

## **WHERE I COME FROM**

**Carrie Frederiksen\***  
**B.S. Program in Nursing, Rivier University**

Where I come from, I am a single mother from a single mother.  
I am from a woman, who like so many others  
Needed a man to validate her life.  
I decided single is good  
And being a nurse validates my life.

Where I come from, my friends have been abused,  
And used, and so often cut loose,  
Who feel like they are nothing  
Without a man in their life.

Where I come from, you start young on drugs:  
A little pot here, drinking until you pass out,  
Move on to the higher drugs,  
Then theft to support your habit  
And homelessness because your habit  
Is more important than a place to live.

Where I come from is a small town,  
With two drug rehab facilities,  
And now a methadone clinic too  
Because there isn't much else to do, besides drugs.

Where I come from, they closed the teen center.  
We don't have a boys or girls club,  
The rec center doesn't offer much for kids,  
If you don't do sports, there isn't much else.

Where I come from, we have more single dads than most communities,  
And a lot of moms too strung out to be moms.  
We have a lot of grandparents acting as parents, a second time around.

Where I come from, most people move away after they graduate,  
And move back when they have kids.  
They still have hopes for a great community,  
With rose-colored glasses, they don't see what else is going on.

Where I come from, I am right in the middle of the community.  
I have helped give birth to the children,  
And now I am helping to educate them.  
I see where I am through my daughter's eyes,  
And through the eyes of my students.

Where I come from, I call DCYF every week, sometimes every day.  
I have to convince teachers to call,  
Because they are so used to nothing happening.  
They don't want to call anymore.

Where I come from, children come to school dirty, sick, and abused,  
There is nothing I can do about it, but make a phone call,  
And offer my own brand of love and caring.

Where I come from, children care for their parents and their children,  
In a house filled with three generations  
Of love and craziness.  
Somehow making it all work.

Where I come from, a single mom goes back to college,  
To show her daughter that anything is possible,  
No matter how challenging.  
And that it is never too late.

Where I come from is the road less traveled,  
And "the scenic route," is a long road.  
I am from so many paths taken  
To get me to where I am today.

---

\* **CARRIE FREDERIKSEN** is a student at Rivier University, who plans to graduate this spring with a Bachelor's degree in Nursing. She is a previous graduate of Rivier in 2001 with an Associate's degree in Nursing. She has spent that time working in maternity and labor and delivery and is now working as a school nurse. Carrie is a single mother and also takes care of her elderly aunt as well. She is actively involved in many committees in her school promoting health and wellness to both her students and fellow staff members. Upon graduation she plans to start taking classes towards her Master's degree, most likely in Public Health, also with Rivier University.