainers Academy in Maine. The tuition is \$3,000.

It interests me because I knew someone who was a dog trainer. German shepherds, boxers, and pit bulls are breeds that can be trained to attack. Trainers put on body suits and teach the dogs commands. They also do it for police training.

I would want to train big dogs because I like bigger dogs to attack and to listen. It's interesting to see how dogs learn. I think I might be scared when they are launching at you. There are some people who train in German. Some dogs pick up on German faster than in English. It's fascinating.



# Before Applying for a Job

Angelica Thurlow, Limington



1) Update your resume. Before you apply anywhere you should always make sure that your resume is updated with all the latest information and phone numbers of recent employment and addresses. Having a picture perfect resume is the first step to getting the job.

2) Talk to the employer. No one wants to start a new job and find out you only make minimum wage or find out they only need day crew people when you're looking for a night job. It's important to know what your getting yourself into and if it's something you see yourself doing long term.

3) Ask yourself, "Is this the job for me?" Do not apply for a job you that you don't like and you know nothing about. Yes, you will be trained but there is nothing worse than going to work every day and doing something you don't enjoy.

<https://www.topresume.com/career-advice/ask-yourself-questions-before-applying-job>

"Peace begins with a smile."

- Mother Teresa

# A Solution to Bickering

Ciera Williams, Brunswick

I was the oldest of my siblings growing up. Until I was seven years old it was just my two brothers and me. We often fought over toys, movies, and just about everything. When my mother had enough of our bickering and arguing she would find a way to solve the problem. If we were fighting over a toy she would take it away so none of us could play with it. If it was a movie we were fighting over she would give us three to pick from (of her choice) and we'd "vote". After my sister Paige was born us older three became jealous that our mother was spending less time with us. She solved this problem by taking one night a week to spend with each of us when she would watch movies with us or play games.

# Khashoggi's Murder

Current Events - *CNBC, CNN*

Shelby Robinson, Auburn

A *Washington Post* reporter, Jamal Khashoggi, was murdered in Saudi Arabia in October, 2018. He was originally thought to be missing, but later his assassination became evident. He was known for criticizing the crowned Prince of Saudi Arabia. CIA officials did their own investigation and it appears the Saudi's Crowned Prince ordered the murder himself. They murdered a US Citizen after inviting him into the Embassy. The Saudi Ambassador set him up!

This is everyone's problem. If the US hasn't stepped in to help a US journalist, then we have no power. This could happen to anyone. This situation should change and be handled like in every other country. I believe we should hold Saudi Arabia accountable!

# Cultural Norms

Nicki Harvey, Waldoboro

Culture combines many elements to create a unique way of living for different people. Here are few examples of the norms of different cultures that may seem unusual to North Americans.

According to [theculturetrip.com](http://theculturetrip.com), in Nicaragua, instead of using their fingers to point, they often use their lips. Pointing is quite a common thing here in the US, but in places like Malaysia and Indonesia people find it very rude and abrasive, though pointing with the thumb tends to be seen as more polite. Africa, like many other countries, reserves the act of pointing for inanimate objects only.

In France, kissing is a form of greeting.

On September 12 in Russia, the day is considered a holiday, giving couples a chance to procreate, hopefully resulting in pregnancy for the Russian bloodline to continue.

In the U.S there is an intricate culture of tipping. In the US it's usually expected that a customer will tip between ten to twenty percent of the bill, but in most other countries tipping is quite unusual unless the food or service happened to be particularly good.

Denmark has well groomed and maintained cemeteries that are used like public parks where locals will come and hangout when the weather gets nice.

The Japanese think that slurping isn't rude or annoying, and they consider a slurp to be a sound of enjoyment.

And a lot of countries even find it rude to use your left hand for anything.

# To Become a U.S Citizen

Olivia Orff, Waldoboro

In order to become a U.S citizen a person must:

- Legally immigrate to the U.S and live here for five years. If that person is married to someone with U.S citizenship, they need to only live in the U.S for three.
- Be 18 years of age.
- Demonstrate good moral character.
- Be able to speak and understand English.
- Take oath of loyalty to the US

Once eligible for citizenship, a person fills out a form called an N-400 form. It can sometimes take more than a year for the United States Citizenship and Immigration services to process these applications. The applicant must then be fingerprinted, and then have their fingerprints processed by the FBI for a background check. An immigration officer will then interview the person. They will be asked questions about their job, home, family, background and will be tested on their ability to speak and write English. They are also tested on their knowledge of the history of the United States.

The final step of becoming a US citizen is to take the Oath of Allegiance. This is generally performed in a courtroom with multiple people, simultaneously. The Oath of Allegiance promises to obey laws of The Constitution and to defend the US if necessary. They then receive the Certificate of Naturalization and become a US citizen.



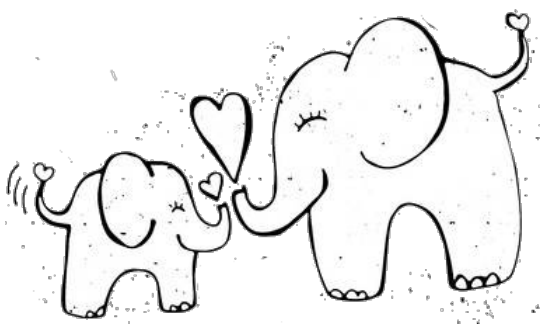
# Learning From Everett

Chynna Chase, Brunswick

It's kind of hard to actually explain what I've learned from Everett, but it can be broken down in a couple different ways. Emotionally, he has strengthened me, but also softened me as well. He's taught me patience and forgiveness, fear, but most importantly pride and joy.

I guess one thing I never really thought of as deeply as I do now, is the fact that having a child means basically being responsible for someone else's mental, emotional, and physical health. Those are daunting tasks. I never actually considered how emotional a one-year-old is, until I had to deal with one.

Everett's a happy kid, but that doesn't mean he doesn't have his fair share of meltdowns, tiny tantrums, and possessive tendencies. I've come to realize that when babies transition into toddlers, it is a really awkward stage for both parents and babies. Everett is very emotional and expressive, but he can't talk yet, so sometimes he's left frustrated when he wants or needs something and can't fully say how he's feeling. I feel for him though, as he doesn't know how to process those feelings yet, and it's interesting, to say the least, to see how he does deal with them.



# Screen Time Effects

Kiara Hunter, Biddeford



Screen time can have a large impact on child's brain development. The effects of screen time for a toddler isn't always healthy. It can have serious physical and mental health consequences.

Studies show that when a child is exposed to an excessive amount of screen time it can negatively impact their social cues, cognitive skills, and cause them to have an aggressive attitude when they aren't near their device. From birth to age three, screen time can impair their cognitive function (learning ability); instead of getting your child to think or imagine things, the screens present things. Reading, on the other hand, gets the brain to work.

Other research suggests to take kids outside, have them socialize and play, and to learn through reading physical books to enhance brain development. It also suggests that parents should manage screen time during meals. Be a role model and set the example! Balance screen time with physical learning experiences and screen time learning experiences.

When the time comes for my child to use a device it will be for educational and productive use. If I put these suggestions to use in my own experiences with Rebekka, she will feel better and have a healthier lifestyle!

## Hopes & Dreams

Brooklyn Leigh, Vinalhaven

Something I think my baby enjoys is when I'm holding him. I talk to him while I'm feeding him and he'll look up at me and smile.

Something new I've learned is he likes bath time.

Something I hope for my baby is that he goes to high school and college and gets a degree in something useful.

Something I love about my baby is his smile. When he looks up and smiles at me it puts a whole other light on my day. He can brighten my day with one smile.

Something unique about my baby is he snores in his sleep just like his dad.

One of the hardest things about being a parent is doing it by myself.

One of the best things about being a parent bonding and watching him grow.

One way in which I have grown as a parent is that I have become better with time management, patience, and organizing.

One way my partner has grown as a parent is his patience and the way I see him being more affectionate and gentle.

One thing I'd like to learn about parenting is how my mom dealt with me through my young teenage years.

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

One great thing I've done for my baby is provide a healthier environment for him than I had.

One thing I fear for myself as a parent is not succeeding and not providing a successful environment.

## Styles of Communication

Rebecca Phifer, Union

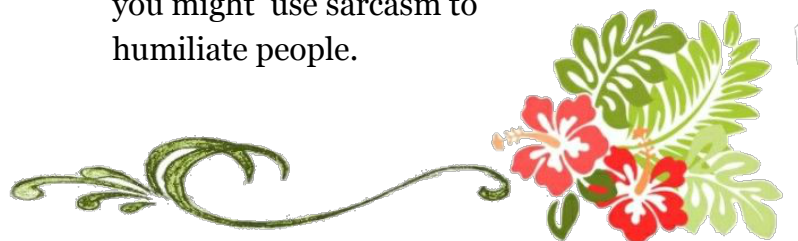
I define communication as talking face-to-face with someone while making eye contact. Four styles of communication are passive communication, aggressive communication, passive-aggressive communication, and assertive communication.

Passive communication is when someone doesn't assert how they feel about their beliefs or thoughts. They could appear shy or stuck up, often letting people walk all over them, until it all builds up and then they tend to explode with emotions.

Assertive communication is the complete opposite of passive communication. To be assertive means you express your needs or wants while making eye contact and it can extend conversations while feeling in control.

Aggressive communication is like assertive communication, but it's a little more violent. To be aggressive would indicate that you're not using the right techniques to express your feelings. You might minimize other people, be impulsive and have very low tolerance to frustration. You might speak in a loud manner to try and feel in control when you are actually being abusive.

Passive-aggressive communication is when you seem to be passive, but really you're aggressive underneath. You don't recognize your anger, you don't confront things, you might mutter to yourself or deny there's an issue, and you might use sarcasm to humiliate people.





## Some Sexuality Terms

Jenessa Morin, New Gloucester

**Sexuality** - Capacity for sexual feelings or a person's sexual orientation or preference (opposite sex or same sex). To me, it's if you're gay, straight, lesbian, bi. It's also what you're interested in. It can change. It's also how people see you, your presentation. It's also sex organs.

**Sensuality** - The enjoyment of sexual pleasure. Sensations. Light touch. Kissing. Hot bath. Some scents. If you feel sensual, you feel all your senses. When you feel sexy. Whatever makes you feel aroused (sexually and non-sexually).

**Intimacy** - a private or personal act especially sexual intercourse and/or cuddling, talking about feelings, sharing embarrassing stories, fantasies.

**Consent** - permission for something to happen. When someone's under the influence of drugs or alcohol, they don't have their best judgement. When you're in the middle of making out or foreplay you need to ask the other person if they want to go all the way and if they say okay, it's alright to proceed with what they agreed to.

**Safe Sex**- using protection like condoms or birth control. Sex is never 100% safe because the condom can break, and all birth controls are in the 90-99% effective range so really anything can happen. Experts say it's never too early to talk to your children about sex.



## Keeping Current

Gayle Wood, Machias



I only use one form of social media; Facebook. It keeps me entertained and connected to everyone I know. Between my endless sessions of late night scrolling through food tutorials, random feel-good stories, news, I also check in on all my friends' and families' posts about their lives. It helps to keep me in touch with people I probably wouldn't have stayed current with.

In a single day I can probably log about two-three hours of screen time with my cellphone. It keeps me happy seeing all the faces of the people I know and care about. It also keeps my brain preoccupied with ideas for dinner, plus crafts and games for the girls. Motivational texts and phrases keep my spirits up, while funny videos of kids and animals make me giggle and lighten my mood. I feel that my time with social media helps me to feel more attached to my life.

In my opinion, Facebook has an evil and a good. It depends on which way you decide to look into it. Kind of like how we have our own different outlooks on life. If you only look for the negative, you'll only find negative and everything will seem miserable and awful. Your life will become what you put into it. If you always look for the beauty in life and kindness in everyone's hearts then you'll be surrounded by the goodness that is in everything.

# DiGeorge Syndrome

Mark LaBelle, Lewiston

I have a bleeding disorder called hemophilia, and my daughter KendallF has DiGeorge Syndrome where her levels are just below average for hemophilia. You can never tell how her body is going to react. It could get worse or it could get better.



She has to know that if she needs a surgery, she will need to call hemophilia doctors to make a plan for what to do for medication. She is going to need to learn what to do if I get cut or if I get a bruise and I am unconscious. If there is blood she will have to know how to do my factor for me or how to help stop the bleeding from the injury. I usually bring her to the doctor's with me so she will learn through the years.

With DiGeorge Syndrome I am going to have to learn to be more patient because it can cause a lot of lifelong problems, like heart defects and learning difficulties. When I am teaching her something I am going to go slower like people have to do with me. I know what it's like to have learning difficulties, so I will be able to help her better than someone who doesn't. I am going to need to understand that she is more prone to picking up infections. I am going to have to learn ways to help her with joint, muscle and bone problems, and when she is older she

could have schizophrenia or anxiety. I am bipolar so I can help her find ways to cope with them. I want to find ways to help her find the ways that she learns easiest. When my daughter is growing up she is going to have to go through wide ranges of therapies. She has the chance of needing to go to speech, development and occupational therapy. There may be a time where she needs more treatment because she could be diagnosed with autism spectrum disorder, depression, or behavioral disorders.

So far she has had heart surgery. She had to go to an Ear, Nose and Throat doctor (ENT) because her eardrums aren't moving correctly and she has the chance of the air pipe in her throat being very thin. Her immune system is weak like mine, so she can get sick very easily and might have more symptoms than someone else. When she gets older she is going to have to be on top of her health because she has a bigger chance of getting infections. I am going to teach her how to cope with immune issues, and she is going to need to learn when to go out and when not to go out and how to wash more.

The chances of having another child with DiGeorge Syndrome is very slim. It's only a one percent chance that the next one could.



# Dangers of Alcoholism

Willow Gabriel, Sipayik

Growing up on a reservation and watching the people you love drink their life away is very sad, but what is even worse is knowing there is nothing you can do about it.

A few years ago, I was walking home from the Youth and Rec. It isn't that far from my house. It was snowing, and I always would walk home, but that night my brother's friend, was blacked-out drunk, and he did not know what he was doing at all. I heard somebody come out of a house, I turned around and he was behind me. I didn't know what to do so, I kept walking and he started running toward me. I didn't know what to do other than run. I was so scared, I thought he was going to hit me. My friend's house wasn't far from there, so I ran there. There was a corner right beside the door so, I stood right there and covered my face. He looked up and ran away. I didn't know what scared him away until my friend's grandfather came out and told me to come in. He and his wife both asked me what happened. I didn't know why he was chasing me. My friend's grandfather brought me home and told me to call the cops. By the time I got home the cops were already here.

This story isn't something I always tell people, but it is an example of how dangerous alcoholism can be. After that night, he wrote me a letter and said he was sorry for what happened and he didn't remember anything. That is what alcohol can do to you, and other people. After that, I was so scared of everything and anything. I couldn't walk anywhere without being scared. I was so scared to see him, or anyone who'd been drinking. When I went to court about it, just seeing him in that courtroom made me so

scared and uncomfortable. I was able to forgive him, but my mother wasn't.

I'm not writing this for anybody to feel bad for me. I'm just telling my story as a Native American that had to deal with alcoholism in my community.

I read an article called, "*Risk Factors for Alcoholism in Native Americans*" by Ehlers, Cindy L. from the Scripps Research Institute in La Jolla, California. She said that the "*United State Indian Health Services has cited substance abuse as one of the most urgent health problems facing Native Americans. Native Americans also have the highest rate of alcohol, cannabis and stimulant use disorders of all ethnic groups. The research plan described in this proposal was designed specifically to address the issue associated with multiple drug dependencies in a very high risk population of reservation dwelling.*"



This article is and could be very important to somebody like me. I might rethink my ideas about drinking. I don't want to become an alcoholic. Reading this article showed me that I shouldn't be drinking. I've got a high risk of becoming an alcoholic and I don't want to live like that, so I'm going to stay in school, graduate and get a good job - NOT as an alcoholic.

# Circle of Drug Addiction

Nicole Guerrette, North Haven

The circle of drug addiction is something I never knew about until I did some research. According to narconon.org and recoveryconnection.com, first obsession develops. People may use drugs to help them cope with stress and problems in their lives. They experience reward and euphoria from using drugs. When people start using drugs, they start to lose focus on everything except finding and using drugs. They start to neglect themselves and others and drugs become their number one priority.

After that, insanity develops. The drugs start to disrupt the brain's communication system.

Thinking becomes distorted, illogical, and abnormal. The drugs make it impossible for that person to make logical judgements or rational decisions. Their insane ways of thinking lead to destructive behaviors and actions that may lead to crime and violence.

Next the cravings begin. The way the nerve cells in the brain send, receive, and process information becomes abnormal. Slowly the brain becomes dependent on drugs to function normally. As a result drug users might engage in shameful behaviors to use drugs for their survival. After cravings, the body becomes tolerant to it. The brain adapts and builds tolerance towards unnatural chemicals. The person feels they need more drugs to feel "normal." Slowly that person loses their

emotions, feelings, and morals. They become prone to accidents or suicidal thoughts. This person has now lost all power of choice and control over their drug use.

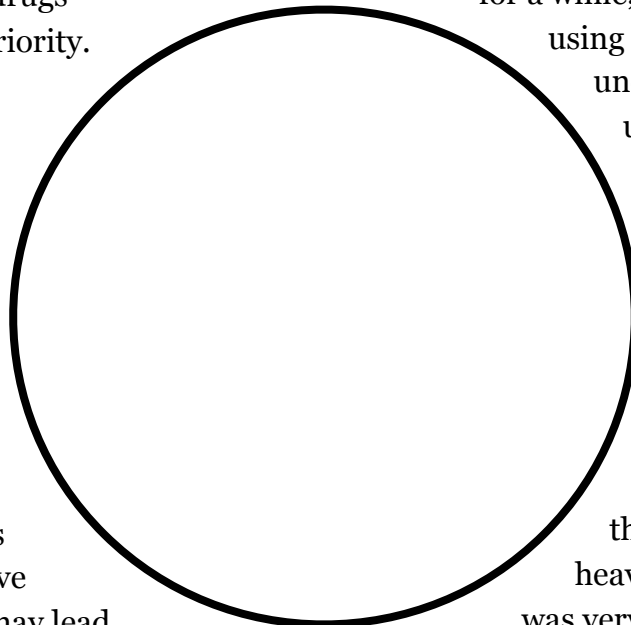
Then hopelessness begins. Drug users may not be aware that they suffer from a disease.

They can feel shame, guilt, or regret over their drug use. They make promises to their loved ones that they will stop doing drugs. The drug user becomes angry, restless, and depressed. They forgot how to cope with life without drugs. They will start withdrawal without drugs in their bodies. They may exercise willpower, and stop

for a while, but soon find themselves using again. These addicts don't understand why they can't stop using. Soon after this stage they probably will hit rock bottom.

I'm happy I finally looked at what the circle of abuse is because I never understood it until now. It finally makes sense to me why my ex-boyfriend acted the way he did. He had been a heavy user for a few years and it was very hard for the both of us.

Reading this makes me understand why I was worried that he was going to use again. Now I understand why. It's not because of me, but because of his addiction. It is so hard to see him this way because I know how much he wants to change, and I understand now how hard it is for him. Only the strong will survive this disease and get through it. I have learned that people with addictions might not change unless they have reached "rock bottom" more than a few times.



# Losing a Friend

*The Hate U Give*, by Angie Thomas

Eliza Debrienza, Winslow



I don't even know where to begin to tell you how amazing this book is. I was unsure at first if I was going to like this book or not. I am glad I chose to read it. From just reading the book I can say that the main character, Starr, is a strong and independent girl.

The part that I really related to most was when Starr and Khalil were leaving a party because someone got shot. They were in a car together when they heard sirens and saw the police behind them. Khalil was driving and he pulled to the right side of the road. He waited with his window down for the cop to walk up. The police officer, "One-Fifteen" approached the driver-side window and asked for his license and registration. Khalil asked, "Why did you pull us over?" and One-Fifteen just said, "License and registration please." Khalil repeated himself again, "Why did you pull us over?" Then One-Fifteen pointed a gun at Khalil and demanded his license and registration. Khalil responded, "Okay, I am going to reach into my back pocket and grab my wallet." One-Fifteen kept pointing the gun on Khalil while he got his wallet out of his pocket and grabbed his license. Then Khalil

reached for the glove box and to get his registration. Khalil handed One-Fifteen his license and registration. Next, the police officer demanded that Khalil step out of the vehicle and put his hands on the roof of the car. He patted Khalil down not once, not twice, but three times. Khalil had nothing on him. One-Fifteen looked at Khalil and told him to not move from his spot. Khalil waited until One-Fifteen headed to his police car and moved closer to the driver side door to ask Starr if she was okay. All she heard was one shot, two shots, and three shots then she had the gun pointed on her. When she finally got out of the car she went around the car and saw Khalil laying there looking up in the sky, "searching for God."

I know what it is like losing a close friend. I lost my best friend almost three years ago due to a fatal accident. When reading that part of the book, I knew what Starr was feeling when she lost her friend. I knew how hard it was for her to cope and go on living without her friend. I can say that for me, it felt like my world was crashing and nothing could make me happy, except bringing them back and I knew that could not happen. The two things that helped me were taking as long as I needed to grieve and accepting the fact that my friend was no longer with us. This helped me slowly move on with my life and keep them in my heart and memories.



## Making Cakes

Lindsey Berube, Calais

I make cakes for my friends and family because I enjoy doing it and because I like experimenting doing different designs on each cake. I also just enjoy baking in general.

I feel accomplished and proud when I can finish a cake on time for their special day. People's reactions are usually happy and excited. I made a Paw Patrol cake last year for my friend's son, Ryker, and his first reaction was to scream from so much excitement. It was the cutest thing ever. He wouldn't stop poking at it saying, "Wooooow!" It definitely warmed my heart. It makes me feel great knowing that I could do something for someone and give it to them in one piece exactly how they wanted - and sometimes even BETTER!



*This is a cake I made for my friend's daughter's first birthday.*

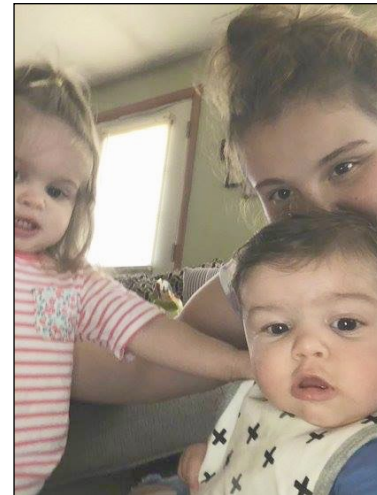
"Creativity makes life more fun and more interesting."

- Edward de Bono

## What We're Up To Now...

**Brianna Lopes, Greene**

**Class of 2018**



"I had Isabelle when I was almost 18 and I had not finished school yet so I signed up for Passages. I completed the program in nine months with the help of my awesome teacher. She helped me finish off the school year and never gave up on me. Even after having my son, she helped me get everything done in time."

Since graduating in June, Brianna Lopes has started college at UMaine in Social Work. "It's not as difficult as I thought it would be. I always thought I wasn't smart enough, but I really love it. It's really time consuming and exhausting, but I like learning new things. I'm already playing the role of social worker in my own life!" Her kids are doing wonderfully and growing fast. "I honestly miss Passages so much; it all went too fast for me."

