

TECH TALK

What's new at Crawford Tech

November is always a busy month for Crawford Tech. Just when the festivities from the Halloween parade have ended, we are gearing up for our annual open house. It takes effort from our entire school to pull off the type of open house Crawford Tech hosts each year. Our faculty, staff and students played an integral part in the success of our open house on 11-15-23. This year Tech had 12 local precision machine shops and 9 other local businesses and colleges in attendance. This is a great way for our families and students to get a peak at the possibilities for their future! A special thanks to the Skills USA students who volunteered their time in preparation for and during our open house: Reagan Bohrer, Chloe Wensel, Emma Blair and Levi Motter from Health Occupations; Courtney Perrye, Kennedy Williams, Maggie Aitken and David Waid from Vet Sciences and Gino Gilberto from Welding. Thank you Crawford Tech Students! You Rock!

A special shout out to Chef Brown and his seniors from Culinary for hosting the annual soup cook off! A total of ten seniors competed to take home the gold this year. These young stars create their own original soup recipe each year. It is definitely the highlight at Crawford Tech's open house as literally hundreds of people get to sample each soup and then take part in the blind voting to determine our winner. Check out our senior chefs who participated in the soup competition below. And a special congrats to Charris Hall (MASH) for taking home first place with her Slow Cooker Crack Chicken Soup!

Skills USA and NTHS at Crawford Tech

The annual Skills USA Daffin's candy sale closed on 11-15-23. We had 31 Crawford Tech students sell 9 or more boxes each. The top three sellers were Richard Webster from Welding, Destiny Gates from Carpentry and Zayne Smith from Electrical Occupations. Great job to our top sellers and all the students who participated. Pizza parties for eligible shops will be this month.

Unfortunately the "No Miss November" shop attendance challenge was a miss. While many students had perfect attendance during November, one singular shop was not able to pull off overall perfect attendance. Stay tuned, there might be a different version of this contest after the holidays.

National Tech Honor Society (NTHS) is hosting our very first Twinkle Night at Tech on Wednesday December 13th, 2023 from 5-7 pm for students grades K-4. This fun event is free to the public and includes face painting, arts/crafts, story time, cookie decorating, games and photos with Santa. The Grinch and Cindy Lou Who will also be frolicking through our halls at this event. Be sure to register online and join us for a festive evening! Finally, Crawford Tech has our annual door decorating contest for the holidays. The shop to win first place takes the trophy until next year. Good Luck!



Culinary Senior Soup Chefs from left: Madi Ly, Lexi Skelton, Charris Hall, Caidence Meacham, Gabe Clayton and Christian Durham-Lencioni. Absent Seniors: David Copeland, Evelyn Kelly, Michaela McIntyre, Skyla Onderko.



Congrats to our 2023 Soup Cook Off Champ: Charris Hall with her original recipe, Slow Cooker Crack Chicken Soup!

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Staff Spotlight Chris Jordan

Chris Jordan our Student Service's Secretary for the past 33 years is retiring at the end of December. Chris graciously agreed to be interviewed for Tech Talk.

How did you know it was time to retire? *Other than my sisters asking when I was finally going to retire so we can go on adventures together? Seriously, Doug and I have lost some dear people over the years who were too young to retire. We are taking the opportunity while we can.*

What plans do you have for your retirement? *Do more gardening, sewing, reading, exercise, volunteer work, time with family and friends and try new things.*

Who have been your favorite people to work with over the years? *So many. I miss former secretary Barb Keppel and her positive attitude. Erik McGuirk, John Fuller and I started the same year. The three of us have been through a lot together and have remained friends through it all.*

What would your students and colleagues be surprised to learn about you? *I worked about four years as a full time sewer at two stores, in the tailoring department at Weldon's Clothing in the downtown mall and later at Muckinhaupt's Decorating making custom draperies. (I love sewing, but it doesn't pay the bills!)*

Fondest memory? *Watching our children and now grandchildren go through this school. They will all tell you that Tech is where work ethics went from being theory to reality.*

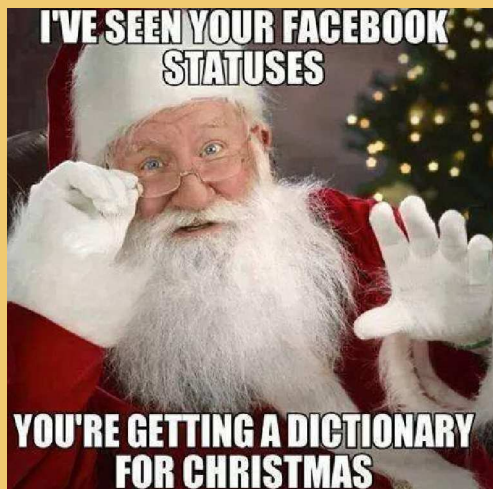
Hidden Talent? *There is something hidden? I'm "what you see is what you get."*

What is the biggest change you have seen during your time at Tech? *The integration of computer technology. It came about during my lifetime and is now omnipresent.*

What will you miss the most? *The daily interactions with coworkers, there is so much camaraderie and support here.*

If you could pass on any wisdom to your students and colleagues, what would it be? *Life is short, leave kindness wherever you go.*

HAPPY RETIREMENT CHRIS AND BEST OF LUCK! WE WILL MISS YOU!



Crawford Tech December Birthdays

Auto Tech: Ricky Gutierrez 12-9, Caleb Williams 12-20

Carpentry: Luke Burk 12-9, Gunner Heald 12-29, Brevin Klink 12-19, Aiden Mahoney 12-30.

Computer: Cole Haun 12-14, Rylee Yount 12-15, Hannah
Cooperative Education: Hannah Hyden 12-23, Addison Seitz 12-15.

Cosmetology: Maria Bonanti 12-7, Kamryn Irwin 12-15, Harmony Mervine 12-23, Mika Poff 12-29.

Culinary Arts: Damari Mattern 12-13

Diesel Tech: Brody Beck 12-5, Van Dayton 12-27, Cole Miller 12-14, Arianna Peeples 12-11, Paul Phillis 12-28, Landon Pierce 12-22, Gavin Scott 12-31.

Drafting and Design: Brody Evans 12-31, Nevaeh Matthews 12-12.

Electrical Occupations: Gabriel Baumgartner 12-5, Dorian Doubet 12-19, Josiah Kauffman 12-4, Dylan Foust 12-30

Electronics Tech: Jacob Graham 12-9.

Health Occupations: Zavia Percy 12-1, Jillian Shoemaker 12-21.

HVAC: Allen Grout 12-13, Adrian Moore 12-3

Precision Machining: Jacob Jackson 12-10

Sports Med: Jayda Gongaware 12-20.

Welding: Clairra Berlin 12-15, Zachary Carr 12-14, Dylan Dewey 12-1, Kharizma Garlick 12-25, Kyle Peterson 12-18, Colton Ellis 12-31, Albert Lindow 12-16.

Upcoming Events/Important Dates:

12-12-23: Twinkle Night at Tech 5-7 pm.

12-20-23: Shop Christmas Parties

12-22-23 through 1-1-24: Holiday Break

1-2-24: School Resumes

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Deep Thoughts With Student Services

The upcoming holiday season evokes a variety of emotions. For some the holidays are full of excitement, parties and time with family and friends. For others, it is a reminder of loved ones lost but not forgotten. And, for most of us it can also be stressful. Just scrolling through social media we are bombarded with images; the perfect selfie, perfect family, vacations, meals and the list never ends. Do you remember the time before "selfie" actually became a word? This month as the holidays approach, let us focus on self-care. I realize we are all incredibly busy and self-care may sound ridiculous. But just a few small changes can go a long way in helping us keep our sanity and peace of mind.

1. Schedule time for yourself every day. When we are overscheduled, it drains us emotionally resulting in frustration, irritability, resentment and fatigue. For many of us the only opportunity to schedule time for ourselves is in the morning. Segue to #2.
2. Implement an intentional early morning routine and stick to it. Over the past few years the book "The Five AM Club: Own Your Morning, Elevate Your Life" by Robin Sharma has taken the self-help world by storm. While the original concept was to encourage an exercise and reflection routine in the morning, it quickly adapted to anything that suits us individually. For some, it's quiet time with coffee and the news. Others might exercise. Busy moms catch up on laundry or the dishes. Whatever the routine the evidence is clear--intentional early mornings improves mindset, reduces stress and anxiety and recharges you for the day.
3. Learn to say no. In fact, the word "no" is a complete sentence.
4. Delegate, delegate, delegate!!! You cannot do everything by yourself--Ask for help!
5. Learn to lower your expectations a bit. Nobody is perfect and the pressure we put on ourselves and others isn't realistic. Embrace a "good enough" attitude.
6. Finally, relax and enjoy this holiday season!

Happy Holidays!!

Just for FUN

I asked my wife what she wanted for Christmas. She told me nothing would make her happier than a diamond necklace. So I got her nothing.

What is the Grinch's least favorite band? The Who!

Why did the snowman turn yellow? Ask the little boy over there.

