# The Monthly Tech

## December 2022

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

"When you have a dream, you've got to grab it and never let it go"

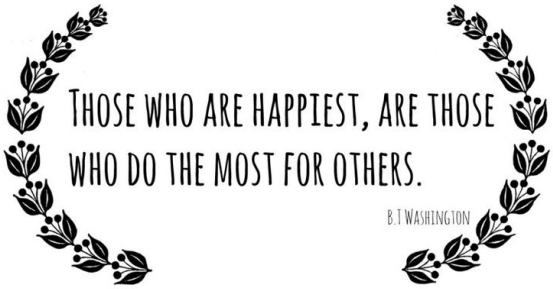

# Generosity

*Generosity* is a quality that shows you are not selfish. Someone showing *generosity* is happy to give time, money, food, or kindness to people in need.

*Generosity* is a quality – like honesty and patience – that we all probably wish we had more of. When you show generosity, you might give away things or money or put others before yourself. But generosity is about more than cash and stuff. When you're forgiving and gentle to people, you show generosity of spirit. If you give others help or credit, that shows generosity. The world would certainly be a better place if more people showed generosity to others.

So, you may be thinking "How can I show generosity? I'm only a student." Here are some ways you can show generosity.

- Be a listener - sometimes we just need someone to lend a listening ear
- Be an encourager - sometimes we just need a kind word and assurance that we have hope
- Stand alongside other kids when they're alone
- Listen when they have a story (and laugh at their jokes)
- Watch out for the weak and the bullied (take care of each other)
- Pick a variety of kids for the team (the world would be boring if we were all alike)
- Looking to share without expecting something back or receiving applause
- Being generous in giving positive attention to others
- Learning how to share what we have as a good steward of the gifts we have received




# COUNTDOWN TO COLLEGE WORKSHOPS

**The LCTC Career Coaches would like to invite you to the Countdown to College Workshop.**
**Who: 8th-12th graders and parents**
**What: Countdown to College**
**Where: Jefferson State Community College (Clanton Campus)**
**When: December 6, 2022, from 6:00-7:30 PM**
**Why: Valuable Information**

- **Door Prizes**
- **Drawing for a $500 scholarship**
- **Five college representatives will be available to answer questions and share helpful information about the college application process, free application for federal student aid (FAFSA), scholarships, improving ACT scores, benefits of junior colleges (jucos) and dual enrollment, and so much more.**

**Go gather valuable information about pursuing your dream career and submit your name to win that $500 scholarship!!**

# Important Dates

★ Countdown to College Dec. 6 at 6 Jeff State

★ National Technical Honor Society (seniors)
Jan. 19 @ THS 12:30

★ Assemblies for (10th graders)
January 25 10:50-11:20 (CCHS students)
January 26 10:50-11:20 (JHS students)

★ Tours of the LCTC campus and Assemblies
January 30 CCHS students AM only
January 31 JHS students AM only
February 1 AM - THS/IHS students PM - MHS/VHS students

★ Program of Interest Form (Applications)
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/

# Looking Ahead

More information to come :)

★ Feb./March - Program of Interest Interviews
★ April - LCTC Open House
★ May - Honors Day

# December Sporting Events

**Chilton County High School Basketball**
12/1: Montgomery Academy; Away
12/2: Jemison; Home
12/6: Dallas County; Home
12/8: Wetumpka; Home
12/9: Stanhope Elmore; Home
12/12: Benjamin Russell; Home
12/14: Hueytown; Away
12/16: Billingsley; Home

**Thorsby High School Basketball**
12/1: ACA; Away
12/2: Maplesville; Home
12/5: Billingsley; Home
12/8: Jemison; Home
12/14 Verbena; Home
12/15: Westminster; Home
12/16: Montevallo; Home

**Maplesville High School Basketball**
12/2: Thorsby; Away
12/5: Isabella; Away
12/8; Isabella; Home
12/13: Dallas County; Away

**Jemison High School Basketball**
12/1: Holtville; Away
12/2: Chilton County; Away
12/5: Westminster; Home
12/6: Montevallo; Home
12/8: Thorsby; Away
12/9: Calera; Home
12/12: Verbena; Away
12/15: isabella; Home
12/16: Mortimer Jordan; Home

**Isabella High School Basketball**
12/1: Fayetteville; Away
12/5: Maplesville; Home
12/6: Verbena; Away
12/7: Thorsby; Home
12/8: Maplesville; Away
12/12: Billingsley; Home
12/13: Verbena; Home
12/15: Jemison; Away

**Verbena High School Basketball**
12/1: Holtville; Home
12/6: Isabella; Home
12/8: Fayetteville; Home
12/12: Jemison; Home
12/13: Isabella; Away
12/14: Thorsby; Away

# Are you a Monthly Model Student?

*Check your school email each month for a Google Form to submit your choice for the Monthly Model Student - Give a shout out to your friend who is a Monthly Model Student. If you are not sure who to vote for, then ask your instructor who they feel meets the criteria.

CONGRATULATIONS to the following students who were chosen by their classmates as the Monthly Model Student. To be chosen, these students had to meet the following criteria.

The student:

- shows kindness and respect towards teachers, staff and students.
- shows their best effort in everything they do.
- is helpful to teachers, staff and students.
- shows employability skills and maintains good grades.
- is honest in all things, whether or not he/she is being watched.
- has a good attendance record.

★ Cosmetology (Mrs. Price)

AM - Shelby Davis

★ Health Science (Mrs. Cleckler)

AM - Amy Moreno

★ Health Science (Mrs. Smith)

PM- Sara Beth Tucker

★ HVACR (Mr. Chastain)

PM- JR Martin

★ Pharmacy Technician (Mrs. Newton)

AM - Campbell Easterling PM- Aaliyah Penn

★ STEM (Mr. Sosa)

AM - Joshua Varden

# PROGRAM INTERVIEWS AND HIGHLIGHTS

**For December'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:**

**Mrs. Smith - Health Science (11th grade)**

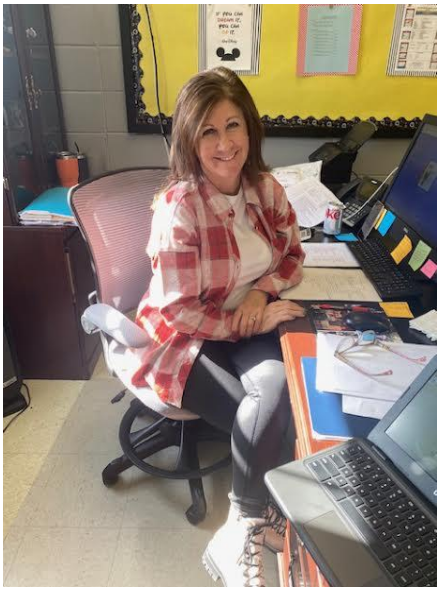
1. **What made you decide to become a Health Science teacher?**
   **Mrs. Smith enjoys teaching others what she knows and sharing her experiences.**

2. **Do you have any major projects in store for your class this year?**
   **A project they just completed was a senses project where they had to show how the 5 senses work.**

3. **What is your favorite part of being a Health Science teacher?**
   **Mrs. Smith enjoys getting to use her experience in nursing to teach her students about health care.**

4. **How long have you been teaching Health Science classes?**
   **This is Mrs. Smith's 5th year teaching Health Science.**

5. **What is your goal for the students in your class?**
   **To get a glimpse of what it will be like to further their education.**



## Mrs. Cleckler - Health Science (12th grade)

**1. What made you decide to become a Health Science teacher?**
**Mrs. Cleckler wanted to train students and watch them succeed.**

**2. Do you have any major projects in store for your class for this year?**
**Mrs. Cleckler's class doesn't have set projects. The class provides community education training.**

**3. What is your favorite part of Health Science?**
**Mrs. Cleckler's favorite part of health science is the hands-on skills and seeing her students succeed.**

**4. How long have you been teaching Health Science classes?**
**Mrs. Cleckler has been teaching health science for 7 years.**

**5. What is your goal for the students in your class?**
**Mrs. Cleckler's goal is for each student to obtain their Patient Care Technician (PCT) certification, to continue in the health field of their choice and to be successful.**

**Mrs. Newton- Health Science (Pharmacy Technician)**

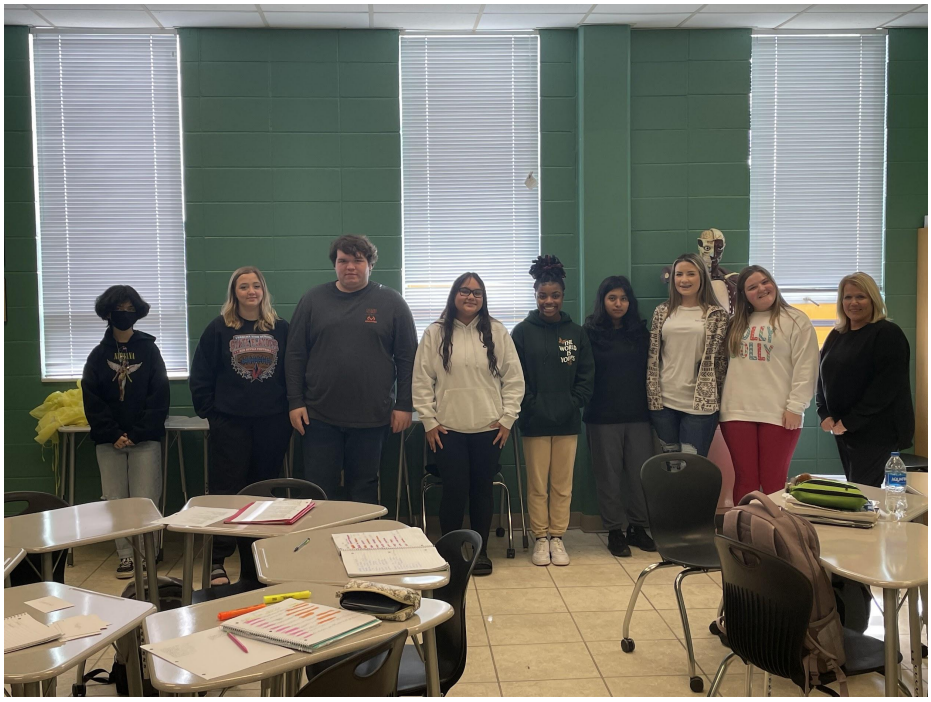
1. **What made you decide to become a Health Science teacher?**
   **Mrs. Newton stated she was already a registered nurse but she wanted to get an advanced degree.**

2. **Do you have any major projects in store for your class this year?**
   **Mrs. Newton's major project for her class is for her students to be prepared to take the pharmacy technician exam (PTCE) and to obtain their certification.**

3. **What is your favorite part of being a Health Science teacher?**
   **Mrs. Newton says that the students are her favorite part of teaching.**

4. **How long have you been teaching Health Science classes?**
   **Mrs. Newton has been teaching this class for 2 years.**

5. **What is your goal for the students in your class?**
   **The goal for the class is to get their certification.**



**Mrs. Kelley - Bookkeeper**

1. **How long have you been a bookkeeper at LeCroy Career Technical Center?**
   **Mrs. Kelley has been the bookkeeper for 7 years.**
2. **What other education jobs have you had before becoming a bookkeeper at LCTC?**
   **Mrs. Kelley was a Special Education Teacher's assistant for Clanton Middle and Chilton County High School.**
3. **What is your favorite part about being a bookkeeper?**
   **Mrs. Kelley's favorite part of being the bookkeeper is she loves working with her coworkers. "They all have a heart for the students and want to give them the best education in their fields." Mrs. Kelley said. " I help them do that by making sure that they utilize all the funds that they have available to them to help their students have a successful year.**
4. **What is your least favorite part about being a bookkeeper?**
   **Mrs. Kelley's least favorite part of being the bookkeeper is that she is always in her office sitting behind a computer.**
5. **What is your goal for the future of LeCroy Career Technical Center?**
   **Mrs. Kelley's goal for the future of LeCroy Career Technical Center is to work with the faculty and staff to make sure that their students have the most current and updated instruction possible.**

**Mrs. Mitchell - Bookkeeper**

1. **How long have you been a bookkeeper at LeCroy Career Technical Center?**
   **Mrs. Mitchell has been a bookkeeper for the Chilton County School System for 8 years.**
2. **What other education jobs have you had before becoming a bookkeeper at LCTC?**
   **Mrs. Mitchell started working for the Chilton County School System in October 2000 as a teacher assistant at LeCroy Career Technical Center. Before this, she worked as a bookkeeper and did the payroll for the Dallas County School System in Selma for 13 years.**
3. **What is your favorite part about being a bookkeeper?**
   **Mrs. Mitchell's favorite part of being the bookkeeper is working with numbers, making sure the books are balanced, and finding the funds to purchase items that will enhance the skills of all Career Tech students.**
4. **What is your least favorite part about being a bookkeeper?**
   **Mrs. Mitchell's least favorite part of being the bookkeeper is having to tell a teacher they can't purchase something.**
5. **What is your goal for the future of LeCroy Career Technical Center?**
   **Mrs. Mitchell's goal for the future of LeCroy Career Technical Center is that the system will have the funds needed to purchase tools and equipment needed to give every Career Tech student the training needed to go out into the world and be successful.**

# So many things to observe in the month of **DECEMBER**

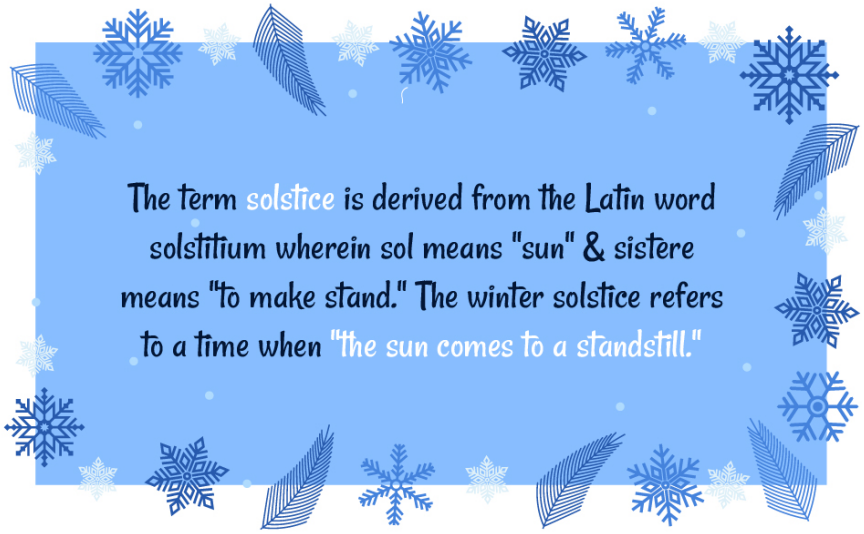
# WHAT WILL YOU CELEBRATE?

- **December 1**: Rosa Parks Day, Eat a Red Apple Day, National Pie Day
- **December 2**: Special Education Day, National Mutt Day
- **December 3**: Make a Gift Day, National Roof Over Your Head Day, Let's Hug Day, Coats & Toys for Kids Day* (first Saturday)
- **December 4**: Santa's List Day, National Cookie Day, Wildlife Conservation Day
- **December 5**: International Volunteer Day, National Communicate With Your Kids Day
- **December 6**: Mitten Tree Day, National Microwave Oven Day, National Gazpacho Day, Walt Disney Day* (first Monday)
- **December 7**: National Pearl Harbor Remembrance Day, Letter Writing Day, International Civil Aviation Day, National Cotton Candy Day
- **December 8**: Pretend to Be a Time Traveler Day, National Brownie Day, National Christmas Tree Day
- **December 9**: Christmas Card Day, National Pastry Day
- **December 10**: Human Rights Day, Nobel Prize Day, Dewey Decimal System Day
- **December 11**: Unicef Day for Change, National App Day
- **December 12**: National Poinsettia Day, Gingerbread House Day, World Choral Day* (second Sunday)
- **December 13**: National Violin Day, Ice Cream Day, National Cocoa Day
- **December 14**: Roast Chestnuts Day, National Energy Conservation Day
- **December 15**: Bill of Rights Day, National Cupcake Day, International Tea Day
- **December 16**: Boston Tea Party Day, National Chocolate Covered Anything Day
- **December 17**: Wright Brothers' First Flight Anniversary, National Maple Syrup Day, National Ugly Christmas Sweater Day* (third Friday), National Wreaths Across America Day* (third Saturday)
- **December 18**: Bake Cookies Day, National Twin Day
- **December 19**: Look for an Evergreen Day, National Oatmeal Muffin Day, Holly Day
- **December 20**: Go Caroling Day, Games Day
- **December 21**: First Day of Winter/Winter Solstice* (date varies), Crossword Puzzle Day, Look on the Bright Side Day, National Flashlight Day, Hambug Day, Don't Make Your Bed Day, National Short Story Day* (first day of Winter)
- **December 22**: National Date Nut Bread Day, Forefathers' Day
- **December 23**: Festivus, National Roots Day, National Pfeffernüsse Day
- **December 24**: Christmas Eve, National Eggnog Day
- **December 25**: Christmas Day, National Pumpkin Pie Day
- **December 26**: National Whiners Day, Boxing Day, National Candy Cane Day

- **December 27**: National Fruitcake Day, Make Cut-Out Snowflakes Day
- **December 28**: National Card Playing Day, National Chocolate Candy Day
- **December 29**: Tick Tock Day, International Cello Day, Still Need To Do Day
- **December 30**: Bacon Day, National Resolution Planning Day
- **December 31**: New Year's Eve, Make Up Your Mind Day

## ☆ FUN FACT

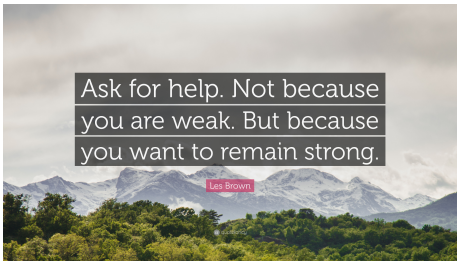
If you live in the Northern Hemisphere, you'll see the least amount of daylight during December. Winter Solstice in December is the year's shortest day in terms of daylight hours. That specific day can give as many as six hours less sunlight than the longest day that occurs in June depending on where you live.




### How To Celebrate The Winter Solstice

- **Decorate an Outdoor Edible Tree for the Animals. ...**
- **Make Winter Solstice Lanterns. ...**
- **Read Winter Solstice Books. ...**
- **Make Orange Pomanders. ...**
- **Spend The Night By Candlelight. ...**
- **Make Some Wassail. ...**
- **Reflect, Release, Let Go, and Set Intentions For The New Season.**

# COUNSELOR'S CORNER




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) 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 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.**

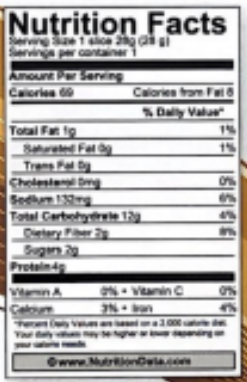
# Harvest of the Month

# Wheat

Wheat is a grain used in two different ways- whole and refined. What's the difference?

Whole grains contain the entire grain kernel which includes the bran, germ and endosperm. Examples of whole grains are whole wheat flour, oatmeal and brown rice. Whole grains are very important to your overall health and half of your daily grain consumption should be whole grains.

Refined grains have been milled, a process that removes the bran and germ. This process gives the grain a finer texture and makes it last longer in the store. However, refined grains do not have some of the essential vitamins and minerals that whole grains have. Refine grains can be found in white flour, white bread and white rice.



**Nutrition Facts**

Serving Size 1 slice 28g (28 g)
Servings per container 1

| Amount Per Serving | |
|---|---|
| Calories 69 | Calories from Fat 8 |
| | % Daily Value* |
| Total Fat 1g | 1% |
| Saturated Fat 0g | 1% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 132mg | 6% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 2g | 8% |
| Sugars 2g | |
| Protein 4g | |
| Vitamin A 0% • Vitamin C 0% | |
| Calcium 3% • Iron 4% | |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

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**Did you know?**

The first breakfast cereal ever made was Shredded Wheat.

ALFA

ALABAMA Ag in the Classroom
www.AlabamaAITC.org

# Harvest of the Month

# Sweet Potatoes

A sweet potato is the rock star of veggies. It's one of the healthiest and tastiest vegetables to eat. To get the maximum nutrition, pick the sweet potato with a deep orange color. Add some unsweetened applesauce, crushed pineapple or cinnamon to the cooked sweet potato for extra moisture and sweetness.

Sweet potatoes are a winter storage crop, so they provide fresh vegetables when many other vegetables are unavailable. Alabama is one of the largest producers of sweet potatoes in the United States.

**Nutrition Facts**

Serving Size 1 sweetpotato, 5" long 130g (130 g)
Servings per container 1

| Amount Per Serving | |
|---|---|
| Calories 112 | Calories from Fat 1 |
| | % Daily Value* |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 72mg | 3% |
| Total Carbohydrate 26g | 9% |
| Dietary Fiber 4g | 16% |
| Sugars 5g | |
| Protein 2g | |
| Vitamin A 369% • Vitamin C | 5% |
| Calcium 4% • Iron | 4% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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**Did you know?**

Native Americans were growing sweet potatoes when Columbus arrived in 1492.

ALFA FARMERS

ALABAMA Ag in the Classroom
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***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**

# My Dream Classroom Project




# SEE YOU NEXT MONTH!

SHARE YOUR IDEAS AND QUESTIONS WITH US

LCTCNEWS@CHILTONBOE.COM