

INSIDE THIS ISSUE:

<i>Wind Phone: A Chance to Say Goodbye</i>	1
<i>A Tutor with a Personal Touch</i>	2
<i>Harmful Effects of E-Cigarettes</i>	2
<i>Editorial Page</i>	3
<i>School-to-Work</i>	4
<i>Campus Chatter</i>	5
<i>Spotlight on Grove Street Artists</i>	5
<i>Important Dates</i>	Back
<i>Naudia's Pick</i>	Back

Wind Phone: A Chance to Say Goodbye

By Caroline Thomas

Have you ever heard of a wind phone? Neither had I until my teacher Carolyn Ravenna told me about them. A wind phone is essentially a way to send a message to someone you never got the chance to say goodbye to. The idea is that you dial the phone number of the person you lost, on an unconnected phone, and your message will be carried to the deceased person through the wind.

This idea started in 2010, when Japanese garden designer Itaru Sasaki needed an outlet to cope with his cousin's death. He crafted a phone booth and a rotary phone, and placed it in his garden at the foot of Kujirayama Mountain. Months later, when the 2011 Tohoku Earthquake and Tsunami killed over 15,000 citizens in his region, he knew he had to open his wind phone to the public. Since then, Sasaki's wind phone has received over 35,000 visitors and has inspired many others to build their own, including Ravenna.

Carolyn has been teaching at Rutland High School for 29 years, but has been the director for Silvers Towers Camp, a summer camp for people with disabilities, for 20 years. "Having a wind phone at camp will be a great way for campers to express their grief," says Carolyn. "Now more than ever, people need an outlet to say goodbye... or hello, to people who have passed."

Carolyn first found out about wind phones in 2021, when her best friend's daughter Emily passed away due to a prolonged illness. Emily had been a camper at Silver Towers for over ten years.

Amy, Emily's mom, now dedicates her time to crafting wind phones, and helping others design and craft their own. "Emily absolutely loved to be on her phone. Phones for kids with special needs can be one of the only ways they can express themselves. They can be a way to level the playing field and make it easier for them to make friends. Not only can

people use wind phones to connect to deceased loved ones, but it can be a way to heal from old relationships or unresolved problems," Amy says.

A wind phone will be built at Silver Towers Camp to commemorate Emily, as well as Sherri Greeno who worked for Rutland City Public Schools for 23 years, and at Silver Towers Camp for 16 years. It will be placed near the horse barn to honor Sherri's love for horses.



A Tutor with a Personal Touch

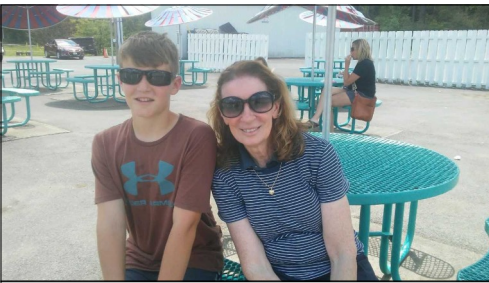
By Nakita Namiot-Graham

Mrs. Barker is a tutor for the Rutland City Public Schools. Based at Longfellow, she has worked with the high school for 21 years, providing students a structured learning experience in an individualized way. This year she is working with six teens.

Her typical day starts at 7:15 a.m. Her first two students come in from 8:00 a.m. - 10:00 a.m. Her next class of one student lasts from 10:00 a.m. – 12:00 p.m. Her last class of the day is 12:00 p.m. – 2:00 p.m., where she works with three students. For her first twenty years as a tutor, she worked from 7:15 a.m. - 4:00 p.m., but this year she wanted to finish at 2:00 p.m.

One of her favorite things about her job is working with her students. Barker enjoys helping them get through any tough times they are having. Mrs. Ivey, who has worked with Barker for 20 years, has always been impressed with her ability to help students. “She’s a saint,” Ivey says of Barker. “She can help any student, no matter who they are, and keep a positive attitude.”

Barker doesn't think of retiring much, only when people ask. When I asked her, she said she plans to retire within ten years. When she retires she plans to travel, stay up late, go to the ocean, and spend lots of time with her family and friends.



Kathy and her grandson Will taking a break at The Great Escape

Her family keeps her busy as Barker has three children: Shannon, 39, John, 44, and Patrick who is 40. Two of her children live in Boston while the other lives in New York City. She also has four grandchildren: Fallon, Will, Sloan, and Eli. Her favorite baseball team is the Boston Red Sox. For football she likes the Tampa Bay Buccaneers because of Tom Brady. Her favorite food is roast prime rib.

Given Mrs. Barker’s unique ability to help students, we are happy to hear she won’t be retiring any time soon!



Kathy Barker

Harmful Effects of E-Cigarettes

By Wyatt Rappaport

According to the 2022 Vermont youth partnership “Planet Youth” Survey, a significant number of teens have tried e-cigarettes over regular cigarettes. These results are true for both the city of Rutland and the state of Vermont. According to the data, 18 percent of RHS 11th and 12th graders have tried cigarettes while 41 percent have tried e-cigarettes. The state of Vermont data shows that 16 percent have tried cigarettes while 30 percent have tried e-cigarettes.

Teens may be attracted more to e-cigarettes because they have different flavors. Kids also may choose to vape because vaping does not put off a strong smell so they can vape without getting caught. When vapes first became popular, many believed they were less dangerous than cigarettes.

Now, though, we are learning that e-cigarettes are dangerous. They contain harmful chemicals such as formaldehyde, which is known to cause cancer, and acrolein which is used as a weed killer and can cause irreversible lung damage. Nicotine is highly addictive and exposure during adolescence can harm the developing brain. Also youth who use e-cigarettes are more likely to go on to use regular cigarettes. In the short term, e-cigarette aerosol can irritate your lungs, throat and eyes. It can also make it more likely that you will catch colds or get the flu.

Hopefully with more education and awareness young adults will learn the dangers of e-cigarettes and their harmful effects to the body and mind.



Editorial Page

Grove Street Campus: A Culture of Success

By Alexa Cary



RHS-Grove Street Campus

When I first heard of Rutland High School's Grove Street campus, I immediately said no. I heard it was where all the bad kids went, and I did not want to change schools again because it stressed me out so much.

Last year at RHS, my junior year, I barely made it with the passing grade of 1.0. After struggling through three years of high school, I decided for my senior year I was going to attend Grove Street. It was different, I was told, sort of like the competency based classes that I did well in at RHS. In these classes, we were given the week's work and were supposed to complete it by Friday. Even though I didn't do amazingly well, I always seemed to make those classes work because I knew what to expect for the week and it felt more manageable.

As it turns out, Grove Street is not where the bad kids go. In fact it is where we develop real connections with the teachers since it is a smaller environment and much less stressful. The system is made for students to succeed. Our weekly contracts force us to complete all the work that is assigned.

For each class, we have 30 minutes of direct instruction, and have plenty of time to complete our work independently. We must attend school five days a week. If we finish all the work that was assigned for the week, we can check out early on Fridays. But if not,

we cannot leave school on Friday until all our contract work is finished to the best of our ability. This holds us accountable and allows us to succeed. There really is no reason to fail when the teachers are available to help if we need them.

I do not think I have ever done better in high school than I have in these first few weeks at Grove Street. I used to be afraid to check my grades, but no more. Something that caused uncomfortable panic attacks now puts me at ease. I do what I need to do, and am able to have almost a full-time job. I have never laughed so much or talked so much (I'm sorry) with the teachers and students who are here. Though I don't even know half of the students' names, we are able to have friendly conversations.

The students here want to succeed, and if they do not show that effort they will be sent back to the main campus. The teachers at Grove Street want to see us go far. I have never had a better connection with my teachers, even though they have to remind me to stop talking and distracting myself and others... on occasion.



Seth McCutcheon working on an English assignment

Driving Less Due to High Gas Prices

By Makayla Naimot-Graham

Two years ago in 2020 gas cost \$2.17 per gallon. Now in 2022 gas is \$3.79 a gallon. As you can see, the gas prices have gotten expensive throughout the past two years. They have increased \$1.62 per gallon.

I used to do fun things when the gas prices were low. I used to go on joy rides sometimes by myself and sometimes with my dogs. I used to go shopping with my friends or go swimming with them in the summer. I also loved to take long trips to New Hampshire or New York with my sister every other weekend.

Now, though, since the gas prices have risen it has been hard to do all of the things that I used to do. I cannot go on joy rides anymore because it will waste gas. I cannot go shopping with my friends or hang out with them anytime I want or take long trips with my sister every other week. We had to switch our trips from every other week to every other month. I can definitely say that higher gas prices can make a big difference in not only my life, but in the entire world.



Gas Prices : Pain at the Pump

School-to-Work

Five Guys...Worth the Price

By Aiden Berry

I am currently an employee for Five Guys Burger and Fries in Rutland, Vermont. I am a crew member doing basic work, which includes mopping, sweeping, food prep, and washing dishes. Also, I have to help customers when they order food.

There are about 20 employees at Five Guys and usually three per shift. In order to work there you must have respect and be able to communicate with people. I work five hours a day and it gets busy, especially between 6 p.m. and 8 p.m. when Five Guys often gets slammed by many customers.

As employees, we are all about teamwork. If customers need something then we will get it. If they order food or need a napkin for example, anything really, we will help them. The workers help coworkers all the time. If we don't help our coworkers then we cannot make the cut.

Most customers love our bacon cheeseburger that comes with our fresh buns made exclusively for Five Guys. We carry two types of fries, regular and Cajun. Regular fries are only more popular because most people do not know we sell spicy fries.

Many young people avoid Five Guys because they believe the prices are too high. But, as I always say, "If you're not eating here, then you're not eating well."



A Job is What You Make of It

By Alexa Cary

Many people would think that a grocery store like Grand Union would be an awful place to work. They might say it is boring and repetitive, and they would be correct. For someone who thrives on chaos, is too loud, and talks too much without a good filter, I would not recommend it. Regardless, I like to think that some things can be what we make of them.

Although I usually dread going to work, I am kind of excited to find out who I will meet each day. Living in a small city like Rutland, we tend to have regulars who, if they like us, will come through our line. Since I try to make my job what I want it to be, and miss the social aspect of working in a restaurant, I tend to make as much conversation as possible. This can sometimes make my boring day go by a little faster. But it is also eye-opening to realize there are other people in the world who go through so much.

There is one man who comes through my line several times a week. He is very sweet, and always asks me how my cat Theo is. He waits, no matter how long my line is, just to come through and talk to me. He always puts a real smile on my face, not the customer service smile-and-nod. Some people have the same sarcasm as me, and I love being playfully passive-aggressive. While some people don't want to talk at all, others are itching to talk as much as I am.

I always try to put a smile on people's faces. It makes me happy to see someone smile who, I can tell by their facial expressions, is having an awful day. Usually my favorite way to engage customers is to ask them if they think I can fit all their groceries into one bag. It is silly, and it is definitely a heavy bag, probably not fun to carry, but they always laugh. And sometimes I like to think this is all that matters.

Some of my favorite customers are the kids who come into the store. One night a mother and son arrived. He jumped to reach one of the posters hanging from the ceiling and missed it, like the typical middle school boy trying to reach a door frame. Since I had four brothers, I pointed and laughed at this boy and told him he missed and needed to do it again because I knew he could reach it. I made his mom laugh, even though the boy was embarrassed that anyone had actually seen him, let alone called it out.

No matter how bad my job is, I find ways to make it better. And I try to do the same for my co-workers and customers. We should all make the most of bad situations.



Campus Chatter

By Nakita Namiot-Graham

What is your favorite holiday and why?



My favorite holiday is Christmas because I like winter and enjoy getting stuff.

-Wyatt Rappaport

I like Thanksgiving because I get to spend time with my family. It makes me appreciate all the things I'm grateful for and there's good food.

-Darrian Henry



My favorite holiday is Thanksgiving because we have a big family gathering and everyone gets to hang out.

**-Makayla
Namiot-Graham**

I like Halloween because I really like fall.

-Sarah Eiland



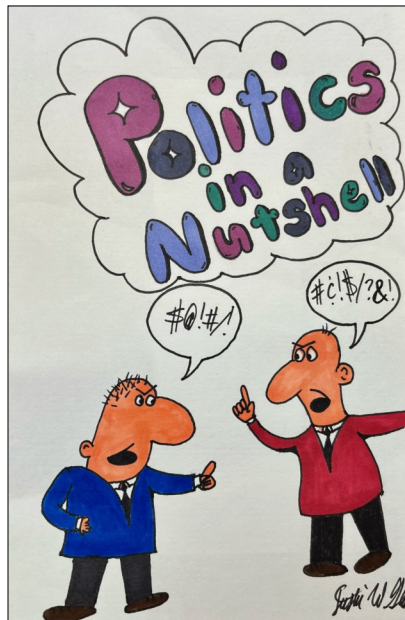
Spotlight on Grove Street Artists

Below is a sampling of works of art created by Grove Street Campus students. We look forward to showcasing additional student work throughout the year in each issue of the *Grove Street Campus Newsletter*.

Pointalism Deer

Artist: Damien Duckett

The students in both Art 1 and Art 2 class learned about the technique called pointillism. Pointillism is a post-impressionist period where the art is done by using tiny dots to create depth in the artwork. Damien did a great job at showing depth in his deer and even making it feel like it was real to the audience. This work of art really shows what pointillism is.



Tapestry Cartoon

Artist: Justin Gleed

The students in Art 2 read about Francisco de Goya who was known for his tapestry cartoons. The art assignment was to draw a tapestry cartoon with a modern day issue (political, religious, news, etc.). Justin did a fantastic job showcasing the issues but keeping it humorous. He really represented Francisco de Goya's style while adding in his own flair.

Important Dates:

Veterans' Day:

November 11, 2022

Thanksgiving Break:

Nov. 23 - Nov. 25, 2022

December Break:

Dec. 22, 2022 -
January 1, 2023

Test Dates: SAT:

November 5, 2022
December 3, 2022

ACT:

December 10, 2022

Birthdays



November

Justin Gleed - November 7
Sarah Eiland – November 22
Alexa Cary – November 26

December

Lena Flanders - December 6
Carlie Thomas – December 6
Makiya Jackson – December 8
Hayden Pillion - December 12
Trevor Doane – December 13
Caleb Bragg - December 14
Rosario DaCosta – December 21
Artemis Dickson – December 21

Naudia's Pick: Cutting-Edge Drama

By Naudia McAuley



Criminal Minds was a television series on CBS from September 22, 2005, to February 19, 2020. The show is about this group of people who work for the FBI. They work as a team to find clues to get closer to finding the crooks. In the beginning of the series, there were only a couple of people but then it progressed to more new people to help them work on the investigations.

Overall this is my favorite show because of how the FBI team works together to solve problems. I find FBI work interesting and think it would be a good job but also very stressful. They have all had hard times working for the BAU (Behavioral Analysis Unit). My favorite character is Emily Prentiss because she has been through the most yet never stops trying to find the criminals.

I recommend the reruns of *Criminal Minds* to people with an interest in crime-solving shows because each episode can be thrilling. Look for the revival of this crime drama series, *Criminal Minds: Evolution*, premiering on November 24 on Paramount+.