

# MapleStone News

## Adventure on the St. Croix River

By Outdoor Adventure

### Dates of Interest:

- **Monday,**  
November 19:  
School in session
- November 21-23:  
Thanksgiving  
Break
- December 21:  
Early release @ 12  
PM
- December 25,  
2018-Jan 1, 2019:  
Christmas Break
- January 18: End  
of 2<sup>nd</sup> Quarter

*"This was fun, even transformative."*

MapleStone students have logged more than 350 hours during the first quarter for the Service Learning project. The project at Goat Hill in Acton consists of clearing trails to be ADA compliant. This project is being done in conjunction with Three Rivers Land Trust.

**VANCEBORO** – We'll always remember the extraordinary experience we had canoeing on the St. Croix River.

In early October, the Outdoor Adventure group went to the St. Croix River in Vanceboro. We traveled in canoes 22 miles south east to Loon Bay over lots of rapids and rocks. We did it for the experience and to build our strength to get through difficult situations and work together as a team.

We began our adventure setting up supplies, packing our dry bags putting them in the boats and strapping them down. We set off in the water crisscrossing, sometimes in Canada and sometimes in the U.S., and headed towards our first set of rapids. We learned the difference between an upstream-v and a downstream-v. It was a very warm, sunny day. As the sun set, the fog rolled in and we could barely see in-front of us. As night set in, we pulled the canoes ashore just above Little Falls, then we

started unstrapping gear and carrying it to the campsite, where we set up camp for the night. Just as we had to work together to navigate the rapids, we had to work together to set up camp.

We began day 2 by breaking camp which is a skill into itself. Dave had the ease of using 4 barrels. We then descended Little Falls, the only class III rapid on the river. It was awesome! Zach demonstrated his swimming skills when he downed his canoe at the top of the rapid. We continued our descent toward Loon Bay, paddling through more than a dozen sets of rapids. Dylan and Ethan showed exceptional control when they had to negotiate a two-foot drop

over a rock. Isaac was the only one to master the crossbow-rudder. Damion kept his nice sneakers on for the extra motivation not to tip the boat. As we approached Loon Bay, Isaac said, "This was fun, even transformative."



Paddling the St. Croix River



The Campsite



Ethan and Dylan negotiating the rapids

## MapleStone Cider

By Environmental Science

**SOUTHWESTERN MAINE** –There are over 7,500 known varieties of apples, which is good because if you don't use different varieties of apples, your cider won't taste as interesting. In the autumn, MapleStone students collect, clean, press, and distribute distinctive apple cider using a combination of wild and cultivated apples. Making cider takes several different processes.

Apple trees take 3-10 years to produce apples depending on root stock, because we can't pick apples if there are none on the tree. The apples we put in the cider depend on flavor, which includes sweetness, acidity, dryness, and tartness. For example, wild crab apples can add dryness and tartness, or very rarely, sweetness. We know how to survey our environment for apple trees by leaves, growth pattern, and location in openings in the



An easy reach with an apple harvester

## MapleStone Cider (continued from page 1)

*“Cider lovers say ‘That’s the best cider I’ve ever had.’”*

forest. On his way home on the bus, Max spotted an apple tree in front of an old ice cream shop and we investigated and are going to pick them. After collection, we let the apples sit so they get riper (increase in sugars and break down of cell structure). We store them in plastic totes that we drilled holes in.

Apple cider is one of the only processed foods that stays raw through all the stages of production, which is why sanitation is so important. First, we clean the apples to get the dirt off; second, we clean them again to get the bacteria off. Then we rinse to remove the sanitizer. Now, they’re ready for

crushing in the scrapper. The *pomace* (crushed apple mass) drops into the slatted barrel lined with burlap.

We’ve been pressing apple cider for years, and surprisingly, we pressed over 50 gallons of cider last year. When we’ve filled the barrel with “pommy”, we know it’s time for the press block, which we made out of solid maple. Then we install the press plate and turn the screw until it wouldn’t turn anymore. The juice gets squeezed out of the “pommy” and runs into a spigotted bucket. We repeat the process until the 6-gallon bucket is full. We secure the lid and bring it up to

Cherrystone where we sanitize the bottles and fill them with cider. We distribute the bottles at the bus circle at the end of the day to make sure everyone gets one. Cider lovers say “That’s the best cider I’ve ever had.”



Above: Jonathan searching for the perfect apple!  
Below: Picking apples for cider



## Our Excursion in Franconia Notch

*By Mechanical Science*

**FRANCONIA NOTCH** – We’ll always remember those late October bike rides. Franconia Notch was the best ride ever. We soared through the crisp air on our new bikes. At the start of the school year, the Mechanics group took numerous bike rides throughout many different locations, including Loon Mountain and Peck Road. Biking is a fun way to exercise and create team-building skills because we have to remain in constant communication for riding safely.

“The drive to Loon Mountain is amazing,” Warren said as we drove up the Kangamagus Highway. We were on our

way to source bikes from Loon Mountain Adventure. We purchased \$7,500 - worth of bikes for \$750. They gave us ten bikes, two female and eight male. Loon Mountain Adventure also donated ten helmets for our safety because accidents can be common.

Our adventure began at the Cannon Mountain parking loop. We do manual bike checks before each ride to ensure safety and success. “The beginning of the trail is steep,” Jeff cautioned. Kody used his mad skills as he drifted sideways on wet leaves, successfully avoiding an elderly couple on the trail. We mapped

the 8-mile ride and experienced several natural attractions: the Flume Gorge, the Basin, the Old Man of the Mountain, the Pemigewasset River, and Lafayette Place Campground. Despite the cold, it was a lot of fun. We found the new bikes exquisite and way better than the old ones. We also took other, smaller excursions closer to campus, but our ride around Franconia Notch State Park was distinctly amazing.

*“The drive to Loon Mountain is amazing,”*



Getting bikes from Loon Mountain Adventure



Above: Our ride at the Beach  
Below: Resting in Wolfeboro

