



The Community School

Passages Program



Passages Press

Should a Model be your Role Model?

by Courtney Ray

I feel that 85% of the time it's harmful to have a movie star or model as a role model or ideal. The reason why I feel this way is because I was anorexic and I had a model as a role model. I became sickly thin and I had very low weight for a 13-year-old. I only weighed 92 pounds and only ate a few vegetables and fruits, and drank only water. This stage stayed with me for about four-and-a-half years. So, I feel that every person that has a model as a role model for herself may try so hard to look like them that it can be harmful towards their body image and self-esteem. This can then affect your attitude, happiness, achievements like schooling, and your every day.



But, sometimes, about 15% of the time, it can be helpful for some people to have a model as a role model, because not all people will let themselves be harmed. Some people have more confidence than to feel the need to mimic others or change the way they feel about themselves. Some people have these celebrities as a role model because it gives them something to help them improve themselves with, it gives them motivation, maybe like losing weight if you really need to. It's okay to have a model as a role model, as long as you really don't want to look exactly like them. No one can look exactly like another person. If everyone in this world looked exactly alike, the world would be extremely boring!

How You Can Volunteer

by Leana Hendrickson

Volunteering is such a great thing to do. There are so many people out there that need help and cannot afford to pay for it. Some things may not be so much fun to do, but you will feel great about it after.

Church is one place that you can volunteer. If you like to be around children you can help out with youth group. There may also be people who may need rides to church, or they even may need help to clean up or something. The church that I go to is doing a lot of work on the church and in the summer, yard work needs to be done. The pastor is always looking for people to help out.

I recently volunteered at church. We were working on the outside of the building. It was hard work, but I felt good about it after. It is also a great place to make new friends. Most of the people there are older than me, but I still have a good time with them. We all have the same interest and even if we don't know each other that well, we still have something to talk about. Even though it is hard work, it makes it better when you have others around you. It would even be fun to volunteer with a friend.

Big Brothers, Big Sisters is also a great thing you can do if you like children. There are so many children who do not have anyone positive to look up to in life, but you could be that person for them. If you like children then why not just go and hang out with them for fun? It's not that hard and you could be making that child's life so much better just by being there.

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There are so many other places that are willing to accept volunteers. There are libraries, hotlines, schools, daycares and just about anywhere else you would like to volunteer. I'm sure that just about anywhere you would like to help will accept it. That is the great thing about volunteering, you do not need job experience or special skills, you just need to be a caring person. You can also learn valuable skills while you volunteer that may help you out in a future job you might want.

If you would like to help out in you local area, just pick something and give them a call. Most company phone numbers are right in the phone book. You can also call your town office to see if they know anything about special events that you can help out with, or certain places that may be looking for volunteers. If you have never volunteered I would recommend doing it. You will be doing a great thing, and will feel great doing it.

Computer CRASH Course

by Ashley Luce

Computers...definitely something that was brought on by technology. Some days I like them, some days I hate them...like TODAY. I would love to smash this junk into a million trillion tiny pieces. My computer is a really nice new Dell, but it is highly infected right now. To put it bluntly, it is a piece of shit and I wish it would just blow up. My original transcript for this core skill did not start like this, but I just spent almost an hour typing it up, for my computer to suddenly crash on me. So anyways, I guess I have to get to the information that counts.

There are a lot of computer terms out there. There are the common ones, that even an idiot should be able to figure out, like: mouse, keyboard, monitor, printer, and tower. Although I used to think that the tower was the monitor and the monitor was the computer. DERRRR! I guess I was the idiot!! You learn the right terms after becoming more familiar with the machine. Then there are other terms that are not so obvious. The one that I personally hate is VIRUS. The best way to explain a virus...you know the last time you got a virus, you were very sick and were



not worth a crap? Well, that's what happens to computers when they get infected with a virus, they don't work worth a crap.

Okay, other terms include ink cartridge (you put this into your printer and that is how you get ink onto paper), shortcut (you can create a shortcut for any program. By creating a shortcut the program will appear either on your desktop or in the startup menu), desktop (your desktop is what you see when your computer has started up and you are ready to go to a program), startup menu (this is what you will see when you click the start button on your desktop), defragment (this is what you do to get rid of the things on your computer that are taking up space that you do not need anymore), Internet (you can get on the World Wide Web to find out information on anything in the world you would like), surf (this is primarily an Internet term, but it is what you do when you are looking for something, you "surf" the net), and download (you can download pictures and other such things, but by doing this you are adding a lot of junk onto your computer).

Wow, really glad this thing has not crashed, frozen, or blown up on me yet!! Oh, look there are two more terms I did not think about yet. "Crash" means that basically your computer shuts down all by itself, usually when you are right in the middle of something very important...like a paper for school when you only have four more to go before you graduate!!!!!! Sorry, my anger is seeping out again. "Froze" – this means that whatever you are doing just stops and freezes. The only way to fix this is to turn your computer off and start all over. That SUCKS!

Now coming to the end of my enrollment in Passages, it should be clear that I know how to use a word processing program. All of the transcripts I have turned in have been successfully typed up using Word Perfect 10. Although, I must say, there is nothing perfect about it. This is the only typing program I have on my computer, but I am also familiar with Microsoft Word. My favorite thing to do while typing is changing the FONT and color. It just jazzes things up a little bit.

I taught Tyler how to use the Internet, and surprisingly he caught on pretty quickly. I use the Internet very often to find the information that I need to complete objectives for core skills. The Internet can be very useful for other things, too, such as finding out what the weather is going to be

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if you don't feel like watching the television and listening to a bunch of junk that has nothing to do with why you are watching. I enjoy using the Internet rather than books, because it is not only faster, but you can find so much information from many different sources. If you are using books, then each book you pick up is only one source, while every time you sit at the computer you are opening yourself up to millions of sources. I just feel that with the technology we have today there is no need for books and that stuff anymore, because it is all on the Internet. Then again, I guess it all depends on whether your computer can handle the Internet...mine is horrible!!!

What would most people do if someone told them to go take care of their computer? Well, up until a few months ago, I would have gotten out the Windex and paper towels to clean it. Now I know that taking care of a computer goes well beyond that. I learned some pieces of this information a few months ago when I moved into my new home and saw how dirty the back of my tower was. It was so covered in dust that it was a wonder it still worked. This is when I learned that periodically you should take your vacuum and clean the back of the tower to keep it working properly. Taking care of a computer even goes beyond just cleaning it, though. You should erase old files, pictures, and such things you do not need anymore. They are just taking up space and making your computer slower. After these items are deleted you need to remember to clean out your recycling bin, too. Another great thing to do is to uninstall programs that you do not need. Programs that you have added onto your computer can take up a lot of space and most people don't even realize it.

I face a challenge almost every time I get on this stupid thing. My Internet is very slow and I get frustrated very easily with it. Sometimes, I get so mad that I have to walk away, because I feel like I am just wasting all my time trying to get to a website to find the information. I guess it all works out, though. Sometimes what I do is get to Google and type in what I need to find and then I will do some cleaning or a load of laundry and come back to it when it is done. This works pretty good I guess, but it would be nice if things would just go faster. I also had to face a good task in writing this transcript, because I had to stop and save it every few lines because I was afraid that I would lose it all again like the first one. But now that I am finally done I guess I am safe!!

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Winnie-the-Pooh and Friends As Metaphors

by Courtney Ray

The characters in Winnie-the-Pooh can be seen as metaphors or symbols for human personalities.

If you were any of the characters which would you be?

I think a Winnie-the-Pooh personality is quiet, caring, kind, and mellow. When things go wrong for him he just says, "Oh....bother." But he's always there for his friends in time of need.

If you are an Eeyore type, you are quiet, depressed, maybe a little miserable. He is never happy and never sees the bright side of anything. In a way he is kind of silly because he has a lot of friends, but he is kind and is never mean to anyone.

If you are a Piglet type, you are very shy. Piglet stutters; he is so shy and afraid. He is a worrier. Piglet is also kind and never mean.

If you are a Rabbit type, you are very serious; he is the most serious one out of all the characters. He worries a lot, which makes him so serious. He mostly worries about his garden. He can be caring, too.

If you are a Tigger type, you are an energetic, lively person! Tigger is kind and caring, as all the characters are, but Tigger is the type to have fun with and fun to be around. Like some folks though, he can be annoying.

If you are a Gofer type, you are usually never around or underground. He's a loner. Gofer doesn't like to be disturbed, but when he is, he is helpful, kind, adventurous and funny.

I am a Tigger type of person - very fun, energetic, and can be very bouncy. And....yes, I can be annoying at times! I love Tigger's character.

So, what type of Winnie-the-Pooh character are you? Think about this and have fun with it. I did.

GET MOVING...



Free Memberships to the Penobscot YMCA are available to all current Passages students.

Caring for Cohen

by Becki Giberson

Now I know what love is. The moment he was placed in my arms all warm and slippery, I knew it was meant to be. I immediately fell in love with the slimy little boy who was laid across my chest. That moment I will always remember.

We started bonding instantly with our skin-to-skin contact. I was keeping him warm. He needs me, which makes me feel important. I have not felt that way in a long time. Our bonding continued as I started to nurse him. Cohen was wide awake and staring up at me like he knew exactly who I was. He had been listening to me for several months. During our stay at the hospital, as I showed him off to family and friends, I kept falling in love all over again. He wasn't that good at nursing in the beginning. He wouldn't keep his tongue off the roof of his mouth. As he got better, and finally got the hang of it, I was so proud of him that I fell in love again!



Bonding with your infant is important and luckily, it comes naturally. To bond with your infant you can make eye contact and talk to him. This will help him trust you. Breastfeeding your baby is great bonding time. You're the only one who can give him what he wants and needs. Breast milk is best for your baby so you may feel like you should give your baby the best because he deserves it. Talking to others about your baby and showing him off is also a way to bond and develop more love for him. Cuddling your newborn is a great bonding technique. I find that laying Cohen's head on my chest relaxes him. He can hear my heart beat and our bellies rub together as we listen to each other breathe. I love cuddling Cohen, because I feel complete with him in my arms and he feels the same. In the hospital, when they had to give him a shot or other painful procedure, I wouldn't hold him when they did it. After it was over I would scoop him up in my arms and console him, so I was the good guy, not the bad guy. It was as if I were saving him. In the hospital, Cohen was always with me when we slept. When we got home the first night, I had to put him in his crib because there is no room in our bed. Sleeping without him, I had major separation anxiety. I cried and cried even though I knew he was happy and sound asleep. The next night Dan

slept on the couch and Cohen and I shared the bed. Sleeping with him is great bonding. It is also easier when he wakes up to feed him. Just make sure you don't roll over on him.

Cohen is just a newborn and he has needs. I have figured out how to identify those needs. When he is hungry he will move his head from side to side with his mouth open. He will cry in little grunts and suck his fingers. But I may have to consider how long ago his last feeding was because sometimes he will act hungry just because he wants his mom. If he just cries and doesn't suck his fingers, he is uncomfortable, so I'll check his diaper and almost always, it's full. When he first came home, we had to take special care of his belly button cord and his circumcision. We had to apply alcohol to the cord and use Vaseline for the penile care. Cohen also got thrush when we came home because I was on antibiotics that gave me an infection in my breasts. So the doctor prescribed medicine for both of us. I had to give Cohen his 4 times a day, and he really didn't like it. I can't blame him, it tastes horrible. But caring for an infant means more than just taking care of his physical needs. His emotional needs are very important as well. I talk to Cohen every chance I get, and when he is awake, he is never alone.

As I am writing this, I am looking down at my sleeping angel and I can't believe how lucky I am.

Life's Passages

Becki Giberson gave birth to an 8 lb. 6 oz. son named *Cohen Isaac* on July 15, 2005. Daniel Orff is the proud papa.

Jessica Johnson delivered a beautiful daughter *Tianna* on September 16, 2005. They are joined at home by Tianna's 18-month-old sister Jaylah and their daddy Johnathon Androde.



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Everlasting Love

by Maryanne Skidgel

Love, a simple four letter word
Love though, is not all that simple
You need to know what kind to move forward.
One kind of love is just enough to care for someone
In a way like a family member
And you're only around the person just for fun.
The other one is much stronger
That's the love I have for you
Mine is the one that will last forever.
My love for you is one of a kind
I will always love you, through thick and thin
My love is the strongest one you'll ever find.
I'll love you whether you're rich or poor.
Miss you when you're near or far
I'll still love you when you're ninety-four.
I'll love you even when you forget
Those little things that mean so much
I'll always forgive you without regret.
I'll always love you for you
Not what you do or how you may act
I'm happy with our love, just us two
My love is sure to stay the same and that's a fact.

The Book Corner



The First Part Last

by Angela Johnson

reviewed by Cara Johnson

The First Part Last is a dramatic, but realistic book. It has its ups and downs, but keep you reading, because of the realistic point of view. It's like a book you can start reading in one night and just get hooked and never put it down.

I enjoyed reading this book, because I am a young parent myself and it's interesting hearing how other young parents cope with it, also.

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When I first picked the book up it seemed as if it were going to be a, "Poor me, I'm a single young dad on my own" type of book. But, then I got hooked into it immediately, because in the first chapter of the book it explains Bobby's situation and how he was struggling trying to be a single dad, go to school, and hold down a job.

"You can't go to school or hold down a job with no babysitter. When you find a babysitter for a fair price on the other side of town and you are not old enough to have a license it's even harder to go to school and work. So now you have to get up with the sun and catch the bus." This was Bobby's life summed up.

Bobby finds out on his sixteenth birthday his girlfriend is pregnant. Happy birthday, huh? Life from that day forward changes for him. He made the decision to go ahead and put the baby up for adoption as soon as she was born. For me, the decision was completely opposite. I couldn't because knowing that I had created something myself with Jody made it simply impossible to even consider adoption. That is another part of the book that caught my eye really quick.

Bobby seems to be the perfect father:

"I kiss the top of Feather's curly head and hold her close. She shivers a little, so I grab my Mets sweatshirt and wrap her in it. She yawns and looks at me like she's going to ask me something, and I'll be damned if she doesn't look just like Nia. She looks at me with those eyes that know me. I know then that even when everything's changing, Feather's not gonna mind as long as she's with me."

That seems like something a dad would only say if he really was happy with his life, his daughter and at peace with Nia.

This book particularly got my attention, because it started off with him holding his daughter, Feather, and ended with him and his girlfriend. As you read the story progresses and you find what a single father has to do raising his daughter alone. So he stepped up to the plate and chose to raise her instead of being a deadbeat dad.

This book is one that I would highly recommend to any young parent trying to cope. It makes you realize that it could be worse.

The Diary of Anne Frank

reviewed by Amanda Cates

Anne was a thirteen-year-old Jewish girl when he went into hiding with her family.

This book is so heart-filling and hurtful, knowing that the Germans could be so mean and just not care.

The two long years Anne was in hiding she learned a lot about life, love, dreaming, hoping, wishing, and the meaning about family and friends.

In the "Secret Annex" there was Peter, he was about Anne's age, and she loved him, but she never knew how he felt about her. Anne and Peter had a lot of the same feelings about their parents, and they would always go upstairs and talk about anything, and they understood each other.

She was always a daddy's girl, even before they went into hiding, and she could always talk to her dad. Anne and her mom weren't so close and they would fight a lot, or they would just not talk to each other.

Mr. Van Daan would bring books for the kids to read, but sometimes Anne could not read them, because they were for the older kids, and this would make Anne mad.

Mrs. Van Daan would always make Anne mad. She would always act better than everyone in there, and when they had to sell their belongings to buy food, she would always throw a fit, saying that she needed that, stuff for when they got out of hiding.

Anne's mom and Mrs. Van Daan would always come down on Anne because Anne really didn't care what people thought of her.

When Anne was alone writing in her diary, she always wanted to be someone else, but she didn't dare to, because she thought everyone would laugh at her and think she was just joking, because Anne was joking on the outside.

This is how she lived for two years until someone ratted them out. The SS men went there and took all eight of them to prison for a few weeks, and the eight of them were sent on a train to go to Holland.

On one of the stops men and women got separated, and that was the 1st time Anne saw her dad. The women were taken to a women's labor camp and them men into a men's labor camp.

Anne's dad was saved by the Russians after the SS men abandoned Auschwitz in 1945. Anne's mom passed away in the infirmary barracks in 1945. Margot was very ill and passed away due to her illness in 1945. Anne passed away a couple days after Margot did due to an illness, also.

When Mr. Frank returned to Amsterdam, Elli (the woman who let them hide out in her attic) gave him the notebook that had all of Anne's diary entries.

Mr. Frank kept the diary to himself, that helped him keep the memories of his family. A professor convinced him to have it published. The book was published June 1947, two years after the death of his family. In 1952 over 150,000 copies of the book had been sold.

Anne's wish in life was if she were to die, she wanted to go on living after death. Her dad publishing this book made her wish come true!

SAVE THESE DATES ...

November 9th
Wednesday

Budgeting

@ KC Teen & Young Parent Program
231B Park Street, Rockland
10 am – 12 noon

December 1st
Thursday

Infant Massage

@ KC Teen & Young Parent Program
231B Park Street, Rockland
3 – 5 pm

December 14th
Wednesday

Holiday Party & Pasage Orientation

@ Community School
Kids Welcome!
1 – 3 pm

January 11th
& **January 18th**
Wednesday

First Aid & Infant/Child CPR

@ KC Teen & Young Parent Program
231B Park Street, Rockland
3 – 5 PM

Reminder: If you can give another student a ride to a workshop, we will reimburse you for mileage at 36 cents per mile. Also, if you get a babysitter, we will reimburse you at the rate of \$5.00 an hour.



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