

## Lebanon County Career and Technology Center

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Students from the Electromechanical Technology program had the opportunity to showcase the knowledge and skills they have acquired at the CTC to employees from Schott Pharmaceuticals in Lebanon. Two individuals from Schott visited the CTC in January to observe Clayton Ritter, Isaiah Clemens, Tory Eberly, and Nick White perform a replacement and rebuild of the cold-water pump for the school. The work being performed included utilizing lockout/tagout procedures, replacement of bearing assemblies, seal replacement, and a pump rebuild. The two gentlemen from Schott who were present for the observation were looking to hire some of these students to work as Maintenance Technicians at the Schott facility in the Lebanon Valley Business Park. Students from the Electromechanical program frequently assist the maintenance staff at the CTC and perform hands on "real world" work throughout the school. This opportunity allowed for Schott to witness how the students would perform in a real scenario. Ryan Putt, Lead Mechanical Technician stated, "On behalf of Schott North America and myself, I would like to express our appreciation and thanks for allowing me the opportunity to observe your EMT class perform a real world scenario job at LCCTC. I would like to commend you and your students on how well structured they were when they performed the task. The students worked **Safe**, planned and organized all aspects of the job, all while working together to perform their task as a team."

### Local Industry Professionals Observe Electromechanical Students Perform Rebuild of School's Cold-Water Pump







# 2018 PA SkillsUSA District 5 Contest Results

STUDENT	CONTEST	HS	PROGRAM
<b>1st place gold medalists are:</b>			
Benjamin Barnhart	Related Technical Math	AC	Industrial Machine Tech.
Jarrod Eltz	Culinary Arts	Adult	Culinary/Pastry Apprentice
Allison Frazier	Nail Care	EL	Cosmetology
Candice Lane	Criminal Justice	NL	Law Enforcement
Beth Elle Loye	Job Skills Demonstration	Adult	Culinary/Pastry Apprentice
Julia Meck	Hair Styles	LH	Cosmetology
Brandon Mullins	Restaurant Services	Adult	Culinary/Pastry Apprentice
Bryce Pruna	First Aid/CPR	AC	Law Enforcement
Emily Schmidt	Job Interview	Adult	Culinary/Pastry Apprentice
Caitlynn Stugart	Esthetics	PA	Cosmetology
Syndee Wolfe	Commercial Baking	Adult	Culinary/Pastry Apprentice
<b>2nd place silver medalists are:</b>			
Brian Alexander	Crime Scene Investigation (Team of 3)	CL	Law Enforcement
Jason Bauman	Collision Repair	NL	Auto Body Technology
Kaleigh Bundy	Crime Scene Investigation (Team of 3)	CL	Law Enforcement
Tayte Bruckart	Advertising Design	CL	Commercial Art
Hannah Koehler	Restaurant Services	CL	Culinary Arts
Caleb Heisey	Criminal Justice	PA	Law Enforcement
Tyler Landis	Action Skills	EL	Culinary Arts
Angel Samsel	Crime Scene Investigation (Team of 3)	LH	Law Enforcement
Trent Smith	Precision Machining Technology	EL	Industrial Machine Tech.
Heather Wolfgang	Commercial Baking	PA	Pastry Arts
<b>3rd place bronze medalists are:</b>			
Heather DuPlessis	Culinary Arts	LH	Culinary Arts
Tory Eberly	Electronics Technology	PA	Electromechanical Tech.
Alden Murphy	Masonry	NL	Masonry

**The CTC congratulates all of the competitors and wishes them well at States!**

The gold medalists will advance to the 2018 SkillsUSA Pennsylvania Championships which will be held in April.

**Lori Mattis, Health Careers Tech.,  
Instructor selected to Lebanon  
County Educational Honor Society**

Lori received her Associate's Degree in Nursing from Alvernia College in 1995. After graduation, she held several different positions with the Good Samaritan Hospital:

- ♦ 1995-1996-Staff nurse on a medical/surgical floor
- ♦ 1996-2000-Visiting Nurses
- ♦ 2000-2008-Endoscopy, where the last four years she served as the unit manager

After graduating from Alvernia, Lori continued her education. She received a certification as a gastrology RN (CGRN), which required her to take a national certification exam. She then went on to complete an accelerated RN-BSN program through Immaculata University, graduating Magna Cum Laude in 2005 with her Bachelor's in Nursing. She is currently pursuing a Master's Degree in Education from the Pennsylvania State University. She has maintained a 4.0 GPA.

With Lori's love of nursing and her desire to influence the future of the healthcare industry, she applied for the Health Careers Technology Instructor position at the Lebanon County CTC, and began working as the instructor October 2008. Since then, she has served as an advisor for the student organization HOSA-Future Health Care Providers and also serves as a Competitive Events Leadership Committee (CELC) member for the Penn HOSA organization. In her role as a CELC member she is responsible for the competitive events in her category at the state leadership conference. She spends countless hours preparing the events to run smoothly at the conference.

Lori has been nominated as a student mentor in the Excellence in Education for the past 8 years. She is an adjunct faculty member for HACC and teaches the college in the high school course BIO105-Medical Terminology. Within the Health Careers Technology program, Lori also is a nurse aide training instructor for the Pennsylvania Department of Education. Offering this program to the students enables them to be employable immediately upon graduation as a nursing assistant. Nothing makes her more proud than to visit a health care facility and see prior students as employees.

Aside from her professional career, Lori enjoys her family time. She has two children and three grandchildren. She is a proud Navy mom, with her son serving in the US Navy and stationed in California.

## 2018-2019 LEBANON COUNTY EDUCATIONAL HONOR SOCIETY

Educator	Year	Educator	Year
Arthur Stott	1983-84	Jane Graeff	2002-03
Earl Horst	1984-85	Robert Ressler	2003-04
Gerald H. Seiler	1985-86	Michele Werni	2004-05
Charles F. Gerberich	1986-87	Wendy Barrett	2005-06
Larry R. Albright	1987-88	Dale Miller	2006-07
Rodger Fausnacht	1988-89	Robert Corle, Jr.	2007-08
George Miller	1989-90	Brian Peffley	2008-09
Donald Snively, Jr.	1990-91	Jeffrey Hirneisen	2009-10
Janet L. Nelson	1991-92	Jon Litz	2010-11
Paul Harnish	1993-94	Jim Myers	2011-12
Dallas Vogel	1994-95	Wayne Hagy	2012-13
Sandra K. Klingler	1995-96	Karen Gulotta	2013-14
June A. Coleman	1997-98	Laurie Sprandel	2014-15
Ronald P. Keefer	1998-99	Kerry Hartman	2015-16
Joseph P. Saam	1999-00	Josh Boettner	2016-17
Russel A. Miller	2000-01	Sandy Phillips	2017-18
Edward McGowan	2001-02	Lori Mattis	2018-19

### "Themed Weeks"



**Themed lunches have become popular with our dedicated patrons. Please don't miss an opportunity to dine at the CTC's Hilltop Café . . .**

**March 7-9, 2018—Fabulous 50's**

**March 14-16, 2018—Irish Week**



***Make your reservations by calling:***

***(717) 273-8551, Ext. 2113***



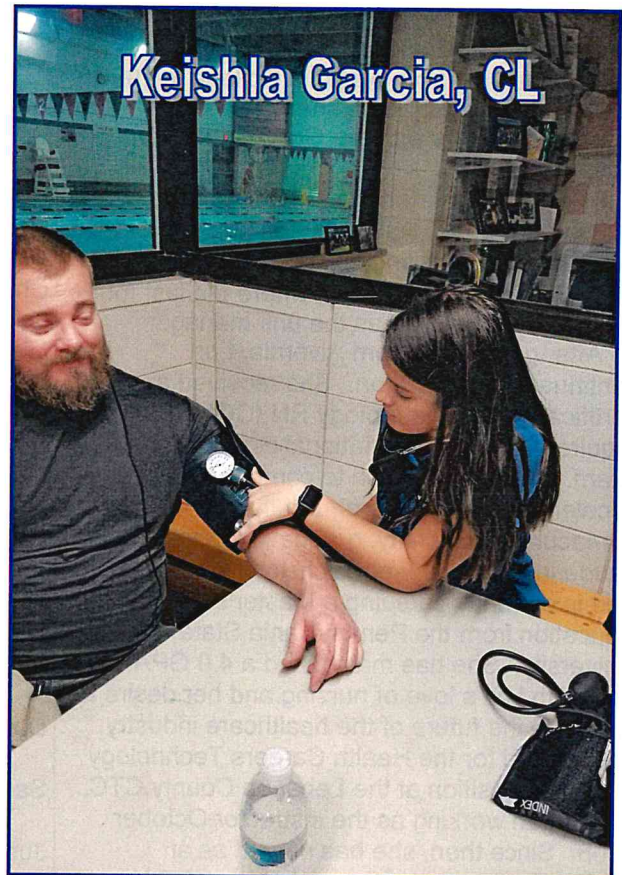
# Sports Therapy Sciences Apply Skills to Community Members

The Sports Therapy Sciences class at the Lebanon County CTC volunteered their time at the Lebanon YMCA during the months of January and February to practice taking vital signs. This is an important and required element within the Sports Therapy curriculum.

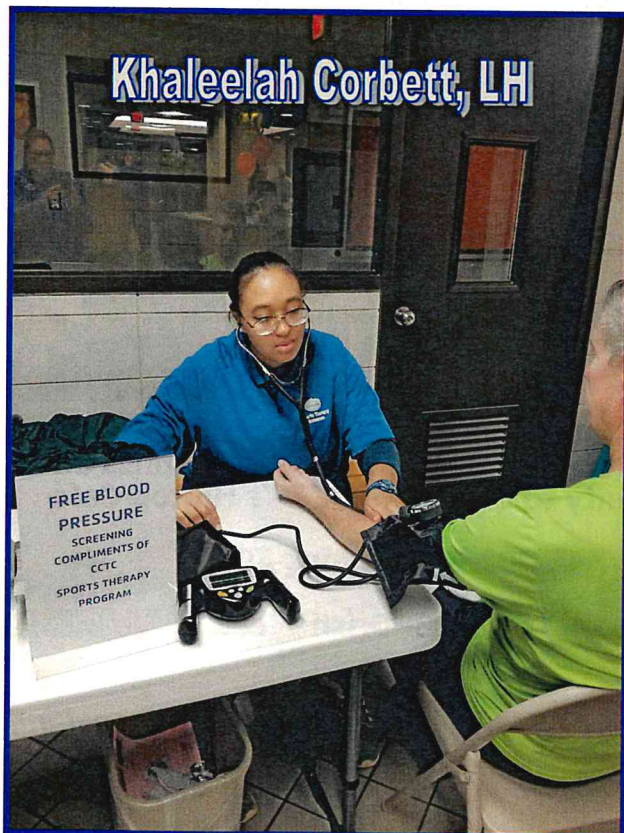
Members visited the students as they entered or exited the YMCA to get their pulse and blood pressure readings.

Amanda Martin, a student from ELCO, said, "By practicing on people that I've never met before made me more comfortable and gave me more knowledge going out into the real world." The opportunity to experience what it is like to interact with people in the community instead of practicing skills on classmates emphasizes the mission of the career and technical education.

Blood Pressure



Keishla Garcia, CL



Khaleelah Corbett, LH



Amanda Martin, EL



## Understanding Blood Pressure

**What is Blood Pressure?** The force and rate that the blood goes through the circulatory system. Understanding your blood pressure is the first step for controlling HBP (high blood pressure)

**What do the "numbers" mean?** The systolic (top number) refers to how much pressure is going against the artery wall as the heart beats. The diastolic (bottom number) indicates how much pressure is going against the artery wall when the heart is at rest.

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120 – 139	or	80 – 89
High Blood Pressure (Hypertension) Stage 1	140 – 159	or	90 – 99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
<b>Hypertensive Crisis</b> (Emergency care needed)	Higher than 180	or	Higher than 110

**Hypertension (High Blood Pressure)**- A long term force of blood to the artery wall that may lead to heart disease and other health conditions. **If you have HBP consult your doctor.**

**What are the signs and symptoms of HBP?** There are usually no symptoms of High Blood Pressure. Clinical diagnosis should be made, do not diagnose yourself.

### What may result in High Blood Pressure?

Coronary artery disease  
Heart failure  
Kidney failure  
Angina (chest pain)  
Damage to arteries  
Stroke

### How to lower High Blood Pressure?

Eat healthy  
Exercise  
Reduce sodium in your diet  
Limit alcohol  
Don't smoke  
Relax (stress can increase blood pressure)

### **February is Heart Health Month!**

The provided infographic was compiled by Sports Therapy Sciences student Amanda Martin (ELCO). Help keep your heart healthy by getting your blood pressure checked regularly and seeing your doctor if your blood pressure numbers are not within an optimal range.

## Sports Therapy Sciences Students Participate in Career Week

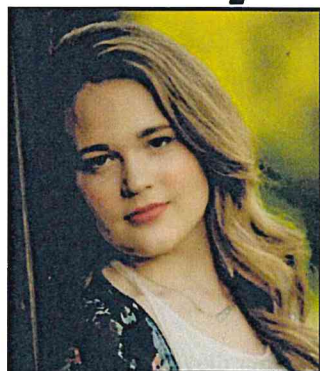


Earlier this year, Sports Therapy Sciences students Khaleelah Corbett (Lebanon) and Kayleigh Leedy (Cedar Crest), spent an afternoon at Northwest Elementary School to talk with their students about different career paths within the sports therapy field. The two discussed careers in the field of athletic training, physical therapy, personal training and sports psychology. The discussion included a PowerPoint presentation with several demonstrations with tools that are used in class. Khaleelah stated that she felt it was important to share the variety of opportunities that are within the field of Sports Therapy. "I am very proud of the work and leadership that Khaleelah and Kayleigh display on a regular basis. These young ladies felt that sharing their knowledge was an important community service and pursued putting this project together. They are two excellent examples of what paying it forward is all about", stated their instructor, Hanna Seyfert.

The Sports Therapy Sciences class will continue sharing their knowledge with young students as they host the Union Canal 4th graders later this month.



# Rotary Students-of-the-Month January 2018



**Jessica Stanley, PA**  
**Cosmetology**

**Jessica Stanley** is the daughter of James and Pamela Stanley, Annville, PA. Jessica is a senior at Palmyra High School and is enrolled in the Cosmetology Program at the Lebanon County Career and Technology Center.

Jessica is an honor roll student. She is very active in her church by helping with numerous activities such as Vacation Bible School, community service and youth ministry.

Outside of school, Jessica works several part time jobs at the Palmyra Public Library, Risser Marvel Market and Trend Boutique.

After graduation, Jessica plans to attend Word of Life Bible Institute for a certification in Youth Ministries. Her career goal is to become a writer.



**Blaine Leininger, CL**  
**Network Technology**

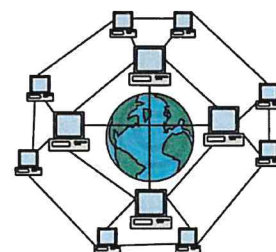
**Blaine Leininger** is the son of Debra Patches and Robert Leininger, Lebanon, PA. Blaine is a senior at Cedar Crest High School and is enrolled at Lebanon County Career and Technology Center in the Network

Technology Program.

At the CTC, Blaine is a member of the National Technical Honor Society.

Outside of school he works part-time at Goodwill.

After graduation, Blaine plans to attend a trade school to further his education in networking. His career goal is to become a Network Administrator/ Technician.



## Student-of-the-Quarter 2nd MP

Student	Program	HS	Student	Program	HS
Jason Bauman	Auto Body Technology	NL	Orlando Ortiz	Landscape Technology	AC
Nicholas Wagner	Carpentry	NL	Jenah Kauffman	Law Enforcement & Security	CL
Victor Hernandez-Cruz	Commercial Art & Design	Adult	Travis Gardner	Law Enforcement & Security	AC
Benjamin Fisher	Commercial Art & Design	EL	Maddison Manno	Law Enforcement & Security	CL
Kailey Arnold	Cosmetology	CL	Rodney Perez	Media Communications Tech.	CL
Caitlynn Stugart	Cosmetology	PA	Matthew Simpson	Media Communications Tech.	EL
Abigail Weisman	Cosmetology	LC	Rocio Cortes	Medical Assistant	LH
Savanna Alexander	Culinary Arts	CL	Hanna Donachy	Medical Assistant	PA
Hannah Koehler	Culinary Arts	CL	Ismar Franqui Segarra	Medical Assistant	LH
Kendra Bicksler	Dental Assistant	EL	Sherouk Heikal	Medical Assistant	LH
Isaiah Stoner	Electrical Technology	NL	Destinee Loy	Medical Assistant	AC
Michael Toro	Electrical Technology	LH	Adrienne Madigan	Medical Assistant	EL
Paola Burgos	Health Careers Technology	NL	Camryn Putt	Medical Assistant	CL
Taylor Kapp	Health Careers Technology	NL	Jayleen Rivera	Medical Assistant	CL
Kevin Dietrich	Industrial Machine Tech.	EL	Heather Wolfgang	Pastry Arts	PA
Jarod Anspach	Industrial Machine Tech.	NL	Caden Walters	Plumbing, Heating, Air Conditioning	EL
Brandon Jagers	Landscape Technology	PA	Kayleigh Leedy	Sports Therapy Sciences	CL

***Congratulations to our Students-of-the-Quarter***



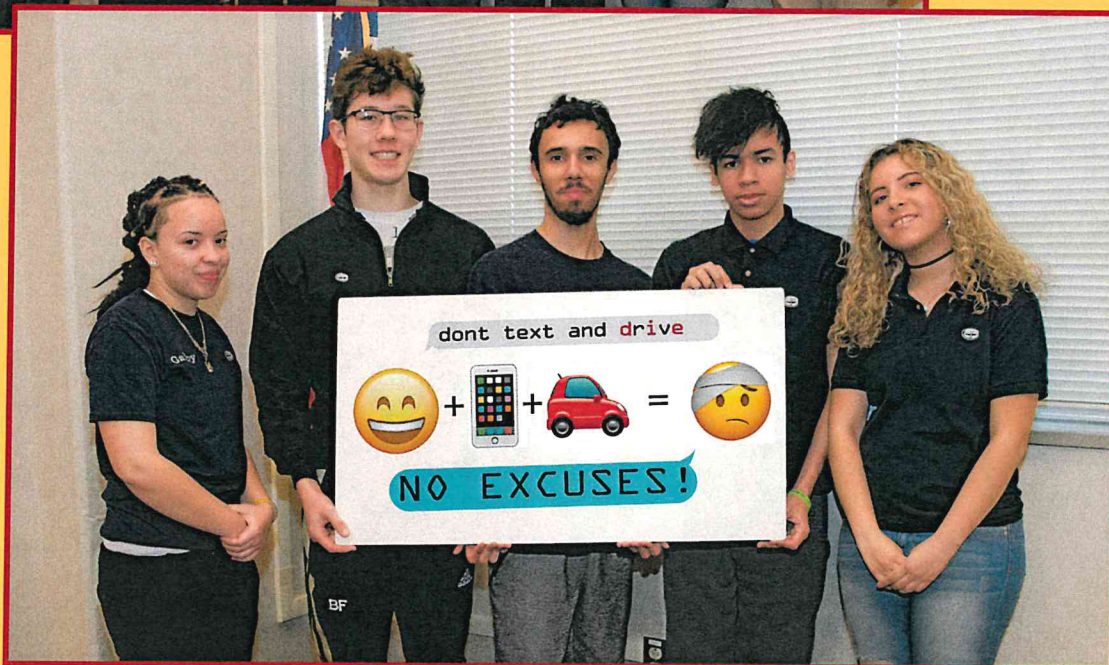
# Emojies promote safety



Students from the Commercial Art and Design class entered two designs for the "NO EXCUSES" driving distracted traffic billboard. Jonathan Fontanez, Cerisa Falu-Mulero, Gabriela Vega Ruiz, Benjamin Fisher, and Julian Leon received 2nd place for their billboard featuring emojis.



State Farm Insurance sponsors the contest and the CTC received a check for five hundred dollars as a prize for their efforts.



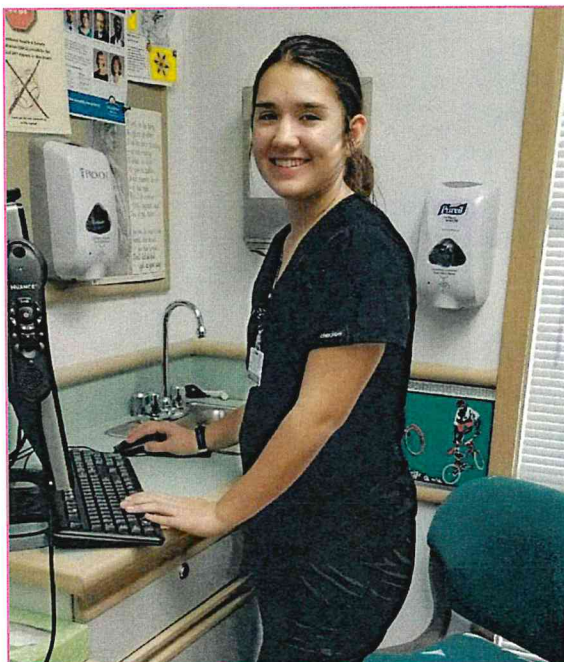


## 2018 MA SPOTLIGHT FOR FEBRUARY

The Medical Assistant students have started to complete their clinical rotations and internships at local offices and facilities. We would like to thank all the organizations that assist our students with reaching for their educational goals!

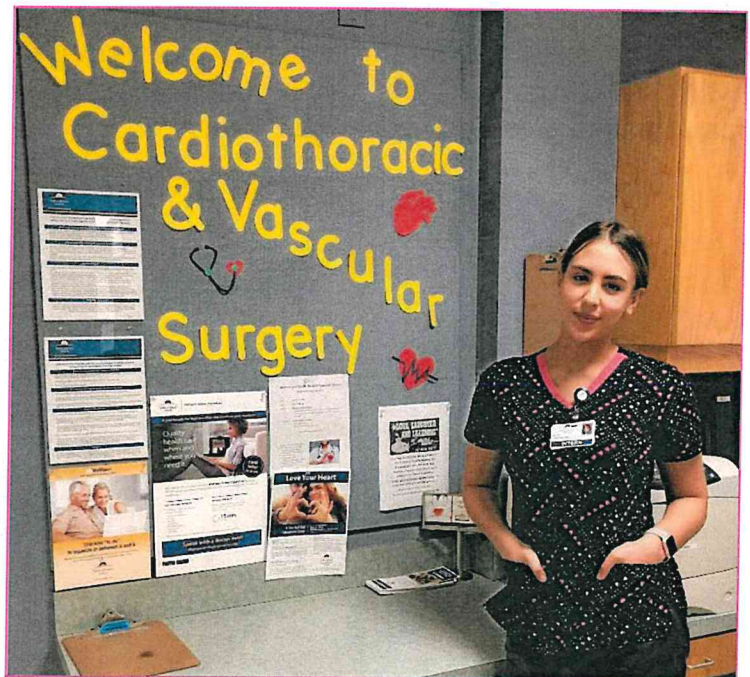


Pictured: Mackenzie Atkins-ACHS is at Wellspan Physiatry, Aaliyah Torres-LHS is at Wellspan Pulmonary and sleep medicine, Natina Muzzy-ELCO is at Wellspan Pediatrics Tuck Street and Alexandria Carpenter-ACHS is at Wellspan Cardiology.

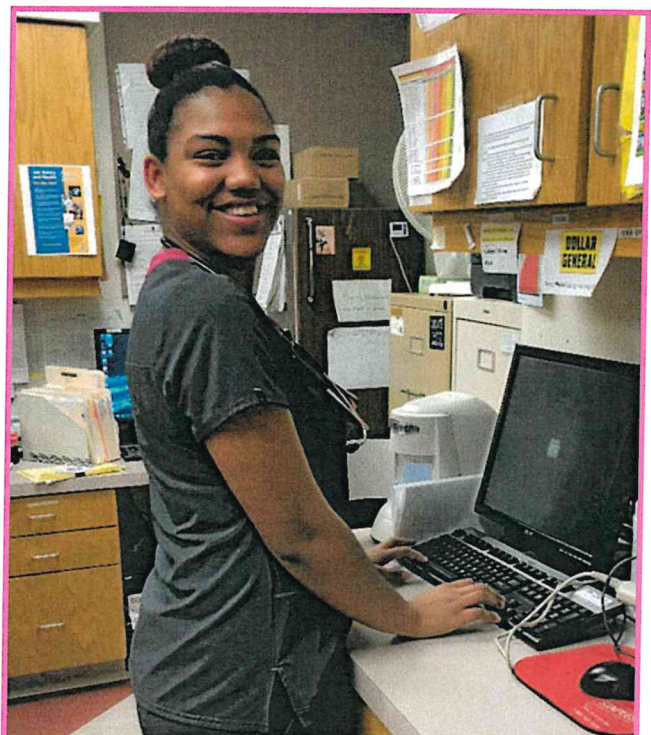
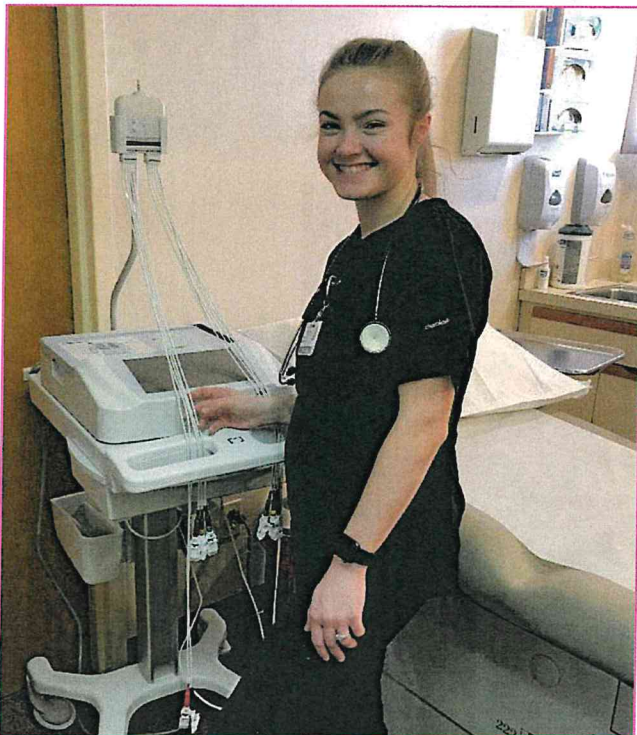




## 2018 MA SPOTLIGHT CONTINUED



Pictured: Valerie DeLeon-LHS is at Volunteers in Medicine, Rocio Cortes-LHS is at Wellspan CT surgery, Mercedee DeGroat-CCHS is at Wellspan Internal Medicine and Genesis Franco-CCHS is at Lebanon Family Health Services.





# Community Service for MA HOSA Seniors

In January, some seniors from MA HOSA volunteered their time to serve the community at the Rescue Mission. They prepared and served a meal to the men in the shelter as well as the free meal site for that day. They also learned about the men's disciple program at the shelter and shared fellowship with their classmates. It is truly a humbling experience and we can't wait to give back again next year.

