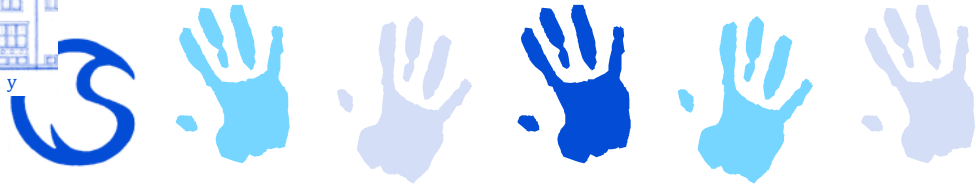


The Community
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Passages Program



Passages Press

Someone I Admire

by Misha Taylor

I admire many who have fought for the better of the people. Even if it is only one person standing outside with signs yelling for what they believe in or many marching together chanting from their hearts. Whether it is Harriet Beecher Stowe writing a book to let the masses know what slavery is really like, or Martin Luther King crying out for equal rights for every man, woman and child. Let's not forget the good teachers who love their job and all the minds they mold. But if I had to just pick one, Susan B Anthony stands out in my mind. She fought for other races to vote and fought for women's rights. Because of her bravery and stubbornness I am allowed to vote for the senator and my choice for the president and countless other things. Without this I would have no say in many things that will and could affect me and my family and the beautiful grandchildren I hope to one day have. Women are the first thing that children, the youth of a nation, trust and believe in. We deserve the rights and privileges every man is allowed to have. And not because of our sex, but because of how much we also contribute to the world. My voice now means something. Without her it wouldn't. I would be quietly sitting in the background letting others decide my fate.

Susan Brownell Anthony was born on March 13, 1906. At the age of sixteen she got two boxes of

petitions opposing slavery. She was a woman of all trades. In 1849 she became the secretary in the Daughters of Temperance movement. She spent time speaking out against alcohol abuse. In 1852 she got notoriety as an advocate for women's rights. She started her own weekly newspaper article called "The Revolution" in 1868. On November 18, 1872, she knowingly illegally voted and was arrested for it. Others and I believe she did this for many reasons but mostly to spread the word across the nation.

I find it funny that the only pictures I have seen of her are black and white and not as beautiful as she is pictured in my mind. For in my mind I see her as tall with eyes that are strong and a beautiful light that follows her. I see people stopping and taking notice of her, not because of her physical beauty, but because of her character, the character of a lioness. I hope to one day have even just one person say that about me. Not that I was beautiful but that my soul was stunning.

Sadly, Susan died 14 years before the passage of the 19th amendment which gave women the right to vote. She fought for women's rights for 49 years! I bet you on that day her face was wearing not a frown but a smile. After all, she wasn't just fighting for her right to vote, she was fighting for us. Thank you, Ms. Anthony!

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Interview with Scott Perry, Photographer

by Kristina Ott

What got you into photography?

When I was young, I was given a cheap Kodak Brownie camera and just started having fun with it.

How did you know photography was for you?

It became a hobby. But I didn't take it seriously as a possible career choice until I was about 24 years old.

How young where you when you started?

About 8 to 10 years old.

What do you like most about it?

It is a way to share with other people what I see. Whether it is the beauty of Maine's natural landscape captured in dramatic light or the uniqueness of Maine's urban landscapes.

Do you enjoy it?

Yes and no. I enjoy it when I have the time to shoot and I can make new images. Unfortunately, I spend most of my time printing, framing and trying to sell my photography which is just a lot of work. But, I consider myself fortunate to be able to earn a decent living with my own art photography.

What advice would you give someone interested in being a photographer?

Get a digital camera and access to a computer. They don't have to be an expensive one to start with. Shoot, shoot, shoot whenever you can. Analyze the results and try to make them better. Get comfortable with the technology so you can concentrate on creating and communicating with the camera instead of spending most of your time figuring out which button to push or which dial to turn. Study other photographers' work on the internet, in magazines and in illustrated books and figure out how and why they took those pictures. Take classes in photography if you need help learning certain aspects of it. Eventually, you may figure out a specialty in photography that you are best at; like art photography, photojournalism, commercial, or wedding photography, for example. You can then

put together a collection or portfolio of your best pictures and show them to possible clients or employers.

To see samples of Scott's work go to:

<http://www.scottperryphoto.com>

Blondes are not a Joke

by Kristina Ott

Are you one of those people that walk down the street and people stare at you just because of what you're wearing or what you look like? Well, that's stereotyping. Is it right? No. Just because you're blonde, black, or white doesn't mean you should be treated any differently than others. Personally, I think people who stereotype are just insecure with themselves, but everyone has done it at least once or twice. I mean, who doesn't have their own insecurities?

I think that blonde is the biggest stereotype out there. Most people look at someone that's blonde and automatically think, "WOW! She must be a slut," or "WOW! She must be stupid." It's because a lot of girls act it for attention and then just earn the name for every other blonde that there is. Like Jessica Simpson, for example, she asked if Chicken of the Sea was chicken. I mean, really, it says tuna on the can!

You may not think so, but stereotyping can indeed be dangerous. If you're going around calling people of color the "N" word, then they are going to take offence to that and they might really hurt you. And what happens when stereotypers all gang up? Well, good question - they could push one person to physically harm or kill themselves by breaking someone down inside until they snap. It's not right. That's racism and it's illegal! It's rude and it's hateful.

I know from experience. I used to have blonde hair, then people started calling me dumb, sluttish and ditz. I dyed my hair so I didn't have to listen to it, but you shouldn't have to change your

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appearance just to make the people around you happy.

Being a teen mom sometimes gets stereotyped as well. Rumors fly around like flies on trash, when no one really knows but you. I also know that from experience. It really is important for you to think before you speak because you could really hurt someone.

If you're going around stereotyping people, how are you ever going to meet new people? How are you ever going to work? Think about it. Do you really like it when people are running around saying things about you? Most likely not. So don't judge a person before you get to know them. Just because what you see on the outside isn't perfect, doesn't mean that what's on the inside isn't great!

Infant Care

by Renee Grey

Infants need to be loved and taken care of. There are many basic needs of an infant, so let's start with feeding. Because a newborn or young infant is unable to feed herself the parent needs to help by nursing (which is the best for an infant) or by bottle feeding. Because an infant is unable to hold her head up, you need to support the head with your hand or arm. When the infant is feeding she should not lay flat because the milk can rest in the ears and cause an ear infection. You will also need to check the temperature of the milk to make sure it is not too hot or cold. You can do this by dripping a little bit on the inside of your wrist. Do not microwave the bottle because it causes hot spots that can burn the baby and also takes nutrients from the milk.

Infants also need to be clean. Unfortunately for us, babies do not come potty trained; they need diapers. Infants need to have diaper changes regularly and need to be wiped with baby wipes at changes to prevent diaper rash. Infants also need to be bathed. You can bathe an infant with a sponge bath, that is when you wash with a sponge on a blanket, or you can use an infant bath. You need to make sure the bath water is not too hot by checking

it. Never leave an infant alone in the tub; they can drown in less than 2 inches of water.

Every infant needs to be loved, to be taken care of, to be protected from harm, to be protected from infection by getting vaccines, and to bond with their parents. These are the most important needs of a child.

Bonding with your child is very important. For most parents bonding happens in the first hours or days of the baby's life. For an infant it takes longer, it gradually builds over time. When a baby's needs are met with love the baby will develop a strong trust in you. A strong bond is important because it affects the baby's ability to learn, develop confidence, and form healthy relationships. Some ways to bond with your baby are by looking in their eyes when holding them or feeding them, by holding them, talking to them, singing to them, and cuddling. Don't worry about looking weird when talking to your baby, or if you sing well or not, because you are building a strong and healthy relationship with your child by doing this and that's all that matters.

My experience bonding with Isabella was almost instant. When she got sick, I pulled away. My second time I tried bonding with her was harder for me because of my fear she was going to get sick again. I started to hold her more, stared into her eyes, tried to nurse, talked with her - I would tell her we're going for a walk to... or mommy is going to do dishes. I also had a hard time telling what she wanted at first, then I started to notice her cries were different when she was hungry than when she had a dirty diaper. It didn't always work and there were still times when I was like, "What do you want? I don't know what you want! Please stop crying!" Then I realized maybe she just wants to cry.

Today I still do my best to continue to have a strong relationship with Isabella. We talk every day and I try to have mommy and daughter time every day. I make sure I give her hugs and kisses all the time. We have routines with naptime and bedtime, we play together, we do a lot of things together involving her, which makes her feel better about herself and also builds our relationship with each

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other. There is no better way I would rather spend my day than building a lasting relationship with my daughter.

Encouraging Our Kids

by Renee Grey

An infant at one month should start to have reflex movements and should start moving arms, legs, and head. She should be able to focus on things eight to ten inches away and her hearing is fully mature. She will move her head towards familiar sounds and voices, prefers a human face over any other pattern. She should also like sweet smells and soft sensations.

At three months of age she should be starting to raise her head and chest when lying on her stomach and be able to support her upper body with her arms. She is often stretching legs and kicking as well as grabbing for things and shaking hand toys. She is starting to babble and starts using hands and eyes in coordination. She is beginning to imitate sounds and movements, as well as smiling.

At seven months she is starting to roll over and sitting with support; she is able to put her full weight on her legs. She is able to see full color and her distance vision is mature. She responds to her name and the word “No” and is starting to use her voice more. She explores with hand and mouth and likes mirror images.

Twelve months to two she is sitting without assistance, standing, crawling, and walking with support. She will put objects in a box and take them out and is building with blocks. She responds to simple requests and “no” also is able to say “Momma” and “Dada” and uses exclamations such as “uh-oh”. She starts becoming shy and cries when mom and dad leave; she is testing parental response to her behavior and prefers mom or regular caregiver over any other person.

The terrible twos: she should be walking often; carrying toys while walking, starting to run, she can tiptoe, kick a ball, climb on furniture without help and climb stairs with support. She is

also able to scribble, build a tower out of blocks of four or more, turn over containers to get contents out. She is starting to use one hand more often and is able to recognize names, people, objects, and body parts. She is realizing she is separate from others, so she begins to act out.

Between the ages of three and four your child should be able to hop and stand on one foot for up to five seconds. She should also be able to go up and down stairs without support, kick and throw balls, move forward and backwards easily, draw a person with two to four body parts, use scissors, be able to draw circles and squares. She is beginning to copy capital letters and understanding “same” and “different” as well as mastering some basic rules of grammar. She is able to follow three part commands, dress and undress, and negotiates solutions to conflict. Children at this age often can not tell the difference between fantasy and reality.

At age four and five she should be able to stand on one foot for ten seconds or longer, hop, do somersaults, swing, climb, and may be able to skip. She is starting to draw a person with a body, write some letters, and use a fork and spoon and sometimes a table knife. She should be speaking sentences of five words or longer and telling stories, using future tense, and able to say name and address. She’s looking to please friends and wanting to be like friends. She will be more likely to agree to rules and is independent. Sometimes she is demanding or very cooperative. So pretty much some days she wants everything to do with you and on other days she wants complete control over herself.

What I have found out being a mother of one and a stepmother of three is that each child grows at their own pace. What I wrote down prior to this is just the basic time frames of development. In order to help your child grow, watch them, see if they are taking any special interest in one or two areas of development and work on that with them. For an example, if your two year old loves to read, encourage him or her to read, or if they are interested in the potty, start potty training. Every person sets expectations for their child, but if you’re expecting a six-month-old infant to walk right

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away, you're sadly mistaken. You have to go, "What is it that six month olds do?" Then encourage them to do it. Then you are not setting yourself up for failure and are not ruining your child's self esteem.

I feel that Isabella has a head start; I am a stay-at-home mom, and she also has three older siblings. She is very smart, she reads and talks and she can count to five. I could go on forever about all the amazing things she does because I am proud of her. I was worried that she was developing slowly because she started crawling and walking late, but it just took her a little longer than others. I feel her having older siblings is a big reason she is developing fast now, because they teach her, and who better to learn from than you're brothers and sister.

As a challenge on this subject I decided to write a kid's book for my children. My two year old enjoyed the pictures, but the story was too long and she lost interest fast. My youngest stepson enjoyed the story, but could not read all the words; he could tell me what the story was about, but also lost interest fast. The two oldest liked the story, could read it well with little to no problems. It was a fun challenge to do and I enjoyed seeing how the children reacted to it.



Toby and Jane's Jungle Adventure

by Renee Grey

"Jane! Jane! Wake up! Today's the day!" Toby shook Jane to make sure she was up.

"The day for what?" Jane replied sleepily.

"Our trip to Uncle Lou's! Hurry up or we will miss the plane," Toby said excitedly.

Jane and Toby said goodbye to their mom and dad. They were very happy to go on a plane to see their uncle.

When they saw their Uncle Lou they were very happy. He told them that he lived in the jungle and they were going on an adventure. They started off by driving through a magical gate to the mysteries of the unknown.

It wasn't long before they came to a tiger.

"Uncle, Uncle, a tiger!" shouted Toby and Jane.

"Calm down, kids. Don't make too much noise," Uncle Joe said calmly.

"Hello, Lou," the tiger said. "How are you today? We have been waiting for you."

"Hello, Laney," he replied.

Jane and Toby were amazed their uncle could talk to animals.

"This must be Jane and Toby. Nice to meet you. I am Laney the tiger."

"Wow, this is awesome," Toby said with excitement. Jane was speechless.

"Well, kids, what do you say we go see other wonders of the jungle?"

"Please, no more talking to animals, Uncle," Jane said nervously.

"That's all part of the adventure," Uncle Lou said with a chuckle.

They followed their uncle through the jungle.

They soon came to a stop.

“Look, these are my friends,” Uncle Lou said. “I would like you to meet them.”

They walked up to a group of animals who greeted them very happily. Uncle noticed it was getting late and told Toby and Jane they would camp there tonight. They went to bed wondering what would happen tomorrow.

The next day when they woke up Uncle Lou told them they were going on a hike. They crossed rivers, streams, rocks and trees.

“Uncle, we are tired and want to sit down,” Toby whined.

“Yeah and where are we going?” asked Jane.

“We’re going to find buried treasure,” Uncle Lou told them.

“Are we close?” Toby asked.

Just then Uncle Lou moved some bushes out of his way and said, “We’re here!”

Jane and Toby followed their uncle into the ruins, being careful not to fall into a trap. They looked and looked and could not find the treasure their uncle had been talking about.

Then out of the corner of Jane’s eye she saw something sparkled. “Could it be the treasure?” she wondered. “Yes, yes it is!”

“Uncle, I found it!” Jane shouted with excitement.

“Yes, you did, darling. I am very proud of you!” Uncle Lou answered.

They packed it into their bags and hiked out of the jungle.

The next day they had to go back home. At the airport Uncle Lou gave Jane a pretty necklace and Toby a map for their next adventure. They were very excited to go home and show everyone what they found.

The original story has many beautiful pictures that Renee’s children all enjoy along with the story.

Waiting for June

by Joyce Sweeney

reviewed by Kristina Ott

In the book *Waiting for June* the main character is an 18-year-old girl named Sophie. She’s a senior in high school and pregnant, but has big dreams to become a writer. Sophie and her best friend Joshua do everything together and everyone at school thinks he’s the father of her baby, but they’re wrong! Sophie starts getting threatening notes in her locker and is so frightened, but whenever she gets the chance to tell Joshua about them something always goes wrong. She has weird dreams throughout her pregnancy and is so curious to find out about what they mean; she does internet research but still can’t find out anything.

I think I related to Sophie in a few ways but not many. She was outgoing and had a lot of willpower—that’s like me. Other than that, she was so different from me, she went on and finished her year at school while I, on the other hand, dropped out. Sophie had big dreams to be a writer and wanted to fulfill her dream with or without a baby. I’m not like that I take life day by day and I don’t have any big plans for life and I just take whatever is thrown at me. In the book it also put Sophie out to be a very strong person who didn’t really let her guard down. I, on the other hand, I seem to be a bit of a pushover at times.

This was a really great book and I would recommend it to any teen mom or mom-to-be. It shows a lot of reality about what having a baby is really like and that it’s not the easiest thing in life. A lot of people think, “Wow! I’m having a baby and there goes the rest of my life and my dreams,” but it’s not true. Just because you have a baby doesn’t mean you can’t live your dreams. You just have to work harder and if you really want it, you will!