

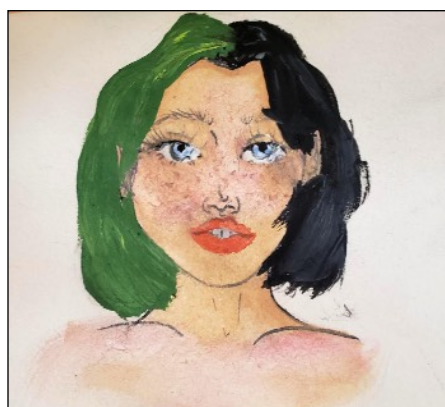
Passages Press



I Love Art So Much!

Kenzie Phifer, Union

I've used charcoal, watercolor, acrylic, and oil paints before and I don't really have a preference because it really just depends on my mood. For example, sometimes I want to make something soft and a little messy, so I'll use watercolors. Sometimes I don't want to worry about color, but I want to use more shading, so I'll use charcoal.



Portrait by Kenzie Phifer

I believe anyone can create art if they want to. I haven't used gouache before, but I've learned quite a bit. Gouache is like acrylic and watercolor so it's opaque and thick, but it can be diluted and reactivated with water! I personally love

acrylics and watercolor so gouache might just be my 'perfect' fit.

I love art so much, I love the fact that anyone can create something amazing, I love the diversity of it and most of all I really love how beautiful it is. Art is my happy place, my safe space, and I love sharing it with others. I create art to be happy and spread love to others. That's my goal as an artist, to spread love. I want to grow as an artist, because I have learned that all artists have room to grow no matter how good they think their art is. True artists will always find something to dislike in their work

The thing I regret most is that I don't have many 'favorite' artists because I don't usually look at the artist themselves. I watch YouTube a lot, so I know a few artists from there and Instagram. I'm working on paying more attention to the person behind the artwork. Lately, my favorite artists on Instagram are definitely "sushi.turnip" and "artbycaos". On YouTube my favorites are, "WeroNoYume" and "jazza."

Whatever Makes Me Feel Nice & Happy

Shelby Robinson, Auburn

Self-care can be decompressing but not necessarily. Things like drinking or smoking and playing video games are not self-care.

Face-mask

Foot-mask: I leave it on for an hour and use it after the shower.

I regularly shop for self-care things such as a Derma-roll.

Vitamins are self-care.

I'm mentally happier - ready, put together, ready to go - when I do self-care.



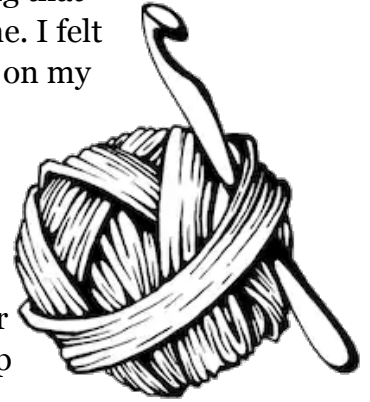
Illustration by Mikayla Desruisseaux, Sanford

Learning to Crochet

Brooklyn Leigh, Rockland

Crocheting was something I had never tried or done before and I was excited to learn. I wanted to be able to make something for my son by hand, that way he could have something from me that he could keep forever.

It felt good to be able to put my time and energy into something that was very meaningful to me. I felt very relaxed while sitting on my couch listening to music, hearing my son play with his toys in the background and be able to do my own thing. I was able to make a hat for him. Although it ended up being too small for him, I figured I'd keep it for him anyway.



It can be very hard to learn how to place your fingers and get a good rhythm going for yourself when you first start crocheting. It took me a few hours to figure out how to even get started. After I was able to get started and put the yarn on the crochet needle and place my fingers in the right spot, it only took me a few days to complete the hat.

Overall, I learned that even though it was frustrating, I was still able to push myself to learn and be patient with it, and something great came from it. Now when my son gets older and has kids of his own, I can teach his kids how to crochet.

Number 139

Kayli Preston, Westbrook

In 2010 Leonardo Drew made a large sculpture, named, *Number 139*.

Leonardo Drew is a nature artist. Drew grew up in Bridgeport, Connecticut.

Living in his home, he had a view of trash, and seeing trash everywhere inspired him to put it in his art. Drew distresses material by burning and chemical rusting to create illusions of use and abandonment.

Number 139 permanently resides at the Portland Museum of Art in Portland, Maine. *Number 139* is made out of hundreds of twigs, wooden slabs, wedges, blocks and chunks.



Leonardo Drew, *Number 139*
Portland Museum of Art

The stacked slabs sit at eye level and downward, creating an illusion as if it were to collapse. The chunks and twigs are mainly at the top and sides of the sculptor. Most of the wood in this

sculpture is held together by screws. The sculpture was completed by being painted black.

If you look closely to the bottom left corner of the sculpture, there is a misshapen slab with a perfect circle-shaped cutaway. Implying organic origins, the circle detail is unique. There is another noticeable misshapen. There is a long stick at the top right portion. It protrudes far more than any other element.



Episode

Arielys Diaz, Lewiston

If you're a person that doesn't like reading, but you have to for your classes, *Episode* is the perfect app. I found *Episode* one day when I was going through my app store, and I realized that I could make my own stories, design my own characters and everything.

Episode works on your phone too. There, you can only read other people's stories. There are so many kinds of stories you can choose from: Drama, Romantic, Action and more. I came to realize that I enjoy reading because I get to read about what I like.

10 Things that Scare Me

Anonymous

- 1) Nuclear War
- 2) Abandoned mine shafts
- 3) Evil ghosts/sleep paralysis
- 4) Two certain videos on YouTube
- 5) Falling
- 6) Death/dying
- 7) WW3
- 8) Ghouls
- 9) Getting hit
- 10) Flying in airplanes or traveling on a train



Animal Abuse

Rae Philbrook, Cushing

Cruelty to animals, also called animal abuse, animal neglect or animal cruelty, is the infliction by omission (animal neglect) or by commission by humans of suffering or harm upon any non-human. Cruelty to animals sometimes encompasses inflicting harm or suffering as an end in itself, defined as zoosadism.

I have animals of my own that I love dearly and couldn't imagine hurting to save my own life. I've read about animal cruelty in the past and it upset me beyond belief every time. If you can't afford or take care of your animals, then it is your responsibility to find them a better home. If you don't like or necessarily care for animals, then why do you own one? There is no excuse for this type of abuse.

I've met animals that have been abused before they lived with their current loving owners and it is heartbreaking how they act to certain hand gestures, movements, or normal animal restraints, such as leashes or kennels. There shouldn't be so much hatred in your body that you have to take it out on vulnerable critters.

Animals are supposed to be a part of your family. They're often used for emotional support, which is amazing. How animals can learn to react to situations and keep us stable in uncomfortable situations is incredible. They should be treated with love and care. Animal abuse is avoidable, unnecessary, and cruel.

Jane Goodall

Savannah Senay, Tenants Harbor

Jane Goodall was born April 3, 1934 in London, England. She always had a love of animals and dreamed of going to Africa someday to see some of her favorites in the wild. Chimpanzees were an animal she really liked. She had a toy one as a child which was her favorite.

Goodall spent her late teenage years and early adult years saving to go to Africa. By the age of 23 she finally saved up enough money to visit a friend on a farm in Kenya and loved Africa so much she decided to stay.

Though she was inexperienced, she was offered a job by archaeologist Louis Leaky who wanted a fresh pair of eyes to study chimpanzees. It was 1960 when she began studying chimpanzees and studied them for the next 40 years. Rather than giving each chimpanzee a number as most scientists would, she named them each.



Goodall discovered that like us, chimps also use tools. She watched them use grass to get termites from a hole to eat. She also discovered that they

are meat eaters when they were previously thought to only eat plants. Another thing that Goodall observed was that they have unique personalities. She saw they could be kind, generous or quiet along with some who were aggressive and bullies. She also saw how they have emotions like sadness and joy.

Because chimps are our closest ancestors, she observed and paid close attention to those similarities in which we have as a species. Aside from the tools, meat eating and personalities, she also discovered their motherly instinct, socializing and tribal warfare.

Maternal behavior is not instinct, it is something that the mothers learn. Mothers often teach their older daughters how to care for their younger siblings and the chimps that had more caring mothers were better mothers than the chimps whose mothers didn't actually mother them and care for them.

She watched their socializing behavior and saw that they have bonds. Goodall would watch them hug and even kiss one another. Along with having bonds like us they also have social rivals. Some acted like criminal gangs protecting their territory. She discovered that the males patrol their territory's borders. If a male from another tribe were to be seen, they would chase, attack and if given the opportunity, kill them.

In 1977 she created the Jane Goodall Institute to continue her research and expand efforts and education on chimpanzee protection, conservation and the environment.

In 1991 a group of students worked with her to found, *Roots and*

Shoots. An organization that discusses ways our youth can do something to better our world.

In 2004 Jane was named a UN Messenger of Peace.

Jane's strong passion and love for chimpanzees along with her dedication and determination helped her to pursue something she loved and learn all about it. She was able to learn and teach so much about our closest ancestors and how we share a lot in common. She started saving her money at such a young age and spending her life doing something she loves so much and teaching and doing good all in the process is inspirational and has made her a loved role model to many.

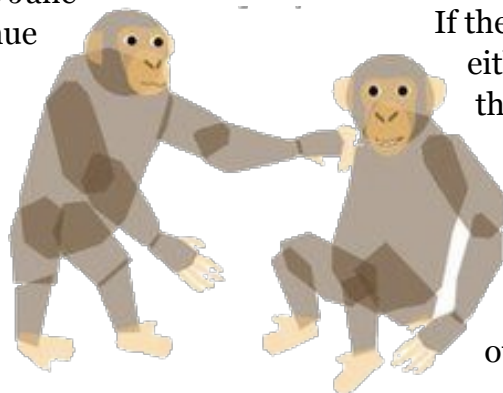
Sharing Toys

Brooke Marcum, Jonesport

With children most conflicts have to do with toys or something belonging to the other. For example, Summer plays with her cousin Jaxson and he doesn't like her playing with his toys, but to him, it's ok to play with hers. So, when he gets mad that she is playing with his stuff, we take it from her, and we take her stuff from him too.

At other times we tell him that if he wants to play with her toys, he has to let her play with his also.

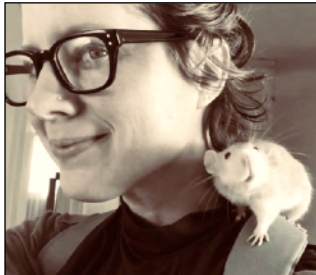
If there is a conflict about one toy, we either take it away all together and they find something new to play with or we let one play with it for so long and then give the other a turn. This is so they learn that they have to share and also that their stuff is still theirs, but other people can play with it.



Interview with Jenny Nichols from Cottontail Cottage Willow Gabriel, Pleasant Point

What kind of animals do you rescue?

We rescue farm and companion animals.



How many animals have you rescued? This year alone we've rescued 70 animals, however, we've rescued hundreds over the last seven years.

How do you get them to come to you? The animals are usually brought by state animal welfare from neglect and abuse cases or from people who can no longer care for them, or no longer want to care for them. It all depends on the situation.

Do you try to find your animals a home? We do try to find homes for some animals, but mostly we act as a sanctuary where they will live out the rest of their lives here with us.

What are your thoughts on pet overpopulation? I think pet overpopulation is very sad. This is the leading cause of animals being put into very bad and dangerous situations such as abandonment. People need to educate themselves on animal abuse and work hard to become advocates for them.

What can people do about animal abuse? The best way to stop animal abuse would be to report incidents directly to our state animal welfare program. It is found online and can be made anonymously. They will send an agent/officer out to do a surprise visit if warranted.

What is your favorite animal? Gosh, I really don't have a favorite animal. They all come with their own personalities and characters. I will say that I think goats are awesome. They make me laugh and are just like little children.



Misbehavior

Devon Danforth, Swanville

I have observed that all parents have different ways of parenting their child. Things like the way they punish them or teach them are both very different things. When it comes to parents and dealing with the stress, some parents spank their child and put them into a corner to deal with their child misbehaving.

Some parents deal with their child misbehaving by taking the things they like away and not letting them have it until they start behaving or realize what they have done wrong.

Now, say that the kid is behaving. Some parents would show how happy they are about how good they did or how good they have been

behaving lately, and other parents may not even acknowledge that their kid did something good or has been behaving very good lately.

As a parent, what I would do differently from above is when my son misbehaves I would make it known to him what he has done wrong and get him to realize that kind of behavior is not okay. If he did the same thing again after we had our talk about how it is not okay to behave like he did, I would not be so forgiving. I would then put him into the corner and have him stay there until he has apologized for what happened. I would also expect him to change his action for sure this time, I would also make sure to put it out there to him that I do not want to see this happen again.



"There really are places in the heart you don't even know exist until you love a child."

- Anne Lamott

They Need To Be Loved

Brandi Bailey, Princeton

Positive Parenting is when you're focused on developing a strong, deeply committed relationship between a parent and the child. For example, when Kyler wakes up in the middle of the night because he's teething, even though I'm usually tired, I always get up and talk to him and I let him know what I'm doing.

Some things I've seen parents do that I would never do is hit their kids, be ignorant to their kids, yell at their kids, and get mad at their kids for getting dirty. If Kyler was to get dirty or roll around in dirt or mud, I would get a little mad, but I wouldn't get too mad because I used to do it. I would just have to start bringing extra clothes wherever we go.

Gentle Discipline is when you're nice to your kid and talk to them about their mistakes and how they are wrong. I think my parents used gentle discipline with me, because whenever I would color on the walls or get mad and throw things or yell, they would always calm me down and talk to me about why what I did was bad and why I shouldn't do it again. Sometimes they did get mad, but they never yelled.

When Kyler is older, I think I'll use gentle discipline too because I want a child who knows right from wrong and at the same time, I want to help him and teach him without getting angry and yelling.

I feel like more parents should pay more attention to their children. Kids need attention, they need to be nicely taught things, and they need to be loved and treated nicely.



Peek-a-Boo!

Kristina Kenney, Hope

One of the milestones I've experienced with my 11-month-old, Sander is that he initiates peek-a-boo by putting a pillow in front of my face and moving it, then waiting for me to say, "Peek-a-Boo!" Then he giggles and mocks me.

When I first started to play it with him, I'd put a pillow in front of my face then move it and either say, "Peek-a-Boo - I see you!" and he would have the sweetest giggle!

After a while when I'd put a pillow to my face, he would start to try to peek around the pillow and then proceed to move the pillow away from my face waiting for my, "Boo!"

Now he moves a pillow or blanket in front of my face for a few seconds and then moves it all on his own. That took me completely by surprise.

It warms my heart that he enjoys playing Peek-a-Boo so much that he takes the lead. He is such a fast learner and surprises me every day!

Get Outside & Play

Kristina Kenney, Hope

I was an only child. When I was at home, I'd always play outside until I heard my name called for dinner. I was usually playing with the neighborhood kids. We spent time riding bikes, playing basketball, scootering, rollerblading, ice skating, playing manhunt, and using a tarp and soap to make a Slip 'n' Slide. One of my favorite things to do was make my own obstacle course with a bunch of stuff we had around. It probably wasn't the safest idea, but it sure was fun.

I want Sander to play outside as much as possible, like his father and I did as children. I had a talk with Jacob about the fact that I don't like how Sander sees him playing his video games so much. I asked him if he wants Sander to grow up always wanting to be in front of a screen playing on a game console. Obviously, his answer was no.

To me, something needs to change. I want Sander to want to go outside instead of sitting in front of a screen. I can't wait to be able to bring him to museums and zoos and see his reaction to all kinds of different things.



Making Smoothies

Asia Hall, Turner

When making smoothies you want to figure out what you like so it can be healthy, but taste good too. Some people like adding milk and yogurt and fruits and/or veggies. I like smoothies with yogurt and fruits and maybe a little juice.

I don't like making them with milk or kale. It gives them a thick, weird taste. I also don't like tasting the veggies in my smoothies, so I stick to fruit ones. If you don't like veggies like me, then I would just add a little bit at a time so you don't really taste them but can still get the nutrients.

Look up recipes and try different things until you get a smoothie you like. My favorite so far is a strawberry-banana with strawberry yogurt. It's really just trial and error until you get one you like. It took me multiple times to get one that I enjoyed, and I had to play around with different things to find what I like.

Strawberry Banana Smoothie

Ingredients:

2 cups fresh strawberries, halved
1 banana, quartered and frozen
1/2 cup yogurt (plain or flavored)
1/2 cup milk

Instructions:

Add all ingredients to a high powered blender and blend until smooth.

Time With My Dad

Autumn Francis-Stevens, Pleasant Point



When I was a child, I enjoyed playing outside with my friends and family. My favorite things to do were going for boat rides and fishing. When my dad had free time he would bring me and my best friend out on his boat. I think what was most exciting was catching something different. It was like a prize every time a fish came out of the water. One time my dad let me bring my fish home because I was so excited that I caught one I didn't want to let it go.

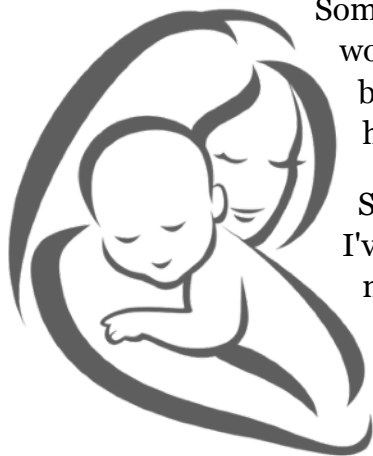
I was always happy to spend time with my dad and it made it even better that I got to bring my best friend because I loved spending time with her too. We always brought stuff for lunch and spent all afternoon out on the water. If it was hot out my dad would let us jump off the boat into the lake and that was really fun.

One time my dad and I went out on the lake and I remember it being my favorite time. I had a lot of brothers and sisters so we never got quality time together.

Growing up, my dad always tried to do outdoor activities with us. The fresh air always felt good and we always got a good night's sleep afterward.

Jackson - 14 Days Old

Olivia Orff, Waldoboro



Something I've been wondering about my baby is, what does he dream about?

Something new I've noticed about my baby is that he gets frustrated when he has the hiccups.

Something I think my baby enjoys is sleeping on my chest.

Something I think my baby finds upsetting is having gas or getting a diaper change.

Something my baby might benefit from is tummy time, and gas relief drops.

Something I love about my baby is...Everything. His ears and cowlick just like his father's. His nose, which looks just like mine.

Something I fear for my baby is losing his innocence to the world as he grows up.

Something I hope for my baby is that he grows up respectful and caring of what is around him.

Something unique about my baby is his personality. He is the sweetest yet grumpiest baby, all at the same time.

One of the hardest things about being a parent is seeing him cry, when it is from something I can't help him with like gas.

One of the best things about being a parent is seeing your reason for living any time you look into their little face.

One way in which I have grown as a parent is getting more comfortable handling Jackson.

One way in which my partner has grown as a parent is also getting more comfortable handling him and consoling him.

One thing I'd like to learn more about parenting is how to decide which advice to take from other parents/doctors. When are the right times to follow whom?

One great thing that I have done for my baby is dedicate my time, love, and effort to keep him happy, safe, and healthy.

One thing I fear for myself as a parent is failure. I never want to make him feel as though he could've had a better childhood.

One thing I hope for myself as a parent is that I succeed balancing between being his mother and his friend.

One way having a baby changed me is caring about someone other than myself or Nicki. I am no longer putting my needs first.

One thing I got from my parents that I would like to give to my child is respect, and honesty.

One thing I want to be different from my own experience of growing up is that I want to raise Jackson in a healthy household. I don't want him to ever have to witness domestic violence or feel emotional trauma due to his upbringing.

Unconditional Love

Elizabeth Hustus , Searsport

Parents can bond with their babies in many different ways such as feeding, nurturing, and playing with them. Studies have proven that bonding is essential for a baby. Harry Harlow created a study on maternal deprivation that was conducted on monkeys in the 1950s. Some of the monkeys were provided with mothers that were soft and comforting while others had only mannequin mothers. The monkeys with mannequin mothers had a greater chance of despair than the ones with a maternal bond.

I had a bond with my child even in the womb. I gave her life and tended to her needs from the beginning. I am someone who can sleep through thunderstorms, but as soon as my baby was born I woke up to every cry she had in the night.

Right after I birthed my child, she was immediately placed on my chest for skin-to-skin contact. Babies need touch to soothe them and make them feel safe. Even when babies cannot talk, looking into their eyes and helping them know that you are focused on them creates a connection. Talking to them and getting reactions and smiles are also helpful to build that bond. I try to make Kennedy feel as comfortable as possible and make sure that she is well taken care of. Our love is unconditional.

It is crazy that we go through life only having to worry about ourselves and then suddenly you are responsible for another human. My connection with her has really made me open my eyes to how quickly life goes by and reminds me to enjoy every minute that I have with her. I will continue to be the best mother I can be. She is the most precious thing in my life.

The Best for Karma

Sierra Leigh, Washington

A situation that would be good to use negotiation and conflict resolution skills would be with my daughter, Karma's father, Dakota. We used to fight all the time and couldn't ever get along for more than five minutes. Negotiation has helped because it's better for her to have parents that can get along and co-parent and not fight all the time, and it also makes the co-parenting easier.

It has taken a while for Dakota and me to get to the point where we can talk civilly without arguing and conversations that don't go anywhere. My issue always was that he could never tell me the truth and only wanted to do things when they benefited him. His issue with me was that I didn't want to be with him. We didn't really come to an agreement until about a month or two ago. We started fighting more when I first got with Shawn. They didn't get along, but eventually we were all able to talk and come to the conclusion that getting along would be better for Karma. We all love, care and want what's best for her and to do that we need to work together as a team and co-parent.



No Need For Perfection

Kailey Townsend, Eastport

Something I have learned from other parents is that it's good to get a break at some point during the day, whether it's a shower alone or having someone watch the child just to have a couple minutes by yourself. I also learned not to feel bad about leaving the baby to go out sometimes.

Sometimes I try to get a break to shower and to eat a warm meal. I've gotten to hang out with my friends a couple of times without the baby, but my friends are very supportive and don't mind if I bring her along.

I want to learn how to manage my own stress and start taking care of myself so that I can take better care of my child. I've learned that when I'm stressed my child could feel my stress too. Sometimes I need to make time for myself just to calm down. I could ask someone to watch her so I could take a warm bath or go for a little walk outside. I could try doing yoga while she sleeps.

I don't need to aim for perfection in everything I do as a parent. I have learned from Eliana that there are good times and bad times when being a parent, and no matter what mistakes I might make, It's going to be okay.

Every day I show and tell my daughter that I love her. I show her that I love her by playing with her and giving her hugs and kisses and by making sure that she is bathed and changed and fed.

Eliana has taught me that parenting can be stressful at times. But watching her grow up is the best thing I could ever watch. We learn something new together every day.



Postpartum Healing

Gayle Wood, Machias

The hardest part of pregnancy for me was postpartum healing. I tore giving birth and I was stitched up on the spot. A day after being home from the hospital, I spiked a fever of 103. My stitches had fallen apart, I was healing wide open, and an infection was starting. I was put on antibiotics and wheeled into corrective surgery a few days later. Healing from the surgery was intense. Having my lady bits shredded by a baby, then stitched, then to be cut and stitched again by the doctor. The morning sickness and the healing process were by far the worst parts about pregnancy. My favorites included eating for two, being waited on, and of course the kicks and movements!

Postpartum depression has been the biggest hurdle for me. As motherhood is beautiful, rewarding and precious, it is also draining, physically, and emotionally. We mothers often feel even worse about having postpartum depression because of the stigma that says, "How can we be so ungrateful for the role that was given to us?" We've given our bodies and now they now feel foreign. Our lives are now devoted to someone who has yet to learn gratitude.

We are constantly hearing cries to give our love and attention, when all we want is to give ourselves some self-love and attention for once. Then the hormones that are out of whack, start playing games in our minds about all these aspects in our new life as a mom. Finding help and learning on-the-go is what has helped me get through each day as a mom with postpartum depression!



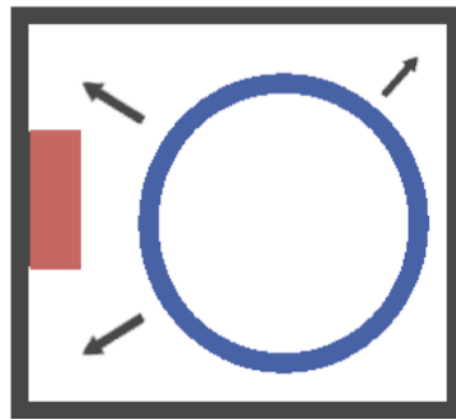
It's Not Just Five Stages

Candace Barry, Lewiston

"If you can't understand why someone is grieving so much for so long. Then consider yourself fortunate that you do not understand." - Joanne Cacciatore

Everyone handles their grief differently, and you won't know how someone will handle themselves until someone close to them dies. When everyone talks about grief, they talk about its five well known stages: denial, anger, bargaining, depression, and acceptance. What many don't talk about is how long the process can take, and how everyone treats you until you're acting 'normal' again.

I once heard the best analogy. Grief is a box that holds a ball, and in the box there's a button. When the button is pressed it causes pain and sadness. When you first lose someone, the ball is huge and can hit the button often. As time goes on the ball will become smaller, therefore hitting the button less frequently, but can still hit the button just as hard. This can be different for other individuals. I am not sad about my grandfather as often as I was at the beginning, but it still can make me cry, which is good, because that means I'm remembering him, and missing him.



Death is a part of life, but that doesn't mean it won't hurt. It can be surprising when someone's passing affects you as if you are losing a close member of your family. Let yourself hurt, and handle things how you need to. If you need help, don't be afraid to ask those around you, because they are most likely just worried and wondering about the best way to help. No matter what time, day or night, there's always someone you can talk to. When handling grief there's not a right or wrong way, just a different way.

History of 9/11

Madison Dorias, Buxton

The history of September 11, 2001 has a lot of details that added up to a tragedy. I will describe the events that led up to the historic moment that I believe has changed our world for the worst.

Al Qaeda wanted to be the masters of the world. Osama bin Laden, the founder of terrorist group Al-Qaeda, was blowing up things all over the world since the 1990s. In 1998, 19 hijackers using their real names, flew to the United States to get flight training so they could be ready to attack the World Trade Center (Twin Towers) in New York and the Pentagon in Washington D.C. One hijacker got arrested after he graduated flight school because his interest in flying only 747 planes was suspicious to the FBI and flight crew. Another hijacker was seen buying two pocketknives that were small enough not to be caught by the airport alarm. On August 13, 2001 hijackers caught a flight to Las Vegas to plan for the 9/11 attack.

It was just a normal day on September 11, 2001. when Osama Bin Laden gave the hijackers approval to strike their targets. On the day of the attacks, Flight 11 crashed into the North Tower of the World Trade Center causing people to wonder if it was an accident. Soon after, Flight 175 crashed into the South Tower leaving people without a doubt that it was terrorism. The North and South Towers were on fire, people were jumping out of windows, and calling family from planes saying their goodbyes.



That same morning, Flight 77 crashed into the Pentagon, damaging about three-quarters of the building. The South Tower officially collapsed at 10am. Not even four minutes later, hijackers crashed Flight 93 into a field in Pennsylvania instead of hitting the U.S Capitol. Some people believe that passengers on the plane tried to distract the hijackers and take over the plane.

At 10:30am, the North Tower collapsed. Sources say it only took 12 seconds for each tower to fall after being on fire for so long.

On September 11, 2001, 2,775 people were killed during the Twin Towers attack, 185 people were killed during the Washington D.C. attack, and 40 people were killed during the Pennsylvania crash, totaling 3,000 people. It started off as a normal day, but the day ended in grief and shock.

Many people feel that this terrorist attack destroyed our sense of safety in the United States. Over the years, the U.S. has done a lot to keep terrorists out of our country. Airports increased security with metal detectors, random searches have increased, and security checks carry-on bags for explosives.

The military has been traumatized too. As a result of the military occupying Afghanistan and Iraq, soldiers return home with Post Traumatic Syndrome Disorder (PTSD) symptoms.

Homeland security spending increased from 16 billion to 43 billion in just two years. Deportations increased over the decade from 200,000 to 400,000 people in 2011. Government

surveillance has increased, too. They can check our private text messages, social media, and put video cameras in our technology. The Victims Compensation Fund collected and earned seven billion dollars for those affected by the event.

Now New York has two reflector pools that are in place of the Twin Towers called, the Tribute in Light.

In conclusion, on September 11, 2001 lots of events and tragedies happened. No one will ever really understand 100% as to why Al Qaeda was striking the U.S. Al Qaeda killed thousands of innocent people and ruined important buildings because bin Laden asked them to do so.

Ever since 9/11 our world and our people have changed in many ways, from airports to concerts, stores, social media, electronics, etc. All of those have more security and cameras to survey what we do and how we do it making the government feel safe and making sure something like that never happens again from a little text, email, or call. Even a hand signal in any of those places could make someone suspicious about you and what you're doing. I feel it was a sad and tragic day for families of those who were expecting those who lost their lives to come home.

Sources: www.kqed.org / www.history.com



Voting

Isaiah Ellis, Washington

I didn't know how to register to vote in my town, so I asked someone. I was told we need to go to the town office, talk to someone, and tell them you want to register to vote. You get some paperwork to fill out and you have to return it.

1776, Voting was restricted to many people. If you were a woman, you couldn't vote, if you were 18 you couldn't vote. You had to be a white, 21-year-old male who owned property to vote.

1868 The 14th amendment granted the rights of full citizenship and voting, to all men born in the US.

1870 The 15th Amendment removed racial barriers around voting, but many states still practiced voting discrimination. Poll tax, intimidation, literacy tests, and fraud prevented many people from voting.

1910 Washington voters amended the State Constitution, which allowed women to vote and run for office.

1920 Women were given the right to vote, thanks to the 19th Amendment.

1923 Washington repelled the poll tax, which was used to discriminate against certain voters.

1924 The Indian Citizenship Act granted the right to vote and citizenship to Native Americans.

1964 Men and women, aged 21, of all race, religion, and education had the rights to vote. The poll tax was also removed from every state because of the 24th Amendment of the US Constitution.

1965 Literacy tests were suspended nationwide.

1971 The voting age was lowered to 18.

1975 Literacy tests were banned nationwide.

1984 The Accessibility for the elderly and Handicap Act required polling places to be accessible for people with disabilities.

Breaks at Work

Angelica Thurlow, Steep Falls

Is it legal for two people to work by themselves with no breaks?

In the State of Maine, if you work for 6 hours, as long as there are at least three employees you must take a 30 minute break, unless there is an emergency and that's not possible.

After working for four hours, you are limited to a 15 minute paid break unless you sign something agreeing you don't need the 15 minute break. These breaks are often called, "smoke breaks." You don't have to use all of 15 minutes at once. You can either use four, 5 minute breaks or use the whole 15 minutes at once.

El Salvador

Sarena Bennett, Westbrook

El Salvador is the smallest country in Central America and is smaller than the state of Massachusetts. El Salvador has a lot of mountains. The two biggest mountain ranges are the Cerro El Pital and the Santa Ana Volcano. It is known



as the "Land of Volcanoes," and has natural hazards which include frequent and sometimes destructive earthquakes and volcanic activity. The country is also extremely susceptible to hurricanes. El

Salvador is the only country in Central America that does not have a coastline on the Caribbean Sea.

When the Spanish invaded in 1519, El Salvador was controlled by the Pipil, who were related to the Aztecs through their Nahuatl language. The country was then called Cuzcatlán or "Land of Jewels." El Salvador was an organized state with laws, taxes and temples. Its trading routes extended over two continents.

As in other Central American countries, Spanish colonialism destroyed much of the native culture. The Spanish created large plantations for cotton, balsam and indigo (a plant used for making blue dye) and used the indigenous peoples as labor; many died under Spanish rule.

On September 15, 1821, El Salvador gained freedom from Spanish domination, but the land was still controlled by a wealthy elite. In 1856 El Salvador separated from the federation of Central American states under the leadership of Jose Manuel Arce, El Salvador's first president.

One of the main El Salvadorian foods is Pupusas. They are thick, corn tortillas stuffed with cheese, meat, squash, and/or other fillings. They are served with a sour sort of cabbage salad and homemade tomato sauce on top. Other common foods are Empanadas and Tamales. Empanadas are flour pastries filled with meat, potatoes and/or cheese. Tamales are boiled pockets of corn dough, stuffed with meat or sweet corn and served in banana leaves.



The Curse

Brady Lombardo, Hollis

The Red Sox won five World Series before 1918. They also won the championship series.

“The Curse” began in 1920. It started with a trade by Harry Frazee, owner of the Red Sox, to the Yankees. The infamous deal happened when they traded Babe Ruth to the NY Yankees for \$100,000. People call it, “The Curse of the Bambino.” The Curse is the lack of World Series wins by the Red Sox for 86 years, until 2004 when the Red Sox won the World Series.

As The Curse of the Red Sox continued, the Yankees kept on winning the World Series and having a lot of appearances.

In 2004 a group of players nicknamed The Idiots, who everybody thought were not good - just average, turned them into World Series winners.

After that World Series win in 2004 the Red Sox won three more titles in 2007, 2013, and 2018. So, you could say the curse was broken.



People Watching

Savanah Doak-Turner, Cushing

I’m sitting in the emergency room with a kiddo I work with. She has been here for four days now. As I’m typing this, nurses are walking back and forth, and I’m catching some bits and pieces of what’s going on around the emergency room. These nurses and doctors do so much for us. They run around for 12+ hours a day and do everything from checking us in, to calling life flight when a patient isn’t doing too well. What surprises me is how most of them can still put on a brave face and go from patient to patient. I’m not sure how they can do it, but they must absolutely love their job to be able to paint on a happy face even when they’re having a rough day.

I’m still sitting on the floor in the emergency room typing this, but I’m more focused on my client. We’re listening to Luke Combs, a country artist that both of us are completely OBSESSED with. My client is pacing around in this tiny, little room clenching her sensory toy horse named, Black Beauty. I know she’s doing this because she doesn’t want to be in this little room anymore, but we’re waiting for a bed to open up at Acadia, Spring Harbor, or an out-of-state crisis unit. What surprises me is that she can literally go from being very happy to escalated and unhappy in the matter of minutes. I understand on paper why she does this, but I would love to get into her brain and figure out what isn’t wired right, and how it all works. I wonder what she would be like if she didn’t have schizophrenia.

Getting to Know Us

Tiny Interviews with Wayfinder Staff

Martha Kempe

Head of Schools, Wayfinder Schools



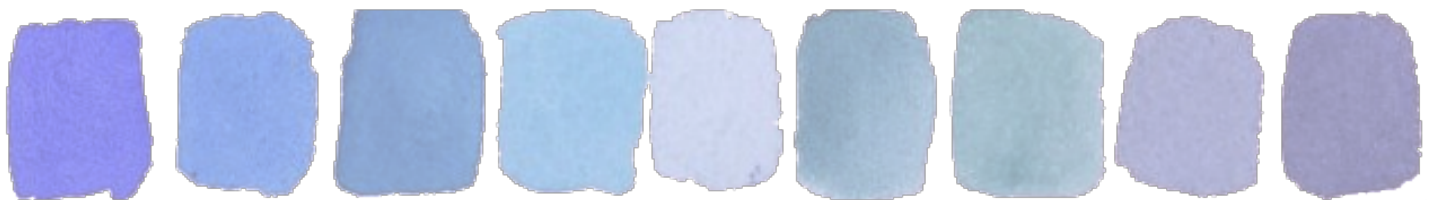
What is the most challenging and/or funniest moment you've experienced in the classroom?

My legs barely fit under the low table my two third graders sat at for our weekly reading lesson. The boys were best friends and absolutely loved the very idea that they got to leave class together and spend 30 minutes with me. This was not always the case for most of my young readers. It was hard keeping up with them as they quick-stepped down the hall, colliding into each other and off the wall, linking arms.

The lesson this week was the 'w' sound... wet, went, wide, woman, won, wig, win. The

picture books we read were from the Sunshine Readers collection. This particular book showed a bumbling lady getting ready to go out shopping. She wasn't all put together, shoes mismatched, coat barely on, hat askew because her wig was not on right. "W...I...G, wig" Tommy sounded out. "Yeah...wig" you got it!", Caleb said with a smile. "What's a wig?", Tommy asked. "It's what she's wearing!", Caleb pointed to me, matter-of-factly. I know I am "old" in their young eyes even at a mere 41. But little did I know how old. "Wait a minute there, bud. This is my very own, since birth, heavily dyed real hair...give a tug." With all seriousness, and a bit hesitant, Caleb pulled a strand of my hair, and smiled.

The lesson I learned that day is we each see the world from our own unique perspective. And to not be too shocked by how diametrically opposed those perspectives may be. A lesson I take with me each and every day as I work to be sure students are able to get the education they need. By exploring how they see the world and what they say they need. By listening to what other educators, policy makers, administrators, donors, staff and family see and understand. Perhaps my view needs a new perspective? Perhaps theirs do? If we do not seek to understand what others know, we may be seeing and living in two very separate worlds. With that in mind, I start each new day straightening my wig.



Dana Fadel

Passages Teacher, Southern Maine



10 Things That Are Dana Fadel:

1. **Touring cyclist.** While I'm not very fast nor do I have all of the gear, I really love to travel by bicycle and see different parts of Maine and beyond, all from my bike seat.
2. **Seeker/Student.** I went back to school three years ago, but even before reentering school again, I have always seen myself as a seeker, (as some of my friends call me). I am learning all of the time, and everyone is my teacher.
3. **Delicious coffee.** Some of my students and colleagues already know this about me. I like to drink very. Delicious. Coffee.
4. **Film Festivals.** Since coming to Maine from Louisville, Kentucky (where I was born), I've loved volunteering and attending the various movie festivals around the state. These aren't your average Hollywood movies!
5. **Weaving.** In college, I took a weaving class that ultimately changed my life. I currently have a loom that is 5 feet wide. It's like a grand piano. I like to weave pillows and tapestries, or anything really!
6. **Dancing.** I want more of this in my life, but at the moment, I like to listen to anything that makes my body move. One day, I want to be in a choreographed dance performance.
7. **Volunteer.** For the past 9 years, I've been an advocate on the Sexual Assault helpline. Most of the time I am listening to folks share their stories. Sometimes I go into the hospital late at night to be there for a survivor as they get an exam. It's all very hard and also rewarding.
8. **Sex educator.** While this part of my life is not as active as it used to be, I still love engaging with youth on the subject. Relationships and sex are challenging to navigate alone!
9. **Aunt DD.** My brother Matthew has three girls who live a plane ride away. Maya, the oldest, started calling me DD rather than Auntie D (they sound similar). I love knowing that I'm just a DD.
10. **Friendships.** Over the years, I have learned how to be a better friend by understanding who I am and what I need from my friendships. I feel grateful every day that I have a strong connection and a wide community.

