

Passages Press



Letter to my Sister

Anonymous

Dear Sister,

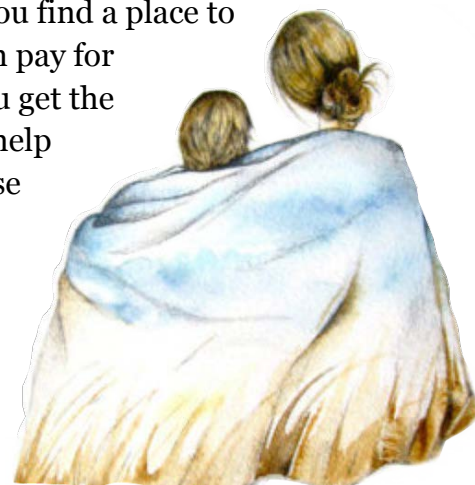
I know it's been a while since we've talked. I have no other way of reaching out to you besides writing this letter seeing how Jack made you block all of your family out of your life. I hope this gets to you and doesn't get you in trouble. We all miss you. We miss the kids.

It's been two months since I've last seen or spoken to you and it worries me more than anything. I hear about all the yelling and fighting that goes on there. All the abuse because neighbors can hear it and see it when he's dragging you around outside by your hair or seeing him through the windows at night, cuffing you on the side of the head all because you wanted to talk to your mom on the phone. It hurts my heart to hear all the things going on and knowing you won't let me help you.

I hope someday you decide to leave and reach out for help because you have people who love you tremendously and want nothing more than for you to get away from that abusive and toxic relationship. We all know I got out of one as well. I reached out and got help! Look at me now. Don't not leave him because you are afraid of being homeless and having nothing. There are people who will help you find a place to live and will help you with your rent until you find a job and can pay for your own things. They help with food and everything else. If you get the chance and ever decide to do so please reach out to me and I'll help you reach out to the resources and people who helped me. Please get back to me.

Call me or email me at or just write a letter back.

Love always,
Your little sister



My Community

Lila Acheson, Indian Twp.

To me, living on a Native American reserve I feel as if we are even closer than outside communities. It's a small place where everyone knows everyone's business and sometimes rumors are made up and drama can start.

But we have each other's backs in times when we need it the most. During this Covid19 pandemic, I have noticed it the most. Everyone is being supportive through groups on social media and stimulus checks being disbursed.

In my community specifically, the chief is focusing mainly on the elders and the children. We have taken precautionary measures such as roadblocks that will not permit non-residents unless they have a special pass. We are giving elders gift cards, home-cooked traditional meals, and scratch off tickets, plus they have a special elderly van that can take care of all of their traveling needs at less risk.

This is a tough time for everyone, but as a community, we got this!

We Are Human

Aya Salman, Portland

How To Win Friends and Influence People, by Dale Carnegie, is the best book I have ever read so far. This book amazed me, not just because of the title, but the words in it are deep. People may laugh at this book, but really it helps people. Never judge a book by its cover!

When I first started reading this book, I was bored with it, but then, little by little, I started to dig into it and read

the quotes. I realized that this book has a lot of meaning. The author opened my eyes and made me realize many things. One example of what I learned is that people often need something in return. A quote from the book reads, "The only way I can get you to do anything is by giving you what you want." Sometimes people don't do things for free and they always want something in return.

There were several quotes about how to treat people using bees and honey imagery. One example is, "If you want to gather honey, don't kick over the beehive." Meaning, if you need something from someone, whether they are close to you or your worst enemy and they have something you need, don't push them away and expect them to give you what you want or even help you. You should be thankful, even if you dislike them. One of my favorite quotes the author used was from Abraham Lincoln, who said, "A drop of honey catches more flies than a gallon of gall."

The book mentions "how to win friends." The author advises you to listen to people, make eye contact, and be interested in what they have to say. Talk about them more and get to know them.

Lastly, "Always make the other person feel important." I agree and disagree with this quote. I agree that you should make others feel important, but the reason I disagree is that you should be focused on yourself as well and feel important too. Take care of yourself! At the end of the day, we are humans and no one is perfect.



coincidence ; remarkable

Chelsea Rae Dorr, Bath

a coincidence is something that is described as
a remarkable concurrence of events

remarkable is a great way to describe you
'worthy of attention' the dictionary says

and i've never agreed with something more

i hear your problems
i loathe for your success

a remarkable coincidence has led me to someone
who somehow knows me best

how is it that someone like you has spent so long feeling less than
remarkable
feeling less than worthy
of a great coincidence

Dear Anxiety

Angelica Thurlow, Standish

Dear Anxiety,

I feel as if you are depriving me of
everything I want to be, and everyone I
want to see. "Take another pill," is all the
doctor says to me when I tell him it's been
too much to handle. No one sees you, but I
know you're there. You're standing in a dark
corner in my head, just waiting to make me
feel insecure when I'm in a crowded room,
because I'm wearing tennis shoes, but
everyone else is wearing Air Force Ones.
And I sit there, hoping nobody notices. Not
that anyone would care but, in my head,
where you live, you make me think that

everyone is talking about me. The whispers
fly through the crowded room, gossip. I just
can't help thinking it's about me. Even
though no one in the room has even noticed
me yet, I know they are talking about me,
because that's what you tell me, Anxiety.
You told me you heard the two in the back
say my name when I noticed them laughing;
you told me the people behind me keep
staring at me because I'm not sitting up
straight. It's like a game of telephone
running through my head with you on both
ends.

Pothead and the Brain

Brianna Stevens, Lewiston

The idea behind mental and physical issues being connected has been proven on a very wide scale to be true. Scientists and professors have collected data over the years on reasons why and exactly how the two correspond with each other.

One very popular example would be how the effects of ingesting marijuana (whether it be by food or smoke) could negatively impact brain function and mood stability.

Humans naturally produce a chemical called dopamine which is basically the happy chemical of the brain. It helps manifest happiness, satisfaction, and maintains a good balance of emotional clarity. However, marijuana is essentially artificial dopamine, meaning that when you smoke it, it creates artificial dopamine in place of where you would normally create it naturally by yourself. After a period of time of using it, your body will no longer remember how to naturally produce the chemical, so without the use of marijuana you become irritable, more prone to angry outbursts, anxious, and depressed which is why, commonly, they will not prescribe a medical card for neurological reasons (ie. bipolar disorder, anxiety, depression, PTSD, etc.). Once your body becomes dependent on it, it is hard to rebuild your tolerance and regain emotional stability and comfort on your own. Thus why most people who smoke use the phrase, “Oh my gosh, I’m so stressed, I really need to smoke.” Which is just their body’s way of telling them, “I need dopamine but don’t know how to make it” so it searches for an artificial solution.

In my personal experience, I smoked marijuana for a very long time, however,

after not smoking while I was pregnant my tolerance quickly depleted and when I did decide to smoke after I had my son, it only created intense amounts of anxiety. I couldn’t function properly, and that scared me. So, I quit. I will admit, the cravings didn’t go away immediately and I became depressed for what seemed like a long time but now that I no longer avidly smoke, I can honestly say I feel much happier, more put together, and all-around more alert.



Napping

Alison Moffett, Calais

My favorite coping skill is napping. I like to take naps when things get rough. There are many perks of napping. Daytime napping can help increase your alertness, reduce stress, improve perception, and help brighten your mood.

Studies show that napping helps with relaxation, physical, and emotional well-being. Napping during the day helps with the flow of thoughts and feelings to come together in a way deep sleep can’t make happen.

I appreciate napping during the tough times because it clears my mind and refreshes my mindset. I used to take naps whenever I felt stressed or discouraged. I always feel fresh and happy after I take a nap.

Hansel's Orchard

Kayli Preston, Westbrook



Today my family and I decided to go apple picking. We chose Hansel's Orchard located in North Yarmouth, Maine because the pictures and reviews online were great, plus it was only 27 minutes away from Westbrook.

When we got to Hansel's Orchard, we stood in a very short line. Once we reached the first desk, we had to sanitize our hands, and put on a mask as the sign told us. We then got to the main desk where we got to purchase our bags or baskets. I chose a \$15 basket that can hold five pounds worth of apples. The prices are great, I was going to get a five-pound bag for \$7 but the basket was cute. My friend Raelynn chose a \$25 bag that holds 20 pounds of apples. You can also bring your own bags and don't have to pay more than \$10! Wearing a mask at the desk is required but when you're picking your apples you don't have to. You rarely come across any other people, which is great.

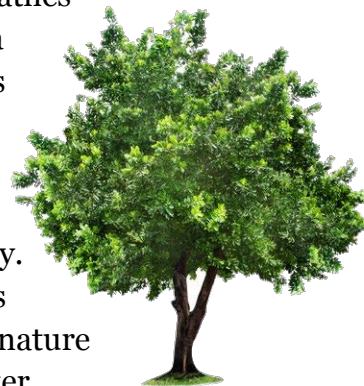
Hansel's Orchard has four types of delicious apples. They grow Cortlands, McIntosh, Macoun, and Gretel. They all were so red and some were a little green. The Orchard also had grabbing tools free for people to use to reach nice-looking apples at the tops of the trees.

It is such a peaceful and happy orchard. Everyone is so nice and all you can hear are families having fun. I plan on going back to Hansel's Orchard soon. I learned the names of different types of apples, while also having fun. It is such a great place to bring children. So many kids were having fun! Ellis and Paisley had a blast picking apples, walking, talking, and crawling around. They also enjoyed eating apples, throwing them, and picking some more to eat. It was such a good experience and we loved every second of it.

Miracles of Nature

Gayle Wood, Machias

The way our planet breathes exhales and creates life is a continuous mystery. That's why humans, for centuries have spent their lives trying to decipher how all of it works so harmoniously. Breaking down the reasons and how these miracles of nature occur, leaves us with a better understanding and appreciation for how and why they happen. With appreciation, comes love and respect for our world we live in, and with that comes an abundance of joy and exhilaration. Nature is beyond spectacular!



My favorite categories in science are Botany, Zoology, Microbiology, and Biochemistry because I'm drawn to most plants and wildlife. I've always lived in the forests of Maine and close to the water on the coast! Many wild plants and animals are missing in the flat cityscape and that's something that has been brought to my attention.

I've always wanted to learn more about

animal diseases and behaviors, along with botanical knowledge of trees and plants in addition to learning about certain diseases in our forests that hurt and destroy our native plants and wildlife, which in turn creates instability in our ecosystem.

My main goal is to expand my horizons in the scientific field. Specifically on these topics, because it's something that weighs heavily in my mind as I see the changes throughout the decades and the changes in our landscape. An increase in wildlife mortality rate and how fast our wooded land is turning to rot gives me a purpose to try to figure out the reason!

Rockport Granite

Brooklyn Leigh, Washington

My Dad works at Rockport Granite and I interviewed him because I am proud of the work he does, and I wanted to learn more.

How did you get into this line of work?

My brother asked me to work with him at his job one day and I've had a job with the same company doing different things.

Do you look at your job as a JOB or as an artistic point of view?

Both in most cases.

Did you have to do any special training for the job?

Learning to thermal, rock facing, polishing, operating loaders, doing installs were all on-the-job training.

Is there any specific part of your job you would like to learn more about?

I know all parts of this job. I am now the one everyone asks to train the new people that are hired.



What is enjoyable yet frustrating about your job?

I like working with the different types of rock. but working with rock, it can be hard. (No pun intended) Sometimes the rock breaks or doesn't thermal the right way.

What are the exciting parts of your job?

Going to the job sites after the installation is done and seeing what I've made and put together.

Do you feel proud of what you've accomplished over the years?

Yes, because I have rock pieces that are all over the USA. My work was also featured in a magazine.



The Last Book on Earth

Isaiah Ellis, Washington

I opened the last book on earth and I found it in the ashes of what is left of our planet.

It was a nice read. It was about a person out in the world by themselves and they had to survive with dangerous animals and mutants. As they go around they discover many different places and people. Some of them were very friendly, and others were bloodthirsty. They run into many close calls with death, and as the book goes on they get ill with the disease that killed and mutated many people. They try to find a cure for this disease so they can save both themselves and others, so they can rebuild society.

Near the end of the book, things get very intense when they get into a fight with some mutants.

I liked the book. It's too bad it is a two-parter.

Dyslexia Help

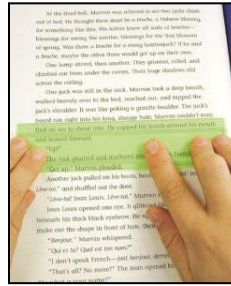
Emalee Donahue, Lewiston

Here are five things that help with my dyslexia.



I highlight after every sentence.

This is good when I am taking your notes. It also helps to be able to transfer notes onto the computer. It doesn't help so much when it's a textbook



I use a ruler to help read.

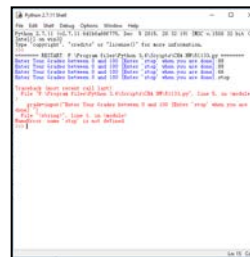
It helps me keep my place in the book and not just that but it helps me be able to remember parts of the book better, although it doesn't work so much on a computer since I have to scroll down myself.

If I read, I write notes as I go so I can better understand.



It helps me to be able to look back instead of having to reread the book. Not just that but it's all in my own words so it will be better to understand.

I put words in sentences/paragraphs in different colors.



It helps me to proofread all of my essays. It also puts them into sections kind of like categorizing them. The only downside to this is if I don't put it back the way it should be before turning it in.

I change my font size in my phone to a bigger size.



It makes it bigger so there aren't as many words in one place. Sometimes it is easier to have fewer words in one place.

Please Understand

Marion Webster, Westbrook

Dear Anxiety,

I have a few concerns I need to bring to your attention; since you bring so many ridiculous ones to mine.

I don't like how you make me feel. You make me feel tiny and insignificant. The way you make me fear asking for help, or even just ordering my lunch. You make me forget important things and think too much about the stupid little things. Things like how fast or slow I'm handing money to the cashier at the grocery store. Or how fast or slow I'm walking through the mall. Let's not forget how you make me feel just being around people. You make me scared to open up and just have a conversation. I have so many things to talk about yet you make it so my lips are wired shut.

What am I supposed to do when I don't like how somebody is treating me, but you seal my lips so I can't speak up? How am I supposed to bring those issues to somebody's attention, when you make me feel like they don't matter and I'm just overreacting? You consume me. I talk to these people, I read articles, and watch videos about things to prevent you from doing so, but you always find a way to build yourself up. Little do you know that when you're building yourself up you're tearing me down.

Anxiety, I hope you are willing to try to understand my point of view. I know you're not all bad. You do good things for me as well. Yes, you make me second guess things that I want to do but that can help me decide if it's actually a good idea or not and if it could harm me in any way. You teach me about people and make me more aware of the red flags that some people may have. You make me more understanding, and conscious of my decisions, but I need you to take a step back sometimes.

I need you to understand that I am my own person and that you can't control me in every way you want. I appreciate you, and I understand you, but I need you to appreciate and understand me too.



Autism

Madison Dorais, Buxton

Autism spectrum disorder is a condition with a lot of different symptoms, including difficulty with social skills, repetitive behaviors and speech problems. According to autismspeaks.org, autism affects 1 in 59 kids all over the United States and it is unclear to experts why autism happens.

They have some theories that it comes from genetics or vaccinations. Some experts say environment can cause autism as well. Experts say it's better to get your kids tested at a young age because it's easier to detect when they are young and not as they get older.

Some autism disorders include: Asperger's syndrome, pervasive developmental disorder, and childhood disintegrative disorder. Any child with any of these disorders could have mild, severe, or little to none symptoms.

“The most important thing in communication is hearing what isn't said.”

- Peter Drucker

Ways of Communication

Savannah Senay, Tenants Harbor

Everyone communicates differently especially when it comes to conflict. Some are passive, some are aggressive, some are passive-aggressive and some are assertive.

Someone who is passive often doesn't express themselves but focuses more on the needs of others and would rather keep the peace than face conflict.

People who are aggressive in their communication often feel their way is THE way and need you to know it. These people are often hard to convince to see things your way or change their views. They are more often having a conflict.

Passive-aggressiveness is when someone doesn't openly cause conflict but rather does things they know will get under another's skin. These people often come off as passive but their actions can be more aggressive, hence the name.

Assertive communicators aim for both sides to win. They express their thoughts and needs while still taking the others into consideration.

I've learned a lot about this subject, like being able to identify how others deal with conflict and how to best resolve issues with different kinds of communicators. How you communicate is so important because you need a different approach if someone is passive or aggressive, especially to get the best outcome.



Ron Frontin & Sherry Dec

Kenzie Phifer, Union

Today I met with Ron Frontin and Sherry Dec. Ron is a contemporary realism artist who works in Rockland, Maine. I saw some of Ron's work and it left me speechless. His work is so lifelike and just incredible! Before I went to meet them, I was very nervous, because I brought my portfolio and I didn't know what they were going to say about my work or me in general! He told me that he was excited to see my work, but he wasn't going to sugarcoat anything and that he was just going to be honest. I was surprised to hear that his only critique was that I should work on shading and highlighting, and I absolutely will.



"Close Friends" by Ron Frontin

It was such an honor to speak to him and get his opinion and critiques. One of my questions was what his thoughts are about art school. He said that in his opinion, art school isn't a necessity because most art teachers don't know what they're doing, and I really appreciated him telling me that. I have been on edge about art school; what to look for, what to worry about and if I even need to go to one.

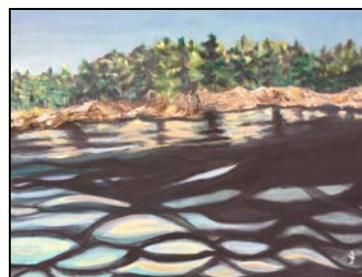
I also appreciated him telling me that failure is the key to success and how real artists are never fully happy with their work. I've always known in the back of my mind that I'll never be happy with my work. Hearing Ron talk about how that really inspired me. Sherry told me that if

I want to use my talent for big things, that all I really need is to be willing to fail and to try hard. Sherry also told me that she believes that my talent is meant to be. Both Sherry and Ron were so sweet, and I will carry their wise words.

I was very curious about art as a career. Ron said it is possible, but it's hard, and there will be ups and downs and you have to be willing to put yourself out there. Sherry is a retired English teacher and in her retirement is pursuing her passion for art. She has been taking art classes with Ron and because of that she has had her work in galleries.

Ron asked me what my preferred medium is, and I told him I was really interested in working with gouache even though I hadn't worked with it before. gouache is basically a mixture of watercolor and acrylic, and since my visit with them I have been practicing with this medium. I have found gouache to be very fun to work with. It's easy to blend, shade, highlight, and erase mistakes. I love it.

I look forward to my class with Ron and I hope I can grow to become a great artist. I'm so grateful for this experience and the possibilities it will bring! The best part of that day was seeing his class work on painting with a live model and seeing how willing everyone is to help me on my journey. Even though this pushed my anxiety, I'm glad to have met new people and to see my possible world.



"Fishing Grounds" by Sherry Dec

Unsettling Commitments

Raelynn Philbrook, Cushing

I begin to think that they come from the dark curiosity deep
inside of my head,
as the thoughts progress, making me ponder how it will be
done, they begin to devour my will to live and the curiosity
develops into plans.
I lay in my bed, mentally writing the note that I will leave to
my loved ones, or would I leave them wondering?
Wondering if I actually meant to, as I was trying to figure it
out myself, am I meaning to?
Without actually realizing what I'd be committing to.
Not realizing that this one commitment will end all
commitments I could have ever made.
These thoughts are addicting.
These thoughts leave me wondering.
These thoughts are endless.
These thoughts are like a bottomless pit, so I thought, until I
hit the bottom.
When I hit the bottom my commitment ends all
commitments I could have ever made.

This poem was inspired by Ronnie McNutt. He was a 33-year-old man from New Albany, Mississippi who shot himself on a Facebook Live Stream for his family and friends to witness on August 31, 2020. While writing the poem I unintentionally tangled it with a personal experience. I felt it was appropriate to leave it in.

This poem was emotional because I have a personal perspective. I wanted people that have not felt this way to realize that sometimes the person with these thoughts doesn't have control. They may not intentionally be thinking about this. Sometimes the thought is just sitting there; waiting for the person to let their wall down. These thoughts can crawl over that wall one by one until they eventually knock it down, and flood the person with them. They cling onto their hobbies, and everything that makes them happy, and then devour it until it's gone - your

happiness is gone. Their entire mind engulfed in a deadly hug.

People with these thoughts are constantly carrying a weightless presence on their back, constantly whispering to them, reminding them to think about suicide. This weightless presence is exhausting. He threatens, "Don't tell anyone." They cannot cry for help while this presence is present. He is always present. The whispers get louder and louder. It's screaming now, these thoughts are loud, deafening. He puts a bag over your head so you can't breathe; panic attack. It's no longer the thoughts devouring your mindset, it's the weightless man. He's taking huge bites of your will to live until he takes his last bite. His screams got too loud, he held the bag over your head for too long, his weightless body got heavy, it was too exhausting, you caved into the man's intent, he took his last bite.

Steps Toward Discipline

Brandi Bailey, Princeton

Healthychildren.org listed these ways to discipline a child. I tried them with my niece, Alayna. She's almost four-years-old.

Teach children right from wrong with calm words and actions

This one does not work very well with Alayna. If you try to be nice and calm, she will yell at you and say, "NO!"

Set limits

This one works for some things, but other things it does not work. For example, when we tell her she can't have more soda, she gets mad and screams.

Have clear and consistent rules your children can follow.

We haven't tried this yet, but we could try to tell Alayna that she can only have soda once a day at lunch time.

Give consequences.

If Alayna were to sneak in the fridge and get soda when she's not supposed to, her consequence could be telling her she can't have soda for a whole day.

Listen to them.

When she wants soda and already had some, I could say something like, "I know you want some soda, baby girl, but you already had some. You can have some with your lunch tomorrow."

Give them your attention.

To give her attention, I could take her outside to go sledding, play with her in her room, or watch a movie together.

Catch them being good.

I can say to her, "I like when you're drinking your juice and not spilling it."

Know when not to respond.

When she's having a tantrum, I could just walk into the other room.

Be prepared for trouble.

We usually keep the fridge locked.

I've learned that you need to listen to your child. If they did something they weren't supposed to, maybe they had a reason. I've also learned that you need to set rules and talk to them about what's wrong and what's right.



"Children require guidance and sympathy far more than instruction."

~ Annie Sullivan

Thoughts on Discipline

Norma Richards, Hollis

Before I watched the video to learn about discipline, I asked my parents the ways their parents disciplined them when they were growing up. My mom said she would sometimes be grounded, and not able to leave the house. I asked my stepdad and he said he got spanked, sometimes with a belt or, when he was really little, they would smack his hand.

The way I've seen my parents discipline my little sisters included spanking them when they were little. Now that they are older, they get their TV, iPod, laptop, or phone taken away and get sent to their room.

The video I watched said fear-based techniques are not the best approach to discipline. The video also said hitting might not work or not be the best way to discipline because spanking sends the wrong signal and after a while, it stops working. The kids grow up and your 16-year-old can't be spanked.

The video didn't talk about the pros of spanking. I agree with spanking, but only to an extent. There are other methods of discipline to use that's not spanking, like time out or taking away for an amount of time.



David Moses Bridges

Passamaquoddy Environmentalist & Artist
Autumn Francis-Stevens, Indian Twp.

David Moses Bridges was born in 1962. He was an artist, educator, political activist,



and cultural promoter. He was raised in the city of Portland Maine and the Native reservation Sipayik, also know as Pleasant Point. It is the oldest

settlement of the Passamaquoddy Tribe. According to archaeologists, the human occupation in this territory dates back to 12,000 years ago.

In 1980 he graduated high school and began working at a coastal summer camp for the youth called Blueberry Cove Camp. His main focus while working there was to expose the young people to the natural world.

After several years of traveling around the United States and Canada visiting indigenous communities, he returned home to Sipayik to work with his elders and community.

When he moved back to Maine he studied boat building and eventually learned the craft of his great-grandfather, Sylvester Gabriel.

In 1992 he turned his attention to the threatened art forms of the Passamaquoddy people. He focused mostly on tools to make brown ash baskets to help his grandmother and the other elders in the community. His artistic work specialized in birch bark canoes, baskets, and winter bark etchings. All the materials used in his work were hand-gathered according to seasonal availability on tribal lands. He also had tools passed down to him from his elders.

From age six his desire was to build a birchbark canoe and in 1996 he began in-depth studies to learn how to make birch bark containers and canoes.



After graduating from the Maine Trades Center in Portland he focused his work on the design and construction of large-scale ocean sailboats and traditional western fishing crafts as a way to raise his family.

His canoes were built to the specific forms of the Passamaquoddy-Maliseet style (dead-rise, rocker, tumblehome, and sheer) for use on lakes, rivers, and the ocean.

His baskets reflect the utilitarian forms devised by his ancestors and display his own design and innovation based on the limitations and attributes of the material.

His etchings show the Algonquin double curve motif and pay homage to the design elements of the Eastern Wabanaki Nation.

In 1998 he began teaching bark canoe construction at the Wooden Boat School with his building partner, Steve Cayard.

In 2017, a few months after David passed away, Tobias David's son participated as an apprentice in a canoe project led by Steve Cayard at the Damariscotta River Association.



Getting Hazel Fixed

Willow Gabriel, Pleasant Point

I am concerned about animal overpopulation where I live and so I made a plan to get my dog Hazel fixed. I had to find a way to pay for the surgery and the medications and so I found a place to get her surgery and an organization that helped me pay for it.

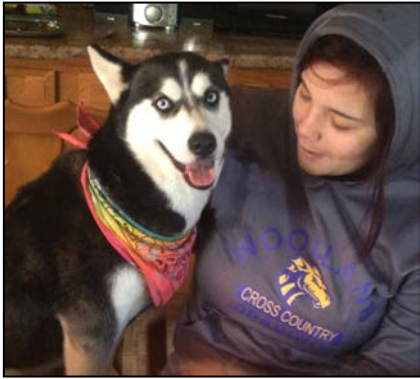
I have wanted to get Hazel fixed for a long time. It was very stressful for me, my family, and especially Hazel when she had puppies. Not only because they were a lot of work, but they took a lot from her too. Her fur was awful and she lost weight. We realized we had to get her fixed.

Hazel didn't just have one litter of puppies, she had two and when it came time to give them away I think it was harder on me than it was on her. I didn't want to trust anybody with my pups. They were my babies, and I was worried they would get passed around from home to home. Most of them went to good homes, but I was very uncomfortable giving them away to certain people.

It took a while, but after Hazel's second litter I messaged PAWS in Calais wondering if they could help me get Hazel fixed. They said they would help me. They gave me a date and time. When it was the day, I was very nervous. I told Hazel she was going to leave for a few hours. They told me to take her food away the night before, but that she could have water.

When we picked her up afterward I was so excited. She was still loopy from the anesthesia. She cried all the way home then I laid with her until she fell asleep. I got two different medications for her. One for the pain and one to make sure she didn't try to play rough and rip her stitches out. After about three weeks, she was back to her normal self. Paws helped

me and saved me about \$400. They also helped me pay for her first few shots.



When you get your dog fixed it increases their lifespan and it helps their health in a lot of ways too. When I got Hazel fixed she did lose weight, but now I don't have to worry about her getting pregnant from the stray dogs around here. (That is another issue that needs to be fixed!) I am glad she can't get pregnant again. People in my community should get their dogs fixed for this exact reason. Hazel used to be in her yard getting harassed. It was annoying.

Other people around here have this same issue with cats and dogs. It sickens me. My sister and I met someone who had over six cats in her house plus kittens! They were inbred, so some of them died. I think everybody should have to fix their animals just for this reason. Sadly, animals have to suffer because their owners don't watch them well enough.

Getting Hazel fixed helped me and my family a lot. Having her fixed helps stops overpopulation and inbreeding in my community. Now we do not have to worry about it, at least at my house.

“Happiness is a warm puppy.”

– Charles Shultz

All the Cats

Lily Harvey, Washington

What can I say about Oliver? Well, he is my brother Gary's cat. He is the baby of the family. He'll be six months old this month. He is very attached to me and has followed me everywhere ever since he was a little kitten. He is very playful and will attack you so that you'll play with him. It's a behavior that has been getting better recently. He loves climbing trees as well as playing with and following his mom around all day. They have a solid bond. He's lovable and will jump in your arms to be held and then purrs very loudly. We're fortunate to have him as part of the family.

Miku is my brother Anthony's cat, and he is the sweetest. When he went to the vet to get neutered, they said he was the best patient they had all day. He was born outside and was terrified of people when we got him, and even though he is used to us, he is still cautious



Oliver (left); Miku (right)

around strangers. He stayed in my room at first to get used to the house and slowly used to people. I put some food and water in there and left him to be alone until I went in there to sleep. It took a couple of weeks, but he slowly came around and let me approach him, then he ate out of my hand and let me pet him, and so on. Since I was the first person he bonded with, he still has a very close bond with me. His favorite things are to get petted and to cuddle.

This cat is named Daisy. She is my cat and also Oliver's mom. One of her hobbies is mothering Oliver. She grooms him and lets



him eat off her until recently when her milk dried up. They like cuddling and sleeping together. They also hang out together and play. She also enjoys running in and out of the house all day for

no reason at all. When she's not doing that, she's usually outside hunting for birds, rats, and mice and then trying to bring them into the house. She prefers my mom over me and isn't much for attention, but it feels extra special when she does want attention.

This cat is P3. He is my second little fluff ball and like a big, lovable, teddy bear. He's the only cat that doesn't



mind the kids. He's usually outside all day hunting small animals, then putting them next to my mom's window and eating them. He only comes in to eat or drink, and then after he either goes back out or goes to sleep in a box or basket somewhere. He enjoys laying in your lap and kneading as well as getting petted and rubbing his face against you.

This is Belle, and she is my mom's cat. We call her our Halloween cat because she's mostly black and has orange eyes. She much

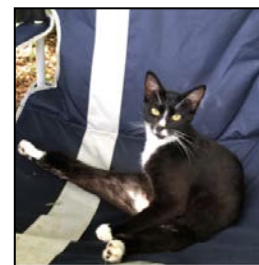


prefers me over my mom and always comes to me over everyone. I guess me and my mom got the wrong cats, because mine prefer her and hers prefer me. The only time that I ever

see her is when she comes in to eat or goes outside. She usually comes to me when I'm out there and wants me to hold her. When I pick her up, she always purrs. When I hold her, Oliver wants to join too, so I have them both in my arms purring. It is the cutest and funniest thing ever. The longest I ever got to spend with her is when she had her babies and was in my room. At first, she wasn't the best mom, but she got the hang of it, except when she brought her kitten outside through my window when it was raining and left it out there alone. Still, she managed to raise healthy kittens that went on to new homes.

This is Kiyomi. She is my brother Anthony's cat. It is impossible to get a good

picture of her. This picture is one of the only few I have. She was a stray cat that my brother found a little over a year ago. She was instantly friendly and



wanted attention. When she is inside, she continually asks for attention, but it feels like it only happens when you're doing something. You can call her over and she will ignore you, then as soon as you're on the phone she will come over and push your phone out of your hand with her head trying to get petted. She has stinky breath and farts and is continuously putting her butt in your face. Even though she is the most annoying cat we have, I love her and don't know what I'd do without her.

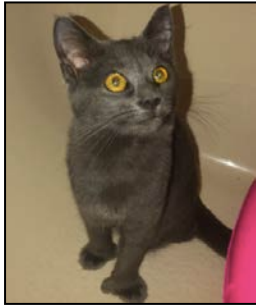
This cat is Theodore, he is my cousin's cat.



He is feisty but also very loving. Sometimes when you walk by him he playfully will swat at you and grab onto your clothing and trap you, it's

funny. He is a strong and handsome boy that has been through a lot. We all love him very much and are going to miss him when he moves out.

These are all of the cats that are no longer with us. We love you and miss you so much you were all special in your own way.



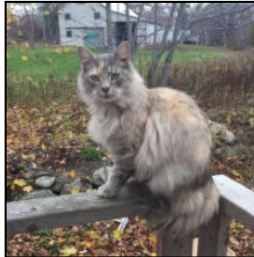
Jack
2019- April 2020



Roxie
Missing since Sept. 2020



Prince
July 2018-June 2019



Princess
Missing since June, 2020

**“Time spent with
a cat is
never wasted.”**

- Colette

A Few Midcoast Resources

Rae Philbrook, Cushing

Families Can!

Bath, Maine. (207)-442-7963.

This is a program that provides support groups and family education to single parents, new mothers, teen mothers, and guardians. It is a no-cost program and is open to the public. It is through Midcoast Maine Community Action.

New Hope for Women

5 Beech Street, Rockland Maine.

(207)-594-2128.

They're available 24/7. They offer help to people affected by domestic and dating violence. They provide educational resources, a 24/7 domestic abuse hotline, emergency shelters, transitional housing, advocacy support groups, legal information, a certified batterer program, and is completely free.

Rockland Metro Treatment Center

166 New County Road, Rockland, Maine.

(207)-596-0312.

The center provides opioid addiction treatment and recovery, medication assisted treatment, counseling, medically supervised withdrawals, and medical exams.

Here are a few additional 24/7 hotlines:

Domestic violence hotline. (800)-799-7233

Teen dating abuse hotline (866)-331-9474

Human trafficking (888)-373-7888

Sexual assault (800)-656-4673

