



Passages Press

Career Plans

by Jenifer Bodman

After getting pregnant when I was a junior in high school, it was really tough for me to stay in a public school because the first three months I was pregnant I had morning sickness real bad and I was always late to school. Before everything happened, I never really looked into my future that much; I always thought that I would graduate and go off to cosmetology school in Portland. That wasn't what I really wanted to do with my life, but I thought it would be a start. I have talked to many people and they all have given me some good advice. Some say don't choose right off what you think you want to do for the rest of your life, because you may put everything into it and realize that's not what you want after all. Others say to just think of it as a starting point, another chapter in your life.

As my days went on and reality began to set in, I knew it was going to be really tough for me to go off to college now that I was pregnant! I had no clue what I was going to do with my life. I was scared and didn't know what to do or even think. I had so much going on and so many decisions to make. The one worry in my mind was, "Well, I'm not going anywhere without my education, so I have to sit down and think what I am going to do." I had talked with guidance at my school and with the amount of

school I had missed, it looked as if I probably wouldn't have graduated on time. I knew I had to take time off, so I didn't really have that many options.

Time went by and I ran into my nephew's mother and she told me about a great program that I could try to get into that would help me get the education that I needed! Well, I found the program and got accepted and now I'm working towards getting my diploma! Now that my baby is a year old and I'm still doing schooling I have gotten closer to the end and have been thinking a lot about what I want to do when I do actually finish. I don't want anything to stop me from having a future and a good career and I thought that having a baby would put a stop to all of that, but I was so wrong. My daughter drives me to want to have a full future and a career, so that I can give her everything that she needs and more.

Over the summer I worked at the Landings Restaurant and worked as a hostess. I seated people down at their tables and cleaned off the dirty ones to help out the waitresses. Most of the time, I would help by running drinks or food. I know, sounds like a blast! The best part was I started working there a little while after I had Brailey, so running all

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around helped me lose a lot of my baby weight. Really, I loved my job because I worked with familiar friends and I was always surrounded by people. At times it wasn't very easy to work with the public, but every job I've had I've dealt with grumpy people who were not satisfied in one way or another! I think working with the public, you'll always have your run-ins with people who just aren't happy or are just plain old rude! When I think about my future and what I want to do when I graduate, it doesn't exactly scream, "Work in a restaurant!"

I've given a lot of thought to what I really would be good at and what I could see myself doing and I was thinking more along the lines of becoming a CNA (Certified Nursing Assistant) and working my way up from there. A certified nursing assistant is on the front lines of patient care. A CNA works under the supervision of a nurse and assists patients that need help with their daily living tasks. I would be responsible for working closely with patients and bathing them, grooming them, feeding them, assisting nurses with medical equipment and checking patients' vital signs. I would have to give patients' important social and emotional support and relay vital information on the patients' conditions to nurses. Of course, I will need a high school diploma or a GED, but on top of that I will need to complete a six to twelve week CNA certificate program at the community college or the vocational school in Rockland. The program that I need to take would teach me nursing skills, anatomy and physiology, nutrition, and infection control. I know people who have taken this course and they said they got to do this stuff hands on, which I think would be neat because I could see what it would be like before I actually do it for my job.

CNA's earn between \$24,729 and \$29,887 and top earning CNA's make \$32,388 or more. What can affect CNA salaries are the years of experience and where you are

employed. I know to some it doesn't sound like the most glorified job, but I think that I would be pretty good at it, because I love helping people and it sounds like something that could be a starting point to other careers in the medical profession. If come to find out I don't think that it's the greatest job for me, then I still have plenty of time to find something to better suit me!



Interview with Mikaela, CNA

by Jenifer Bodman

What made you interested in becoming a CNA?

Helping people makes you feel good. It's a rewarding career and it's a stepping stone for moving up in the medical field.

How long have you been working as a CNA?

I have been working as a CNA for a year.

What do you think is the most challenging thing about your job?

Dealing with patients that don't want your care and give you trouble while you're trying to care for them.

What do you love most about your job?

Helping people and socializing with the patients and getting to know them. And encouraging them to do their ADL (activities of daily living).

Would you encourage someone like myself to become a CNA?

Yes, I would! It's hard work but makes you feel good about yourself at the end of the day.

What is an average day like as a CNA?

Every day you have a list of patients that you care for and you will start off by giving them morning care and getting them cleaned up and ready for breakfast. Some of the patients will have their shower scheduled for that day so you will have to give them either a shower, whirlpool, or a bed bath.

Now that you know what a CNA is all about, would you go back and choose another profession?

No, I love my job but I want to further my career in the medical field so I am taking classes at SMCC in Portland to become a Registered Nurse.

I am really interested in taking the CNA course and was wondering what I should be expecting or what I should prepare for? What was it like?

It's a lot of memorization of medical terminology, diseases, infections, signs and symptoms, etc. Also, much of the work is hands on and practicing procedures, and then demonstrating your knowledge of the procedures at nursing homes or hospitals. It's good to take notes and stay organized

Caring for Your Lungs

by Anna Martz

The lungs are a vital organ in the human body, located in the chest. These pairs of cone-shaped breathing organs bring oxygen into our body and release carbon dioxide. It is very important to make sure that they are functioning accurately because our life depends on it.

Each lung is made up of lobes. The left lung has two lobes and the right lung has three. A thin membrane called pleura surrounds the lungs. Lungs are protected by the ribcage.

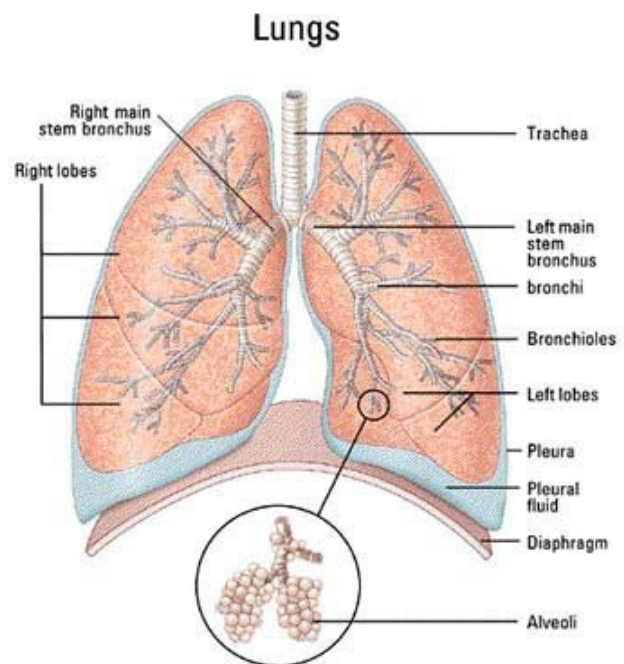
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Beneath the lungs is a dome-shaped muscle called the diaphragm, that works with lungs and allows us to inhale (breathe the air in) and to exhale (breathe the air out).

From the outside the lungs look pink and they are sponge-like in structure. At the bottom of the windpipe (trachea) are the two tubes (main stem bronchi) that head into the respective lobes. Each main stem bronchi then gets branched into smaller and smaller tubes (bronchi) to form a tree-like structure. The tiniest branch is called bronchioles. It has a thickness of a human hair. There are about 30,000 bronchioles in each lung.

At the end of each bronchiole is a lump of tiny little air sacs called alveoli. Each alveolus (singular of alveoli) has a mesh of tiny blood vessels called capillaries. These capillaries are so tiny that blood cells have to line up to march through them.



When we breathe in air through our mouth or nose the air gets pushed down the windpipe (trachea) and then travels into the series of branches (bronchi and bronchioles) in the lungs and finally reaches alveoli. All the cells in

the body need oxygen all the time. The alveoli allow oxygen from air to pass into blood. The oxygen gets attached to red blood cells and then travels into the heart via blood vessels. The heart then sends the pure blood (with oxygen) out to all other cells in the body.

You can increase your lung capacity by taking deep breaths. Inhale for two counts and exhale for three. Breathe in through your nose and out through your lips, but create resistance. This helps the sacs in your lungs build up and learn to hold more air and for longer. Exercise in the water is a great way to help increase your lung capacity by getting the blood to shift into your chest cavity. You have to take quicker shorter breaths. Research shows that your air capacity will be cut by 75% during this time, and your body will try to compensate for that. If your exercise in the water lasts long enough and you do it regularly, your respiratory system will become more efficient, increasing your lung capacity. Playing a wind instrument helps with lung capacity. Playing rigorous sports is the best way to help your lungs! Swimming is said to be the best, because a swimmer's lungs will hold up to three times more air than an average person's.

Smoking is definitely not good for us; we all know this. But how much damage does it really do to our bodies? It decreases the amount of oxygen you receive, which means it contributes to A LOT of health problems. Oxygen is what helps cleanse the body of diseases and germs. The minute you inhale smoke you're damaging the cilia (the little hair-like extensions that help move the cells around your body through the fluid such as blood.) So your circulation is affected greatly by smoking. Since your circulation is affected, smoking damages skin, too. When you smoke your skin is usually wrinkled and looks much older. This is because of the damaged skin cells. Smoking damages the alveolus in your lungs. New alveoli can be produced but they aren't as healthy and strong

as the previous alveoli. This is a lung damaging cycle that usually results in emphysema and other diseases. Emphysema is not curable.

The number one reason why smoking is so addictive is nicotine. It's an extremely powerful drug that causes withdrawals if not consumed. These withdrawals can cause side effects in a person. And the process can actually start the second after a person stops smoking a cigarette. The craving intensifies until the nicotine is provided again. The most common side effects are irritability, difficulty concentrating, and headaches. Nicotine addiction is VERY powerful! A lot of people say it's like being a slave to a deadly substance.

- 5.4 million deaths a year are because of tobacco.
- Every 6.5 seconds a current or former smoker dies. According to the World Health Organization (WHO).
- Estimated 1.3 billion people are smokers. (WHO)
- Over 443,000 Americans (over 18% of all deaths) die because of smoking each year. Secondhand smoke kills about 50,000 of them.
- TOBACCO USE WILL KILL 1 BILLION PEOPLE in the 21st century if current smoking trends continue!
- 33% of 50% of smokers are killed by their habit.
- SMOKERS DIE ON AVERAGE 15 YEARS SOONER THAN NONSMOKERS!

If you are interested in quitting, here is some information. You will definitely need encouragement, support, and be able to talk to someone about it. You could use the patch or the Nicorette gum; both release nicotine into your body slowly in small amounts, which helps you get used to not having it at all. Those are the two most common ways. Another way is the old fashioned "quitting cold turkey", which is

extremely hard, but it works. If you go to your doctor you could talk to him about different ways and ideas that might work best for you. Or you can go to the Knox County Community Health Coalition website for information: <http://www.penbayymca.net/kcchc/kcchc.html>. and email Nancy Laite at nllaite@myfairpoint.net or call her at 236-6313 with your questions.

A Woman I Admire

by Miranda Robinson

Hilary Rodham Clinton is one of many great women of history and is still in the public eye today. She was born October 26, 1947 in Chicago. She was the oldest daughter of Hugh Rodham, a fabric store owner, and Dorothy Emma Howell Rodham. Hillary had two younger brothers. Hilary went to Wellesley College where she was involved with student politics and was elected senior class president before she graduated in 1969.

Hilary Clinton graduated from Yale Law School with honors in 1973 where she met Bill Clinton. When President Richard M. Nixon resigned in August 1974, she became a faculty member of the University of Arkansas Law School in Fayetteville, where her Yale Law School classmate and boyfriend Bill Clinton was teaching. Her maiden name was Hilary Rodham until 1975 when she married the person who would become the governor of Arkansas and then the 42nd president of the United States. Hillary joined the Rose Law Firm in Little Rock and in 1977 was appointed as part-time chairman of the Legal Services Corporation by President Carter. The National Law Journal named her one of the 100 most powerful lawyers in America. Her daughter, Chelsea Victoria, was born on February 27, 1980. She was on the board of directors of

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Wal-Mart and several other corporations. In 1998, while Hilary was First Lady, her marriage was at stake due to the Monica Lewinsky scandal.

Hilary went on to become the U.S. Senator from New York from 2001-2009. While senator she endorsed bills to extend the period of unemployment assistance to victims of 9/11 and to pay for city projects in response to 9/11. She had over twenty bills passed while in the Senate. In the 2008 presidential nomination race Hilary won more primaries and delegates than any other woman in American history but still lost to President Barack Obama. He appointed her the 67th Secretary of State.

The reason I wanted to write about Hilary Clinton was because I think she is a very good example of showing that women (just like men) can accomplish many great things, even if they have personal problems, and it shows that you can get through hard obstacles and come out on top.

Cracked

by Amanda Coley

What happens when you finally hit your breaking point? When you feel like you have hit rock bottom and there's no coming back from it. What do you do when one day you get some bad news or something goes wrong and then you sit and stew on every bad thing that has ever happened to you, every bad situation you've been in, everything you want to change but just can't? What do you do when a simple song on the radio makes you think of something in your past and completely ruins the rest of your day because that's all you think about? What do you do when you have so much to say, so much you just need to scream to the world but just can't because you know no matter what, it doesn't and won't change a

goddamned thing. What do you do when you look down and you see a beautiful, innocent child looking at you and needing you and you're not even legal drinking age yet? What do you do when you're about to be the mother of two children and haven't even lived your childhood to the fullest? What do you do when you still need someone and they're not there? What do you do when you just can't take anymore? When you know your responsibilities are more than what you ever imagined. When you have to worry about bills, making sure there's always food on the table, making sure there are clean clothes, diapers, milk, everything that your mother did for you is now on your head to do. What do you do when you feel like your whole life could be taken from you in a second? What do you do if you have these questions constantly running through your head?

Do you sit and cry? Sure, you could, but it won't change anything. Do you just tell everything you need to say to every person that you need to say it to? You could, but 90 out of 100% says it's not going to matter. Do you freak out and hit things, throw things, and scream? Well, that might help for a minute until you get a broken knuckle, broken objects, and a sore throat. Do you talk to a counselor? Well that helps some people, but in reality all that happens is they try to relate to you and say they understand when they definitely have no freaking idea. Do you push the blame of everything that bothers you onto someone else? Yeah, you could, but then you would be running away from reality.

So what do you do? Is there any right answer? Is there anything in reality you can do?

Book Corner



Postcards From The Edge

written by Carrie Fisher

reviewed by Kayla Gardner

This story follows two main characters over a couple months' span. Suzanne is a movie star and Alex is a writer. They both end up in the same rehab. When or if you read this book it isn't your typical chapter book. It's more like a chapter diary book. It goes back and forth between the two characters.

Suzanne Vale is her name. Alex describes her as a little puffy and not hip but very gorgeous. She does an overdose of percodan. She gets her stomach pumped and ends up in detox. Everyone thinks she tried to kill herself. As Suzanne said, "It's not like I planned it."

One of my favorite quotes is, "I think there should be ball teams - the Opiates vs. The Amphetamines; the Opiates scratch, do hand signals and nod out.. And the Amphetamines run around the bases and scream. There's no real rules to the game but there's plenty of players."

Alex is a cocaine addict. Suzanne describes him as good looking in a Heathcliff sorta way. He is in love with Suzanne. To try to get her attention he sits down at the phone

booth next to her and acts like he's calling a producer, even though she can hear the dial tone. He's so obsessed to get her attention that he makes himself look like a fool. He even leaves rehab and relapses again.

When I was reading this book it took me back to before I had Damien. I see myself as the character Suzanne. She's a strong woman and funny, also. The things she deals with when she gets out of rehab...I'm surprised she didn't relapse.

This book is fiction. As I was reading it I was trying to figure out what the point of the book was. I'm not sure exactly, but if I have to choose a point it would probably be, "Life isn't always glorious; everyone falls and it's up to you to find the help to pick yourself back up."

The Poacher's Son

by Paul Doiron

reviewed by Jake Graf

The Poachers Son is a very interesting suspense novel set in Maine. It is about a man that loves the Maine woods and decides to become a state of Maine game warden. Mike had been separated from his father since he was nine years old. On a fairly bizarre afternoon in the world of game wardens Mike checks his answering machine, finding a message from his father awaiting him.

Curiously enough, earlier that same day two men had been gunned down in Mike's father's town. Come to find out Mike's father Jack is a suspect in the double homicide that had just occurred. Mike knew that his father could be a cruel, hot-headed man, but he would not believe that his father was a killer, let alone a cop killer. So Mike tries everything in his power to try and clear his father's name. In the process of all this Mike just about loses his

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career multiple times, almost derailing his whole life. Why he believed in his father so much no one could understand, maybe it's just what he wanted to believe.

I think the author wrote the book to show that a son, no matter what the circumstance, will always see his father as a positive figure. Even though Jack hadn't ever been there for Mike, Jack was Mike's father and even with all the underlying truths, loved his father to the fullest extent. Also, even though Jack wouldn't do a thing for Mike, Mike would do anything for his estranged father. I guess that Paul Doiron could have also been trying to explain that no matter how well you think you know someone, people are unpredictable.

If I were to relate to anyone in this book I guess it would have been the main character Mike Bowditch. I could relate to some of his feelings and reactions in the book. For instance, Mike always stood up for what he believed in, even when he may have been wrong.

What I liked the most about Paul's writing style is the fact that he lets you know what is going on in the environment around the situation. He is able to give you such a sense of the surroundings; it is quite amazing. "Used to be that they'd leave the birches and cedars standing, but these days, you know, they can find use for every tree. I swear they have saws now that can cut a straight board from a crooked tree."

I learned from reading this book that it is possible for me to sit down and actually enjoy reading a book and if I could write to the author, I'd say... Dear Paul, I just wanted you to know that I just recently read your novel, The Poachers Son. I want you to know that I am not the reading type and I honestly didn't want to put your book down. I truly liked it and would like to look into anything else you may have written.

Reading & Writing

by Miranda Robinson

I can improve my reading by reading articles, books, and newspapers. If there is a word that I do not know I will stop and look it up before continuing; this helps to learn the meaning of words, as well as giving me new things I can read and understand and use in my everyday vocabulary in the future.

While being in Passages I learned how to write a resume. I definitely have read more in Passages than I would have otherwise. I like reading, but it's hard to find time to read. What I get out of reading is to kind of escape into a movie in my mind. And all the stress of a day or anything else seems to be forgotten in a sea of words. Not only do I get relaxation out of reading, reading and writing about many different things also really helps keep my vocabulary strong,

Good writing is different I believe for every person depending on what genre you like the best. The type of genre I like to read are dramatic and suspenseful books, I like the book The Child called IT and Beauty Queen.

A book that I think is fun to read to my children is No Jumping on the Bed! by Ted Arnold. This book is so cute and funny and the kids love how it goes on and on. Another book they enjoy is My Many Colored Days by Dr. Seuss.

I LOVE BOOKS

by Jen Bodman in the voice of Brailey Marie

I love reading; it's so fun to do
I love colorful books and picture ones too!
Mommy says it's good to read,
We do it every day,
She says it's very good for me in every single way.

We read colorful books, silly books, one of every size.

My favorite is the peek-a-boo book with touch and feel, flaps to lift and a mirror surprise!

I love animal books with kittens, lions and a little bear cub;

I even have books I can take in the tub!
Mommy's right - I'm always learning something new

Every time I bring her a book, it gives us something fun to do!

