



Passages Press

The Lullaby Project

In December, Tom Cabaniss from Carnegie Hall trained local professional musicians to collaborate with six lucky Passages students in the process of writing and recording lullabies for their babies. Thanks to the gracious generosity of Monica Wood and Manuel Bagorro of Bay Chamber Concerts for arranging this project and donating their space; thanks to Jason Hearst and Bob Thompson of Hearstudios for donating their time and recording studio; thanks to all the mentors and teachers involved. And thanks to the students and their inspiring babies. Here is a link to the recordings: <https://soundcloud.com/carnegiehalllullaby/sets/lullaby-project-at-bay>

Beautiful Emma

lyrics by Dakota Sprague

music mentor: Kathryn DerMarderosian

Beautiful Emma, beautiful Emma
Laugh eyes and smile
Filled with adventure

Beautiful Emma, beautiful Emma
Be who you want to be
Even a fashion diva
Walking a Chihuahua.

Beautiful Emma, beautiful Emma
Shine.



February 2014

Wayfinder Schools · <http://www.wayfinderschools.org>

When Erica called me the night before the Lullaby Project I wasn't exactly sure if I wanted to do it, but I said yes, anyway. I was very anxious, nervous and excited to figure out what we were going to be doing. When I found out we were going to be writing personal lullabies for our babies, I was so exhilarated!

I was paired with Kathryn who was a big sweetheart and very fun to work with. We worked great together and everything came easier than I expected. We had to write down traits and things about our child we loved, and from there we built a beautiful lullaby called "Beautiful Emma". As we were working together, I knew exactly what I wanted - a soft, peaceful, gentle song, which is exactly how it came out.

When we were told we were going to a recording studio to record them, my heart dropped to my butt. I was so nervous, I am a very, very shy person and that was out of my

comfort zone, but I pushed it. When we got to the studio, my heart beat really fast - I was seriously so excited! When they were preparing to record, I sat in the studio and watched everything work its course. It was amazing. Watching all the buttons and things he had to play with to make it sound like it does impressed me. After I heard it played I tried to hold in my tears, it was so beautiful, I really thought I was going to bawl! The whole experience took me out of my comfort zone and was truly fun! I loved hanging, talking, and getting to know the other parents, teachers and artists. If I had the chance, I would do it again!

- Dakota

The Lullaby Project was the first workshop I attended since starting the Passages program. Therefore, it was already very special to me. It was also very special to me because we found out the gender (I was at twenty weeks) of Miss Elena Rosalyn halfway through and this project allowed me to envision her in the future and really get excited about becoming a parent.

I loved that this project insisted that we stood up out of our "comfort zones" to sing and write. Everyone felt so close and non-judgmental. I am very excited for any future workshops and hope very much that you guys can come back to do this again!

-Rebecca

I Want You to Know

lyrics by Rebecca Doyle & Ryan Flanders
music mentors: Malcolm Brooks & Jess Day

I want you to know baby I love you
And there are many things
that I hope you'll do
I want to see you rake the leaves
And do with them as you please.

I want you to know baby I love you
And there are many things
that I hope you'll do
I want to see you eat cookies
But promise to eat your veggies

I want you to know baby I love you
And there are many things
that I hope you'll do
And if you fall and skin your knees
I want you to stand up proudly.

I want you to know baby I love you
And there are many things
that I hope you'll do.



February 2014

Wayfinder Schools · <http://www.wayfinderschools.org>

I Will Always Love You

lyrics by Aimee Barnstein
music mentor: Tom Cabaniss

Stay true to yourself
Keep on smiling
Keep on laughing
'til the end of the day
as the sun goes away
the light is slowly fadin'
but I'll always love you Kaidyn.



When Erica asked me to do the lullaby project, at first I was uncertain. I didn't know how it was going to go, and as a shy person, I didn't feel like I'd be comfortable doing it. By the end of our meeting, I had decided to do it. Why not? It would be a chance to create something for my son that not everyone else would have the chance to do. I am so thankful that I decided to do it, too. It was such an awesome experience and I loved doing it. I was so lost on what exactly I was going to write for a lullaby; I'm not a songwriter at all.

The first day we went to Bay Chamber and met the musicians. After they introduced themselves we went around and introduced ourselves in a song. I thought it was pretty neat that they could come up with ways to do things with a song. After we were all introduced, we talked about some lullabies we knew and shared things we remember from our childhood.

Our first assignment was to make a list of things we love and want for our children. Once we were done with our lists we each got to sit down alone with a musician/songwriter and start to make our lullaby. I was partnered with Tom, a songwriter who personally came up to Maine from New York. If it wasn't for his help, I don't think my lullaby would be as beautiful as it is. He made the first line of the lullaby from the list of things I want for Kaidyn, which was "stay true to yourself," which also became the title to my lullaby. After that he helped me create lines that rhymed and went along with everything. Once the lyrics were written we went into the piano room and made chords. He would play different chords and I'd choose the one I liked most. I really enjoyed working with Tom and having the chance to do the lullaby project.

On day two we went to Hearstudios and met up with the musicians. We all got to sit in the recording studio, or we could sit in where the singer was if we wanted to sing along. I sat in the recording studio and got to see how everything worked and tell them what I didn't like or wanted to be changed. I thought it was pretty cool to see how things worked back there and listen to it as it was being recorded. The moms that also did it were all fun to hangout with and spend time with.

On the third day we all got together at Bay Chamber and got to listen to the finished product of our songs. All of the songs were beautiful, and it was a fun time. Now I have something for Kaidyn to listen to that I wrote personally. There is no other song like this out there. I am so thankful for everyone who helped put this project together for the moms at Passages.

-Aimee

Tyeson's Lullaby

Lyrics by Haileigh Ingraham
Music mentor: April Reed-Cox



My young little baby
You don't have to worry
I hope for the best
On what comes with the rest

Sleep my son
You don't have to worry
My dearest my son
How I love you so much

As you sleep for morning to come
You can wake and be ready for fun

Your blues eyes like starlight
Your voice is like moonshine
Follow your dreams
wherever you go.

You are Beautiful

Lyrics and vocals by Cheyenne Ward
Music mentor: John Mehrmann



Swimming with the bubbles
Bubbling around
Watching TV
Jumping around
Trying to walk, wanting so badly.
Stand up, be proud, be happy.
No matter what, you are beautiful.

Infant Care

by Selaina Leigh

Infants are not always easy. Everybody wants to be that perfect parent, but what is the perfect parent? I think that a perfect parent is someone who does his or her best; someone who would rather spend her Friday night playing with her infant than going out partying; someone who would rather spend that money she saved up for those super cute shoes to buy a new toy for her baby.

Infants need a lot of care. People think it's so easy, but it's not. They need diapers, bottles, formula, clothes, baths and love. Sometimes, babies will just cry for no reason. You can hold them, feed them, rock them, sing to them, and they just won't stop. You need to have patience in order to be able to take care of an infant.

Learning your baby's cues is one way to help secure an attachment bond. This will help you learn what your baby needs and wants. Playing, talking and laughing with your baby are other ways. This will help them feel safe with you and be able to help with communication. Stop trying to be the perfect parent. There is no perfect parent. Just do the best you can.

When Leah was first born, I started breastfeeding right away. I breastfed her for five weeks. It was an amazing way to bond with her. I loved doing tummy time with her when she was little. I also loved just sitting on the floor with her, playing with all her toys.

Leah went to daycare when she was three months old, and she went until she was fifteen months. I think that infants bonding with each other is really important and helpful for them. She started to develop more skills when she started daycare. She was learning things faster, and she loved the other kids.

Honestly, bonding with Leah has changed me completely. I didn't want to go to school, and I didn't care about my future. I was on probation and breaking it every day. I was almost sent to "juvie" by my probation officer. But as soon as I found out I was pregnant, I changed. I went back to school

and got my life together. I used to hate mornings, but now I look forward to getting up and being able to play with Leah and cuddle with her. Every day we bond and do different things, and I wouldn't change it for the world.

Birth poem

by Amina Yunis

So I am sitting here thinking
of the perfect words to say,
to tell you how I feel about
the arrival of your birthday.

I am feeling a little nervous,
with hopes I do everything right,
but I can't wait to be your mommy,
every waking day and every sleepy night.

I have so many plans and things for us to do,
So I sit here happy just waiting to meet you.

You already mean the world to me and so,
so much more,
I can't wait to be your mommy,
that's all I'm waiting for.

Your bags mine are packed
and waiting in the car,
because the day that you will be here,
isn't very far.

So here I sit thinking
of the perfect words to say,
But all that comes to mind is
I can't wait to be your mommy
every single day.

Teen Mom

by Dakota Sprague

Tension stuck as they stared.
Everyone talks and whispers.
Every time you go out in public.
No one understands what it's like
Millions of pregnancies
Over and over.
Mind over matter.

What I want for Kaidyn...

By Aimee Barnstein

Kaidyn has become the center of my whole world from the minute he was born. Right now I can't give him everything he could ever need or want, but I am working on changing that. I am getting my high school diploma for him, so I can be successful for him. What I want for Kaidyn is for him to never have to worry about not having things he needs or wants. I want to give him the world without turning him into a spoiled brat, of course. I want him to go to a nice school with nice classmates, have nice clothes and toys.

I don't want him to grow up with nothing like I did. My mom barely could afford to get us a toy when we asked for one. I want Kaidyn to have everything I never could. I also want him to have two parents who can be together and be there for him. I never had my parents together - ever. My dad left the day he found out my mom was pregnant. And then when I was four I had neither of my parents. It was hard to have to deal with, and I don't ever want to put Kaidyn through that. I want him to be the happy little boy I know he can be, without a worry in the world.

Creating a Pop-up Book

by Kaniah Sockabasin

I created a cardboard pop-up book. My 8-year-old sister and I call it *The Best Friend Pop-up*. We decided to create a story about two best friends. One of them gets bullied badly because of her name, which was Fruitsay. They bullied her so badly, she actually changed her name to Vanessa. After Fruitsay changes her name to Vanessa, she becomes popular. Everyone wants to be just like Vanessa.

The other character in our story is a girl named Ali. She is actually a bully herself. But she was one of the kids who did not bully Fruitsay into changing her name. Ali is a very beautiful young girl. She is very mean to her classmates, though, always teasing other kids and calling them names like "nerd" and

February 2014

Wayfinder Schools · <http://www.wayfinderschools.org>

"geek." Ali's classmates do not understand why she calls them names. Mostly, they just ignore her.

Vanessa and Ali are best friends. One day Ali suggests to Vanessa that she stop being so afraid of the other kids and tell them that she misses her real name and would like them to call her Fruitsay. So she does. And her classmates realize that she is just as cool whether her name is Vanessa or Fruitsay.

Fruitsay suggests to Ali that she stop bullying their classmates and that she realize that they are all equal - that no one is better than the other. Ali is very hesitant to stop being a bully, but after some convincing, she agrees to try being nice to everybody in their class and most of all, to herself.

So Vanessa changes her name back to Fruitsay and Ali stops bullying. Their classmates thank Ali for not bullying them anymore and stop making fun of Fruitsay. The girls are very happy.

We made this pop-up using cardboard. We created Ali and Fruitsay with extra cardboard, pipe cleaners, glue, googly eyes, buttons and paper. We used crayons to draw their lips and color in their skin. When we wrote the story, we wrote it on paper and cut the paper out to look like bubble thoughts and taped it by their mouths. In the background we made a mural of the school they went to and drew their classmates with crayons.

Making this project with my little sister was very fun. It took three days to make it, which was a long time, but it was well worth it. We decided not to take it too seriously and to just have fun with it. Lexi, my little sister, is very creative and helped me think of different ideas for my project before picking this story. We had a lot of fun and I would like to make more projects with my little sister.

Interview with Fern Polsky-Hilyard: Artist & Teacher

by Kaniah Sockabasin

Why did you want to learn about art?

I've been making things since I was a little girl; I never really decided. My mother always gave

us craft stuff like magazines to cut up and paper, trash, egg cartons, toilet paper tubes, milk cartons... everything.

What drew you to follow your creative path?

Art makes me happy. It takes me to a quiet, calm place where I don't think too hard, and I enjoy that.

What frustrations do you have?

I get frustrated when I have an idea in my head and I try to make that idea exactly like the one in my head, and then I remember that isn't the reason I'm making things. I get frustrated when I have any expectations.

What joys do you find in your work?

I like when certain colors and certain textures end up side by side by accident. I like accidents that turn out right. Like in collages, if I'm doing a collage and there's a piece of paper on the desk that I didn't expect to use and it ends up in the collage.

What is your favorite thing to create, draw, paint etc.?

Faces, or animals or creatures.

What kinds of paint do you like to use the most?

Anything. I like to use paper as paint, like a collage. I like to tear up paper and be able to move it around.

How often do you do art activities?

I've been really lazy lately, but I think about it a lot. It makes me a little sad.

Have you ever been an art teacher? Would you consider it? If yes, how did you like it?

I have been an art teacher. It was one of my dreams as a little girl to be an art teacher. I got offered a job for teaching art and I didn't even have a degree in it. I was so excited. I taught K-8 in three schools. It was a little overwhelming at times but I loved it! I love thinking of ideas; that's my favorite thing. We did some really fun projects. Just thinking about it makes me happy. I can remember we designed hats in one of the older grades; we made an ocean mural on the window. We did lots of fun projects.

February 2014

Wayfinder Schools · <http://www.wayfinderschools.org>

The Fire Inside

by Shauna Tinker

How can I describe

The fire inside.

It will burn me alive,

If it doesn't die.

As hard as I try,

You're my only disguise.

One day I will rise
and look to the skies.

It's then I'll realize,

True love **never** dies.

Lines from Shakespeare

by Niomi Johnson



"Do not swear by the moon, for she changes constantly. Then your love would also change."- William Shakespeare (Romeo and Juliet)

I find this to be very true and can relate to it. When you see the moon you assume that it is always just a moon - round, white, and bright. When he says that, "she changes constantly," he is relating to how a moon can change to full moon, blood moon, half moon, solar eclipse moon, etc. I think what he is trying to say is, do not take a person for granted. A

person may appear to be the same person as you get to know them, but they can also change, and you may not realize it, because you have become so in love with them. But when you do realize that she or he can change, you may not like that, and your love may die for that person. I would recommend this quote to someone having a rough time in a relationship. Hopefully, it would give them a different perspective.

"See how she leans her cheek upon her hand. O, that I were a glove upon that hand that I might touch that cheek!"- William Shakespeare (Romeo and Juliet)

This is one of my favorites by Shakespeare. I have not a clue why this quote has stuck with me for so long. I think it is because I think it is a little funny how he expresses his love and passion for the woman, how he wants so badly to be close to her and express his love for her. It is kind of corny from a 21st century reading, but such a romantic quote to remember. We all know how it feels to have that one person we wish to express our romantic feelings to. I would recommend this quote to a friend who has recently fallen in love, as a joke to bring up his spirits and hope that he will accomplish what he is seeking.

Magazine Targets

by Niomi Johnson

We all have picked up a magazine in an office, a store, from a friend, or from our own home. Magazines target young adults to twist their outlook on life or on themselves. I order a free subscription to a couple of different magazines. There are no educational articles, only articles about someone bashing something, or saying what you should buy or how you should look or live.

In certain fashion magazines, they have pictures of women who are what Americans "should" look like in the eyes of "high-class" people. They are wearing clothing from high fashion shows or expensive brands. In my personal opinion, the clothing that we "should" buy is disgusting. The clothing looks like

something you could go and buy at a thrift store and just mash together as a masterpiece. If a person did do this and walked on the street in my area wearing the thrift shop mash, the person would most likely be bashed about their outfit, because they did not buy from Gucci or Prada. Even if it looked exactly like what Gucci and Prada are selling in a magazine, it would still not be good enough for the people curious about the outfit.

Magazines have gotten to the point where in articles they are telling you what you should smell like! In the last article I read, the magazine was trying to get the person reading it to think that they needed to smell like a "pina-colada" or a "Mexican beach." I know they are trying to sell for a company or brand, but they are trying to persuade you into thinking that is the new smell and you have to wear it.



In a magazine you never hear about chunky being the new style or about reasonable priced clothing being in. You never see women who are

police officers, firefighters, doctors or nurses - women who are saving people and are still beautiful. A magazine should target young women to become these things instead of a high-fashion model and to give hope to America, so that you'll hear a young woman or teen say, "I want to be just like her!" while pointing at a beautiful, hard-working doctor, instead of, "Why don't I look like her?" while pointing at a skinny high fashion model. Women of America need to have hopes and dreams to be something useful in the world, to want to help one another and not to worry about what new brand is coming out next or who is going to be skinny enough to wear it.

Fashion magazines are disgusting and I am not subscribing to any more issues.

Life Lessons about Safety

Lindsey Hinkley:

When I was a child, I felt safe when my parents (mom and stepfather) were actually around. I felt safe with the dog that we had. He was a German Shepherd; his name was Romal. German Shepherds are very protective animals. Romal made sure we were always safe; he'd make sure we were not climbing or doing anything we weren't supposed to; he would nudge us away from things, and he would stay right by our sides.

Kelsey Saucier:

When I was a child I had a split family - it was my mom, stepdad and brother in one home and my dad in the other. What made me feel safe at my mom's house was that everyone was very protective of me and if something went wrong, they would deal with it. Also, my mom used to reassure me that she would never let anything happen to me.

Lindsey Hinkley:

What made me feel unsafe is when my parents were not home with us kids. They would leave us home for hours. It would be me, my brother and my sister. My brother and I are twins and we were about 3 ½ or 4 years old and my sister was 7 years old. There were some days when my sister would have to figure out dinner for us, because our parents wouldn't be home. My sister would have to feed us and put us down for bed. We were always scared, because we lived in the woods, which was very dark and always very lonely. My sister did a lot for us. By the time we were old enough to have our own thoughts, we realized that the life we had been living was not normal. Now we think about it and it was horrible, but helped us in the long run.

Kelsey Saucier:

Now, my dad's house was a different story. I didn't feel safe for most of the time, because I was physically, verbally and emotionally abused. The only thing that made me feel unsafe at my mom's house was the fact that there was a joint custody agreement that made it so that I couldn't stay at my

mom's when I didn't want to go with my dad, so there was nothing she could do.

Lindsey Hinkley:

My knowledge about my child's environment is very different, because I am always around her, and if I need to go somewhere, I make sure to either have a babysitter or take her with me. I know that I have to be with her just about every step she takes, because she is an explorer who loves to climb and jump, and she scares me in some situations because she's not afraid of anything!

My childhood has changed the way I parent because I lived with a parent who was not around. I do not want Addysen to live that same lifestyle. I thank my mother for giving us such a bad life, but only because it has made an impact on my life to make me want to change how I raise my child.

Kelsey Saucier:

Knowing what I went through as a child, I would never want that for either of my kids, but I don't need to worry about it, because their father, Daylon, would never do that to them. He loves them too much, and you can see that every time he's around them. It is hard to say what I would do differently to prevent that from happening, because that was a totally different environment that I was in. Daylon and I are still together, so I don't have that problem to deal with, but what I can do to make our children feel safe and secure is to keep anything and anyone that can hurt them away from them and continue to protect them. It makes it easier on me to know that I have Daylon there to help and to back me up.

Emancipation

by Lindsey Hinkley

In August I brought my emancipation papers into the West Bath courthouse. I only had one piece of the paperwork that was needed. They grabbed me the other paper, I filled it out there and handed them both to the desk clerk. The woman that I talked to told me that I would receive a piece of mail stating

who my attorney was with a number to call. I called and did not get an answer for about two months. I persisted in calling her. I eventually started calling the courthouse and asked if there was a possibility of them getting a hold of her, or if I could possibly get a new attorney, because she had not returned any of my phone calls. The woman I talked to said there was, but to give her (the lawyer) a couple more days, because she is a very good lawyer. My attorney, Jennifer Davis, called about ten minutes after I had talked to the courthouse. She stated that she had been very busy and that she was sorry, but would like to meet that Wednesday.

When I went to the meeting, Jennifer Davis asked me why I wanted to be emancipated and also wanted to know a little bit about myself. I told her I had a little girl; she was shocked! When I stated I was working, going to school and providing for myself, she had no worries about the whole process.

Three weeks later, I was calling her to see what was going on with this process and approximately how long it would take. Still no answer. I proceeded to call all the time until January 12th. Finally, I got through to her and she informed me that court was that Wednesday, January 15th, at 3:00 pm. I began to get very nervous as time got closer and closer to the court date.

On the 15th of January I had my teacher, Cindy, my boss and my parenting group director with me. I had my boyfriend's mother, sister, grandmother and a friend of the family there for support. My lawyer told me the more supporters you have, the better. Jennifer Davis had asked me if my mother had arrived yet in court; I had no clue. She then stated that my mother would like to talk to me alone before going into the courtroom. Jennifer said that she did not think that was a good idea, that someone should go in with me. I asked my attorney to come in with me. She told me if I felt uncomfortable with what my mother had to say, I could end the conversation. I said okay. We got three to five minutes into the conversation and I ended it. I was sad by what my Mother was ranting about, and Jennifer was getting uncomfortable, as well.

When I walked out of the room, we instantly got called into the courtroom. I had to go up on the stand under oath and share with everyone what my reasons were for getting emancipated and was questioned by the judge and my lawyer. I just stated that when I need to go to the doctor's for myself, I don't want to have to wait for a parent's okay. Also, I would be eligible for more aid; my food stamps and other programs could have my name on them. And I said I want to find my own place to live and not depend on others for housing.

My mother went up and was questioned about why she felt I did not need to be emancipated and said what she felt was necessary. She had a lot of anger, and the judge could see that. They heard her conflict, but by the end, the judge granted me my emancipation. Court was over, but the people I had there and I were told to sit down and wait for my mother to leave. The guards did not want there to be an ugly confrontation, so we waited.

This had a good ending. I feel good to have made it through the court proceedings. It still was stressful, as I didn't want to hurt my mother. In the end though, if she had been a better mom with not all the chaos she put on my siblings' and my childhood, this may not have had to come this far. In a way I can thank her, because I have done some amazing things so far, especially being a mom to Addysen!

Social Networking

Shauna Tinker:

Social networking could be used positively in many ways. It is a great way for people who are far away from each other to communicate through talking and photos. Social networks, such as Facebook, are a great way to invite people to social functions, groups or any type of event. Some people use social networking programs to remember loved ones who have passed by making a page to honor and remember them. Social networking can be used to express your feelings and get opinions and advice from other people.

Another positive use for social networking is buying, selling and trading used and/or new things. I see people doing this on Facebook a lot, and it is a great way to save or make money.

I believe that social networking can also be destructive in many ways. Many people use social networking as a way to bully or manipulate others. Social networking can be extremely dangerous in some circumstances. There is never really a way of knowing whom you are talking to on the Internet. A lot of people do cyber-dating and other things like that and give out very personal information such as phone numbers and addresses. I have heard of countless incidents of suicides from bullying on social network programs. It has become a huge problem, and we have turned social networking into a destructive thing. When scrolling through Facebook on a regular day I always see at least one drama and hate-filled status. I feel like a lot of our generation uses social networking programs as a negative thing and even sometimes a weapon.

The main social networking program that I use is Facebook. I use Facebook to communicate with family and friends that don't live close to me. I post pictures and my "status", I like and share things that other people post, and I talk to friends. I also use Pinterest, which is a pin-board style, photo sharing website. On Pinterest you can look at and "pin" or "like" endless amounts of pictures, videos, tutorials, and so on. On Pinterest you "follow" people, and then you can see all of their pins. I have created a lot of boards on Pinterest and pinned a lot of interesting things. You could never imagine everything that you can discover on Pinterest or even just on the Internet in general. If you know how to use a computer, you pretty much have the world at your fingertips.

Dylan Rand:

I use social networking to talk to people and post pictures. It is helpful because you can talk to people that you don't get to talk to and Skype so you can see them. The good thing is that you can talk to your family and friends. The bad thing is that people can talk really

bad about you or to you and get information that you don't want them having.

McKayla Olsen:

Cyberbullying is a form of bullying that can happen over the Internet, cellphones, email or even Facebook/Myspace and other social media. When people write things over social media or cell phone, they don't see how you react to what they've said, which in a way makes it easier for people to hurt you. I read that about one in three people have been cyberbullied in their lifetime.

Personally, I think that schools should pay more attention to cyber-bullying. I've noticed that when students get cyber-bullied, a lot of principals, or whoever they tell, will just brush it off and tell you not to be on social media if what people say bothers you. I think that everyone should be able to be on social media without having to worry that someone is going to say something rude to them. Over half the people that get cyber-bullied don't tell their parents.

If you're being cyber-bullied, telling your parents or someone you trust is the best thing to do. Make sure that someone does something about it, and don't let anyone brush it off. Cyber-bullying is a serious thing, and it's not okay for anyone to make you feel like you're less than they are.

Domestic Abuse

by Selaina Leigh

Domestic abuse is when one person in a relationship is intimidating to the other person. The abuser does this to take control over his/her partner or spouse. They may threaten you, make you feel fear, guilt, shame, or intimidated. Some abusers may even hurt you or your loved ones.

Statistics show that every nine seconds a woman is either beaten or assaulted. Every day three or more women are murdered by their partner. One out of five teenage girls said that when trying to break up with their boyfriend, they threatened violence or self-

harm. The leading cause of injury to women is domestic abuse.

Men who witnessed domestic violence as a child are twice as likely to abuse their partners. Girls who witnessed domestic violence growing up are more likely to become a victim by their husband or partner of domestic abuse. Drugs and alcohol can also play a part in domestic abuse.

Parents should teach their kids about domestic abuse because anybody can be a victim. Teenagers need to know what a healthy relationship is and how to have one. If you need help showing someone what a healthy relationship is versus a non-healthy relationship, go to: <http://www.sprucerun.net/about-abuse/domestic-abuse/power-and-control-wheel/>. This site has different wheels describing kinds of abuse. Teens also need to know what to do if they are being abused. We don't want people waiting too long to get help, because it could be too late.

I was trying to find all the reports of domestic violence deaths in Maine in 2013, but I lost count on how many there were. Here are just a few that happened towards the end of 2013:

- Matthew Rairdon, 22, was murdered by his boyfriend, Patrick Milliner, who then took his own life.
- Brooke Locke, 21, was murdered by Zackery Mailloux. Friends say Locke had just broken up with Mailloux.
- Hillary Saenz, 29, was murdered by her husband, Christopher Saenz. The couple had two children.
- Jillian Jones, 24, was murdered by her boyfriend, Justin Pillsbury. He was hospitalized with self-inflicted stab wounds.
- April Haskell, 35, was murdered by her boyfriend, Christopher Ouellette. The couple had four children and Haskell was pregnant at the time. Ouellette was shot later that night during a standoff with the police.

Domestic violence happens all around the world. Every day somebody is a victim of abuse. Every day a victim of domestic violence

February 2014

Wayfinder Schools · <http://www.wayfinderschools.org>

is murdered. Anybody can be a victim. We need to help prevent it. If you or somebody you know is being abused by his or her partner or spouse, call 1.866.834.HELP.

Hands are not for hitting. There is no reason to be abused. You can get help. End the silence on domestic abuse. Help spread the word. And please, do not be afraid to get help! You have the right to live a happy life.

Becoming a Paramedic

by Rebecca Doyle

Careers that match my interests, skills, and values are just about anything in the medical field besides CNA. It needs to have just a little (or a lot!) of an adrenaline rush. I'm extremely interested in becoming a paramedic.

Education necessary:

- An EMR or Emergency Medical Responder is your everyday police officer or firefighter. It's someone in the public service who is trained very basically in first aid.
- An EMT or Emergency Medical Technician is the first level of medical training in the back of an ambulance.
- An AEMT or Advanced Emergency Medical Technician is the next step
- And finally, a Paramedic is the highest step on the ladder of first response.

Every paramedic begins as either an EMR or an EMT. You do not, however, need EMR training to become an EMT. To become an EMT, you must complete 150 hours of training with at least one shift of ride time (in the ambulance) and one shift of clinicals (in the hospital). To become an AEMT after completing your EMT training, you must take a class, which trains you how to administer IVs and the knowledge to administer certain medications. You must have studied some pharmacology and ALS (advanced life support, which is the highest step a first responder can do above BLS (basic life support)). Once you receive your AEMT license, you must have 800 to 1,500 hours experience as an AEMT to go to college to become a paramedic. The hours are usually divided

equally between classroom time and an internship. To be a paramedic you must have an associate's degree in the field and pass a state license exam.

Interview with Mike Drinkwater, EMT and teacher

by Rebecca Doyle

Why did you become an EMT?

Being able to help others. I was on the Jr. Ski Patrol and part of the fire department and was seeking a career.

What are the pros and cons of being an EMT in your opinion?

The pros are helping others, passing on information, and that every day is different.

The cons are the late nights and sleep deprivation, dealing with death or terminal illness, and the legal paperwork.

If you had another lifetime, would you do it again? Why or why not?

Yes. I like helping others, it's within my nature or personality, and I'm always learning new things.

Bartending at The Twin Spruces

by Lacey Phinney

I absolutely love being a bartender. I like the business aspect and how you can make good money, and I like making sure that people have a good time. Some people are really nice, and I have met a lot of older and important people in the community - people that hold fundraisers and one who will be my son's principal when he goes to school.

Making drinks is like making magical potions that taste good. It's hard because alcohol can cause a lot of problems for people when they drink too much. It affects many people differently. I see many different examples most nights that I work.

I like the money, too. Most nights I make okay money; I just need to learn how to spend it better.

There's a lot of cleaning involved, too. Intoxicated people are messy. Sometimes they pee all over the men's bathroom. I clean it up, because I want it to be clean and that's the way me and my Aunt Nikki like it.

The food is easy to make and it tastes good. My favorite thing to make is nachos. We do "loaded" nachos with cheese and whatever other topping you want. I remember when I first started it was hard to learn how to cook and serve at the same time, but now it comes easily to me.

I love working there. I just wish people would drink in moderation, but the big drinkers are where I make my money. I would like to be a bartender forever. It would be good if Spruces was my "fun job" on the weekends and I could have another job that pays more that requires an education.

Book Corner



Girl Interrupted

written by Susanna Kaysen

reviewed by Aimee Barnstein

Girl Interrupted by Susanna Kaysen is a book about how a girl (Susan) is sent to a mental hospital for girls. Her parents have a car outside waiting for her after she is done at her counselor's. While she is in the hospital she makes a ton of friends and is good friends with one of the nurses. One of the girls is released, because the hospital thinks she is well enough, and a few days later is found dead in her apartment because she kills herself. When they allow visitors, some of the girls will have guys over and sneak around the nurses to make out with their boyfriends, etc.

The book is a memoir because the author had actually gone through this - it is a story about her life. She even has copies of her hospital documents in the book. She stayed at the hospital for 18 months before she was released.

I can't really relate to this book at all, because I have never been suicidal or had any suicidal thoughts. In some way I guess I

can, though, because when I was younger I was extremely depressed and put on medication. Even being through that, I have no idea the feelings or things these girls went through. It was a good book and it drew me in instantly, which is rare because I hate reading, and I thought I was going to hate the book. I literally couldn't put it down. I definitely recommend this book to the other moms in Passages.

Crank

by Ellen Hopkins

review in verse by Selaina Leigh

Kristina was a junior in high school.
Perfect grades, perfect daughter.
Until she was sent to her dad's.
That's when she met Buddy
and she became Bree.
One talk, one cigarette.
That's when it all changed.

One night, one bowling alley,
One backroom.
Two powered lines,
One mirror, one straw.
Burn to the nose,
Flying high.
Crankin'.

Two girlfriends, one boyfriend.
Crankin'.

Bree, Buddy.
Talkin'.
Lince watching.
Buddy leaving.
Lince jumping off the edge.
Crankin'.

Was it Bree's fault?
Was it Buddy's fault?
Or was it the crank?

Another day, another line.
Talking, kissing.
Time to go home.
Time to be Kristina again.
Not ready to leave Buddy.
In love.
Crankin.

One needle, some ink.
One tattoo, endless love.
One plane ride home.
Grounded Until Further Notice.

One call. One broken heart.
Buddy wants to see other people.
One desperate girl, withdrawals.
One new boy, with crank.
She was desperate.
Parked in his truck,
in the middle park.
They did a line.
Crankin'.

Another boy.
A late night party.
Another line.
Regretted sex.
Crankin'.

Two boyfriends. One girlfriend.
One very desperate girl.
Crank. Money. Brendon.
Raped.
Crankin'.

One boyfriend.
One girlfriend.
Crankin'.
Making love.

One pregnancy.
One boyfriend
ready to step up.
One appointment.
One disappointment.
Brendon was the father.
Not Chase.

One boyfriend
who doesn't care.
One boyfriend
who proposes.

One desperate girl.
Pregnant.
Crankin'.

One boyfriend
who goes off to school.

One girl.
One baby.
Crankin'.