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What Do You Like to Do?, , Catholic Heritage Curricula, 2010, , . .

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Well, coletta I also like to spend my time with my children going to the park or the movies or just playing games, but I also enjoy my time as well. I read alot, I like to do puzzles and brain teasers. I write poetry, and I enjoy a ladies night out from time to time. What do you do when you don't have your children?

It may seem off the wall but my in my available time I go and visit either the sick in the hospitals or the elderly in rest homes and care facilities. I hardly every know who they are but feel my visits help lift their spirits and in turn lift my own as well. It's amazing what a few minutes with a lonely person can do for their morale.

In my spare time, I love to get out my guitar and sing and play, sometimes for a couple of hours,although now I can't do it as often as I would like to . I am getting ready to play and sing Christmas songs and carols at the Annual Christmas Party, that we hold each year for the older folk at a couple of the local Retirement Villages. It is wonderful to see the smiles spread across their faces when they hear the Christmas Carols sung. I don't know about anyone else, but there is something about carols at Christmas Time, that makes you just want to keep singing and singing them. It really is a lovely way to spend the day bringing joy to people less fortunate than yourself. What a thrill it is. Nothing compares to it. BB

TY..I could just lay around like some people the doctor told me are in much better physical shape than me, my theory is this, if I can, and have the strength, Im gonna try and do ..if I just lay around and complain..I will get worse and die..and for those with "fibromyalgia" and no real major problems, get up..don't waste your life..I should be the one laying around, but I want to stay as active as I can untill I can no longer possibly do so...

Computer and information systems managers, often called information technology managers (IT managers or IT project managers), plan, coordinate, and direct computer-related activities in an organization. They help determine the information technology goals of an organization and are responsible for implementing the appropriate computer systems to meet those goals.

Medical and health services managers, also called healthcare executives or healthcare administrators, plan, direct, and coordinate medical and health services. They might manage an entire facility, specialize in managing a specific clinical area or department, or manage a medical practice for a group of physicians.

Computer support specialists provide help and advice to people and organizations using computer

software or equipment. Some, called technical support specialists, support information technology (IT) employees within their organization. Others, called help-desk technicians, assist non-IT users who are having computer problems.

Computer systems analysts study an organization's current computer systems and procedures and make recommendations to management to help the organization operate more efficiently and effectively. They bring business and information technology (IT) together by understanding the needs and limitations of both.

Network and computer systems administrators are responsible for the day-to-day operation of an organization's computer networks. They organize, install, and support an organization's computer systems, including local area networks (LANs), wide area networks (WANs), network segments, intranets, and other data communication systems.

Information security analysts, web developers, and computer network architects all use information technology (IT) to advance their organization's goals. Security analysts ensure a firm's information stays safe from cyberattacks. Web developers create websites to help firms have a public face. Computer network architects create the internal networks all workers within organizations use.

Cartographers and photogrammetrists measure, analyze, and interpret geographic information to create maps and charts for political, cultural, educational, and other purposes. Cartographers are general mapmakers, and photogrammetrists are specialized mapmakers who use aerial photographs to create maps.

Chemical engineers apply the principles of chemistry, biology, and physics to solve problems. These problems involve the production or use of chemicals, fuel, drugs, food, and many other products. They design processes and equipment for large-scale safe and sustainable manufacturing, plan and test methods of manufacturing products and treating byproducts, and supervise production.

Electrical engineers design, develop, test, and supervise the manufacturing of electrical equipment such as electric motors, radar and navigation systems, communications systems, and power generation equipment. Electronics engineers design and develop electronic equipment, such as broadcast and communications systems—from portable music players to global positioning systems (GPS).

Marine engineers and naval architects design, build, and maintain ships from aircraft carriers to submarines, from sailboats to tankers. Marine engineers work on the mechanical systems, such as propulsion and steering. Naval architects work on the basic design, including the form and stability of hulls.

Civil engineering technicians help civil engineers plan and design the construction of highways, bridges, utilities, and other major infrastructure projects. They also help with commercial, residential, and land development. Civil engineering technicians work under the direction of a licensed civil engineer.

Environmental engineering technicians carry out the plans that environmental engineers develop. They test, operate, and, if necessary, modify equipment for preventing or cleaning up environmental pollution. They may collect samples for testing, or they may work to mitigate sources of environmental pollution.

Industrial engineering technicians plan ways to effectively use personnel, materials, and machines in factories, stores, hospitals, repair shops, and offices. As assistants to industrial engineers, they help prepare machinery and equipment layouts, plan workflows, conduct statistical production studies, and analyze production costs.

Physicists and astronomers study the fundamental nature of the universe, ranging from the vastness

of space to the smallest of subatomic particles. They develop new technologies, methods, and theories based on the results of their research that deepen our understanding of how things work and contribute to innovative, real-world applications.

Environmental science and protection technicians do laboratory and field tests to monitor the environment and investigate sources of pollution, including those affecting health. Many work under the supervision of environmental scientists and specialists, who direct their work and evaluate their results.

Mental health counselors and marriage and family therapists help people manage or overcome mental and emotional disorders and problems with their family and relationships. They listen to clients and ask questions to help the clients understand their problems and develop strategies to improve their lives.

Special education teachers work with students who have a wide range of learning, mental, emotional and physical disabilities. With students who have mild or moderate disabilities, they ensure that lessons and teaching strategies are modified to meet the students'™ needs. With students who have severe disabilities, they teach the students independent living skills and basic literacy, communication, and math.

Graphic designers create visual concepts, by hand or using computer software, to communicate ideas that inspire, inform, or captivate consumers. They help to make an organization recognizable by selecting color, images, or logo designs that represent a particular idea or identity to be used in advertising and promotions.

Interior designers make interior spaces functional, safe, and beautiful for almost every type of building: offices, homes, airport terminals, shopping malls, and restaurants. They select and specify colors, finishes, fabrics, furniture, flooring and wallcoverings, lighting, and other materials to create useful and stylish interiors for buildings.

Film and video editors and camera operators record images that entertain or inform an audience. Camera operators capture a wide range of material for TV shows, motion pictures, music videos, documentaries, or news and sporting events. Editors construct the final productions from the many different images camera operators capture. They collaborate with producers and directors to create the final production.

Physicians and surgeons diagnose and treat injuries and illnesses in patients. Physicians examine patients, take medical histories, prescribe medications, and order, perform, and interpret diagnostic tests. Surgeons operate on patients to treat injuries, such as broken bones; diseases, such as cancerous tumors; and deformities, such as cleft palates.

Recreational therapists plan, direct, and coordinate recreation programs for people with disabilities or illnesses. They use a variety of techniques, including arts and crafts, drama, music, dance, sports, games, and field trips. These programs help maintain or improve a client's™ physical and emotional well-being.

Emergency medical technicians (EMTs) and paramedics care for the sick or injured in emergency medical settings. People's™ lives often depend on their quick reaction and competent care. EMTs and paramedics respond to emergency calls, performing medical services and transporting patients to medical facilities.

Medical records and health information technicians organize and manage health information data by ensuring its quality, accuracy, accessibility, and security in both paper and electronic systems. They use various classification systems to code and categorize patient information for reimbursement purposes, for databases and registries, and to maintain patients'™ medical and treatment histories.

Home health and personal care aides help people who are disabled, chronically ill, or cognitively impaired. They also help older adults who may need assistance. They help with activities such as bathing and dressing, and they provide services such as light housekeeping. In some states, home health aides may be able to give a client medication or check the client's vital signs under the direction of a nurse or other healthcare practitioner.

Occupational therapy assistants and aides work under the direction of occupational therapists in treating patients with injuries, illnesses, or disabilities through the therapeutic use of everyday activities. They help these patients develop, recover, and improve the skills needed for daily living and working.

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