

THE CAREER & TECHNICAL TIMES

A Buncombe County Schools CTE newsletter



Photo taken from Southwestern Community College during HOSA District Competition

PIT STOP WITH CHARLOTTE MOTOR SPEEDWAY

Ready, set, go! Charlotte Motor Speedway educators came to visit our four intermediate schools (over 600 students) with their STEAM Pit Stop activity. Students were in teams of 3 to form their own Pit Crew and given supplies such as straws, cardboard, foam, skewers, water bottles, etc to create the fastest car. Next, students weighted their cars and made adjustments and raced down the ramps to simulate the Speedway Motorsports tracks. After the race the CMS educators talked to the students about their STEAM experience and how the adjustments they made to their cars helped increase or decrease their speed. This activity aligns to NC Essential Standards and allowed conversation about the STEM Career Cluster. Special thanks to all the Career Development Coordinators who helped with this event along with Erwin High School Career Academy students and County Office volunteers.



SPECIAL THANKS TO ERWIN CAREER ACADEMY

Students from the Clyde A. Erwin High School Career Academy attended the first day of the Charlotte Motor Speedway STEAM on the Go Pit Stop. The students assisted with set up and helped students with their car creations. Their assistance was very helpful at this event.



Click or Scan

Click or scan the QR code to watch a short video from this event.



SEEN AROUND SCHOOL

OWEN STUDENTS TOUR WCU

Owen's Health Care Career Club traveled to WCU in Cullowhee to tour the Health and Human Services building. Dr. C.Y. Wang toured the 24 students through the 160,000 square foot facility. Students visited various areas and saw different majors available within the Health & Human Services department.



HOLIDAY COMFORT FOOD AT ERWIN HIGH

The holidays don't seem to be complete without a glass of eggnog. Students in Mrs. Grogan-Davis's classes made a delicious breakfast casserole perfect for any holiday breakfast or bunch and incorporated this classic holiday flavor. Prepare this before bed and all you have to do when you wake up is put it in the oven!

Eggnog Overnight French Toast

8 Eggs
2 c. Half and Half
1 c. Eggnog
2 T Granulated Sugar
2 T Brown Sugar, packed
1 T Vanilla
1 1/2 t Nutmeg, freshly grated
1/2 t Cinnamon
1/4 t Salt
1 Loaf Brioche, French or Challah bread, sliced and cubed
3 T Turbinado Sugar
Confectioners' Sugar, for dusting
Whipped Cream and Maple Syrup, for serving



1. Whisk the eggs in a large bowl. Add half and half, eggnog, sugar, brown sugar, vanilla, 1 teaspoon of nutmeg, cinnamon, and salt.
2. Arrange cubed bread in a 9x13 inch pan. Pour egg mixture over all bread and gently press down. Cover with plastic wrap and refrigerate overnight.
3. Preheat oven to 350 degrees F. Combine turbinado sugar and remaining 1/2 teaspoon nutmeg in a small bowl.
4. Sprinkle with sugar mixture on top prior to baking.
5. Bake until brown and puffed, about 35-40 minutes. Let sit 10 minutes.
6. Dust with confectioners' sugar. Serve with whipped cream and/or syrup.

VSMS STUDENTS CREATE TOYS

Students in Mrs. Cannon's Automation and Robotics class at Valley Springs Middle created children's toys using VEX robotics equipment such as gears and motors!



VALLEY SPRINGS CARPENTRY PROJECTS

Students in Mr. Smith's Carpentry classes got the chance to get hands on and make their own carpentry creations.



ROCKET'S CREATE!

AC Reynolds Middle students in Automation and Robotics with Mr. Allen were about to put their skills to the test by making their own creations.



OHS CATERS FOR NATIONAL HONOR SOCIETY

Owen High School Food and Nutrition classes, under the leadership of Ashley Beaugard, catered the OHS National Honor Society ceremony on Thursday, October 28th. Students were very excited to show off some of their newly learned skills. Menu items included chocolate chip cookies, mini quiches, tiramisu, and boneless buffalo wings.



CAREERS ON WHEELS RECAP

Scan or click the QR code to watch a recap video from our Careers on Wheels event that was held last month.



Click to Watch

NBMS STUDENTS GAIN ANIMATION SKILLS

Ms. McQuinn's Computer Science Discovery students at North Buncombe Middle have been learning animation skills. Follow the QR codes (or click) student examples by Henry D and Gabe F.



OMS BAKES SCIENCE COLLABOATION

Owen Middle Family & Consumer Science teacher, Rebecca Smith partnered with Science teacher, Rob Aiken for a lesson on solids, liquids, measuring and safety. Learning is always more fun when it's edible!



CELEBRATING ACCOMPLISHMENTS

NORTH BUNCOMBE MIDDLE FCCLA STUDENTS HOST CAREER CAFE

NBMS FCCLA sponsored its first ever Career Cafe "Come get a taste of your future". Clara Burchett a 7th grader at NBMS organized the event. Clara is currently serving as our FCCLA President. The project ran for the entire week and had 1-2 professionals each day. Students were allowed to drop by during lunch and ask questions. Students were excited to be able to talk to professionals!

Guest speakers included an Allegiant pilot, an artist, a photographer, members of the Civil Air Patrol, representatives from Weaverville Fire and Police, an Internal Medicine Doctor, and a Pediatric Nurse. The artist spoke about publishing coloring books and professional prints. The photographer explained how drones and 3D cameras are used in commercial photo shoots. The week was a huge success and allowed students to speak with professionals and get a "taste" of a possible future career.



PRACTICING A LOST ART AT OHS

Students in Mrs. Whitworth's apparel class are discovering some "lost arts". The students are currently learning to quilt and will be learning embroidery soon. They have incorporated some modern techniques such as rotary cutting and machine stitching along with old ones like hand stitching. Each new Apparel I class will create a section of quilt and when there are enough, they will be assembled into a large "Class quilt". Students are excited to learn a new skill and show off their handiwork!



FCS DAY

December 3 is National Family & Consumer Sciences day. The theme this year is "FCS Ties it All Together". With the increased popularity of cooking, the rising craft movement, and interest in retro fashion and vintage look, the apron has made a comeback. Students and professionals are invited and encouraged to engage in the celebration by posting a picture with your lab coat or apron! Use hashtag #FCSDay



We are thankful for our BCS FCS teachers and all they do for their programs and students.

CONGRATULATIONS MR. HAAKE

Last Spring, Mr. Jeff Haake was named the Western Region Curriculum & Instructional Management Coordinator (CIMC) of the Year. He recently received his award. We are proud to call him one of our own!



ACR STUDENTS BUILD CABINETS

Mr. Sykes' Woodworking II class at ACRHS made cabinets for a local church. The project took about 2 months to complete. Mr. Sykes and students delivered and installed the cabinets at Long's Chapel United Methodist Church in Waynesville.



A DIFFERENT PERSPECTIVE AT TCR

Students in Mrs. Lowe's Interior Design Fundamentals classes practiced their perspective drawings - but life size! Students used painter's tape to make their room sketches in the hallways. Other students and teachers have enjoyed seeing the different room options.



ENKA FFA VET SCIENCE

Enka High FFA competed in the Vet Science Career Development Event for the first time. The team placed 4th in the West Region. Team Members were Itzel Alvarenga, Makayla Hardin, Lydia Messer, and Hayden Wood.



LEARNING BY DOING

BOUNTY & SOUL PARTNERS WITH OMS

Bounty and Soul visited Mrs. Smith's 8th-grade Nutrition and Wellness classes for an Interactive Cooking Demo.

Students learned to make changes to a recipe if things are not working or if they ran out of an ingredient (problem-solving on the fly).

Students used kid-friendly choppers to make Healthy Carrot Cake Bites.



NESBITT STUDENTS LEARN REVERSE ENGINEERING

Students were hard at work reverse engineering older computers in PLTW IED. The object of reverse engineering is to figure out how something works. Sometimes with very little prerequisite knowledge of the artifact. Students performed the 3 phases of reverse engineering. Visual Analysis, Functional Analysis, and then Product Disassembly.

The students disassembled the computer, determined the function of each part, its material makeup, dimensions, and how it fastens into the computer.

They created diagrams depicting the parts. At the conclusion, students prepared reports of their findings.



WARHORSES SERVE UP SMILES

Four seniors from Ms. Beauregard's Food & Nutrition II had the opportunity to participate in a culinary experience at W.D. Williams Elementary.



NB FFA VET SCIENCE

NB FFA students Aislinn Stroupe, Sara Stone, Cassie Suttles, and McKenzy Gentry competed in the Vet Science FFA Career Development Event. Team member Cassie Suttles had the 3rd highest individual score in the state!



ERWIN FCCLA STUDENTS USE SKILLS TO RAISE MONEY

Erwin High FCCLA used skills learned in Family & Consumer Sciences to create items to sell at a local craft fair. Foods students cut and dehydrated oranges, interior design students used design skills to assemble ornaments. Apparel students used an embroidery machine to create unique beanies. Students then worked the craft fair - in the COLD! Money raised will be used for FCS programs and FCCLA projects.



SERVSAFE CERTIFIED WARRIORS

Erwin High students Avery Wells, Micheala Effler, Katelyn Wilson, Jaylin Cobb, Evelyn Burgarin, and Zach Hutson earned the ServSafe Food Protection Manager Certification in Food & Nutrition II.

This certification, given by the National Restaurant Association, is the industry-standard in restaurant safety and sanitation.



HAWKS CERTIFIED TO STOP THE BLEED

Mrs. Cole's Health Science II students completed the Stop the Bleed training. In this course, students learn to recognize and respond to a bleeding emergency. Student Abigail Wilson said earning the certification means she would, "feel more confident should a real emergency occur." This semester, 17 of Mrs. Cole's students earned the certification.



CROSS-CURRICULAR COLLABORATION AT COMMUNITY HIGH

Community High School held a cross-curricular collaborative event involving CTE teachers, counselors and PE. Teachers planned lessons in container gardening, exercise, healthy meal preparation and social/emotional wellness in order to teach students the importance of taking care of their complete self. This two-day event allowed students to rotate through the various stages.



ENKA HOSA COMPETES AT DISTRICT

HOSA students from Enka High School attended the District 8 HOSA Competition held at Southwestern Community College.



BORED IN CLASS?

TC Roberson students in Game Art Design with Mr. Pietzsch created their own board games.

Students had to create game play instructions and then they played other games using only the instructions! Students were creative and learned the importance of clear directions.





TEACHER SPOTLIGHT: KEN ULMER

After almost 30 years in TV and radio, Ken Ulmer decided to change careers. He joined AC Reynolds CTE last year as a new business/marketing teacher. Although he made this change during a pandemic, he has adapted well! He always wants to do right by his coworkers and his students. He comes in everyday ready to teach but also ready to learn. He was nominated for this spotlight by a colleague.

Hometown: Spruce Pine, NC

High School Attended: Mitchell High School

College attended: Appalachian State

Degree: BS, Communications (Journalism/Marketing Concentration)

Previous Careers: Worked as a news reporter/producer in Mississippi, Tennessee, and NC - most recently as producer and host of the "Road Trippin'" series for WLOS-TV. He also worked for Asheville Radio Group for 17 years as the Digital Marketing Director and host of the morning and afternoon shows on Mix 96.5.

Years in education: This is year #2 & a proud Rocket!

Hobbies: "My kids - both future Rockets! Abby is in 7th grade at Cane Creek Middle and Charlie is in 5th grade at Fairview Elementary. We love to hike. We're also big proponents of animal rescue, especially senior bulldogs with tragic backstories. We just adopted again, and will give ol' man Otis his best retirement life."

Other things we should know about you: "My first radio job was at WTOE in Spruce Pine when I was in high school.

Playing soft rock at such a young age profoundly influenced my musical tastes. I proudly admit to seeing the following in concert: Barry Manilow (twice), Tiffany, and Milli Vanilli, and their tunes are frequently played in my classes. If I don't teach them the lyrics to "Blame It On The Rain," who will?"



ALUMNI SPOTLIGHT: ELIJAH FRISBY

This Alumni Spotlight could have easily been called Teacher Spotlight. Elijah Frisby is a 2012 graduate of North Buncombe High School. During his time as a student, Elijah was active in the Ag program and FFA under the direction of Mr. Justin Gillespie. When asked why he wanted to become an Ag teacher, Mr. Frisby responded, "Teaching agriculture allows me to take my classes outside of the building and teach them hands-on skills that they get to carry with them for the rest of their lives."

Mr. Frisby was originally hired by Buncombe County CTE and served as a middle school Agriculture teacher at Erwin and Enka Middle Schools. This year, he has moved to AC Reynolds High School where he has been busy building the schools FFA program. He stated, "FFA gives me a view of students outside of the classroom and off campus. FFA gives me time to get to know my students on a better and more personal level, which I can then apply and push them to success in a given competition or event." Following in the footsteps of his high school teacher, he said the two best pieces of advice he ever got from Mr. Gillespie were, "Keep the tractor in a lower gear on campus, you never know who's watching...and The day you stop getting excited about your students' success is the day you need to quit." We are proud to be able to call Mr. Frisby a BCS CTE graduate, teacher and adviser!



Top: Mr. Frisby (far right) and students on stage at his first state convention as an adviser, he asked Mr. Gillespie (far left) to join him on stage.

Middle: Elijah played drums in the NBHS FFA band, lead by country music singer Joe Lasher, Jr.

Bottom: Elijah Frisby working the NBHS FFA Christmas tree lot as a student.

DIRECTOR'S CORNER

I hope that each of you had a restful and relaxing Thanksgiving break. I am thrilled to see the amazing things that are happening each day in your classrooms and student organizations. The hands-on opportunities that CTE provides for students make a tremendous impact on their overall school experience. Providing career skills prepares students for future success. Thanks for all you do.

Respectfully,

Taylor Baldwin

CTE Director



This newsletter is published by BCS CTE Support Staff. Content is written to showcase projects and successes throughout the county and to help connect and inspire Career and Technical Educators within Buncombe County Schools. For more information or to be featured use the QR code or contact your CDC or Amy White, Newsletter Editor at Amy.White@bcsemail.org.



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