Sports Medicine

New Program for the 2017-18 school year!

The Western Montgomery CTC Sports Medicine program will be designed to prepare students for a number of technical fields related to kinesiology. Instruction includes theory and applications related to: Athletic training, anatomy and physiology, medical terminology, exercise physiology, pathophysiology, injury recognition, injury management, rehabilitation, restorative care, physical therapy, strength training and high intensity training, weight management, nutrition, resistance training, exercise programming, mental health and wellness.

Students will learn essential skills directly related to the Athletic Training and Physical Therapy career paths. Students will learn to design safe and effective exercise prescriptions, conduct individual exercise programs, and fitness testing. Students will be prepared for employment in a wide variety of settings that include but are not limited to, athletic teams, hospitals, corporate wellness programs, strength and conditioning, clinical rehabilitation programs, and fitness clubs.

In addition, the program serves as a strong foundation for students wishing to pursue advanced degrees in the field of exercise science or enter professional disciplines such as physical or occupational therapy. Industry certifications may be earned in American Heart CPR/AED, American Heart First Aid, Personal Training Certification (ACSM), and Emergency Medical Responder.
Congratulations to all the participants in the District 2 SkillsUSA competitions that took place at either MCCC, MBIT or ECAT.

January 11th took place at MCCC
Culinary Arts • Jimmy Meitzler (12th / UP)
Commercial Banking • Ethan Todd (12th / PG)

January 27th took place at MBIT
Early Childhood • Baillee Greenfield (11th / SF)
Restaurant Service • Samantha Kane (12th / UP)

January 31st took place at ECAT
Advertising Design • Richard Ledig (12th / SF)
Auto Service Specialization • Kolim Schoenly (12th / UP)
Collision Repair • Zach Leber (12th / UP)
Cosmetology • Rachel Michael (12th / SF)
Related Technical Math • Alex Glinski (12th / SF)

February 1st took place at ECAT
Action Skills • Colleen Lyons (12th / UP)
Auto Service Technology • Pat O’Brien (12th / SF)
Carpentry • Noah Brasch (12th / UP)
Crime Scene Investigator • Baillie McGrory (12th / SF)
  • Hayley Wilt (11th / SF)
  • Ben Boyle (10th / UP)
Customer Service • Chase Skavinsky (12th / UP)
Electrical Construction Wiring • Erik Amerine (11th / SF)
Job Skill Demo (A) • Leah Frank (11th / UP)
Job Skill Demo Open • Michael Wilson (11th / PG)
Nail Care • Antoinette Szczepanski (12th / SF)
  • Emily Moretti (11th / SF) - Model

The Placed winners are:
Ben Dhawan • Cabinetmaking - Bye right to States
Noah Brasch • Cabinetmaking - 1st Place
Leah Frank • Job Skill Demo A - 2nd Place
Chase Skavinsky • Customer Service - 2nd Place

The first place winners will continue on to the State Competitions at Hershey, PA on April 19th thru 21st, 2017.

Good Luck! Go Wildcats!
Commercial Art

Mr. Batory

So far this year, Commercial Art students have learned and perfected their skills in line drawing, color theory, design communication, typography, illustration, package design, and much more.

Some of the design projects that have been completed so far this year are: cereal box package design (and mock-up), designing custom socks, CD cover designs, custom playing card designs, hands-on drawing projects, linear perspective name designs, designing a coloring book page, custom holiday wrapping paper designs, recreating a restaurant menu, designing a concert ticket, and more.

Currently, Level I students are in the process of creating their own restaurant. Their objective is to create the name, location, style of food, design the logo, design and layout the menu, mock-up promotional items, and layout what the website would look like. It is one of the bigger projects of the year. Level II and III students are in the process of creating a custom skateboard design. Students are learning the sketching process, creating thumbnail, rough, and comprehensive sketches. After the sketching process is complete, students will transfer their design on to an actual blank skateboard, and use paint and paint markers to bring their design to life.

Congratulations to Richard Ledig (12th / Spring-Ford) and Alexi Neiffer (10th / Pottsgrove) for entering their designs in the Hussian School of Art Contest this year. Both students won first place with a prize of $500 Worth of Art Supplies!
Culinary Arts
Mr. Kaufmann & Mrs. Arnt

As we are in the middle of winter and it is cold and gray outside we want to make dishes that are comforting and make us feel good inside. Dishes that are hearty and can be eaten next to a warm fire. Dishes like Roasted Chicken with Mashed Potatoes, Coq au Vin or Yankee Pot Roast with Roasted Root Vegetables and Herb Dumplings. Comfort foods like Meatloaf, Beef Stew, Mac and Cheese, Grilled Cheese Sandwiches and of course soups. Try adding something different to your mac and cheese like shrimp, lobster or bacon and make it your own. For lunch try making a grilled cheese with a good bread, different types of fillings like, meat, seafood and vegetables. I like putting a little jam on with assorted cheese and whatever I need to use up in my refrigerator. One of my favorite things to make however is a good winter bean soup. I always keep some beans in the pantry and I save ham bones, pork skin or whatever smoked pork product that I have. If you don’t have any of these bacon works just as well. It’s so simple and is great when the wind is howling and snow is coming down. Just boil your beans in water with smoked ham hocks or other pork product. In a separate pot sautee your mirepoix (onions, celery, carrots) then build your soup from there with garlic, white wine, ham, kale, stock, herbs and whatever else you want to put in. Add the beans when they are soft and you’re ready to go. Of course a really good bread with good butter is a must. Enjoy because it won’t be long before fresh asparagus, rhubarb and all the other spring offerings are available.

White Bean and Ham Soup
Makes 1 gallon

Ingredients
1 lb white beans
2 gallons water
1 whole carrot
1 stalk celery
1 onion
2 bulbs garlic cut in half crosswise
1 smoked ham hock
½ cup oil
1 onion peel and chopped
3 carrots peel and chopped
½ bunch celery
3 tablespoons garlic minced
1 cup white wine
3 tablespoons chopped fresh thyme
To taste black pepper and salt

Rinse beans, picking out bad ones and place in pot with water, carrot, celery, onion, garlic and ham hock. Bring to boil, reduce heat and simmer for 2 hours. Add more water if necessary and cook until all beans are soft. Check more than one bean. Remove carrot, celery, onion, garlic and ham hock reserving liquid. Pick meat off of ham hock, chop and reserve.

Meanwhile in a separate pot add oil, get hot and add onion, carrots, celery and sautee until soft. Add garlic and cook 1 minute and add white wine. Add cooked beans, chopped ham hock and liquid from beans. Add thyme and adjust seasoning. Add chicken stock if needed to adjust consistency.
Seniors Save The Date!
The 2017 WMCTC Senior Awards & Recognition Ceremony

WHEN: Wednesday May 24, 2017 @ 7:00PM
WHERE: Pottsgrove Middle School Auditorium
1351 North Hanover Street, Pottstown

*Information will be mailed regarding dress code, directions, and special seating requests.

Please call WMCTC at 610-489-7272 if you have any questions.

The Seniors Awards & Recognition Committee is currently gathering awards for the outstanding seniors in the WMCTC class of 2017. We are seeking parents, community members, or business’ that would like to donate an award to honor the students for their hard work at WMCTC. If you are interested in donating a tool of the trade, monetary gift, gift card or the like please contact Mrs. Cindy McDaniel at 610-489-7272 ext. 139.

Lunch & Learn eTeam Event
On January 18, Ms. Hetzel and Mr. Vecchio hosted a “Lunch & Learn” with a some of the residents from the Sanatoga Ridge Community. Students in our Computer Information Systems class assisted with a 1:1 “bring your own” tech question session. Class participants brought their own tech devices such as their cell phone, tablets, laptops and even printers! The participants got to work with our students on their own specific needs. With the wonderful talents of our Culinary students and our CIS students, our participants left with their questions answered and their tummies full! Watch our website for the next offering some time in the Spring!
Health Science Technology

Mrs. King

Health Science Technology and PLTW Biomed have had a dynamic and productive first semester! All classes in the department have been active, busy and energetic. Level I students ushered in a new group of sophomores and juniors and have not only begun exploring the healthy and diseased body, but have been investigating treatments, innovations and cures. This opened the door for the students to become certified in CPR/First Aid. In addition, Level I participated for their first time in the Annual Blood Drive and sponsored 2 needy children for the holidays. This emphasizes health care taking care of others. As part of their community involvement or “give back,” they will present and sponsor a Health Fair on February 2, 2017 for the surrounding community and WMCTC school wide. As an added project, the Level I students were all given a pig’s heart to explore, investigate and dissect, thereby introducing the students to the Cardiovascular System. As we move into the second semester, the students are eagerly demonstrating skills they have learned so that they will be able to attend clinical off campus in the spring!

Level II/III students returned this year to an updated and rigorous curriculum for preparation to become a Nursing Assistant. In addition, all students had the opportunity to become CPR/First Aid certified as well as achieving certifications for Blood Borne Pathogens and Hazardous Communications. This launched their journey into the medical field of patient care. These students took responsibility for directing the Annual Blood Drive in December as well as supporting 2 needy children for the holidays. The students began attending clinical for Parkhouse and Frederick Living; taking direction from the house staff and taking responsibility for patient care when given the opportunity. They are using the skills they have learned, and soon will be able to handle patient care when working in teams of two for an all-day experience. Leadership is growing in the class as students are taking on supervising skills needed when functioning as a member of the care team. We look forward to additional mastery of skills as well as completion of certifications for Personal Care Attendant, OSHA compliance and HIPPA certification. We will culminate the year with NOCTI and look forward to preparing and achieving the goals we set forth at the beginning of the year!
The Biomedical Science students have completed their first foundation course, Principles of Biomedical Science, in the PLTW Biomedical Science curriculum. They explored concepts of biology and medicine with coinciding activities and projects to ultimately determine factors that led to the death of a fictional person. The students were introduced to human physiology, basic biology, and medicine through various hands on/project based labs such as DNA analysis, insulin/glucose connection, isolating bacteria, and dissections. They utilized the experimental design process to create their own experiments to solve problems. Second semester they will continue with the next foundation course, Medical Interventions. In this course the students will follow the life of a fictitious family as they investigate how to prevent, diagnose, and treat disease. They are looking forward to being exposed to numerous medical interventions related to immunology, surgery, genetics, medical devices, and diagnostics. The Biomedical students continue their clinical rotations shadowing at Phoenixville Hospital Monday and Tuesday every week. They are ambitious, confident and flexible in the clinical setting and have demonstrated maturity as they rotate through the 15 hospital departments.

Rachel Michaels, a Spring Ford senior is the first student to successfully test at 900 hours...

She completed 1250 on Tuesday, October 4, 2016 and is now a licensed Cosmetologist!
# Students of the Quarter

## Vocational Area

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<th>Vocational Area</th>
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<td>Mr. Don Bray</td>
<td>Jake Duffy</td>
<td>Nathan Hammerle</td>
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<td>Automotive Tech</td>
<td>Mr. Don Bray</td>
<td>Kolin Schoenly</td>
<td>Shawn Meeker</td>
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<td>Automotive Tech</td>
<td>Mr. Howie Nonnemacher</td>
<td>Lucy Stone</td>
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<td>Bruce White, Jr.</td>
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<td>Biomedical Science</td>
<td>Mrs. Lisa Cassidy-Lawler</td>
<td>Jenna Tomarelli</td>
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<td>Collision Repair</td>
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<td>Desmond Burgess</td>
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<td>Marc Lopez</td>
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<td>Sydnie Panetta</td>
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<td>Breana Seiders</td>
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<td>Warren Birch</td>
<td>Nicolai Wiewiora</td>
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<td>Voices</td>
<td>Mrs. Debbie Fletcher</td>
<td>Eliza Baxter</td>
<td>Gillian Benner</td>
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**First & Second Quarter**
Automotive Technology

Mr. Bray & Mr. Nonnemacher

Freshmen Program

The first cycle of level 0 students recently completed their half semester in Automotive Technology. During their short time they learned many new skills. Safety, maintenance, thread repair, and general information regarding the automotive industry are among the skills learned. Advanced Level 0 students also were able to experience live work. Through networking with the automotive industry, we were able to collect data stating that maintenance was the most important skill set for an apprentice technician to know. Since there was such an importance for students to know how to check vehicles to determine maintenance needs, we were able to acquire maintenance forms. These were donated from Keyser Miller Ford. Most of their semester was spent mastering this skill set on specially prepared vehicles.

Level 1

Level 1 students have shared an equally productive year. They have completed industry recognized safety training, completed an engine course, and recently finished a driveline course. Level 1 students also participated in projects like building actual rears for customers, and applying their knowledge to help diagnose some live problems.

Level 2

Level 2 students recently completed their brake unit, and will be continuing with steering and suspensions. Additionally, level 2 has been completing live work. Some of which has been in calibration with level 3 and Collision. Finally, we would like to congratulate Leah Frank on her second place finish at Skills.
Level 3 students have been very busy completing live work. Projects have ranged from wiring a multiplex circuit for lighting to suspension modifications, and engine work. Additionally, students have competed in four automotive competitions. Congratulations to Shawn Meeker from Spring-Ford and Aarron Doremus of Upper Perk for qualifying in the Greater Philadelphia Auto Dealers competition. In late February they will be competing against the other qualifying schools in a hands-on competition. They will be practicing on a 2017 Nissan Altima donated by 422 Nissan, who also will be sponsoring them. Finally, level 3 students have been working very steadily to hone their electrical skills per the senior year curriculum. This too will be coming to an end as they begin engine performance.

**Tire Safety Tips from NHTSA:**

A radial tire can lose much of its air pressure and still appear to be fully inflated. Operating a vehicle with substantially under-inflated tires can result in a tire failure, such as instances of tire separation and blowouts, with the potential for a loss of control of the vehicle. Under-inflated tires also shorten tire life and increase fuel consumption.

Tires should be inflated according to the vehicle manufacturer’s recommendations. These can be found in the owner’s manual or on a placard, which is often located in the glove compartment or on the driver’s doorjamb. Motorists should not rely on visual tire inspections to determine whether a tire is properly inflated but should use a tire pressure gauge to do so.