

# The Monthly Tech

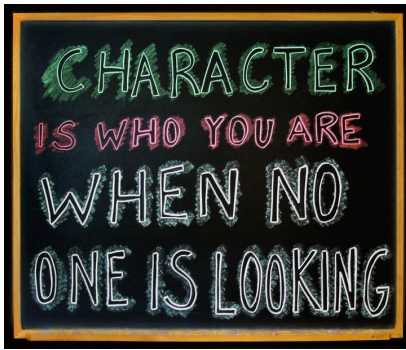
## *February 2023*



*Teaching Today's Youth;  
Training Tomorrow's Workforce*

"You're braver than you believe, stronger than you seem,  
and smarter than you think."

- Christopher Robin



# Love

## ***What is love?***

*Love is a set of emotions and behaviors characterized by intimacy, passion, and commitment. It involves care, closeness, protectiveness, attraction, affection, and trust. Love can vary in intensity and can change over time. It is associated with a range of positive emotions, including happiness, excitement, life satisfaction, and joy, but it can also result in negative emotions such as jealousy and stress.*

*Love is expressed in many different ways. There are 7 different ways to express your feelings.*

- 1. Offer the gift of listening-*** Focus on others and hear what they're really saying. Remember the 80/20 rule: Listen more, talk less. This allows others to share, and also gives you a chance to understand their feelings.
- 2. Say please and thank you-*** This is a simple act you can practice every day, but many of us often forget to do so. It can make a huge difference in our lives.
- 3. Tell your loved ones how much you love and appreciate them-*** A little love goes a long way. Many of us are guilty of taking people for granted, so it's good to acknowledge those who've impacted our lives and those we could not live without.
- 4. Offer to help someone in need-*** There's always someone who needs something. Often helping others is a way to make you feel good, too. The person you help could be a close friend, neighbor, senior citizen, or challenged individual.
- 5. Write a letter or send a card to someone you love and mail it-*** You'd be surprised by how much people appreciate this gesture. So many of us have gotten into the habit of exclusively sending email, so it's especially nice to receive a note in the mail.
- 6. Write your loved ones a poem of gratitude-*** For some people, writing a poem is easier than for others. You can start by making a list of the reasons you love these individuals. You can also reminisce about how you met them and what you hope your future together will look like. Also, consider reading love poems by Sufi poet Rumi, Leonard Cohen, or others.
- 7. Practice the art of forgiveness-*** We often have little spats with loved ones, but as they say, "Pick your fights." Try to release anger and frustration so that you can adopt a more positive attitude.

# Important Dates

★ Progress Reports  
February 8

★ Tours of the LCTC campus and Assemblies  
January 30 - AM - CCHS  
January 31 - AM - JHS

February 1 - AM - THS/IHS students      PM - MHS/VHS students

★ Program of Interest Form ( Online Application)  
January 30 - Form will open online  
February 13 - Form will close at 3:00 pm  
Form will be located on the LCTC website  
<https://lctc.chiltonboe.com>

★ Program of Interest Interviews with instructors  
Feb. 27 - PM - VHS/MHS  
Feb. 28 - AM & PM - CCHS  
March 1 - AM - JHS  
March 2 - PM - IHS/THS

## Looking Ahead

More information to come :)

★ March 23 - City of Clanton Career Fair  
★ April 13 - LCTC Open House 6:00-7:30  
★ May 4 - Honors Day



## **February Sporting Events**



### **Chilton County High School**

#### **Basketball**

2/2 Oak Mtn: Away

### **Chilton County High School**

#### **Baseball**

2/16 Alabama Christian

Academy: Home

2/17 Marbury: Home

2/23 Benjamin Russell: Home

2/25 Saint James: Home

2/28 Marbury: Away

### **Thorsby High School**

#### **Basketball**

2/2 Billingsley: Away

2/3 Holy Spirit Catholic Saints:  
Home

### **Thorsby High School**

#### **Baseball**

Begins in March

### **Maplesville High School**

#### **Basketball**

2/3 Holtville: Away

### **Maplesville High School**

#### **Baseball**

2/27 Isabella: Away

### **Jemison High School**

#### **Basketball**

2/2 Montevallo: Away

2/3 Calera: Away

### **Jemison High School**

#### **Baseball**

2/17 Thorsby: Home

2/27 Prattville Christian: Home

### **Isabella High School**

#### **Basketball**

2/1 Thompson Warriors: Home

2/2 Holtville Bulldogs: Away

### **Isabella High School**

#### **Baseball**

2/18 Verbena: Home

2/20 Fayetteville High School:  
Home

2/24 Westminster School: Home

2/27 Maplesville: Home

### **Verbena High School**

#### **Basketball**

No games

### **Verbena High School**

#### **Baseball**

2/17 Prattville Christian: Away

2/18 Isabella: Away

2/22 Jeff Davis: Away



# **PROGRAM INTERVIEWS AND HIGHLIGHTS**

For February's edition, we interviewed a few more of our Lecroy Career Technical Center instructors and staff to learn about their journey in their career. For this month, we interviewed:

**Mr. Chastain - HVACR (heating, ventilation, air conditioning, and refrigeration)**

**1. What made you decide to become an HVACR teacher?**

*While Mr. Chastain was an Ag teacher, he was given the opportunity to teach HVAC and he figured he could teach it just as well as Ag.*

**2. Do you have any major projects in store for your class this year?**

*They are starting a new project where they are taking condensers and making individual air conditioners or refrigerators.*

**3. What is your favorite part of being an HVACR teacher?**

*Mr. Chastain says his favorite part of being a HVACR teacher is, "Watching them figure out how to make air conditioning work in a complete system and seeing their projects run and cool."*

**4. What is your goal for the students in your class?**

*Mr. Chastain says his goal for his students is for them to "Get their certification".*



## **Mr. Lowery - Fire Academy/Utility Line Worker**

**1. What made you decide to become a Fire Academy/Utility Line Worker instructor?**

**Mr. Lowery became a fire academy/utility line worker instructor because he really enjoyed AG (agriculture) class and career tech when he was in school and wanted to continue it.**

**2. Do you have any major projects in store for your class this year?**

**They have been working on a power line lab all year.**

**3. What is your favorite part of being a Fire Academy/Utility Line Worker instructor?**

**Mr. Lowery's favorite part is the hands-on teaching.**

**4. How long have you been teaching Fire Academy/Utility Line Worker classes?**

**Mr. Lowery has been teaching 7 years here at LCTC and 12 years total in education.**

**5. What is your goal for the students in your classes?**

**Mr. Lowery's goal is to give the students the skills they need to get a good paying job.**



## **Mr. Wilson - Special Services**

**1. How long have you been a Special Services instructor at LeCroy Career Technical Center?**

*Mr. Wilson has been a Special Services Instructor for 2 years.*

**2. What other jobs have you had including the education field?**

*Mr. Wilson was in the military and had numerous jobs before getting his teaching degree at 32. He was a Special Education Teacher at Calera, Thorsby and Verbena. He was also the principal at Jemison.*

**3. What is your favorite part about being a Special Services instructor?**

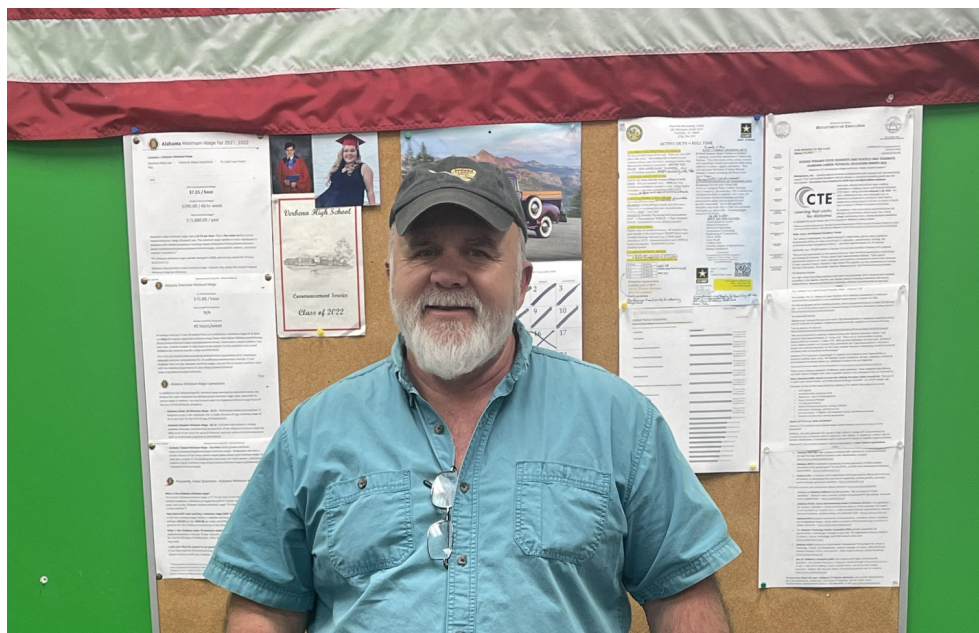
*Mr. Wilson's favorite part of being the Special Services Instructor is that it gives him the opportunity to know the students more personally than the regular school teacher.*

**4. What is your least favorite part about being a Special Services instructor?**

*Mr. Wilson's least favorite part of being the Special Services Instructor is people don't want to take responsibility for their actions and themselves.*

**5. What is your goal for the students you serve and for the future of LeCroy Career Technical Center?**

*Mr. Wilson's goal for the future of the students and of LeCroy Career Technical Center is for the students to be respectful people.*





**Mrs. Smith - Custodian**

**1. How long have you been a Custodian at LeCroy Career Technical Center?**

***Mrs. Smith has worked as a custodian here at LeCroy Technical Center for 4 years.***

**2. What other jobs have you had including the education field?**

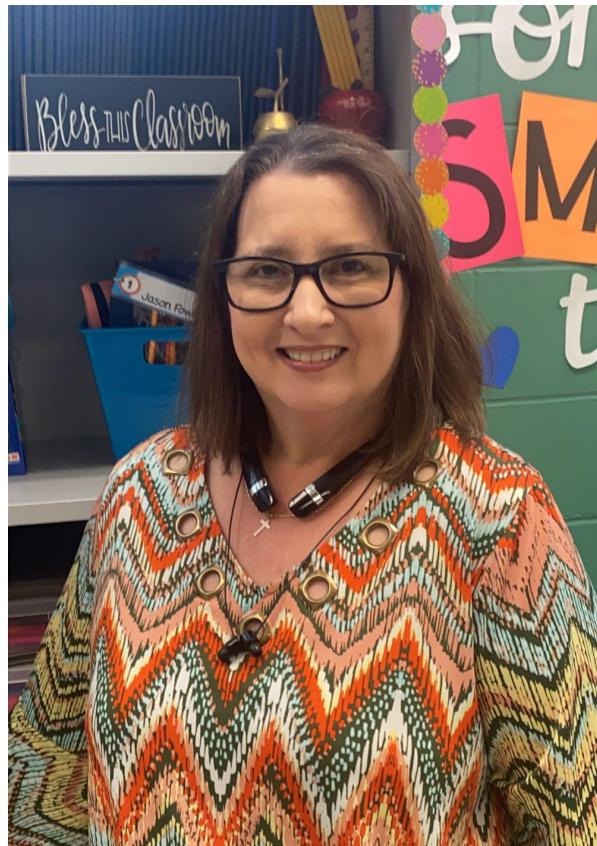
***Mrs. Smith has also worked at a daycare and at a factory.***

**3. What is your favorite part about being a Custodian?**

***Her favorite part about being a custodian is making sure students have a clean environment.***

**4. What is your goal for the future of LeCroy Career Technical Center?**

***To always provide a clean environment for students and faculty.***





# *Congratulations to the National Technical Honor Society Inductees*



*Trivonna Abbott  
Samuel Adams  
Makenzie Atkinson  
Jacie Baker  
Allie Bohannon  
Jasmine Brasher  
Nathan Butler  
Matilyn Cleckler  
Emily Coggins  
Alex Crumley  
Zachary Davidson  
Taylor Driver  
William Driver  
Juilet Duncan  
Freddy Fuentes  
Jackson Harrison  
Adam Hayes*

*Uriel Hernandez  
Nataly Herrera  
Amberly Hubbard  
Mabrie Lawrence  
Jeffrey Garrett Lenoir  
Summer Lenoir  
Jaquillian Matthews  
Johnathan McKinnon  
Joshua Minor  
Arquesha Moore  
Amy Moreno  
Lydia Newton  
Jan Norton  
Gloria Ortega  
Monica Padilla  
Alexandra Pavon  
Mariana Perez*

*Etta Porter  
Arelis Romero  
Caleigh Sanders  
Hannah Sanders  
Delanie Santiago  
Leslie Short  
Alexis Smitherman  
Renya Spence  
Oza Stamps  
Angel Thomas  
Thao Tran  
Garrett Traywick  
Efrain Villeda  
Mikenzie Williams  
Braden Willis  
Parker Willis  
Emily Woods  
Morgan Wright*

**FEBRUARY** is a month to bring awareness to:

## American Heart Month

This awareness month was established by the Center for Disease Control and Prevention (CDC) to educate the public about heart disease and stroke. National Wear Red Day- February 7th

## Teen Dating Violence Awareness Month

This awareness month was established by congress. Both chambers declared the first full week of February to be National Teen Dating Violence Prevention and Awareness Week. Then in 2010, they began to dedicate the whole month to Teen Dating Violence Prevention. This awareness month highlights the need to educate young people about dating violence, teach healthy relationship skills and prevent the devastating cycle of abuse.

## Random Acts of Kindness

Taking the initiative to lend a helping hand without being asked.





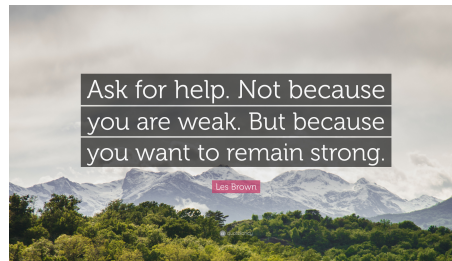
# February Acts of Kindness

\_\_\_ acts completed

Give someone encouragement 1	Make someone laugh 2	Give someone chocolate 3	Thank a teacher 4	Give a hug 5
Write someone a poem 6	Talk with an elderly person 7	Collect Box Tops 8	Support cancer awareness 9	read a book to a sibling 10
Shovel snow off someone's car 11	Leave snacks for postal workers 12	SHARE YOUR TOYS 13	Give someone a valentine 14	Learn about a hero in history 15
Offer a compliment 16	Say thank you 17	Recycle 18	TELL SOMEONE WHAT YOU LOVE ABOUT THEM 19	Say thank you to a janitor 20
Send someone a post card 21	Donate blankets to an animal shelter 22	Bake someone a meal 23	Thank a veteran 24	Donate pop tabs to Ronald McDonalds 25
Make your pet a snack 26	Shovel someone's driveway 27	TELL A PARENT YOU APPRECIATE THEM 28		

Of course we know that some of the items on this calendar do not apply to our part of the world, such as shoveling snow. So, use your imagination and come up with other ways to show kindness to others.

What will you do to show kindness?



*The Hospitality Hallway is always OPEN. The Hospitality Hallway includes personal care items as well as school related items that you may need. The Hospitality Hallway is located in the hallway near Mrs. Maddox's office. If you have any questions or any needs, please contact Mrs. Maddox ([jmmaddox@chiltonboe.com](mailto:jmmaddox@chiltonboe.com)) and she will provide you with the needed information and items.*

## ***IT'S THAT TIME OF YEAR...***

# ***SCHOLARSHIPS ARE AVAILABLE!!!***

**Mrs. Maddox has information about scholarships that are available. Come by her office or email her at [jmmaddox@chiltonboe.com](mailto:jmmaddox@chiltonboe.com) to get started on applying for scholarships. Now is the time to apply before they are all taken. As the old sayings go, "The early bird gets the worm!" and "If you snooze, you lose!". So, don't procrastinate! Talk with Mrs. Maddox today.**

**Scholarships = \$ \$ \$ \$ \$ \$ \$**  
**Apply for yours today!**



# HARVEST OF THE MONTH

# Cotton

**A**labama is a top producer of cotton in the United States. Cotton's stalk is called a cane, and it grows about three feet high. The leaves and cotton bolls grow at the top of the cane. The bolls are where the cotton fibers and seeds are held.

When cotton is planted in the early spring, it grows all throughout the summer until mid-fall when the bolls flower open to reveal the approximate 500,000 fibers held inside. Cotton fiber is used to make thread and all types of clothing articles. Cotton seeds are used in livestock feed.

## Did you know?

Cotton is Alabama's primary row crop!



# HARVEST OF THE MONTH

## Soybeans

**S**oybeans are one of Alabama's top commodities, but what's extra special about them are their health benefits and general utility. Soy can be eaten or used to make products.

Soy can be found in food products like oil, margarine, salad dressings, chocolate and flour. It can also be eaten plain just like any other bean. Other cool places to find soy are soap, shampoo, paint, crayons and ink. This little bean is the Superman of beans!



Nutrition Facts	
Serving Size 1 cup (254g) (254 g)	
Servings per container 1	
Amount Per Serving	Calories from Fat 145
Calories 315	
% Daily Value*	
Total Fat 17g	27%
Saturated Fat 2g	13%
Trans Fat	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 25g	9%
Dietary Fiber 11g	43%
Sugars	
Protein 23g	
Vitamin A	9% + Vitamin C 124%
Calcium	50% + Iron 52%

### Did you know?

One acre of soybeans can produce 82,368 crayons.





# ***THE MONTHLY TECH IS BROUGHT TO YOU FROM THE EDUCATION AND TRAINING DEPARTMENT***

**JASON FOWLER    ADRIANNA RIVERA    ABBY SHORT  
GISELLE VAZQUEZ    JERICA WELLS    GRACE WILLIAMS**



***\*THANK YOU to  
THIS AND THAT VINYL, LLC  
for their outstanding work  
on our class shirt.***



## ***SEE YOU NEXT MONTH!***

***SHARE YOUR IDEAS AND QUESTIONS WITH US***

***[LCTCNEWS@CHILTONBOE.COM](mailto:LCTCNEWS@CHILTONBOE.COM)***