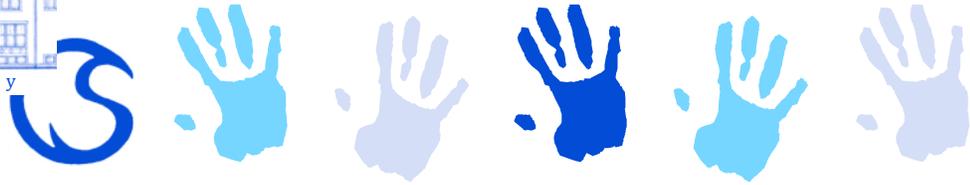




The Community
School

Passages Program



Passages Press

To the Top

by Naomi Marr

What makes you think you've had enough?
What makes you think there's an easier way?
 Why do we have the power to do it
 if it's not supposed to be the way?
Why do some leave without saying goodbye
 and still leave their belongings behind?
 What makes you want to close your eyes?
How can our pain be so strong that we shall not fear evil?
Why do we choose to be our shadows rather than our souls?
 Do we choose our fate because we think it's too late?
 Do we lose because nobody saw us win?
Do we blame ourselves because we are too kind to blame anybody else?
 Is it the tears that won't go away
 and the smiles that won't come and stay?
 Have you fallen into a dark hole
 need a hand to get out
yet everyone walks past as if you weren't there?
 It's not the hand you want
 it's the determination you need.
Dig with the toes of your feet and hold with the tips of your fingers
 and move to the sound of your heartbeat.
If your heart doesn't stop, you won't stop.
 At the top I promise you...
you can see more clearly, hear more clearly, and breathe more clearly.
 If your heart doesn't stop
 you won't stop.

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END

by Naomi Marr

It's hard to say something when the person isn't there
It's hard to say something when they won't listen
It's hard to be quiet when inside you're so loud
It's hard to understand when they don't understand
It's hard to be the adult when they act childish
It's hard when you know everyone believes the lie
It's hard knowing no one will believe the truth
It's hard to smile when I want to cry
I wish I could die just for one day and one night
And come back and haunt your life
I want to make you scream
Make you feel all alone and cold
Make it so you have no one to hold
Listen to my laughter echo off walls
As it surrounds your head and makes you spin
While your heart races
Your legs shake
Your voice quivers
What did I do?
What did I do to deserve this?
I'm going to make you beg
Make you beg for forgiveness
How can you be so cruel and try to make me look like a fool
You know the truth just as well as I do
I hate you
I'm so tired of thinking of you missing you hoping for you and waiting for you
I am done
I am gone
I will be so far
You won't notice me know me hear me or love me
I took the big step
And you come forth with a kick
I opened my arms for nothing but harm
So looks like this is the end
'Til you can grow up and find yourself again
The end

There's This Place...

by Jessica Schrader



There's this place that is filled with memories
& as each day passes it ages as do I
& the memories fade like the green of the leaves.

It's Autumn now
& I sit at this place
& I watch the leaves fall to the ground.

I look at my stomach.
"Autumn will be your name."

I think about my past
& how time flies by
Like the leaf that the wind just took.

The leaf gently lands in the river below my feet
This reminds me of what it will be like to put my baby to sleep.

The sun beats down on me
& the wind rustles the trees

I sit there...
& think...

I may be young but I'll do just fine
& someday I will share with my daughter these memories of mine.

& hope that one day she will have her own memories.
Memories of where there's this place...

There's this place that is filled with memories...
A place that will always be in my heart...

Dreaming of Me

by Renee Grey

Twinkling of the stars
In the dead of the night
It's like looking in her eyes
So innocent and bright
"Mommy" I hear
Soft and sweet
Her eyes slowly close
Will she dream of me?

This Woman

by Renee Grey

I look in the mirror
Trying to find
This beautiful woman
They say I am.
I see nothing
I look again
And see nothing
Where is this woman
They say I am?
Why can't I see her
But they can?
Is she hiding from me?
Is this pretend?
I hope to find her
before my life ends.

The Drinking Age

by Amber Chaisty

It doesn't make sense to me that you can't drink until you're 21. I believe that they should legalize the drinking age to 18. Thousands of teens actually try alcohol by the time they're 16 and like it, and some don't. When you turn 18 you're an adult on your own, anyway. What's the sense to wait three more years until you're 21; it doesn't really make a difference. There are thousands of underage drinkers, and I think it would solve some of the problems with underage drinking. I mean there are a lot of underage drinkers trying to steal alcohol, and there have been grownups buying for minors. I think some of that would get solved if they just brought the drinking age down three years.

When you're 18 you're legally able to go into the army, you're also able to vote, and you can buy scratch tickets and lottery tickets at convenience stores. If you can buy cigarettes when you're 18, you should be able to buy alcohol; cigarettes are just as bad, they can kill you, too. The law is always saying minors shouldn't drink: they can kill themselves; they're not responsible; they're too immature. If you're able to go into the army and risk your life while you're fighting for your country, and you're able to vote and buy scratch tickets, which is pretty much gambling, and if you're responsible enough to do all that, you should be able to drink responsibly.

I think it doesn't matter how old you are, once you're drunk and you can't think or walk or anything, you're pretty much not responsible and you do immature things and yes, you can get hurt at any age, too. You can also prevent those things from happening by just drinking a little; all you have to do is know your limit. Don't drink to get drunk and out of control. Drink to have a good time and stay safe.

Prisons into Parks

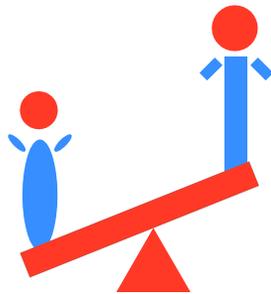
by Naomi Marr

My belief is that the land where the state prison was should be turned into a very large park. Our children nowadays have nowhere to have fun. Drugs are fun for our children now and we can't have this. I believe the land should be divided into different age sections. Say for the toddlers, they should have a small, low-to-the-ground swing set with a slide and a few things to climb, and the older you get, the bigger your jungle gym gets. The teenagers, I believe, should have ramps, so they can skateboard, blade, and even ride their bikes. I also think there should be a large grassy area, so we can play with our animals or even play some ball. Around this area I think there should be a running track, so we don't have to worry about running on the road and dealing with people that don't like you being on the road, because they think they own it.

I do believe there would be a lot of people out there that would frown upon this, because all they want is stores, banks, and more stores. I think people would tell me we have enough little playgrounds for our children and that is good enough.

I have asked three people what they thought would be best; Lew says, "I think a park like that would be a great idea for our children nowadays." Kip has said that when the building was still standing, it would have been a good idea for a mini mall, but now that the building is down, a large park would be a wonderful idea. Deidre also said that the park sounds good, "We do need something for our children."

In my eyes we need to stop thinking about money and give our children the time and place to have fun. We parents think too much about surviving instead of putting our children's needs first. *Our world isn't just for adults.*



How Scientific Method Helped Me

by Misha Taylor

While trying to control my dreams, I would closely and religiously write down my dreams and thoughts, everything that seemed of importance to me at that time. This helped me to recall the dreams and see a pattern if any was available. This was vital to my study because it showed me the beginning, middle and end. I could see clearly the differences and challenges along the way. For example, I dreamt about the guy I learned this from for the first time. I remember thinking that was my brain's way of saying yes, I am trying to do this. By doing this I could see what to do the next time around.

I also learned that every study is just a fraction of the whole picture. Most scientists start out with one study and move on to the next, repeating everything they did before with just one new step. Being that you can only make small adjustments, you may spend months, even years, on one specific study. This is something for the very patient and disciplined person. I, on the other hand, like results fast and quick. With that being said, I think I don't like scientific studies and that it is something I can X out of my "What to do with my life list." (Hahahaha).

Scientific studies are very important to humankind. Without men and women willing to conduct such studies, we would not know many things. From, "How does a caterpillar turn into a cocoon?" to, "How fast the speed of light is," and everything in between. It is because of these patient people that dedicate their lives and valuable time that we now know these things. I also found a new appreciation for scientists and their "How does it, why would it," way of thinking. I am also like that. But instead of doing my own scientific study I read and read about the subject, so I take the quicker route. This was the first time I ever did an experiment and I am glad I learned how to properly do one just for future's sake.

This will be useful for college. It also helps with keeping order and staying on track. I could

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apply that to my daily life, like taking notes on my meetings and what needs to be done around my house.

Learning scientific method was hard, but it is something new and all knowledge is power plus a little paranoia. I added paranoia because a lot of my experiences most certainly wouldn't have happened if I knew about the subject. For example, I would catch snakes in Seattle not knowing that they could bite me. Also, I brought a black widow home. I would have never touched it if I knew it was one of the most deadly spiders in the world. But my not knowing made me carefree and I am happy for that, plus...the spider was kind and didn't bite me.

What Happened to Neanderthal?

by Katy Herrick

In 1848 a strange skull was discovered on the military outpost of Gibraltar. It was undoubtedly human, but also had some of the heavy features of an ape - distinct brow ridges and a forward projecting face. As more remains were discovered, one thing became clear - this creature had once lived all across Europe. The remains were named *Homo Neanderthalensis*, a primitive form of human.

The archaeological evidence revealed that the earliest Neanderthals lived in Europe about 200,000 years ago. But then, about 30,000 years ago, they disappeared just at the time when the first modern humans appeared in Europe. No one is certain why they disappear from the fossil record at that time, but the story has it that our ancestors, modern humans or *Homo Erectus*, spread out of Africa about 100,000 years ago with more sophisticated tools. As they spread into Neanderthal territory they either simply out-competed their primitive cousins, wiped them out in warfare or intermarried with them.

To figure out just what happened, a skeleton was needed, but no complete Neanderthal skeleton had ever been found. Then, a reconstruction expert at the American Museum of Natural History in New York said it would be possible to create an entire composite skeleton from casts of partial skeletons. Gary Sawyer combined and rebuilt broken parts to

create the most complete Neanderthal ever seen. This reproduction stood no more than 5'4" tall but he was robust and powerful, built perfectly for his Ice Age environment in Europe.

The assessment of the Neanderthal skull was startling. It was 20% larger than the average size of a modern human's brain, but anatomically identical. Sawyer could tell that this Neanderthal was right-handed and that the areas of brain responsible for complex thought were just as advanced as ours. So Neanderthals would have had the ability to think like us.

It has long been questioned whether Neanderthal had speech. The vocal tract seems to have been shorter and wider than a modern male human's, closer to that found today in modern human females. It's possible that Neanderthal males had higher pitched voices than we expected, and that with a big chest, mouth, and huge nasal cavity, a loud, harsh, high sound might have resulted. But the anatomy of the vocal tract is close enough to that of modern humans, so there is no reason why Neanderthal could not have produced the complex range of sounds needed for speech.

The popular image of the Ice Age is a period of freezing conditions, but over nearly a million years Europe has seen huge climate swings including warm and cold periods. For much of the last 200,000 years, when Neanderthals were alive, the climate was mild, sometimes even warmer than today, but they also did have to live through intense cold.

About 45,000 years ago, the climate of Europe went through a burst of very sudden changes that would have transformed the Neanderthal's environment. The archaeological record suggests that Neanderthals lived around the edges of forests where they hunted large animals like reindeer, horse and wild cattle. The forests gave them firewood and materials to construct shelters and spears. It has been found that the shafts of Neanderthal spears were thick and heavy. They were good for using at short ranges in the forest, but out in the open where

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they would have to be thrown longer distances, they'd have been poor tools.

The forests on which they depended began to recede, giving way to open plains. On these plains, the Neanderthal thrusting spear and ambush strategy wouldn't have worked so well. So Neanderthals retreated to the forest, their population falling as their hunting grounds sank.

By comparison, our modern human ancestors made lighter stone points that could be fitted onto lighter spear shafts. These could be thrown long distances, enabling our ancestors to hunt more effectively in an open landscape. As the environment changed, you had to have different hunting tools and strategies. It was the one with the hunting tools used on the African savannah that won.

Neanderthal was adapted to live in a forested Ice Age climate, but as the landscape changed, it was our ancestors, Cro-Magnon man, who could take better advantage of the environmental change who survived. This is one theory of what happened to Neanderthal, but it has a lot to say about the type of thing that can happen with climate change. It can wipe out entire populations who can't adapt to it.

Pregnancy – The Reality

by Kristina Ott

During pregnancy there are three trimesters and throughout those trimesters is when the baby is developing and growing. There are so many things that most of the time you have zero knowledge about before you get pregnant, like the backache, having to pee all the time, your breasts grow extremely fast and they will start to leak, the morning sickness, heart burn and the stretch marks. None of these things are as great as knowing you're going to give birth to a beautiful human being.

There is a lot more that goes along with being pregnant as well, like needing to keep fit and having a healthy diet. By having a healthy diet while you are pregnant I think it's best you go by the food pyramid, so you know how many servings of each food you should be getting daily. While I have been pregnant I've made sure I got the amount of folic acid I needed daily to help my baby's brain develop. I also made sure I wasn't eating too much junk and that I was eating all the right kinds of food my body needed.

Exercising and making sure you stay fit is very important, because I'm sure that it's not too hard to become overweight or maybe even obese while and even after being pregnant. There are lots of different stretches and exercises you can do while you're pregnant such as exercises for your legs, your upper and your lower back, your pelvis, and your abdominal muscles. Personally, for me, I chose walking. I usually walked about 15-20 minutes per

day. It wore me out, but it was good for me to do. It helped me keep my leg strength and prevented me from lying around all day long every day.

There are many different ways you can give birth, and a lot of the doctors will tell you to choose the way that is most comfortable for you. You wouldn't want to be trying to give birth being absolutely uncomfortable. There are several different positions such as: on your side, squatting on all fours, and the traditional "on your back", but even then you can adjust any of those positions to whatever is more comfortable for you. They also have different options on what you want to give birth in. There's a birthing chair, a birthing ball that's mostly used while you are in labor, the hospital bed, and a water birth, which is in a tub. Then, if it's needed, they do have a cesarean section (c - section), but it's often only used in emergencies or for people that just can't have a natural birth.

I didn't take a birthing class to prepare myself for this whole experience, but I do know for the most part how I want it done. While I'm in labor I want Tyler to sit behind me and rub my back and my shoulders. While I'm giving birth I want my bed halfway up and a few pillows behind me giving me support. After that for the pushing, I'm just going to push like crazy and I guess I'm just going to have to wing it.

I'm sure you can tell I had no idea what I was in for when I wrote that birth plan. When the time came that I actually had gone into labor Tyler laid in the bed with me and held my hand during every contraction, but when it was time for me to push I felt like the world was coming to an end. They had me start pushing when I was 9 cm. dilated because I was so tired and worn out, I had been up for almost 36 hours and I just couldn't do it. They gave me more pain medication and it knocked me out like a light. When I woke up my body had taken over and started pushing for me. I was so scared! I pushed and pushed for an hour and a half, when they decided to give me an episiotomy because she just wouldn't come out. After going through all that, now I wish that I had taken some sort of birthing class and would probably recommend it to anyone having their first child.

Some women after giving birth get a little depressed. This depression is well known as either postpartum or the baby blues. A lot of women get this way from their bodies trying to get back to normal after giving birth. Crying, mood swings, and interrupted sleep patterns can be a sign and may influence the way a woman will cope or just the way she is feeling about things. Usually, postpartum blues will last only 4-7 days or 10 days at the most. Sometimes, asking someone for extra help with the baby is a good idea, giving you time to take an uninterrupted nap or even a long walk, so you have some time to think about all the things running through your mind. Talking to someone like your partner, a really good friend or someone close to you in your family can be a good help, too. If you are feeling too depressed all the time and it's lasting for months and months, then you should probably think about talking to a doctor or a counselor.

Now that I'm going through postpartum and knowing what it's like, I would say it wakes you up to reality. Personally, I haven't had any depression, but I will admit that I have just cried for no reason and have questioned, "Am I really a good mother?" Everyone always reassures me that I'm doing a great job. I'm still adjusting to not being pregnant anymore and that is kind of taking longer than I had thought it would. See, while I was pregnant I was able to get up and go somewhere if I wanted to, but now I have a responsibility holding me back. As it came close to the end of my pregnancy it seemed like it was taking forever and I just couldn't wait any longer to see my baby, but now that it's been almost two weeks since she's been born, I'm really kind of missing being pregnant. I mean it's nice being able to fit into my clothes again and I can finally see my toes, but there were just some things about it that I really did love.



Abuse

by Misti Norwood

Abuse is so common nowadays. It comes in all different types and some people never seem to get enough of it. It's hard for abusers to change their behavior because most of them don't realize they are abusing; they see it as a normal way to get their way. Many were abused children themselves, so it's easy to understand why they think this way. Their role models were abusers.

I've never known sexual or physical abuse or had a drug abuse problem, though I have been emotionally abused while growing up by both my parents. I went into a depression stage and did go to counseling, but it didn't do much but teach me to trust no one but myself.

Child abuse happens the most in a child's home. The four major types of it are physical, sexual, emotional, and neglect. A study showed that neglect accounts for 54% of all abuse that takes place in the United States, physical abuse - 22%, emotional abuse - 5%, and sexual abuse - 8%. Researchers also found over 91,000 cases of neglect in the US from October 2005 to September 30, 2006. Just one year! The average age of a sexually abused child is between eight and eleven years old. Between 60-90% of children who have been sexually abused are girls. 70-80% of the offenders are known to the children they abuse.

Some effects on a child as a result of abuse could be acting out for attention or growing up with depression and anxiety. Treatments for this could be behavioral therapy, a way of rethinking behavior that works in cases of trauma. There is also child-parent psychotherapy, which helps by talking things out and improves the child and parent relationship.

Prevention tips: Teach your children the touch continuum between *good* touches, such as kissing and hugging, and pats on the back by trustworthy people and family, *confusing* touches, like tickling, pats on the rump, and wrestling by people who aren't known well, and *bad* touches, like slapping, being trapped, and being hit by anyone.

Most children assume they can trust adults. They may think, "I know this person so they would never touch me or hurt me," so if they get stuck in a bad situation they think it's paranoia or their imagination. This leads to self-blame and the opportunity for a repeat. As parents, we must be aware of who is around our children all the time. We must teach them to be aware of their surroundings, too - not scare them, but make them attentive. Also, let them know that they can tell you anything and when they do, listen; don't try and defend the offending adult.

Bulimia Nervosa

by Katy Herrick

Bulimia nervosa is an eating disorder in which a person has feelings of shame about their bodies and the way they look. They think they're too fat when they're not. This leads to binge eating and vomiting. People don't do it because it's fun, they do it by thinking it will reduce their weight and alleviate depression.

When I was 12 years old, I went through my chunky stage. I always saw other kids around me look really thin. So I decided I wasn't going to be chunky anymore and started to eat all the time and then make myself vomit. Even at school. Two years went by like this; no one knew about it until my 14th birthday. Then I moved in with my dad and they noticed something was wrong with me, how I went from chunky to really skinny, then swung from really skinny to chunky again and so on. They had me evaluated at Pen-Bay Medical Center. I told them that I was depressed and that I was a normal teenager. Then my dad was cleaning my room and noticed three large totes. He looked inside them and two were filled with vomit and the third was $\frac{3}{4}$ of the way. So we talked and I promised him I'd never do it again. But I lied. I kept doing it until I was sixteen, right up to the day I found out I was pregnant.

After having two kids and being 148 pounds, I look chunky but pretty good. Sometimes I get self-conscious and feel like starting again, but then I stop and realize that I'm a mother and that my kids

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are more important to me than any chunky stage I'm going through. I hope to never think about doing it again. My esophagus is burned pretty badly, but that's only one reason to avoid it. The best reason is my kids. I hope this story helps someone who has thoughts about it. Remember, if you love your kids, then love yourself as well.

Book Corner



Just Listen

by Sarah Dessen

reviewed by Kristina Ott

In the book Just Listen the main character is Annabel Greene. She's a model for a department store. Annabel was best friends with a girl named Sophie, until one night at a party when Sophie walked into a dark room where she found her boyfriend Will Cash with Annabel. Sophie jumps to a conclusion and assumes that Annabel is doing things with Will willingly, but she's wrong. Will tried raping Annabel and when she tried to explain to Sophie what was going on she didn't care to hear it. Sophie and Annabel stopped talking, and when school started Annabel was extremely nervous; she wasn't sure what she'd do when she saw Sophie. As Sophie got closer to Annabel she walked right by but managed to mumble, "Slut" beneath her breath.

I think that I related to Annabel when it came down to her friendship with Sophie. Sophie was always bossy towards Annabel and expected her to do whatever she said when she said to do it. "She believed everyone had a place, and it was her job to make sure you knew yours. She'd done it with Clarke. She did it with me. And now, it was Emily's turn." I had a friend very similar to Sophie, but she just wanted to make sure I didn't have any other

friends and that all my time was being spent with her, and if I did hang out with another friend she'd pull some stupid guilt trip to make me feel horrible.

Annabel's family is going through a hard time with Annabel's older sister Whitney. They discover Whitney has an eating disorder and she has to move back home. It makes it rough on their family. They all want to help her and feel so bad for her, but she always turns them away.

Annabel meets a guy named Owen Armstrong whom she becomes very close to throughout the book. Owen teaches Annabel a lot about herself and about a few other things as well, like music. Annabel was a very quiet person, but for some reason she found comfort in Owen and was able to talk to him about things going on in her life.

I would definitely recommend this book to someone that has also maybe had a friend like Sophie or even known someone with an eating disorder. This is a really great book and each chapter ends making you want to read the next!

Upcoming Workshops

Early Language & Literacy

Ruth Griffin

December 3rd @

10-12 am

The Community School



Smoking Cessation

Nancy Laite

January 7 @ 10-11:30 am

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