



The Community
School

Passages Program



Passages Press

Teardrop

A teardrop can be seen
And be quickly swiped away
A teardrop can be invisible
Fall quickly and not be seen
My life is a teardrop...
I am seen but not seen.

- Naomi Marr

Lost

by Naomi Marr

I am lost in today's world. My feelings hurt so bad that I'm at the point of breaking down; to tell you the truth, I do think I am at the point of breaking down. I feel like I have no one and I feel like I am no one. It is hard to remember who I am, but I know I have to dig deep down inside of my soul and find myself to become myself again. People have hurt me and still to this day they are tearing me apart. I have no energy, I have no fight in me, I have no laughter, I have no more tears, I have no more smiles, and I have no more frowns. I don't know what's right and I don't know what's wrong, I don't know what's good or bad. Although I can daze off at the wall and see all of my goals and dreams with this awesome career and this beautiful house and yard, when my vision goes back to normal I see a shit box with no yard and a stressful life that I can't control. I have a life that I

would love to end but it's not only me anymore, it's Kiley's I have to tend.

I want to soar high and have a partner that knows how to make me feel like a queen. I don't want to struggle, I want to slip and slide, I don't want to fight, I don't want to cry, I want to have laughter that only makes me cry. I don't want to be the maid of the house, I want to have a partner that shares the cleaning time. I want to eat like I am rich and not starve like I am poor. I want to have faith in my life and not be dragged down any more. I want to have family and friends and not have enemies. I want to have the life I have never had before.

I guess what I am trying to say is I am sick of my life and I don't want it any more. There are two ways out of this life and I have chosen the one that keeps me with my soul... So I will take the door.

My Infant's Needs

by Amber Chaisty

My infant's needs are a pretty easy task. When he cries I try different things like rocking him, putting him in his swing, singing to him. He's easy to calm down. He eats every 3 to 4 hours. I change him before his feeding and after and sometimes in between his sleeping time. Every two days he gets his bath, which he loves.

It's definitely important to bond with your child. The first 3 months is the most important time to bond with your child so he can get attached and get to know his parents and feel secure. A good

September 2008

The Community School • PO Box 555 • Camden, ME 04843 • 207.236.8814 • www.thecommunityschool.org

example of bonding is skin to skin with your baby; it's a good way to help him grow and develop. Babies love to look at faces, especially their mother's. Even though they can't see that far, they can still focus on a face. It's also a good way of bonding. Another really good way of bonding would be talking with your child. He recognizes your voice so he loves to hear it. It's really awesome to sing to him, even reading a little book is great. So, as you can see, bonding is actually really falling in love with your wonderful child.

Learning More about Hailey

by Ashley Mellor

I was assessed when I was in kindergarten with lots of testing. The school said that I needed a little extra help. After the test they said that I had a learning problem and put me in special education classes. I knew my daughter Hailey might have a problem when she was not talking as much as other kids her age.

Our first meeting was with Child Development Services (CDS). It was like Hailey was just playing. One lady was asking me stuff that Hailey can and can't do yet. It was not like I thought it was going to be; like I thought I would be in the waiting room, but we could go in with Hailey. I was scared because I did not know what was going to be done. Hailey was delayed in a lot of different things. The second meeting was just paperwork to set up testing in Waterville.

The Waterville test was really long. We saw a lot of different people. We found out Hailey has a mild case of autism. That was the scary thing to hear because I didn't know what autism was. I still don't know a lot about it. I was really scared that Hailey might never have a "normal" life. But I have heard that some of the people who have autism have very normal lives - they have jobs and are very smart. So that gives me even more hope for Hailey's future. Hailey and I will have to learn together. Hailey will have to go to special classes. I will be going with her so I can learn how to help her learn.

This has been really stressful, but it is just something we all have to work on. If you have any concerns about your child you should call CDS at 594-5933. They can help you.

My Pregnancy

by Renee Grey

I found pregnancy to be kind of easy. I've heard horror stories about pregnancy, but mine was not. I had my cravings, my nights up sick wondering what I was going to do... Most people experience that stuff and at the time it is frustrating, but all worth it in the end.

I remember annoying my husband all the time about baby this and baby that. I would get on the computer every day and read all kinds of stuff on babies, look at all kinds of baby clothes, toys, and furniture. My husband would keep reminding me of the fact he had three children and he knew a lot of this already.

I made sure that I stayed as healthy as I could while pregnant. I took my vitamins every day, got exercise regularly, and quit smoking the day I found out I was pregnant. I knew that I had to stay healthy for this beauty inside me. Being a heavy set woman I knew that by doing all that stuff my child and I would benefit.

My daughter was born two weeks late by cesarean section. She was 12 pounds 10½ ounces and the most beautiful girl I have ever seen! But the day after my daughter was born she got sick. The doctor was not sure why she was sick or what was making her sick. Those were the worst three days of my life. The doctor would come in on his lunch break and after his office closed to watch my daughter. Seeing my daughter lying there with tubes up her nose and two IVs hooked up to her scared me.

Then she finally came out of it. I was able to have her again; I was so relieved. I was nervous about bringing her home, so scared it might happen again. It never did. I still have a beautiful, very healthy daughter who loves life. I have always heard that a baby will always give you a scare sometime in the first year. I guess that was mine.

September 2008

The Community School • PO Box 555 • Camden, ME 04843 • 207.236.8814 • www.thecommunityschool.org

Along with all the worries, frustrations and stress, there is love, laughter and happiness. With all the joys in this world I do not think there is any joy greater than being a mom.

Interview with an Artist:

Elaine Niemi

by Renee Grey

What got you interested in art?

There was always art around the house. I learned to draw when I was five. I just like painting, drawing, really like photography - that was what got me going.

What types of material do you work with?

Photography. Got my GED so I could study photography. I also work with metal, oil paints, papier mache, whatever I find and am interested in at the time.

Why is photography your favorite?

It builds collections to show others, saves memories.

How long have you been into arts and crafts?

Since I was five.

What is your favorite piece of work you've made?

My newest painting - *Changes*.

And what's your favorite that someone else made?

Little Dancer. I don't know who made it, but I love that piece.

Do you do this mainly for pleasure or money?

I do both. I enjoy it, but times get tough and it helps bring in money, too.

September 2008

The Community School • PO Box 555 • Camden, ME 04843 • 207.236.8814 • www.thecommunityschool.org

Do you have any advice for future artists?

Just keep doing it; what you do now you won't be able to do later in your life. Life changes, your art changes, everybody paints fish differently.

Does it make you happy?

Yes it makes me happy! Doing art makes me want to get out of bed in the morning and makes me want to work into the late hours of the night. I love doing it. People do things their own way. In art you can express that. I like to paint around the fish; most paint the fish, that's what art is, there is no wrong way of doing it. It brings people to see through your eyes some place they may never see again!!



Killing Nemo

by

Breanna Novicka

In order to start this project you must first go out and catch a fish. That means you have to bait a hook and drop it in to the water and catch it. Then you can begin killing your very own *Nemo*. After you catch him, then you take a very, very sharp, knife and you cut off his head between the gills and the first fin. If you prefer the more humane way to kill *Nemo* you can quickly take your knife and put it down through his little fishy head with one quick clean blow. Then you proceed to make a very shallow slice down the stomach so as not to cut any internal organs. From there you take the guts and the head and throw them in the water or in like three plastic bags. After that, you can get a scaler and scale the fish, or you can just cook it with the scales

on - just be careful not to eat them. And that is how you kill your very own *Nemo*.

The Restaurant of My Dreams

by Sarah Troxel

I have a dream of owning my own restaurant. I would have it in my hometown of Damariscotta. It would be in the building that is now known as "The Mediterranean." It is now a small pizza parlor, but when I'm done with it I will have transformed it into a peaceful little piece of Paris intertwined with Maine. It sounds odd, but it will become something.

When you walk into the small bakery you will have the thick smell of sweet sugar going through you like butter. As you look on the wall you will see the Eiffel tower with the Maine ocean behind it. The name on the outside of the bakery will be shown as if a mixing bowl was tipped over and the creamy mix spells its name. The chairs would be dark green with a round table next to it. Each table would have two chairs and near the wide window there would be a couch with no back to it so the people can look outside at the street and see the beautiful town.

I would put my bakery's name in the newspaper and I would also add it to search engines online for people all around the world to see and have a taste of the sweets and baked goods.

A Trip to the Courthouse

by Breanna Novicka

On Friday, June 27th, I went to the courthouse with my mother in order to obtain a protection from abuse order against her husband. He had assaulted her on Friday June 13th. He could have killed her and I told her I would do anything in my power to help her and also to keep her safe.

We arrived at the courthouse at about 8:30 in the morning and waited for her lawyer to show up. The bailiff that was outside the courtroom asked us if we wanted to be put into a conference room before Chip showed up. About five minutes later

the advocate from New Hope for Women showed up and whisked us into a conference room and we discussed the case and how there would be no problem with her being granted the PFA.

Shortly before we were supposed to enter the courtroom, Chip's lawyer asked to speak with mom's lawyer to discuss a settlement on the PFA. Chip agreed to all of my mother's demands. We proceeded into the courtroom and we listened to a few cases in front of us and when they finally got to her case, the lawyers approached the bench. They discussed the details and the judge added a few extra details to the PFA and then he granted it to her. I waited outside the courtroom for a few minutes until she came out and they held him in the courthouse to give us plenty of time to leave.

Child Abuse

by Jane Tarbox

Child abuse happens every day. Thousands and thousands of babies, toddlers and children are abused every year. There are a few different types of child abuse: physical abuse, emotional abuse, and sexual abuse. I am going to explain each type of child abuse and tell you what signs there are and how to report them.

The first type of child abuse I am going to explain is physical abuse. Physical abuse is when an adult hits or touches a child in any kind of aggressive manner that can harm a child. Fifteen to twenty percent of reported child abuse cases are physical abuse. Some signs of physical child abuse are bruises, burns and scratches. You also might notice when you ask the child about his/her physical appearance they might talk differently about the so-called accident to try to cover it up. You also might see that the child never wants to go home. If you see some of these signs often with the child you should report it.

Did you know one in every ten boys and two in every ten girls under the age of 13 have been or are being sexually abused? Well, it's true. Sexual abuse is about ten percent of all reported child abuse. Sexual child abuse is when an adult has any

September 2008

The Community School • PO Box 555 • Camden, ME 04843 • 207.236.8814 • www.thecommunityschool.org

kind of intercourse with a baby, toddler or child. It can also be spying on a child when they are undressing or making them undress in front of the adult. Sometimes an adult will sell a child for prostitution or pornography. They may also fondle the child or have the child fondle them. Some signs of sexual abuse are if the child is overly interested in sexual behavior, acts sexually more than others. They might also not want to undress in front of people, or they might be afraid of a family member or a specific person. If you see some of these signs you should report it.

Emotional child abuse is when an adult is hurting a child mentally. They can do this by always putting the child down, not showing any affection to the child, scaring the child in an unbelievable way or teaching a child to do drugs and to commit crimes. This can hurt a child long term. This can also be done by another child. Some signs are apathy, hostility and depression.

You can report child abuse to many places. If it is an emergency call 911 or the police. You also can contact your local Department of Health and Human Services or you can call the child abuse hotline at 1-800-4-A-child 1-800-422-4453. It is very important to report any kind of child abuse.

Book Corner



Discipline: The Brazelton Way

by T. Berry Brazelton, MD & Joshua D. Sparrows, MD
reviewed by Naomi Marr

Behind the cover of this book, Discipline: The Brazelton Way, T. Berry Brazelton, M.D and Joshua D. Sparrows, M.D help us as parents understand how to be good role models to our children. Not only that, they also teach us how to discipline our children.

As I was reading this book I took lots of notes because I was disciplined the wrong way and I need something to look to for information, so I

don't go to the past and use discipline on my daughter the way I was disciplined. Here are a few things I found interesting: "Parents long-term goal for discipline is to instill self-control, so children eventually set their own limits." "When a child says 'I'M MAD!' and 'I HATE YOU!' or expresses other strong feelings, it is an extraordinary accomplishment. In only a few years the child has learned to experience emotions, to recognize them in him/herself and others and use language to name them." "Excessive demands are a way to set a child up for failure. Or simply withholding of approval is sure to threaten a child's self esteem." "Children must know time-out isn't a bad place. Children (like adults) often need a second chance in order to get something right." "A temper tantrum is a child issue, not the parents'. Stay calm and in control. Your child learns to handle her frustrations by watching you."

I think the author wrote this book because there are a lot of us parents who were disciplined the wrong way, or just don't know how to go about disciplining our children, and they know we are out there needing a hand. I do believe the author has left us a message and it's that we don't have to hit and yell at our children to get them to understand and do what we want them to do. "When your child has done something wrong, observe your child's behavior to see how bad he already feels about what he has done. If he knows he's done something wrong and feels guilty about it, then he's all ready begun to learn his lesson. Then tell him, I can see you feel awful about what you did; you know I don't want to make you feel any worse than you already do. And your child may likely be surprised by words like these, and will now be open to listen."

I loved the author's writing in this book because he says things in ways that are so true and are big eye openers. "Must a child live in fear in order to control themselves? Parents most often hit a child when they are themselves momentarily out of control, much less frequently do parents hit while calm and level-headed."

In this book I learned a lot about human nature. I learned I don't have to hit my child to get her to listen to me or do what I have asked her to

September 2008

The Community School • PO Box 555 • Camden, ME 04843 • 207.236.8814 • www.thecommunityschool.org

do. I've learned that it takes a parent to be calm, cool and collected to take control of their children. I found walking out on one of Kiley's temper tantrums will make her stop much quicker. I have found using a strong firm voice without yelling gets Kiley's attention and if I have to repeat myself, I do, and if she doesn't listen, I then place my hand on her shoulder to allow her to know I am not joking. So yeah, I have already been using the book on Kiley and already it works great for me.

If you are like me and have not been brought up right, or you just don't know how to start to raise your children, I suggest you find this book and read it cover to cover. You will find so many other different ways of handling stressful areas, I know I have and I am so proud I have read this book because it is already working for me. It's like this author has taken a ton of bricks off my shoulders. How does he do it? I don't know, but find this book and join me.

In Love and In Danger

by Barrie Levy, MSW

Reviewed by Naomi Marr

In Love And In Danger has many different true stories about young women who have been in abusive relationships. It has different stories of women with different kinds of abuse, answers, tips, advice, and hotlines - in other words, a book that can give you a better path if you have the will power to do so. Here are some things I read about in the book.

Mental abuse is when they may call you many names... say you're a Bi***, Cu**, you're stupid, or even calling you fat all the time makes some girls starve themselves and become anorexic or bulimic, even when they aren't heavy. But we will always try to make our partners happy. The thing they love to do is start something or do something wrong and somehow, some way they turn it all around and make you believe that you did it or you started it; it's your entire fault. Another good one is they think you're always cheating on them; in other words, they are just very jealous.

Physical abuse is when they will hit, bite, scratch and even kick you; it can even be something small like grabbing your arm too hard. There are many ways people can cause physical abuse, and sometimes they may not even know they are doing it, or even you may not know it is happening.

Sexual abuse is when someone forces you to do disgusting sex acts, forced sex, also known as rape, or even small things as grabbing your boobs, slapping your behind, or even calling you sexual names.

There's one thing that sticks in my head that the author wrote and it is "We will do anything to make our partners happy."

I think the author wrote this book because there are so many women out there that need help in today's world. I also think the book is for young teenagers who haven't had the chance to have a relationship, so they can read this book and understand that there's always men and women hiding their true colors. And it can happen to them.

There are so many more things I could put in these categories of abuse but I'm just giving you a taste of what I know, so if you would like to know more... get out there and do some research, there are so many stories and places to go. It's not hard to find at all, so go ahead, fill in the blanks, find answers, or even just see what goes on in today's world with many women. In Love and in Danger by Barrie Levy, MSW is a wonderful book.

New Leadership at the Community School

In case you haven't heard, there are some new faces at the Community School. Dorothy Foote is the school's new executive director and Joseph Hufnagel is the new residential director. Dorothy has most recently worked as founder and head of the Diversity Coalition at Camden Hills Regional High School and Joseph taught at an alternative public high school in Boston. We're all excited about the new leadership and look forward to working with their positive energy. And fortunately

September 2008

The Community School • PO Box 555 • Camden, ME 04843 • 207.236.8814 • www.thecommunityschool.org

for all of us, Martha Kempe is still directing our Passages program with loving attention.