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People and the Mountain

By Artemis Dickson

Front

When I was very young, my father, mother, and I used to walk around Rutland almost every day. It was one of our only family activities, and we would always walk somewhere different. I remember walking down the train tracks, down State Street, and even walking toward West Rutland and stopping at the snack bar.

As I grew up, these walks became less common, and eventually my mother moved out. Though my dad and I tried our best to get exercise, he was always very busy, and so was I, and eventually we simply stopped. This changed when I came to Grove Street, and started the YES Plan hiking program. I found something so much better that I now share with everyone I can.

Hiking can be defined as "the activity of going for long walks, especially in the country or woods." This simple definition does not begin to explain how regenerative hiking can be. It has become so important to my day-to-day life now that I do not think I would want to live without it.

Now, you may have hiked before and simply thought it was a really long walk, or maybe you have never taken a hike so it all sounds boring and difficult. But if you are anything like me, you will understand why I love hiking. I want to push myself, to extend my comfort zone, and be more in tune with the planet. For me, there is no better way to do all three of these things than hiking.

I live for the climb, and the decline too, but what I really live for are the moments of silence I can spend deep in the forest. When I find a quiet place where the mark of humanity is nowhere to be found, I am at peace. I usually find these places by going off trail, and forging my own path. While following trails in Pine Hill Park is fun and safe, trailblazing is adventurous, invigorating, and human.

Unfortunately, many people my age find it difficult to push their boundaries. Does this make us a worse generation? No. But when we spend all our time running around, on the clock, doing one thing just so we can do another, we need to hike. I do not mean this in a theoretical way, I mean we NEED to hike. We think too much nowadays. Every bad thing that happens in the world is stored in one little device, and further, in one little app. People do not want to talk about the good things anymore, and if they want to experience the magic that people miss, then they need to get away.

Even in places like Rutland people can get cooped up, which is incredibly unhealthy. People will not feel better if all they know is a dull city with even duller people moping about. Once they get out there, and I mean really get out there, they can see there is more to life than their mundane job and mediocre town. There is so much to explore, and Vermont is practically made for it.

So, please, find time to get out there more. Hike through Pine Hill Park to Rocky Pond. The trails are: Droopy Muffin, Svelte Tiger, Salamander, and Overlook trail. If you hike up to that bench, you will understand exactly what I am talking about. Or, maybe, I just like hiking too much. Either way, many people my age do not do it enough. So get your butts up there and see for yourselves!



YES PLAN 2024

Back

Classroom Therapy Dogs

By Kade Bissitte



Mr. Schillinger with Therapy Dog

Animals, especially therapy dogs, are used in many schools to help reduce stress. According to a recent New York Times article, dogs greeted the surviving children at Sandy Hook Elementary School in Connecticut in 2013 when they returned to school after the terrible shootings. On the day of the Covenant School mass shooting in Nashville, Tennessee, dogs were there to help. Sgt. Bo, a police dog, sat with students on a school bus before they were reunited with their anxious parents.

Interactions with dogs and other animals can reduce cortisol, the body's stress hormone, research by Dr. Nancy Gee, who oversees the Center for Human-Animal Interaction at Virginia Commonwealth University, has shown. These interactions may provide help for veterans struggling with PTSD and others recovering from trauma.

Other benefits of having a class pet include giving the students a sense of responsibility, helping students engage more with one another and the pet, and helping some students with emotional needs.

Nancy Ivey, a Rutland High School counselor, has seen these benefits firsthand. In 2019, she reached out to an organization called Caring Canines Therapy Dogs of Southern Vermont. A woman from the program, a retired judge, brought her therapy dog to Mrs. Ivey's session. "The dog sat with certain kids and helped them," Ivey said. "The kids would pet the dog while they talked and it helped them open up more. I know there are many benefits with this."

Laurie Bullock, a teacher at Grove Street Campus, also understands the benefits. Her daughter, Olivia, is a freshman at Burr and Burton Academy in Manchester, Vermont. "She has a therapy dog in one of her classes," said Bullock, "and she loves it. Dogs can calm students and help them focus. Therapy dogs are proven to lower blood pressure."

Conrad Tuerk, another Grove Street teacher, brings his dog, Hattie, on hikes with students during YES Plan. "I don't know who likes it more, Hattie or the kids," Tuerk laughed. "When they meet at the trailhead, the kids greet her with joy and laughter. Some students still ask me about her."



Burr and Burton Therapy Dog

According to Rutland City Public Schools policy, animals are prohibited from schools. Exceptions are guide, hearing and other service animals, law enforcement dogs and for educational opportunities deemed appropriate by school administration.

The Vermont Department of Health has strict guidelines regarding animals in schools. Wild animals or unvaccinated pets are not allowed because they may pose a risk for transmitting rabies and salmonella, as well as parasites or fleas. No animal should be allowed in food preparation areas at any time. Also special precautions must be taken for children with allergies or immune deficiencies.

Though it is important to keep students safe from possible diseases or allergies, they can gain emotional and health benefits from therapy dogs.



Hattie and the Hikers

Benefits of Grove Street Campus

By Taylar St. Armour

Grove Street Campus helped change my life. Before I knew about Grove Street, I was not doing well in the main high school as I was not completing work, going to classes, or even attending school at all. So when what was supposed to be my senior year rolled around, I did not have enough credits to graduate. Though I was bummed and disappointed with myself, I was determined to graduate the following year.

This is when I learned from Mrs. Trevino about Grove Street, an alternative program still connected to Rutland High School. After I applied, interviewed and was accepted to Grove Street, I began my extra and final year here. Once I learned how everything worked, and met others in the program, I started to get the hang of it.

Grove Street's structure helps us succeed. The program's most helpful quality is the weekly contract I must complete. Being held accountable for getting my work

done forces me to finish it, whether I want to or not. Also the contract helps me stay on track because I know exactly what needs to be done for the week. I never fall behind or get overwhelmed by any work I owe.

Another benefit to Grove Street is the mutual respect between students and teachers. As long as we are productive and responsible, and use our time wisely to complete our weekly contracts, we are treated like adults. Teachers are also more accessible for help because there are fewer students. Calling teachers by their first names allows us to connect with them better.

This program has given me the confidence to apply for college. Before I was nervous and scared about not graduating, but now I am on the right track and excited to begin my next milestone in life.

I want to thank the teachers at Grove Street for helping to open up endless opportunities to start my journey.



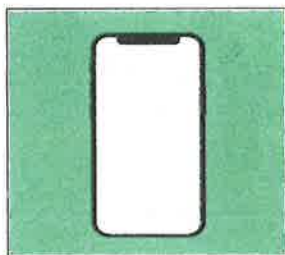
Science Teacher Mike Ellis with Zander and Artie



Conrad assisting Andrew with essay writing

Why You Should Read Books

By Kade Bissitte



Most teens these days do not like reading books. According to Education Week, about 20% of teenagers today do not read for fulfillment. They prefer their phones. Unfortunately, constant cell phone use has a few negative side effects, including blurred vision, decreased attention spans, and changes in brain chemistry. According to PsychGuides.com, addiction to cell phones increases the levels of a neurotransmitter in their brain that regulates various brain functions, including anxiety.

Alex Rainey, a junior at Grove Street, agrees that using cell phones to read is not as effective as using a normal book. Alex said, "If I'm reading on my device, I'm more likely to get distracted compared to a physical book."

Many benefits come with reading books. Nox Hagar, a junior at Grove Street, agrees. Nox said, "Yes my mental health has been affected by a book. *Letters by Rifka* gave me a new perspective on how bad the world can be. I also prefer reading physical copies of books because it gives me a more physical connection to the stories and characters."

Reading can reduce stress, increase empathy, and build up brain memory power. Conrad Tuerk, an English teacher at Grove Street, also believes in the power of reading. He said, "Reading books is like meditation to me. Deep reading is therapeutic and helps slow down my mind."

Schools can help with this problem by finding books that more children will like. Also they can give children different books to choose from so they will actually want to read.



Motherhood

By Erica Briere



Erica and Angelo in hospital

Have you thought about when you might want to have children? As a single mother who cares for her son, Angelo, on her own, I can say that high school is not the time to have a baby. A baby comes with many responsibilities. A baby is not just a cute mini-version of yourself, but is another human life who depends on a maternal figure for everything.

If I were asked a year ago what I thought my life would look like now, I may describe a good life with my son and his father, unaware of the problems I had while carrying my son. During my pregnancy, I was alone. I did not have much support, not even the support of my mother, who now asks when the next time she will get to see her grandchild.

I did not receive support from his father who helped create his life. I went to my appointments alone, cared for myself and met the needs of my son while in utero, alone. If believing having a man's child will make him love you more, this is not the case for everyone. I separated myself from my child's father a month and a half before I brought our son into the world. I carried, labored, and delivered our son into this world alone. I am the sole provider and caregiver for my son.

When I became pregnant in the middle of my junior year at Rutland High School, I looked for the best options for my senior year. Who would care for my son while I was at school?

What was the best time for me to attend school without disrupting my son's schedule? How could I make everything work with my son's schedule if he was only three months old and depended on me to provide him food?

I did not get to think about my wants, like coffee runs, and my poor attendance record. I had to put my son and his needs first before anything else. Grove Street served me well since I was only required to attend school two hours each day. We worked out a schedule with Angelo's "grammie Nik" who I am fortunate enough to call my "adoptive mom." When I had no one, she entered my life and supported me from day one.

During the week, we developed a steady routine. I got myself ready for school, left my son with grammie Nik, and then took my younger brother to Rutland Middle School. When school finished at 10 a.m., I wondered where Nikki and I would meet so I could pick up Angelo and carry on with our day.

There were days we had appointments, errands, or visits right after school. On a rare day, we were able to go home and relax. On weekends, I was fortunate to work each Sunday and sometimes Saturdays at The Back Country Cafe in Killington. When I first left Angelo to begin school, and the first weekend of work, I struggled to leave him, despite knowing he was in safe hands.

For those who want to have a baby in high school, I would think long and hard about the decision. Although my life as a teenage mother has been extremely difficult, the love and support around us is unconditional. I would not trade having Angelo for the world, as he gave me purpose in life.



Erica and Angelo before Prom

Ms. Lucie

By Ciara Chamberland



Ms. Lucie with Brandon

You may know Ms. Lucie from Rutland High School, but she has been working at Grove Street Campus for this school year. Ms. Lucie grew up in Woodbridge, New Jersey. After she graduated from Rider College in New Jersey, she became a hotel manager at Vistana Resort in Orlando, Florida, for nearly ten years.

Ms. Lucie decided to leave the resort when she gave birth to her daughter, Emily, because the hours were too weird and wonky. During this time, Ms. Lucie held many different jobs, such as working in a hospital, department store and real estate office.

When Ms. Lucie's daughter started kindergarten, she volunteered in her classroom and loved it so much that she decided to pursue a career in teaching. She earned her education degree from the University of Florida's online program. Her first teaching job was as a special educator at an elementary school in Clermont, Florida.

After teaching there for two years, Ms. Lucie and her husband decided to leave Florida because it was too hot and had no seasonal change. Her family loved vacationing in Vermont so they knew it was time to move. At first, Ms. Lucie taught special education at Middlebury Union Middle School for three years. She then came to Rutland High School to be closer to home.

At the end of last school year, when Mrs. Wigmore asked Ms. Lucie whether she wanted to work at Grove Street Campus, she said yes. She had heard positive things from Conrad and Ellada about the program. Ms. Lucie enjoys working with students at Grove Street. She said, "Grove helps me get one-on-one time with the kids to really help them, especially if they do need that extra help. I love helping people and doing something important."

Though Ms. Lucie loves teaching, she knows it is not always easy. She said, "One challenge for me is not being able to solve a problem for someone when they can only do it for themselves."

When Ms. Lucie is not teaching, she looks forward to visiting her daughter, who works at the U.S. Capitol visitor center in Washington, D.C. Her daughter moved there because Vermont was too quiet for her and she wanted the noise and fun in a city.

Ms. Lucie used to live in the country until her husband said they needed to move someplace where they could actually order pizza. Though her husband can finally order pizza, he prefers Olympic Pizza while Ms. Lucie prefers Ramuntos. And of course, they always get Ramuntos. Happy wife, happy life.



The Lucie Family

Grove Street's Newest Para

By Artemis Dickson

Doug Perkins is the newest paraeducator at Grove Street Campus. He started in the second semester of this year. After interviewing him, I can say with confidence that he is a good fit for this program. Doug is a kind and caring person who wants only the best for the students of Grove Street.

Doug has lived in Rutland all his life, and during that time has helped citizens and students alike. Last year was his 20th year in education, but getting started did not happen immediately. He said, "I had thought about it in college, then I couldn't make up my mind about which area of education I wanted to pursue, so I didn't. When I moved back to Rutland in 1991, I got a job at Rutland Mental Health, working with mostly non-verbal patients."

Soon after, he moved on to a substitute teacher position at Rutland Middle School for about six months. After this, Doug found a job opening and officially became a paraeducator at Rutland Middle School, which lasted eleven years.

Though Doug is new to Grove Street, he worked at the main high school for nine years, and had kind words for it. He said, "I loved it. Everybody was very nice to me. I made a lot of friends, and I enjoyed working with the students. After working in the middle school, moving up to the high school was pretty exciting for me."

As a Rutland High School graduate himself, Doug has ended up teaching with several peers he had in classes. He wasted no time expressing how happy he is to work at Grove Street. "The environment is much smaller," he said. "It allows more one-on-one teaching. Generally, it's more communal."

Despite Doug's optimism, his job does not come without its difficulties. He said, "The hardest part of being a Paraeducator is not being able to help everybody. Sometimes paraeducators can't help students due to external forces."

Since Doug grew up here, he has first-hand experience with the people who live in Rutland, and the town's changes over the years. He said, "Back when I was younger, this town looked a lot different. Each neighborhood had a market and a school of its own, and everything was more densely packed into the center of Rutland."

Doug has a good moral compass and responded to broader questions. To Doug, the most important human value is Compassion. This also applies to his views on the current United States government. "I think the biggest problem in our country lies in a disconnected and disillusioned electorate," Doug continues. "Everyone in politics is stuck in their own echo chambers, which leads to nothing being done and nobody agreeing with one another."

Doug has proven to be a valuable member of our community. He is always available at his desk, working away studiously.



Doug at his desk

Outdoor Adventure YES Plan Snapshots



Farewell, Mrs. Ivey

By Erica Brierre



Skyler and Mrs. Ivey

Nancy Ivey, a well-respected school counselor and friend at Rutland High School (RHS) and Grove Street Campus, will retire at the end of this school year. Mrs Ivey has worked within the Rutland City Public Schools for 27 years.

Mrs. Ivey grew up in Buffalo, New York, and then attended Wittenberg University in Springfield, Ohio, where she majored in Sociology.

She then moved to Boston, Massachusetts, where she lived for seven years. While residing in Boston, she met her husband in "lock up," better known as Juvenile Justice. Mrs. Ivey furthered her education while in Boston at Salem State University where she graduated with her Masters in Social work.

From Boston she moved to Albuquerque, New Mexico, where she worked in the Albuquerque Public Schools for five years. Mrs. Ivey enjoyed her time there. She said, "I loved the multicultural environment. There were Native Americans, Hispanics, and Anglos. I loved the climate, every day was sunny."

Although she liked Albuquerque, she missed her family back east, especially after she and her husband had welcomed their first of two children. They then moved to Vermont because they had vacationed here.

In Vermont, she first worked at Allen Street Campus for nine years. She then transferred to RHS and

worked there for 18 years.

As a school counselor, Mrs. Ivey has worked very closely with RHS and Grove Street students. When asked about Grove Street, she said, "Grove Street is a shining example of how to meet students' needs in an alternative way. Without Grove Street, the rate of high school dropouts would be higher."

Mrs. Ivey's favorite parts of her job are her co-workers and her successful graduates. She said, "I love seeing my graduates out in the community working and being successful. I love catching up with my former students."

Mrs. Ivey has faced many challenges while doing her job. "The job can be very depressing," she said, "especially working with the unfortunate situations of many families and students." She spoke about the poverty that has hit the Rutland area, especially homelessness. Also she is saddened by the amount of addiction in Rutland County.

Mrs. Ivey will miss her students, U-Matter club, and coworkers. In retirement Mrs. Ivey plans to sleep late, visit her family, remodel her home, and spend time hiking with her dog.

The Loss of Flagship Cinema

By Artemis Dickson

There is a new gym in town or, should I say, a fitness center. Despite some people maybe having a bad outlook on Planet Fitness, this place seems to be shaping out well. With its opening sale, Planet Fitness offers an affordable way to get back in shape. The gym has many positives, offering a slightly pricier black card for some exclusive benefits like massage tables, spa features, and other things.

But with this addition, Flagship Cinema, a company that brought a theater to Rutland and helped modernize us, is no longer a part of this town. If someone wants to go to the theater, they now can go to Springfield, Vermont. That's right. Springfield has a theater but we do not.

I can understand if some people do not care about the theater, but there is also the Diamond Run Mall. Who remembers going to the arcade as a kid? Who remembers wandering the many storefronts? The Diamond Run Mall, which opened in 1995, was an amazing addition to our town. It had many new stores that nobody knew about, and room for more: a candy shop, a comic shop, a music store, an arcade, the list goes on. With the mall, the town seemed to be on a hot streak.

But in 2019, after a long fight for staffing, the mall shut down. Soon after in 2020, Flagship Cinema closed due to financial issues, partially due to COVID. It has been almost four years since we had a cinema, five since we had a mall. Thankfully, some things we thought would disappear, like our teen center, are now in the process of being reinstated. I can also recommend the Masala Corner Restaurant for their great food and amazing service.

Despite these bright spots, part of me worries about Rutland's future. I am 18 years old. When I was younger I remember this town being a bustling place full of activities and recreation. Nowadays, the only things my friends and I can think of doing are mini golf, hiking, and sitting around. We all know that idle hands are the devil's workshop, especially for angsty teens. We want a place to be ourselves and belong to a community. Currently we seem to be losing more than we gain. What will we lose next? Do politicians understand our situation? Are our voices being heard? Only time will tell.



Lobby at Old Diamond Run Mall

Campus Chatter

What are the biggest challenges facing Generation Z?

By Ciara Chamberland



"Everything is difficult for our generation. There are big problems with drugs, and too much criticism and pressure to follow the standards people have set for us."

Kianna Reed

"Inflation is a very big problem in our generation. Costs of housing/rent and daily expenses are skyrocketing."

Neveah Brown



"We, America's youth, cannot afford anything in this economy. Climate change has been really horrible recently."

Finley Manney

"Discrimination is a big issue. Many older people do not understand us. If young people do not fit their standards, they don't like us and think we're weird."

Issac Wortman

Class of 1957 Scholarship

In 2007, the Rutland High School Class of 1957 Alumni established scholarship awards for deserving Rutland High School - Grove Street Campus seniors. Any Grove Street Campus senior planning to pursue a post-secondary education is eligible to apply for this scholarship. The intention is to help a student who needs financial assistance in pursuing a post-secondary education. Selection for this award is based on academic progress, financial need, and potential for success in a post-secondary education setting.



Erica Briere

This year, the RHS - Grove Street Campus staff is proud to announce the recipients of the Class of 1957 Scholarship Awards for the Rutland High School Class of 2024 are Erica Briere and Taylor St. Armour.

Upon graduation, Erica and Taylor plan to take classes at the Community College of Vermont and Stafford Technical Center Adult Program. Erica will be pursuing a field in Health Careers and Taylor's goal is to become a Licensed Nursing Assistant.



Taylor St. Armour

The scholarship awards will be formally presented to these Rutland High School graduates at Senior Awards Night on June 12, 2024.

Congratulations, Erica and Taylor!

Dear Laurie...

To Our Teacher,

We know you are not a fan of the limelight so this will be short. We wish you a happy retirement and thank you for everything you have done for us at Grove Street Campus.

We realize we were not always the easiest students to motivate. You never gave up on us, however, and in time, we grew to believe in ourselves as much as you believed in us. Because of you, most of us eventually enjoyed math.

We hope you know what a difference you made in not only our lives, but also in the lives of countless other students you have taught over your career with Rutland Public Schools. You will be missed!



School-to-Work

Senior Living

By Taylar St. Armour

Working at a nursing home has its ups and downs. Currently I work about 25 hours per week at Rutland Health and Rehabilitation Center. My job is officially called recreation, but we refer to it as the activities team.

On most days I arrive at 1:00 p.m. to get everyone ready for Bingo. This is by far the residents' favorite activity as they take it very seriously. Even though they win prizes, like candy, chips and cupcakes, they are more concerned with winning.

For me, though, bingo is the most stressful activity. If I slip up the residents will 100% catch me slipping up. It is also time-consuming since we have to do ten rounds so somebody has to win ten times.

My favorite activity is one-on-ones. I fill up a cart with different activities, like card games, trivia, nail polish, and crossword puzzles. Then I go from room to room to give patients the choice. I enjoy this activity because it gives me the chance to talk with patients. The residents also enjoy the freedom to choose.

The nursing home consists of three floors. The first one is rehabilitation, second floor is for long-term residents, and the third is for dementia patients. The majority of my time is spent on the third floor. I enjoy working with dementia patients because I feel like I make a difference. I am able to be the happy face they see, rather than give them medicine or poke and prod them. I am there strictly for them, to make them happy and comfortable.

Though working with these patients is generally rewarding, there are also challenges. Every day is a new day. They can be the happiest person in the world one day and the meanest the next. Never knowing what to expect, or what mood they will be in, is difficult.

Though the job is sometimes challenging, I want to be a Licensed Nurse Assistant (LNA), and this job gives me good training. I have also learned the importance of having patience. The residents have also taught me that time is short, and not to take it for granted. They remember being young like it was yesterday.



My Experience with Stafford Technical Center

By Kade Bissitte

Many students do not know what they want to do after high school graduation. For the students who do know, Stafford Technical Center (STC) is a great choice to help prepare for their future careers.

I started thinking about attending STC last year when my guidance counselor told me about it, and it seemed like a good opportunity. STC is designed to help students pursue their dream careers. They can experience various classes to find a career that fits them best. These careers include Construction, Mechanical, Health Careers, Culinary Arts, Cosmetology, Digital Arts, and Criminal Justice.

To get into STC, applicants must fill out a brief survey on how they will benefit their chosen program and how the program will benefit them. I applied for the Student Services program, which helps students learn how to work with children. I applied because I enjoy working with kids and the program will help me learn and understand how to teach children. I also applied to the Health Careers program because my stepmom is a nurse and makes good money, and my grandma was a Restorative Nurse Assistant (RNA) when she was younger.

After completing the application process, I spent an hour at each of the programs I picked, and later decided that Health Careers was not for me. I preferred Human Services because I was more interested in the program and believed it fit me better.

About one month after the visit, I was accepted into the program. Currently I have mixed emotions about STC. I am excited because I will be learning new things and doing activities I enjoy. At the same time I am nervous because it will be a new environment, and my entire schedule is going to change.



Community Service Learning...It's All About Community

By Ciara Chamberland



Issac labeling Contracts

Grove Street Campus is unlike many other schools because of its Community Service Learning (CSL) program. CSL is a required one-credit class for each student attending our program. Community service is one way Grove Street students give back to the Rutland community. Community Service can take many forms. Some past activities include cleaning up neighborhoods, food drives for the community cupboard and collections for the Rutland Humane Society. However, it can also be an activity around our campus, from clerical tasks to light maintenance such as cleaning desks and windows, and vacuuming.

For my CSL, I usually place Physical Education labels on weekly contracts. I enjoy this since it is calming, and helps the teachers. Personally, I believe it is important to be responsible for something in our community and not do nothing. It makes our community a better place.

Alexi Reed, a junior at Grove Street, also does labeling for Conrad. When I asked her how she feels about CSL, she stated, "the activities are valuable and they may last 15-20 minutes. If somebody didn't pass a YES Plan, this is one way they can make up the class." Alexi's favorite CSL is labeling and her least favorite is washing windows because the desks get in the way of the windows.

There are many benefits to CSLs. Through CSL, Grove Street students learn many things, such as the importance of community work, social skills, and a sense of responsibility. They also improve students' problem-solving skills, time management, and leadership and communication skills.

One of the greatest benefits is keeping Grove Street maintained and clean. Troy Clairmont, a junior, and Nick Francis, a senior, both agreed. They said, "CSL is good since teachers aren't the only ones making messes around here. Students make the mess so it's only fair we clean it up. We help to clean desks and chairs so everything is not dirty."

An added bonus is anyone who walks through our campus doors can attest that we have zero vandalism due to the pride we all take in this campus.

Conrad Tuerk, a teacher at Grove Street, also finds value in our CSL program. He said, "CSL broadens the educational experience for kids. They learn the importance of giving back to the community, and hands-on tasks can calm and focus their minds. Also, they are a great help to teachers because they complete our work that needs to get done."

CSL should be an option at any school. Even if CSL was not required, I would choose to do it anyway. CSL is a great experience that teaches us there is more to school than just academics.

Mitski

By Kade Bissitte

Mitski is an American singer and songwriter whose birth name is Mitsuki Laycock. She was born in Mie, Japan, on September 27, 1990. Her father is American and her mother is Japanese. Mitski moved around frequently in her youth, living in over 13 different countries before she graduated from high school.

Mitski started making music in 2010, when her first song "Have Yourself a Mitsuki Little Christmas" came out. From there, she continued to make more music. In 2012, she started making indie/rock music, with her first song "Lush."

Her latest release in 2022, "Laurel Hell," caught my attention on Spotify because of her voice and how her music varies with meaning and different situations. Not all people will like her music, but they can still relate to it.

Here are two of Mitski's most famous and meaningful songs:

Me and My Husband - This song portrays a suburban housewife who is stubbornly sticking by her husband's side, even though she is not happy. She writes, "And I am the idiot with the painted face in the corner, taking up space, but when he walks in, I am loved, I am loved."

First Love / Late Spring - The theme of this song is the relentlessness, unease, and difficulties of being with one's first love.

I relate most to one of Mitski's songs "My Love Mine All Mine" because the song is about realizing one's capacity to love and to give love. The powerful lyric "My baby, here on earth, showed me what my heart was worth" is important because she is saying that even though people think they cannot love or be loved, other people are willing to help and show them love. Though I have had difficulties expressing my love to both myself and others, I know that I have the capacity to do so.

Mitski's songs are all about feelings one gets in everyday life, and because of this, everyone can relate to at least one of her songs.

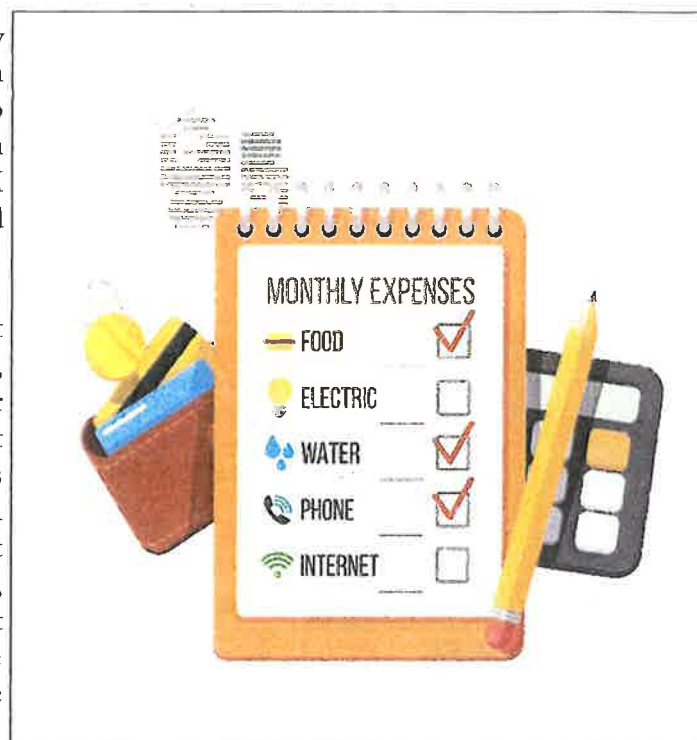


Responsibilities

By Erica Briere

Have your parents ever told you not to grow up too fast? As an 18-year-old single mother with an eight-month-old son, I know what it is like to grow up and have bills to pay. I am responsible for my own expenses and whatever my son needs as well. When I had my son on my (now our) birthday, I hit adulthood and parenting all at once.

My monthly expenses add up quickly. I must pay for my own food, rent, car insurance, gas, Netflix, Spotify, and a few other things. I pay roughly \$535 per month just for these things alone. This does not include diapers and wipes for my son or my necessities like toothpaste and shampoo. In a week, I typically fill my gas tank once or twice depending on the amount of driving I do, which totals roughly \$80. Fortunately, I receive state assistance since I am a full-time student and parent. I work at a cafe in Killington so I am able to pay for non-essential things such as getting coffee with friends.



At Grove Street, my peers often talk about turning 18 and wanting to purchase their first car. I do not believe they have considered all the expenses a car requires. A car needs to be inspected, registered, and have insurance before it can legally go on roads. Without these things, drivers risk getting fines. When owning a car, drivers also have to account for car repairs. I recently paid \$1600 for car repairs. Though my assistance program covered most of this, I still had to pay \$400 out of pocket for the rest. Fortunately, I had over \$600 saved so I could cover the extra expenses.



Erica's automobile

Like many of my peers, I live paycheck to paycheck. I am not wealthy in any way but I make the most of my money. I have learned that being an adult leads to bills and more responsibilities. No matter the circumstances, we can all meet adulthood with a steady income and consistent work schedule.



Grove Street Campus Class of 2024

Congratulations Graduates!

*Erica**Artemis**Maddie**Kaden**Sklyer**Taylor**Jordan**Xavier**Jasmine**Lucas**Chuckie**Hayden**Connor**Mason**Neveah**Trevor**Camryn**Miranda**Sarah**Mary**Joe**Brandon**Lena**Makiya**Erin**Charlie**Leondra*

Taylor Made

By Taylor St. Amour



The sun started as a rough sketch in my sketchbook. I liked it so much I decided to make a painting based on it. I made the canvas, decided on colors and made a few more sketches. I wanted it to be exactly as I had pictured in my head. Eventually I sketched it out on the canvas and started painting. It took me about a month as I changed and evaluated it daily.

Once I was happy with the finished product I added gold paint, and then Mrs. Pritchard and I hung it in the high school hallway near the cafeteria. It turned out looking like my best friend, Elaina, totally by accident, which makes me love the finished product even more! This painting brings me so much joy and is something I will have forever.