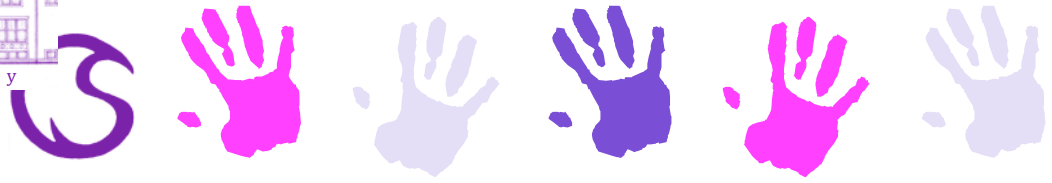




The Community
School

Passages Program



Passages Press

A Trip to the Vet

by Sheena Stone

On August 8, 2006 I went to the Rockland Animal Hospital to job shadow a veterinarian whose name was Dr. Daggot. She was very nice and answered most of the questions I had to ask, but understood she was a very busy lady. I got to see a dog patient who had swallowed a sock and they didn't know yet if they would have to operate. Another patient was a sick cat who had a very high temperature. To keep the little guy hydrated the assistant who was working with Dr. Daggot had to stick an I.V. needle just underneath the cat's skin. After she did that I asked if I could touch the spot where she had put the liquid in, because they had told me it would look like a big ball. When I touched the spot it felt like a big squishy, jiggly water balloon! Dr. Daggot had taken a sample from the cat's nose to see if the cat had an infection and she dunked it in some kind of liquid and put it underneath a microscope. She let me look in the microscope and I saw a lot of purple stuff and some white blood cells to fight off infection. She told me that he didn't have an infection - that was a good thing! I also got to see another cat patient that had a small bald spot on the back of its neck, but Dr. Daggot said there was nothing to worry about and that the Frontline Plus for fleas and ticks was not causing it. The cat was also there to get his nails trimmed; he didn't seem to like that very much. Good thing the assistant was there to hold and distract the cat. The assistant is there to protect the

vet from getting hurt; it's a big part of their job! I even got to see the hospital's pet cat; he was sleeping on his back. He was a big fluffy cat. Dr. Daggot said he was part Persian and Himalayan.

Dr. Daggot said that in order to become a veterinarian you need to do 4 years of basic college and 4 years of vet school. She said that if you go to a university college that it's cheaper and if you stay in the same state that also makes it cheaper. Dr. Daggot also mentioned that there are scholarships and financial aid out there for people who want to go to college, but don't have enough money to go.

The Rockland Animal Hospital usually deals with mostly cats and dogs, but has dealt with smaller animals, such as rabbits and rats. Dr. Daggot said that rats are one of her most favorite animals and that no one else will touch one! She said she has neutered male rats before. I thought that was pretty strange, because I had never heard about it being done before.

Dr. Daggot said that there are no daily routines to being a vet. There are never any dull moments working with the animals - anything can happen. There can be emergencies where the animals have to be checked on right away.

Dr. Daggot said she used to do a lot of surgeries, but now she doesn't do any surgeries at all because she had kids and had to raise them. After she got back to work she felt like she was

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rusty and felt like doing something new. She chose not to do surgeries anymore, but vets in other hospitals don't always have that choice.

Dr. Daggot said she got bit by one of her dog patients 11 years ago, but it was just a little scratch. She said that the bite could have been a lot worse. Usually she's able to read the dog's body motions. If she were worried about it, she would have had the owner hold the dog and/or put a muzzle on it. She also can have the assistant be in the room to make sure she's safe. Like all animals, though, they can be very unpredictable, even if they give you completely different signs.

For the check-ups they have something called SOAP. This stands for subjective, objective, assessment and plan. Subjective means to talk about the patient and what has been going on with him. Talk about his attitude, how he has been eating, if he has been depressed, just to see if there has been physical and/or mental changes that aren't normal! Objective means that the vet will look at the patient himself/herself to see what could actually be going on, take a few tests, take temperature, that kind of thing. Assessment means that the vet has come up with what is really wrong with the patient and will explain this to the owner. The last letter means plan, that means that the vet will probably give the owner instructions on how to care for the animal, give medications if needed or change the diet. If it's really serious, then the vet will plan for an operation.

I asked Dr. Daggot how much money she gets in a year and she said, "Not enough." She then said that vets can make anywhere between 38-65 thousand a year depending on what kind of area they are in. Dr. Daggot said that she didn't make enough on what she does, because when you go to college you usually have to take a loan out from the bank and then have to pay them back more than what you took out. Thankfully, Dr. Daggot had family to pay off most of her college money, but I believe she said that she is still trying to pay back what she took out from elsewhere. So if you are thinking about college, also think about the debt you're going to be in later.

In the Rockland Animal Hospital there are only two vets; Dr. Daggot and Dr. Karen and only Dr. Karen does the operations, so you could probably tell that he would always be pretty busy. There aren't any licensed technicians in the building. The secretaries help as vet assistants.

I asked Dr. Daggot why she decided to become a vet in the first place and she said, "I always wanted to work with animals ever since I was a little girl." When she thought about being a vet when she was younger her family would always try to talk her out of it, but she never listened; she listened to her heart!

Quilter's Cottage

an interview by Sheena Stone

On September 13th I went to The Quilter's Cottage in Camden to interview Martha Brower. I decided to go to The Quilter's Cottage because I have always been interested in making a quilt but I had no idea where to go to get classes and how much it would cost.

What made you decide to get into this kind of work?

When Martha and her friend were younger they wondered where they could find some nice and good-looking boyfriends and they thought why don't we go to Alaska! They also wondered what they could do for work up in Alaska. They finally figured out that since Alaska is cold, they could sell quilts! After Martha had made about 12 quilts she tried selling them but she didn't make enough money to go to Alaska. She started working in a restaurant in Boston but she was still selling her quilts too! Martha ended up selling some quilts to a few people in Boston and they asked if she wanted to go to work for them. She said yes and eventually she moved to Maine to start her own quilter's business.

How long have you been quilting?

She has been quilting for more than 30 years but there were years she didn't quilt because she was too busy being a mother to her children!

How long does it take to make one quilt?

A small quilt can take 4-5 hours to a whole day but a medium quilt can take 4-5 weeks to make. The time to make a quilt also depends on what pattern and design you're doing. It also depends on if you're sewing by hand or using a sewing machine.

Do you like to sew the old-fashioned way or do you enjoy using the sewing machine?

She prefers the old fashioned way, it's calming. If she needs to get things done, she needs to use the sewing machine.

What kind of materials do you work with?

Martha likes to work with cotton because she likes the feel of it and because it's easy to work with.

How many different kinds of patterns are there?

There are thousands of patterns to sew up. There are a couple of patterns called the crazy quilt, which is made by sewing all kind of different patterns and materials together. The second pattern is called the Irish chains, which is made up of little squares in big squares and with all these squares can make a chain.

Do you ever prick your finger with the sewing needle?

She says that every time that she sews, every day even if she were to be very careful that she ends up pricking her fingers anyway. There's no way she can avoid it!

Do you get a lot of business in your shop?

Martha said that it is slow right now because it's the end of summer. In the summer, tourists come to The Quilter's Cottage for fabric. Martha used to get a lot of commissions but she doesn't want to do that anymore. She would like to just make quilts for her close friends and family.

Would you say that quilt making is hard to do?

Martha doesn't believe that quilting is hard because she has been doing it for so long. She has taught beginners and they need a lot of patients to do this stuff!

Do you find yourself doing this kind of work for years to come?

Martha said she would and that she really does enjoy it.

Do you give lessons?

Yes, she does give lessons for free for Youth Links and The Community School. She wants to give back to the people.

Martha said she was going on vacation in September and that she would be back in October sometime. She said that when she came back that she would start teaching me how to sew and make a quilt for my elective. When I was there she let me use one of her sewing machines, and she taught me how to use it because I had never even been behind a sewing machine before. I was very intimidated by the sewing machine because I really couldn't control my foot motion on the pedal and it started sewing really fast. She showed me all of her decorative thimbles and the ones that she used for her work. She told me that a thimble was so your finger wouldn't get sore after pushing the needle through the fabric over and over again. I thought the thimble was so that you wouldn't prick your finger. I got to see all of her wonderful and very colorful fabrics, it was so great. I am very glad that I decided to go to The Quilter's Cottage. I will finally be able to make a quilt that I have so longed to do!

Interview with a Blues Singer

by Santa Havener

Santa is interested in becoming a professional singer, so she recently contacted Paul Benjamin, the founder and organizer of the North Atlantic Blues Festival, who introduced her to a blues singer at the Time Out Pub. The following is a transcript of the interview:

SH: First off, I am doing this as part of my school assignment. I attend the Camden Community School. What is your name?

PB: Pam Baker.

SH: What do you call yourself (band or solo name)?

PB: Pam Baker and The SG's.

SH: What type of music do you perform?

PB: Blues.

SH: *Do you perform this type of music because it is your favorite, or is it just what you sound best at?*

PB: Well, I started out singing folk music twenty-three years ago. Fifteen years ago I started singing the blues. Blues is my favorite, and was when I was singing folk. I think anybody is going to sound best at whatever is his or her favorite.



SH: *Do you ever wish you had chosen a different type of music to perform? If yes, why and what would you have chosen?*

PB: Not really, Blues is what I like. I love to sing, and Blues gives me that opportunity. Blues is pretty universal, even the Rolling Stones sang the blues. Many people don't realize that, even I did not years back.

SH: *How old were you when you realized you wanted to perform?*

PB: As soon as I could walk and talk. I remember having a fake microphone walking around the house singing to Janice Joplin.

SB: *How old were you when you began to perform?*

PB: My first gig was September 1, 1983. I was twenty-seven years old.

SH: *How often do you perform?*

PB: As much as possible, but it is hard in this state because there are not to many places you can play, but I'm mostly on weekends. If you are making a living at it you are doing very good, but many people can't.

SH: *Do you wish you could perform more often or any less?*

PB: I wish I could do more.

SH: *Where and when do you perform?*

PB: You can look on my website at pambakerblues.com.

SH: *Do you perform for fun, or the money?*

PB: Both. The way life is now I can't afford to do much free.

SH: *Does every individual who views your show pay you, or does the business where you are performing pay you?*

PB: It depends. If you pay a cover charge to get into the bar, that is probably what is used to pay us, but if not the business pays us.

SH: *Is it worth the money you make?*

PB: Not really, but I have to do it. It is my life.

SB: *What does music mean to you personally?*

PB: Put it this way, if I couldn't do it I would not be complete.

SH: *What steps did you have to take to get where you are today?*

PB: Well, I learned as I went along. I had to find people through networking; I had to get a promo, a demo, and pictures. Then I sent them to different clubs and asked to play there. The bar scene is where you need to start to get noticed.

SH: *Is this business difficult and stressful? If so, what do you find difficult and stressful about it?*

PB: Yes, anything could happen. Your car could break down. There are a lot of variables. You stress about being on time, setting up, and making sure everything sounds right. It is not really any different than any other job; except that you like what you are doing.

SH: *What advice would you give me if I wanted to start performing and was not quite sure where to begin?*

PB: You should go with what music you like and listen to. The best place to meet people is at open mics. Also, I went to school for music.

SH: *Is there anything else you can think of to tell me that is of importance that I may not have asked?*

PB: One thing is, that like anything it is a creative process. Always remember it is a business not just something you like doing. There are a lot of nasty people you will have to face. For example, there is a lot of competition.

SH: *It was nice meeting you. Thank you very much for everything. I listened to you sing that song with the other band and you sounded good.*

PB: Thank you!

Skittles

by Ashley Flaherty

She pops pills like Skittles
Soma, Vicodin
Anything really

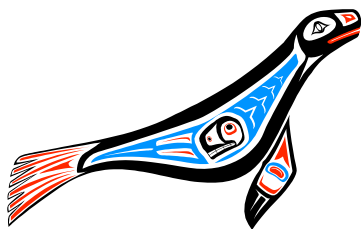
It's not that I hate her
I've never hated her,
I'd love to hate her

It's the pills that I hate
They cause the yelling
They cause the hitting

Hands to the face
Hair grabbed tight
Screaming in the driveway

Learning to take it
Trying not to give it
We'll keep working on things

Everything should get better
We hope it gets better
Only time will tell.



What's Wrong With Daddy

by Santa Havener

Daddy, what are you doing
Hopping around with that basket
Nothing daughter
Just picking apples
In the living room Daddy
That is crazy

Daddy, are you tired
Oh no I'm not tired
Not tired at all daughter
Daddy, then why are you sleeping standing up
You should go to bed Daddy

Daddy, now what are you doing
Just cleaning up daughter
I don't think the **walls** need anymore sweeping
Daddy
They look pretty clean to me

Oh no
What was that noise
Ha Ha, He He
Daddy fell out the back door
Oh yuck
Right in cat poop

What's wrong with you Daddy
Nothing daughter
Everything is perfectly fine
Ok Daddy
Whatever you say

Daddy
You can turn off the stove now
What daughter
Your cigarette is lit Daddy
Turn off the stove now

You should really go to bed Daddy
Why
Why do you say that daughter
Nothing Daddy

I'm going to bed now
Please don't burn us down Daddy

Dear Lord
What's wrong with Daddy?

My Teacher

by Santa Havener

I know you're my teacher

But

Sometimes

You're my mother...

Sometimes

My counselor...

Sometimes

Just a friend

You check my work

Ask me how I've been

Listen to me complain

Talk to me like a friend

We have differences

Laugh together too

Have serious conversations

Things not just anyone could do

What's going to happen

When the schoolwork's all done

No more work to check

There goes all our fun

Going our separate ways

Continuing our days

Keeping memories of us

I'll miss you on Tuesdays

My teacher

My mother

My counselor

My friend

On Stress

by Kayla Norwood

My eating habits and physical exercise are not the best. I have a problem with stress. Stress makes me eat all the time and do nothing. I don't get to do stuff that I want to do. I also don't get to exercise because I don't take time for myself. On the other hand, my child's eating habits and physical exercise are very well. I make sure that Destiny eats healthy and gets plenty of play time. She crawls all over the house. We also try to get outside to play because fresh air is important to health, especially this time of year when the wood stove is burning inside all the time.

The food pyramid states that the average person should eat 6-11 servings a day of grains, which include bread, cereal, rice and pasta, 2-4 servings of fruit, 3-5 servings of vegetables, 2-3 servings of dairy, which include milk, yogurt and cheese, 2-3 servings of meat, poultry, fish, dry beans, eggs or nuts, and few sweets, fats and oils.

I tend to feed my daughter better than I feed myself. I make sure she gets the regular daily recommendations, but care less about whether I do. Some days I eat little to nothing and other days I eat all the time. Like I said, I let stress levels in my life determine my health.

So just what is stress? We know it when we feel it but what's going on is we are reacting to our environment. Stress is the response that our body gives to *changes* in an environment or situation. There are two types of stress: acute and chronic.

Acute stress is short-term. It is the reaction to an immediate threat, known as the fight or flight response. Some things that can cause acute stress are noises, crowding, isolation, hunger, danger, infection, or imagining a threat or remembering a dangerous event. Acute stress can cause your blood pressure and heart rate to increase and cause you to breathe rapidly.

Chronic stress is long term. These are on-going stressful situations that are not short-lived. Some things that can cause this are on-going

pressures at work, long-term relationship problems, loneliness, and persistent financial worries.

Stress can cause many health problems. It can cause heart disease, stroke, and immune disorders such as eczema, lupus and rheumatoid arthritis. It can cause gastrointestinal problems such as irritating the large intestine and causing diarrhea, constipation, cramping, and bloating. Stress can cause eating problems such as weight gain, weight loss and eating disorders. It can lead to pain in the muscles, joints and can cause headaches.

There are several ways to manage your stress. You can exercise, write, and express your feelings by talking, laughing, crying or whatever you are feeling. You can also do something you enjoy like a hobby or something fun. To relieve my stress I write about the things that went on during the day, how I felt about them, what I am going to do. I feel a lot better after writing my thoughts down. Sometimes worries you have don't look as bad when they're on paper. When they become just words.

West Nile Disease

by Kayla Norwood

Because I live in the woods I thought it would be a good idea to research the West Nile virus. We just had a few cases reported in Belfast and I live in Montville, not far away. We don't have many mosquitoes around the house as my grandmother tries to get rid of any source that they would call home, like a tarp full of water.

The West Nile virus is found in both tropical and temperate regions. It infects birds, but is known to infect humans, horses, cats, bats, chipmunks, skunks, squirrels, rabbits and mosquitoes. It is mainly transferred by mosquitoes.

The virus is maintained in birds such as the American robin and the American crow. Mosquitoes bite infected birds and carry it in their salivary glands. Every time the mosquitoes bite it transfers the virus. The virus is not believed to be transmitted human-to-human. There is presently no vaccine for it.

80% of people who get the West Nile virus

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experience no symptoms. Those who do experience mild flu-like symptoms, which include malaise, fever, anorexia, nausea, vomiting, eye pain, headache, diarrhea, and rash. People over 50 years of age can have symptoms that include meningismus, changes in mental status, occasional seizures, and coma. The symptoms of the West Nile virus usually start 3-15 days after being infected and they last 3-6 days. There is no effective treatment known at this moment. Prevention consists mostly of eliminating the mosquitoes breeding areas, those places where water sits like in old tires, planters, ruts, and ditches.

The Book Corner



Prince Caspian

by C.S. Lewis

reviewed by Miranda Elwell

I read Prince Caspian, the second book in the Chronicles of Narnia, by C.S. Lewis. This book is about the same four children from The Lion, the Witch, and the Wardrobe. Again, their names were Peter, Susan, Edmund, and Lucy. I was about a year after their first trip to Narnia, and the children were back in London waiting at the train station, getting ready to go back to their separate schools. Then all of a sudden they were sucked from the train station back in to Narnia. Back in Narnia, the children realized that thousands of years had passed since their last visit. It was now ruled by humans, and they drove away all the talking animals, dwarfs, and other magical creatures. The children met a boy named Caspian, who had always believed the stories about the old Narnia even though his uncle, King Miraz, said they were all lies. Caspian was supposed to be the king, because his father was, and when he died his Uncle Miraz sent the seven men that knew Caspian was to be king away and took over the throne. So the children, prince Caspian, and the creatures they had found, planned an attack on king Miraz, so Caspian could take his place on the throne. The battle took place in the same place

as the one with the white witch, even though it looked different now. In the end, Caspian's side won. Aslan the lion and everyone on the old Narnian's side went all through the land for more followers. Everyone who was still against the old ways had a choice to stay or be sent back to where they originally came from through a magical doorway. It was time for the children to go home, so they went through the doorway, too. Before they left, Aslan spoke to Peter and Susan and he told them it would be their last visit to Narnia because they were getting too old, but Edmund and Lucy would be back a few more times. When they walked through the doorway, they ended up back at the train station, a little more ready to start the new school year.

The setting of this book is important to the story line, because it is all about magical stuff like talking animals, centaurs, the king lion, etc. The land itself has a special magic to it and I don't think it would have worked out so well if the author claimed that it all happened in a real place. I don't think it would have the same effect. Personally, I like books about fictional lands where everything is out of the ordinary, but I do enjoy some true stories as well.

Blankets



by Craig Thompson
reviewed by Nick Halliley

Blankets was a very interesting and intriguing story about Craig's life. It's a very long realistic comic book. Therefore, it is a great book for people who don't really like to read. This book captured me in so many different spots. Craig talks about his parents, his brother Phil, among other friends.

He also talks about some struggles he's had to go through, as a child. For instance, he only slightly

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gets in depth about a disturbing incident with his babysitter.

Craig talks about sleeping arrangements with his brother. Craig and Phil had to sleep in the same bed for so long. Finally, when they got their own beds and bedrooms, they ended up sleeping together.

Along with the above, he explains about things in his teenage years like Christian schooling, his first love, and her parental situations. Craig meets a girl named Raina at a Christian camp. Craig and Raina always skipped mass together. Craig goes to Raina's state to visit for a little while. While he is there they play in the snow, cuddle, kiss, make plans for the future together, and Craig draws a picture on Raina's wall, among other wonderful activities. He helps Raina take care of her adopted siblings. Also, he deals with peer pressure about drinking and he deals with it better than most people do.

This book will make you laugh, cry, get disgusted and get angry. Blankets symbolizes all the things he used to comfort himself. I would recommend this book to anyone and everyone. This book was referred to me by my one-to-one Andrea. Thank you Andrea.

Tell No One

by Harlan Coben
reviewed by Nick Halliley

Tell No One is the best suspense novel I've read. It'll keep you guessing until the last page. Mr. Coben knows how to keep his reader intrigued from page to page.

Dr. David Beck stars in this story full of twists and turns. He ends up going on a "wild goose chase" for his wife. This pediatrician encounters many different types of characters throughout his adventure.

This novel is a true page-turner. If you only read one book through your time in the Passages Program, read this one. You'll love the twists and how the plot thickens on every page.