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THE SCHOOL DISTRICT OF MANATEE COUNTY FEATURES A STUDENT AND A CAREER & TECHNICAL EDUCATION TEACHER

SCHOOL Biz



The Power of Touch

Nancie Yonker has always marched to a different drumbeat. Finding the connection between the body and health intriguing, Nancie decided to pursue a new career in massage therapy. After completing her training, she went on to practice as well as teach massage therapy. This social worker-turned-massage therapist had discovered her niche.

Open to alternative ways of being healthy, Nancie trusts the inherent wisdom of her own body. "Touch is so powerful and pervasive," she said. As an instructor for MTI, she requires her students to personally experience a massage prior to beginning the course. From this point, Nancie's students embark on an intense program encompassing a variety of content ranging from anatomy and physiology to ethics and law. This strong core knowledge base merges with hands-on clinic experience, emphasizing mastery of skills, flow, and technique. Students who have completed the massage therapy program are eligible to sit for the National Board exams and upon passing, apply for State licensure. Through massage therapy, Nancie and her students bring the power of touch to life.

Newspaper in Education Presents
Inquizi
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KIDZ Biz & Buzz



Change is Good

Frannie Kemble needed a life change. As the new head of her household with no job skills, Frannie turned to MTI's New Options program for support. Frannie wanted to help people but was not sure on which career path she should focus. The New Options program helped her find direction, and after much thought and completing several assessment tests, Frannie developed a plan.

With the support of three sons, Frannie enrolled in the Massage Therapy program at MTI East as well as the Esthetician Program at MTI West—all while working part-time. These programs allow Frannie to incorporate her nurturing sensibilities and scientific outlook into a profession that helps others by lowering stress and raising energy levels. This diligent woman's first order of business is to create an establishment that offers clients a soothing environment where they can receive a therapeutic massage and a rejuvenating facial. After that she hopes to branch out and become a Life Coach. Change is good—so congratulations, Frannie, on making such a positive change!



InnoVators

STRESS REDUCTION: THE MIRACLE OF MASSAGE THERAPY

How often do you say or hear the words "I'm so stressed out"? It's interesting how mental anxiety can affect our physical bodies; experts guess that about ninety percent of diseases are related to stress. Although it may be unrealistic to hope for a stress-free life in our fast-paced society, we have discovered a popular method to reduce stress: massage therapy.

Massage uses different techniques such as kneading, stroking, and compression to manipulate the body's soft tissue and muscle as well as improve circulation. It's one of the oldest healing arts, and today it's an accepted part of many physical rehabilitation programs. Over 250 variations of massage therapies benefit people by reducing lower back pain, enhancing immunity, stretching weak muscles, increasing joint flexibility, and improving the body's largest organ—the skin. More than that, massages help us relax and let go of everyday anxiety. We even purchase massage sessions as gifts for our stressed family members and friends.

Some people are skeptical about the advantages of getting a massage, but the only way to know if it works is to experience it. And if this field of work interests you, check out MTI's Massage Therapy program; perhaps a career as a massage therapist awaits!



DISCOVER the Future

Career Pathways in Manatee County

Regional Careers: Here are examples of related occupations and current wages in the Suncoast Workforce Region.

Occupational	Average	Exper.
Massage Therapist*	\$8.58*	\$18.93*
Self-employed Massage Therapist*	\$45.00*	\$90.00*
Healthcare Support Workers*	\$8.58	\$13.07
Cosmetologists (including Estheticians)	\$7.96	\$16.50
Licensed Practical Nurses	\$15.06	\$20.16
Clinical Laboratory Technicians	\$11.70	\$20.64
Medical Assistants	\$10.25	\$14.05
Medical Equipment Preparers	\$10.16	\$12.68
Occupational Therapist Assistants	\$18.94	\$25.56

*The standard occupational classification for a massage is "Healthcare Support Workers;" however, according to the U.S. Bureau of Labor Statistics, the average salary for massage therapists in 2006 was \$39,380 or \$18.93 per hour. Self-employed massage therapists often charge between \$45 and \$90 per hour, but may not work full time at this rate.

Source: <http://fred.labormarketinfo.com>
 FL Labor Market Statistics, Occupational Employment Statistics & Wages Program

Career Pathway: Students of any age or status desiring a new career can find many adult programs at Manatee Technical Institute.

WEB Wise

Check out the following websites:

- www.massagetherapy.com
- http://flahec.org/hlthcareers/MASSAGE.HTM
- www.nih.gov
- www.ManateeTechnicalInstitute.org
- www.manateetechnicalinstitute.org/east_camp/massage/index.html
- www.skillsusa.org

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Explore IT

Try It - You'll Like It!

For this activity, give a friend or family member a massage on their back, neck, and shoulders. Follow these steps:

1. Hold your hands like you're going to pick up a glass of water, and grasp the shoulders, gently pulling up and away. You want to "lift" the muscle without hurting them.
2. Next, place your thumbs on top of the shoulders on either side of the spine and make circular movements. Add more pressure if so desired, but always apply pressure away from the spine, not toward it.
3. If you feel knots, or bumps in the muscles, try to work them out with circular thumb motions.
4. Using the heel of your hands, apply pressure in circles down either side of the spine. Be careful; it's easy to underestimate the applied pressure when using the heel.
5. Now, switch places with your friend—and relax!



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