

# TECH TALK

## What's new at Crawford Tech

Student Services is hard at work this month. They are scheduling meetings with all of our instructors to review all applications for potential Crawford Tech students. Crawford Tech received over 300 student applications for the 2024-2025 school year. Good luck to all applicants!

Chef Brown and Mrs. Peterson accompanied a group of 10 culinary students to the Pro Start Competition in State College on February 29. Our students came home with TWO first place wins!

Charris Hall, Grace Worley, Madi Ly, Evelyn Kelly and Lexi Skelton competed against 4 teams in the Management Competition. These young ladies worked tirelessly to create a restaurant! This included a business restaurant proposal, restaurant floor plan, marketing tactics and creating the restaurant's menu. Congratulations!

Meanwhile, Gabe Clayton, Cadence Meacham, Simon Farrelly-Jackson, Christian Durham-Lencioni and Sam Little competed against 20 other teams in the Culinary contest and ultimately took home the gold! Their mouth watering menu included a Salmon Pate appetizer, a Classical French Stuffed Chicken Leg Quarter as the entree and Chocolate Romano Cheesecake for dessert. Sounds delicious! Congratulations!

This Group of students now advances to the Pro Start National Competition in Baltimore, Maryland on April 26 and 27. Our incredibly creative Culinary students will be competing against students from every state in the country! Good Luck Crawford Tech Culinary students--we are so very proud of you!

## Skills USA and NTHS at Crawford Tech

Crawford Tech has eight students hard at work this month practicing and honing their skills for the Pennsylvania State Skills USA competition in April.

Rustee Lutz, Ashlynn Brunot and Zoe Villalba from Health Occupations are competing in the Career Pathways, Health Sciences and Mental Health Awareness competition.

Jacob Graham from Electronics Technology will compete in the Electronics portion of the contest.

Reagan Bohrer from Health Occupations is representing Crawford Tech in the Medical Terminology Competition.

Nethaniel Gordon from Computer and Information Systems will vie for the gold in the Information Technology competition.

Connor Kearns from HVAC will contend in the HVACR competition.

Cienna Guthrie is representing our Cosmetology program in the Cosmetology under 500 competition.

This group of amazingly skilled Crawford Tech students will depart on April 2nd for the State Skills USA competition on April 4th. Good Luck Tech students! We are proud of you all!



Madi Ly, Evelyn Kelly, Charris Hall, Lexi Skelton and Grace Worley with their gold for first place in Management.



Christian Durham-Lencioni, Gabe Clayton, Simon Farrelly-Jackson, Cadence Meacham and Sam Little. First place in Culinary Competition!



An Incredibly proud Chef Brown with his entire Pro Start culinary crew of champions!

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## Staff Spotlight John Fuller

**How did you know it was time to retire?** My wife retired several years ago from the 911 system and after over 30 years at Crawford Tech, I just knew it was time.

**What plans do you have for your retirement?** My wife and I are going to travel. I plan to enjoy the upcoming fall season more than ever! We are planning road trips throughout the Northeastern U.S. And, we take our first big vacation in July—we are taking our grandson on an Alaskan Cruise.

**What did you enjoy most about working at Crawford Tech?** The people I met along the way including coworkers and former students who are now my colleagues. I've enjoyed the influence we have on industry and the influence we have with our student's lives.

**What is one of your fondest memories?** Getting the automotive programs back to 3 year programs and the 27 years I spent as a Skills USA advisor. We enjoyed numerous trips to Kansas City for Skills USA.

**Hidden Talent?** I like to do crafts like wreaths and ornaments.

**Who have been your favorite people to work with?** A lot of folks who were here when I started 30 years ago. Ruth Waters, Chris Jordan, Denise Bell, Susie Laird, Kathy Dean, Eric McGurk, Rod Fraiser, Jeff Fobes, Curt Spiker, Butch Rose, Ken Haines, Nick Shearer, Paul Livermoore, Lester Lenhart and Neil Donovan.

**What would students and coworkers be surprised to know about you?** That I like to do crafts!!

**What do you think you will miss the most?** The people I have worked with.

**What is one of the biggest changes you have seen after 30 years at Crawford Tech?** The overall change in policies I believe have significantly impacted our school. Things are nothing like they were when I was a student in 1979-1980 and when I began my career here in 1990.

**If you could pass on any wisdom to your students and colleagues, what would it be?** Crawford Tech is the first and sometimes last best hope for many of our students. We help pave the way for many of our students to be successful adults. Everyone needs to remember that every single day when they come to Crawford Tech. You have the power to profoundly change students' lives.

**HAPPY RETIREMENT JOHN YOU WILL BE MISSED!**



**Our first place District 10 Skills USA Winners:  
Nethaniel Gordon, Jacob Graham, Reagan Bohrer, and  
Cienna Guthrie.**

## Crawford Tech March Birthdays

**Auto Collision:** Owen Borland 3-12, Jarried Green 3-31, Alana LaRue 3-22.

**Auto Tech:** Savannah Franz 3-28.

**Carpentry:** Jazmyn Pisarchick 3-5, Emmett Roha 3-31.

**Cooperative Education:** Karisa Allen 3-11, Carson Alsdorf 3-21, Alexis Catalano 3-5, Blake McMillan 3-6.

**Cosmetology:** Jaidyn Jordan 3-21, Kylie Shrock 3-24

**Diesel Tech:** Alexandria Reinhart 3-21

**Culinary Arts:** Charris Hall 3-19, Evelynn Kelly 3-25, Skylia Onderko 3-9, Anna Wyant 3-27.

**Drafting:** Kylie Benek 3-5

**Electrical Occupations:** Kyle Herr 3-16, Isaac Matola 3-13, Trevor Milesend 3-6, Colton Seeley 3-21, Zayne Smith 3-24, Colton Stewart 3-5.

**Electronics Technology:** Donovan Cox 3-29.

**Health Occupations:** Kalli Colburn 3-2, Abigail McIntyre 3-20, Levi Motter 3-27.

**HVAC:** Patrick Kope 3-9, Alex Manno 3-10, Mariah Rubaker 3-20, Mia Viscuso 3-12.

**Precision Machining:** Curtis Caldwell 3-10, Vincent Conaway 3-1

**Sports Med:** Leah Sample 3-7

**Vet Sciences:** Grace Leonhart 3-16

**Welding:** Caden Ream 3-1

**HAPPY  
BIRTHDAY**

## Upcoming Events/Important Dates:

**Mental Health Awareness Week/Skills USA  
Health Occupations: 3-11-24 through 3-15-  
24.**

**Easter Break: 3-28-24 through 4-1-24.  
School Resumes on 4-2-24.**

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## Deep Thoughts With Student Services

If you had the power to spread healthy contagions, would you? We hear the word "contagion" and automatically think of the flu, COVID or other illnesses. But what if I told you our attitudes are contagious. Consciously or not, we spread our attitudes everywhere we go. Wow! I think most would agree that carries heavy responsibility to our students, children, coworkers and even the community we live in. Agree or not, the research is clear: Attitudes are contagious, but is yours worth catching?

Attitude is one of the most important assets a person has. It has a direct impact on how we communicate and collaborate, our overall work environment, and our performance. All things being equal, the person with the best attitude usually wins, period. Think about that. Sadly, we sometimes hold tight to beliefs and attitudes that sabotage our performance, relationships and success.

The good news is we have total control over our attitudes, but it takes concerted effort. While we cannot control what happens to us, the attitude we choose in response to circumstances reveals our true character AND is directly related to the quality of our lives. Here are a few tips to improve your attitude:

- Pay attention to and manage your self-talk. We all have inner dialogue that interprets how we respond to events. When you notice negative self-talk, try to change it.
- Be mindful of your words. Remember, words are powerful and have a positive or negative impact on others. Choose them wisely.
- Practice gratitude. Seriously, count your blessings every day.
- Model positivity and it will reflect and spread to those around you.

Exhibiting a positive attitude is critical to our students. If we model positivity every day we are better preparing students for the workforce. Current hiring trends indicate a "hire on attitude and train on skill" ideology. In other words, it is far easier to teach a tangible skill than to overhaul a poor attitude. Business leaders definitely understand the impact poor attitudes have on the workplace. So, just like most of our parents used to say, "WATCH YOUR ATTITUDE."

The Student Services Team.

Check out this decadent 5 star menu created by our culinary students. These future chefs took home the gold.

## MENU

*Pennsylvania ProStart*  
*Invitational 2024*

*Appetizer* \$16.50

- Salmon Pate

SILKY AVOCADO & SALMON PATE, WRAPPED IN SUMMER SQUASH ACCOMPANIED WITH A CREAMY LEMON AVOCADO PUREE & A BRIGHT CITRUS BEURRE BLANC, WITH CRISPY OLIVE OIL INFUSED BREAD CRUMB TOPPING, GARNISHED WITH FRESH RED PEPPERS AND PICKLED RADISH.

*Entree* \$11.25

- Classical French Stuffed Chicken Leg Quarter

A STUFFED FRENCH CHICKEN LEG QUARTER, PAIRED WITH TOURNEED POTATOES, SAUTEED BEETS AND ASPARAGUS FINISHED IN A BALSAMIC GINGER GLAZE PLATED WITH A RICH, CREAMY ALLEMANDE SAUCE.

*Dessert* \$7.00

- Chocolate Romano Cheesecake

A DECADENT NO-BAKE DARK CHOCOLATE ROMANO CHEESECAKE. PLACED ON TOP OF A CRUMBLY GRAHAM CRACKER BASE, ACCOMPANIED WITH A SWEET DARK CHERRY SAUCE AND CANDIED CHERRY AND PISTACHIO CRUNCH.

Knife Cuts Include:

- Tourne
- Paysanne



**Our second place district 10 Skills USA Winners: Brock Anderson, Trenton Bowen, Justin Crawford, Levi Motter and Garrett Crawford**



**Our third place District 10 Skills USA Winners: Chloe Wensel, Zoe Villalba, Isaac McCauley and Rylee Yount.**



**Our third place District 10 Skills USA winners: Jonathan Grundy and Raeden Covine-Kiser.**