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# CTC

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<http://education.fcps.org/ctc>



**Frederick County  
Career & Tech Center**



**@FrederickCTC  
@CTCPrincipal**

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### MESSAGE FROM THE PRINCIPAL

Hello CTC Parents, Students and Staff:

As spring finally arrives, I'd like to offer kudos to our CTC Guidance Department for recently completing the registration process for the 2023-2024 school year. They have communicated with all of our returning students, new students and each home high school to complete the initial registration and application process. From this information, CTC will build a master schedule for next year.

We are proud to announce the start of a new program at CTC for next school year: Dental Assisting. This new program introduces students to the fundamental knowledge and skills necessary to become a dental assistant. In addition, students can earn industry certifications in Dental Assisting, National Board Radiation Health and Safety, and the Maryland General Chairside Exam (MDG). The program culminates with an Allied Health Internship designed to give students supervised practical application of Dental Assisting in a professional healthcare setting.

As we wind down the final term of the school year, we are reminded of the need for all of us to work together to help keep our students as safe as possible, both during and after school, as well as weekends. With the many social events, such as prom, that our students will attend this spring, we encourage them to make good decisions and stay safe.

Finally, on behalf of the faculty and staff, I congratulate the members of the Class of 2023 who will graduate in a few weeks. For our seniors completing their high school career, we encourage you to finish the school year strong. Many of you will be taking industry certification or licensure exams in the coming weeks. Please take advantage of every opportunity to prepare for these important assessments. For our new and returning students joining us next school year, we look forward to you helping us maintain our tradition of excellence at CTC. It is our duty to challenge each and every student who enters our doors with a rigorous program curriculum. We must also identify and support students who need additional academic assistance.

As always, we encourage and welcome your questions, comments and suggestions. Please feel free to call or email me or any staff member any time.

Sincerely,

Michael Concepcion

**MAY 2023 ■ Issue 5**

# 2

# Guidance News

## MAY IS MENTAL HEALTH AWARENESS MONTH!

Mental health is essential to everyone's overall health and well-being. Mental health is health.

Each year millions of Americans face the reality of living with a mental illness. A mental illness is a condition that affects a person's thinking, feeling, behavior, or mood. These conditions deeply impact day-to-day living and may also affect the ability to relate to others. Mental health conditions are far more common than you think, mainly because people don't like to, or are scared to, talk about them. However...

- 1 in 5 U.S. adults experience mental illness each year
- 1 in 20 U.S. adults experience serious mental illness each year
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year
- 50% of all lifetime mental illness begins by age 14 and 75% by age 24

It is already difficult enough to maintain self-love in a society that actively promotes insecurity and self-hate, but when you struggle with a mental illness, it is almost impossible to feel worthy of love. Here are some things to remember to help you regain perspective and love yourself.

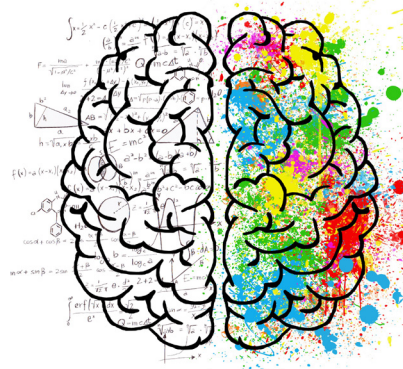
- You have hopes, dreams, and goals. Mental illness can make those things seem difficult to realize, but that does not mean your hopes, dreams, and goals do not exist. Your life visions are achievable.
- You have your own set of values and sense of what is important to you. Having a mental illness does not mean

you do not believe in anything.

- You have unique abilities and talents. Certain things are happening in your brain that can make life difficult, but there is more to you than those things.
- You have character strengths built within you. These strengths are a large part of who you are. Your mental illness is not.
- Allow yourself to feel but check the facts. Having a mental illness does not invalidate your feelings. You need to embrace your emotions and let yourself feel what you are feeling. At the same time, look at your own emotions objectively and think about the reality of the situation. You may believe your anxiety when it tells you that everyone hates you, but in reality, that is almost never the case.
- Even on your worst days, you are you!! You are surviving. You have a spark inside you that never stops glowing.

### WE ALL NEED A LITTLE HELP SOMETIMES:

- **Child Protective Services (CPS): 1-800-91-PREVENT**  
Help for physical, sexual, emotional abuse or neglect.
- **Crisis Services: Dial 211**  
Help when you feel really anxious or depressed and need someone to talk with so you can stay safe.
- **Maryland Anonymous Tip Line: 1-833-632-7233**  
Report threats or situations that put your safety, or others' safety, at risk.
- **Suicide Prevention Hotline: Dial/Text 988**  
Help if you are thinking about suicide.



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# Good To Know

# 3

## CTC DENTAL ASSISTING

FCPS high school students entering grades 10-12 next school year may enroll in an exciting new program offered at the FCPS Career and Technology Center (CTC): Dental Assisting.

The new **Dental Assisting Program** will introduce students to the fundamental knowledge and skills necessary to become a dental assistant, as it integrates concepts of:

- Oral/dental healthcare
- Oral embryology/histology
- General anatomy and physiology
- Dental radiology and digital imaging
- Prevention of dental diseases

Students will focus on:

- Oral diagnosis and treatment planning
- Infection and hazard control
- Modern dental assisting
- Use of dental hand instruments and accessories
- Patient care

In addition, students can earn industry certifications in Dental Assisting, National Board Radiation Health and Safety, and the Maryland General Chairside Exam (MDG). This Maryland State Department of Education approved program is part of the Academy of Health Professions and includes courses designed to expose students to the world of dental assisting:

- Foundations of Medicine and Health Science
- Structure and Functions of the Human Body
- Dental Assisting

**The program culminates with an Allied Health Internship** designed to give students supervised practical application of Dental Assisting in a professional healthcare setting. CTC staff will facilitate the application process for the new program during the current 2022-2023 school year.

**Students will not have to shadow this year; interested students only need to submit an online application at** [https://docs.google.com/forms/d/e/1FAIpQLSduLeLTXI2xOUKhPJoin\\_9jE3xz9wHzUVX\\_eioZdw49jFHk5A/viewform?vc=0&c=0&w=1&flr=0](https://docs.google.com/forms/d/e/1FAIpQLSduLeLTXI2xOUKhPJoin_9jE3xz9wHzUVX_eioZdw49jFHk5A/viewform?vc=0&c=0&w=1&flr=0).

Questions? Feel free to contact Erica Stull at 240-236-8486 or [erica.stull@fcps.org](mailto:erica.stull@fcps.org).

## 2023 CTC SCHOOL BEAUTIFICATION PROJECT



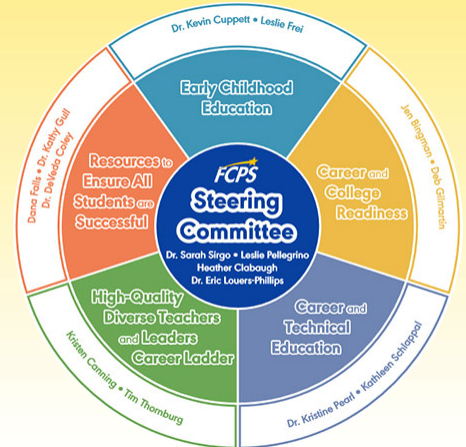
Please join us  
May 17th, 18th, and 19th to  
beautify CTC.

Students and teachers will be weeding,  
edging, pruning and planting flowers.

All are welcome to help beautify CTC!

For more information and to  
participate contact Diane Herndon or  
Lorraine Marshall at CTC.

## CTC AND THE BLUEPRINT FOR MARYLAND'S FUTURE



The Blueprint for Maryland's Future is a piece of landmark [legislation](#) that was passed in 2020. Legislation is the preparing and enacting of [laws](#) by local, state, or national [legislatures](#). The purpose of the blueprint is to prepare Pre-K-12th grade students in the state of Maryland to be college- and career-ready (CCR) by improving and enhancing the quality of public education.

The Frederick County Career and Technology Center (CTC) plays an intricate role in the Blueprint for Maryland's Future. CTC's goals align perfectly with the blueprint's goals for Career and Technical Education (CTE). CTC prepares students for success in college, the workforce, and life. Apprenticeships, dual enrollment, and industry certifications are a just a few of the great opportunities CTC provides that will set students up for success.

For more information click the links below:

[Pillar 3B: Career and Technical Education Info Graph](#)

[Pillar 3B: Career and Technical Education Video](#)

[FCPS Blueprint for Maryland's Future](#)  
[Blueprint for Maryland's Future](#)

# 4

# Congratulations

## FEBRUARY STUDENTS OF THE MONTH



**Eliza Blair**  
Teacher Academy



**Logan Ezerski**  
Criminal Justice/Homeland Security



**Gabriel Olivo**  
Auto Body/Collision Repair



**Brett Pumphrey**  
Welding Agricultural & Commercial Metals



**Max Spangler**  
TV/Multimedia



**Beckett Taylor**  
Carpentry



**Ellen Vu**  
Cosmetology II



**Hayden Williams**  
Culinary Arts

## MARCH STUDENTS OF THE MONTH



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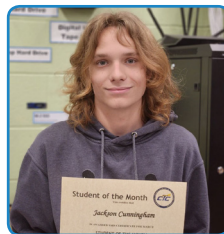
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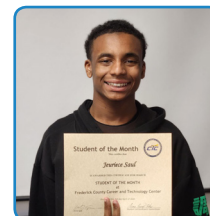
**Carrington Rashaw**  
Physical Rehabilitation



**Charles Shell**  
Automotive Technology



**Natalie Flook**  
Academy of Health Professions



**Jeuriece Saul**  
Explorers



**Brandon Simmons**  
Web Technology & Integrated Media



**Ysabella Marin**  
Culinary Arts



**Lillyan Sheets**  
Agribusiness



# Congratulations

# 5



## AMERICAN CITIZENSHIP AWARD

Congratulations to the CTC students who were selected to receive the American Citizenship Award sponsored

by the National Association of Secondary School Principals (NASSP).

Adyn Iseman – Academy of Health Professions  
Alivia Watcher – Academy of Health Professions  
Avery Marth – Academy of Health Professions  
Sarah madsen – Academy of Health Professions  
Zhane Sligh – Academy of Health Professions  
Jack Brandenburg – Biomedical Science  
Shenali De Silva – Biomedical Science  
Lilah Covey – Cosmetology  
Hayden Williams – Culinary Arts  
Summer Yazzie – Culinary Arts  
Jaden Stokes – Digital Design & Printing Methods

The American Citizenship Award recognizes students who...

- Participate in school and/or community service
- Show a positive attitude toward classmates, school, and the community
- Display an understanding and appreciation of civic responsibility
- Possess strength of character and the courage to do what is right
- Promote citizenship with their school or community through other activities

Click the link below for more information:  
<https://www.nassp.org/american-citizenship-awards/>



## SOPHIA PREVETT TO TAKE PART IN ENVISION'S NATIONAL YOUTH LEADERSHIP FORUM: LAW & CSI

**Frederick, MD** – This summer, Sophia Prevett from Frederick, MD will join outstanding high school students from across the nation to take part in a unique academic development experience, the National Youth Leadership Forum (NYLF): Law and Crime Scene Investigation (CSI) taking place this summer on the campus of George Mason University (GMU).

NYLF Law and CSI is one of the Envision by WorldStrides family of programs ([www.envisionexperience.com](http://www.envisionexperience.com)) that enable students to explore their interests and experience learning beyond the classroom.

Sophia was nominated through academic partnership with GMU that selects students who demonstrate academic achievement and leadership potential. Sophia is a National Technical Honor Society Student under the Criminal Justice Program with Career and Technical Center. In addition, Sophia is a Minds in Motion scholar athlete excelling on the field and in the classroom. She is passionate about sports to include lacrosse, soccer, cheerleading and lettered in equestrian as a ninth grader. With dreams of becoming a Criminal Psychologist with the FBI's Behavioral Analysis Unit, Sophia is looking forward to gaining the hands-on law and CSI experience that the forum provides.

For over 35 years, Envision by WorldStrides has empowered extraordinary students to become their best selves through programs that enable them to discover their passion, explore a career, and positively impact their world. In 2018, Envision became part of the WorldStrides family. The largest provider of educational travel and experiences in the United States, WorldStrides works with over 50,000 educators each year to help more than 550,000 students see the world—and themselves—in new ways.



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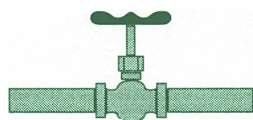


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# 6

# Congratulations

## SKILLSUSA MARYLAND CTC STATE COMPETITION RESULTS



The 2023 Maryland State SkillsUSA Championship was held on March 24th and 25th at multiple sites in the Baltimore area. Students from CTC competed in 42 trade, technical and leadership competitions. FCPS CTC students performed extremely well!

**Please congratulate our students on their exceptional performance and hard work!**

- CTC students collected 15 1st place medals and those students are now eligible to compete at the National Leadership & Skills Conference in Atlanta, GA this summer!
- CTC students medaled in 69% of contests entered!
- CTC students placed 1st in 34% of contests entered!
- The CTC had 21 2nd place medalists!
- The CTC had 19 3rd place medalists!

*Congrats!*

NAME	SKILLS CONTEST	PLACE
Caden Keyser	Additive Manufacturing	1
Haden Pulido	Additive Manufacturing	1
Ellie Stevens	Architectural Drafting	2
Gray Drennan	Automotive Maintenance & Light Repair	3
Jeremiah Manahan	Automotive Service Technology	1
Damon Catlin	Automotive Service Technology	3
Ashton Tablada Guifarro	Baking & Pastry Arts	3
Makayla Schermer	Basic Health Care Skills	1
Dianna Solis	Basic Health Care Skills	2
Paul Ireland	Carpentry	2
Cole Walker	Collision Repair Technology	1
Kevin Bowman	Collision Repair Technology	3
Kaden Aiello	Commercial Drone	3
Jack Allen	Commercial Drone	3
Peguille Affo	CPS: Industrial Engineering & STEM	3
Sabrina Farrell	CPS: Industrial Engineering & STEM	3
Sanai Helms	CPS: Industrial Engineering & STEM	3
Yazlin Moujalled	Cyber Security	2
Ryan Walton	Cyber Security	2
Liam Hoheusle	Digital Cinema Production	3
Ethan Putnam	Digital Cinema Production	3
Mishani DeSilva	Entrepreneurship	1
Elias Irons	Entrepreneurship	1
Bradley Keriakos	Entrepreneurship	1
Alexyah (Lexy) Partyka	Entrepreneurship	1
Alexandra Kerney	First Aid/CPR	2
Lillian Froehle	First Aid/CPR	3
Kyra-Kay Angh	Health Knowledge Bowl	2
Janna Elzaia	Health Knowledge Bowl	2
Aiden Petrie	Health Knowledge Bowl	2
Emily Schueftan	Health Knowledge Bowl	2
Amanda Rivera	Health Occupations Professional Portfolio	2
Chloe Wood	Information Technology Services	1
Owen Whitmore	Information Technology Services	2
Matthew Singleton	Internetworking	2
Chelsea Kom	Medical Assisting	3
Adyn Iseman	Nurse Assisting	3
Sam Harriger	Plumbing	1
Sofia Driver	Prepared Speech	3
Marco Jih-Vieira	Related Technical Math	1
Shirsho Banerjee	Robotics: Urban Search & Rescue	2
Brody Watson	Robotics: Urban Search & Rescue	2
Declan Brennan	Sheet Metal	3
Connor Sloan	Technical Drafting	1



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## HVAC AND PLUMBING MEET AND GREET

On April 27th, the HVAC and plumbing students hosted the 2nd Annual Meet & Greet with protentional employers from the region. According to HVAC and plumbing instructor Charles Crum, "This event last year resulted in many employment matches; and given the energy in the room today, this year's Meet & Greet should prove even better!"

"Events like this are an informal way for students to meet employers and 'break the ice' in the job-seeking process." noted Mr. David Snyder, CTC's Work-based Learning Coordinator. He added, "It's an opportunity for Juniors to get summer employment that may lead to Work Study in their senior year, or for seniors to land that job before graduation."

The students and Mr. Crum would like to thank the participating companies: All Around Plumbing, Associates Plumbing, Inc., Clarksburg Plumbing, Eric Smock HVAC, Frederick County Public Schools, Frederick Health, Hardesty, Inc, Kaempf & Harris, Mallick Plumbing, Markool Heating and Cooling, O'Connor Plumbing, R. W. Warner, The Severn Group HVAC, SMART Local 100, Steamfitters Local 602, STH, Inc., W.A. Tolbard, and Wyant Heating and Air.

Mr. Crum added, that a special thanks go out to Frederick County Women in Trades for sponsoring the refreshments for the event. If your company would like to participate in next year's Meet and Greet, please contact Mr. Crum at [charles.crum@fcps.org](mailto:charles.crum@fcps.org).



## SENIOR CAREER FAIR AT FREDERICK COMMUNITY COLLEGE



CTC Seniors enjoyed attending the career fair at Frederick Community College. It was a great opportunity for them to use their professional social skills to network with a wide variety of local employers.

## AMAZON DONATION



Amazon donated tool bags, safety vests, and hardhats to our CTC construction students.



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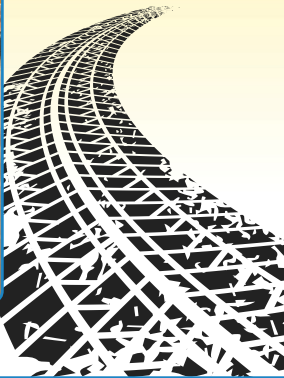
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## CTC AUTO TECH CAREER FAIR EXPANDS

For the third year in a row, CTC's Spires Cafe was packed from wall to wall with employers looking for the chance to hire students enrolled in the Automotive Service Technology program. Impressed by the event's success last year, the program's advisory council voted to open the event up to all students, including sophomores, which brought the event's attendance up over 50 students. They also chose to continue to hold the career fair the week before spring break, giving student's ample time and opportunity to visit with the employers and complete the hiring process before summer break. This also aligns with the FCPS Youth Apprenticeship Spring Session, which adds some additional opportunities for these talented and motivated teens. There were 21 employers representing over 100 shops from all over the east coast. Thank you to DARCARS, Fitzgerald Auto Mall, Dynamic Automotive, Second Chances Garage, Shockley Honda, Ford Motor Company, Penske Truck, BMW of Catonsville, MileOne Auto Group, MOPAR CAP, Indel Power Group, Alliance Material Handling, MDOT SHA, FCPS, Beltway Companies, Fast Lane Emergency Vehicles, FleetPro, Triangle Motors, Century Ford of Mount Airy, Tire World, Community College of Baltimore County, and Mr. Tire. We look forward to making next year's Spring Career Fair even better!



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# Student News

# 9

## FUN & GAMES WHILE LEARNING



Mrs. White's Academy of Health Professions class learns about the reproductive system while playing reproductive games they designed and created in class.

## EXPLORERS & CULINARY ARTS COLLABORATE

The Explorers class had a great time working with the Culinary Arts students making bunny cupcakes.



## VISIT TO ROCKY POINT CREAMERY

On March 30th the CTC Agri-business class and Culinary Arts class visited Rocky Point Creamery. Rocky Point Creamery is a family-owned business. They have been farming the land since 1883, and installed the creamery in 2012. They have been very successful with their creamery and now distribute their milk to grocery stores like Giant and Safeway. Students learned more about the dairy business and how Rocky Point runs their business. We were able to go into the dairy barn and see the cows being milked. The creamery has machine milkers so the cows are able to be milked any time they like. They transitioned from milking by hand to using these machines two years ago. This has brought less stress to the cows and made them happier. Emily Fry, who gave the tour, explained that initially the cows were scared of them coming into the barn and they would run away. Students were able to observe the cows voluntarily walking into the milking parlors and watched the automated machines in action. It was an incredible experience to be able to watch how the milk went from the cow to the counter of the ice cream shop. We recommend everyone to go check out Rocky Point Creamery, for the delicious ice cream, the beautiful views, and awesome customer service.



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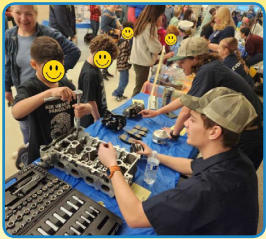
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# 10 Student News

## CTC STUDENT AMBASSADORS VOLUNTEER



On March 25th CTC Student Ambassadors from Computer Tech, Auto Tech, and Biomed volunteered at the FCPS STEM showcase during the annual Science and Engineering Fair and Social Studies Fair at Tuscarora High School.



## STUDENTS SPEAKING UP

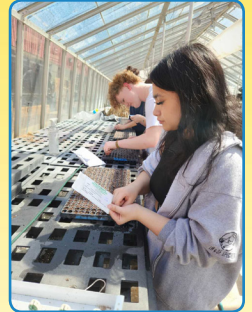


*Frederick News-Post staff photo by Katina Zentz*

Samara Campbell (a BHS and CTC sophomore) and another peer (senior, Jacob Winter) both spoke to the BOE on the reconstruction/renovation needs at Brunswick High School. You can find the full article by Jillian Atelsek, "Panel to consider public comment changes.", in the *The Frederick News-Post*, April 25th, 2023, page A3.

## SCOTT KEY CENTER

Agri-business and Culinary Arts students joined forces and went on a field trip to the greenhouse located at the Scott Key Center in Frederick as a service learning project. They spent multiple hours learning about the Food Security Network and their goals in the community. The group did a variety of tasks including: filling pots with soil, working with mulch, planting seeds, and watering the very thirsty plants. They even had a surprise visit from a friendly frog that was hiding in the soil bin. During this trip they had an opportunity to experience the methods and practices used in this type of environment and were able to assist in the preparations of a donation garden. This was such an interesting experience because all the hours of hard work and sweat were put to good use in order for the proceeds and end products to be donated to those in need. It was a beautiful day to be outside and to see everyone so happily and readily involved in the experience. They plan to go back before the end of the school year to help again. The Agri-business and Culinary Arts students hope this becomes an annual field trip so more students can become involved and invested in their communities.



## CTC STUDENT BUILDER OLYMPICS

The CTC Student Builder Olympics took place in March during the Home Show at the Frederick Fairgrounds. The competition is part of an annual tradition where CTC carpentry students use a variety of skills to build two sheds. CTC HVAC, plumbing, and electricity students also compete using a mock set-up inside the sheds. Once the sheds are complete, they are sold for \$3,500 each. Those proceeds are then invested back into the CTC program.





# Health & Wellness

# 11

## CTC ACADEMY OF HEALTH PROFESSIONS HEALTH & WELLNESS FAIR

The CTC Academy of Health Professions (CNA/GNA, Medical Assisting, and Physical Rehab) students worked diligently to prepare for the 2023 Health & Wellness Fair. This collaborative effort brought all CTC students together and allowed them to interact with their peers in a fun and informative manner. They enjoyed fun interactive activities and gained a lot of good information about their health and wellness. There were 16 stations to visit: Alcohol & Drug Abuse, CPR & First Aid, Diabetes, Emergency Preparedness, Exercise, Vision, Healthy Snacks, Heart Health, Immunizations, Infection Control, Mental Health, Nutrition, Oral Health, Reproductive Health, Skin Cancer, Smoking & Vaping. Thank you to all who attended and helped make the 2023 Health & Wellness Fair a success!

A special thank you to the following people and places for their contributions and support:

### SPONSORS

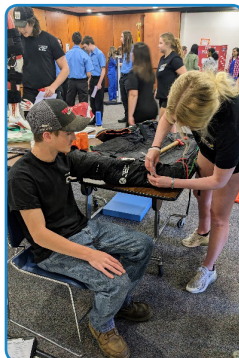
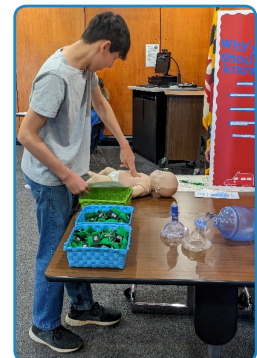
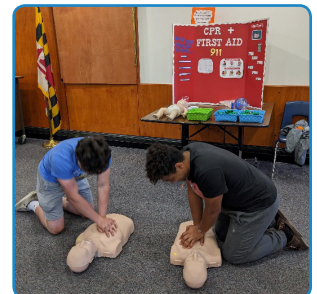
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The Cosmetic & Skin Surgery Center  
Wegmans

### CTC PROGRAMS

Academy of Health Professions (CNA/GNA, Medical Assisting, and Physical Rehab)  
Culinary Arts  
Cosmetology  
Explorers  
Digital Design & Printing Methods

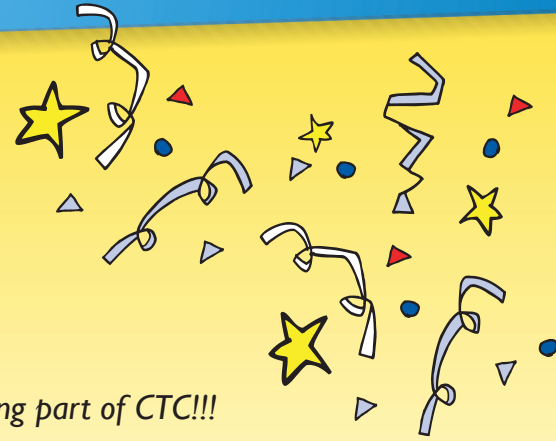
### CTC STAFF

Wellness Committee  
Custodians  
Ms. Eshelman  
Mrs. Keller



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## Shout Outs!



Shout out to the CTC Seniors!!! **THANK YOU** for being part of CTC!!!  
We wish all the best!!!

**THANK YOU**, CTC teachers and staff, for your hard work and dedication!!!

**THANK YOU**, bus drivers, for transporting our students safely to  
and from their destinations!!!

**THANK YOU**, custodians and maintenance, for keeping our building safe,  
clean, and running smoothly!!!

**THANK YOU**, Mr. Concepcion and Mr. Newkirk, for your support,  
guidance, and communication!!!

"Student Ambassadors, **THANK YOU** for another amazing year! Whether  
you volunteered at the Open House, hosted prospective students, or  
went on school visits-

Your service makes all the difference!"

-Mrs. Fisher, Mrs. Daly, and Mrs. Stull

"Life always offers you a second chance, it's called tomorrow."

-Nicholas Sparks

