



# MOUNTAINEER WEEKLY



## CELEBRATING OUR WOMEN!

On April 9th, New Hampshire Job Corps proudly celebrated Women's Day with an incredible event centered on empowerment, connection, and community. It was a truly inspiring day filled with meaningful moments and lasting impact.

The event featured engaging guest speakers, creative activities designed to inspire and strengthen connections, a delicious lunch, and even a touch of relaxation. Our guest speakers captivated attendees with their wisdom and insight, sharing powerful stories of resilience, leadership, and overcoming barriers.



Gloria Mukendi and Mary Georges, both from Victory Women of Vision, encouraged participants to view their current circumstances as just one chapter in their life's journey, not the whole story. They emphasized the importance of accepting support, believing in oneself, and recognizing that each individual has the power to shape their own future. Their message was clear: never let anyone hold you back and always remember that you are in control of your life.

Kaylee Richard from Girls at Work shared her inspiring journey of growth and leadership. Having joined the organization at just eight years old, she spoke about how her positive early experience helped shape her path. Eleven years later, she proudly plays a key role in the organization's success, demonstrating that determination and passion can lead to incredible achievements.

# CELEBRATING OUR WOMEN!

## CONTINUED

Participants also enjoyed complimentary chair massages from David Powers of White Birch Massage and Bodyworks, an especially memorable experience for many who were trying it for the first time. The day was made even better with a delicious catered lunch from Bubbakoo's Burritos.

We extend our heartfelt thanks to everyone who joined us in celebrating Women's Day and helped make the event so memorable. Empowerment knows no bounds. It's about lifting one another up, advocating for equality, and creating spaces where all women can thrive.

Together, let's continue to empower, uplift, and celebrate women's strength, resilience, and achievements, today and every day.



# STRENGTHENING PARTNERSHIPS

**Eric Fischer: Electrical Trade Instructor**

## **Manchester School Leadership Visits New Hampshire Job Corps (NHJC)**

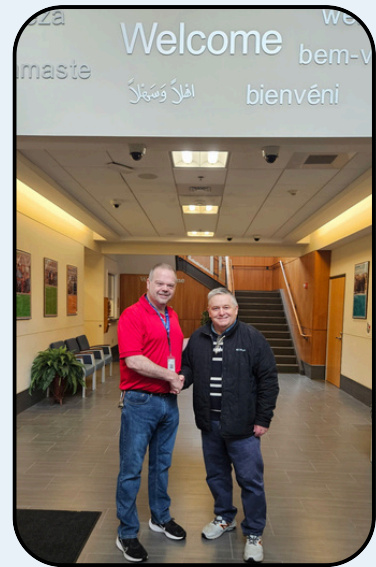
On April 3rd, we had the honorable vice chairman of the Manchester Board of School Committee, Jim O'Connell, tour our center. Jim is a big supporter of the Job Corps mission and envisions a working relationship that will greatly benefit the students of Manchester. He was impressed with our campus and was able to meet several of our students and staff.



The pair joined by  
Andrew Kinuthia

SAU 37 is the largest school district in the state of NH, with over 12,000 students. It is also home to the oldest public high school in the state, Manchester Central High school.

We look forward to updating everyone on the continuing prospects developing here at the NHJC. Cultivating these prospective partnerships will contribute to many exciting pathways for our graduates for years to come. We thank Mr. O'Connell for his support.



Eric Fischer pictured with  
Jim O'Connell on the right

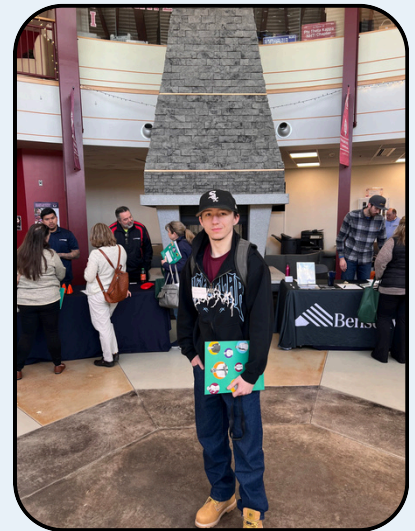
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## BUILDING PATHWAYS

On April 9th, staff and students attended the WORKFEST: Pre-Apprenticeship Connection Fair at NHTI, Concord's Community College in Concord, NH. The event provided a valuable opportunity for high school and college aged students to explore apprenticeship pathways and connect with regional employers.

A notable connection made during the event was between student Paul Dooley (pictured right) and Mechanical Contractors, Palmer & Sicard. Through this interaction, Paul learned about a potential opportunity to begin working as an HVAC helper/apprentice, opening the door to hands-on experience in the field. Additionally, two more HVAC apprenticeship opportunities were identified through ApprenticeshipNH postings, giving Paul multiple pathways to consider.

The event also allowed students to gain a clearer understanding of the opportunities available to them after completing the program, as well as the potential benefits of pursuing Job Corps Advanced Training to better prepare for an apprenticeship experience.



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## WORDS TO LIVE BY

“Learn from yesturday, live for today and hope for tomrrow.” — Albert Einstein

# Healthy Eating and Active Lifestyles

Live Healthy!



## Principles of Holistic Therapy

### Whole Person Focus

Treatment is aimed at the entire person – integrating the mind-body-soul connection, rather than just the symptoms of a disease or disorder.

### Personalized Treatment

Every treatment plan is personalized. Different people require different approaches, even for similar issues.

### Client Empowerment

You are in charge of your well-being and holistic therapy empowers you to take charge of it by guiding you to make informed decisions.



[For More Information](#)

# NHJCC MENU APRIL 20 - APRIL 26

## BREAKFAST

## LUNCH

## DINNER

**MONDAY**

Scrambled Eggs w/  
Cheese  
Hard Boiled Eggs  
Turkey Sausage  
French Toast  
Home Fried Potatoes

Philly Ground Beef Queso  
Chicken Adobo  
Baked Potato  
Peas  
Pudding

Lasagna Rollups  
Sausage and Peppers  
Rice  
Mixed Vegetable  
Garlic Bread  
Sheet Cake

**TUESDAY**

Scrambled Eggs  
Hard Boiled Egg  
Corned Beef Hash  
Bacon  
Pancakes

BBQ Beef  
Nashville Hot Chicken  
Cauliflower  
Mashed Sweet Potatoes  
Assorted Cookies

Ground Turkey Meatloaf  
Roast Pork Loin  
Orzo  
Sauted Yellow Squash  
Apple Pie

**WEDNESDAY**

Egg and Cheese Sandwich  
Waffles  
Hard Boiled Eggs  
Sausage Links  
Home Fries

Buffalo Chicken Mac n  
Cheese  
Beef Mac n Cheese  
Corn Niblets  
Fresh Fruit

Baked Salmon  
Pulled Pork Sandwich  
Roasted Broccoli  
Au Gratin Potatoes  
Fresh Fruit

**THURSDAY**

Scrambled Eggs  
Buttermilk Pancakes  
Bacon  
Breakfast Potatoes

Shrimp Scampi  
Sliced Ham  
Rice  
Green Beans  
Strawberry Rhubarb Pie

Chicken Stuffed w Broccoli  
and Cheddar  
Breaded Veal Patty  
Pasta  
Mixed Vegetable  
Jell-O

**FRIDAY**

Cheese Quiche  
Ham Slices  
Turkey Sausage  
Scrambled Eggs

Beef Taco Bake Casserole  
Carnitas  
Rice and Beans  
Roasted Carrots  
Sheet Cake

Baked Haddock  
Lemon Chicken  
Au Gratin Potatoes  
Summer Squash  
Chocolate Pudding

**SATURDAY**

Continental Breakfast  
9:45 AM - 12:00 PM  
Muffins, Bagels,  
Cream Cheese

*Brunch*  
Quiche of the Day  
French Toast  
Bacon  
Sliced Ham  
Potatoes

Sliced Turkey and Cheese  
on a Croissant  
Chips  
Sweet and Sour Meatballs  
Rice  
Zucchini  
Fresh Fruit

**SUNDAY**

Continental Breakfast  
9:45 AM - 12:00 PM  
Muffins, Bagels,  
Cream Cheese

*Brunch*  
Cheese Omelet  
BBQ Riblets  
Turkey Sausage  
Corned Beef Hash  
Hash Browns

Chicken Nuggets  
Stuffed Peppers  
Roasted Potatoes  
Steamed Broccoli  
Fresh Fruit

## CAFETERIA SCHEDULE

### Monday - Friday

Cold Breakfast  
6:00 AM - 7:45 AM

Hot Breakfast  
6:45 AM - 7:45 AM

Breakfast includes:  
cereal, fruit, bagels,  
muffins, milk, juice,  
coffee, tea, oatmeal,  
yogurt, applesauce

1st Lunch  
11:15 AM - 12:00 PM

2nd Lunch  
12:15 PM - 1:00 PM

Dinner  
4:30 PM - 6:00 PM

### Weekend/Holiday

Cold Breakfast  
9:45 AM - 12:00 PM

Brunch  
11:00 AM - 12:00 PM

Dinner  
4:30 PM - 5:30 PM

Please inform staff of  
any food allergies!

SR = Student Request

# RECREATION CENTER



## April Off-Center 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Spring!</b>			1 Bass Pro Shops 5:45 PM Bass Pro Shops 6PM - Minors	2 Savers 6:00 PM	3 Mall of New Hampshire 6:00 PM	4 Dollar Tree & 5 Below 5PM
5 Candia 6:00 PM Happy Easter!	6 MAJOR DORM CLEAN UP	7 Livingston Park 4PM	8 Museum of Science 1:00 PM Walmart 6:00 PM	9 Mall of New Hampshire 6:00 PM	10 Walmart 5:45 PM Walmart 6PM - Minors	11 Boston Aquarium 12:00 PM
12 Candia 6:00 PM	13 MAJOR DORM CLEAN UP	14 Bass Pro Shops & Walmart 6pm	15 Keves Field/ Skate Park 4PM	16 Monson Center - Nature Walk 4PM Mall of New Hampshire 6:00 PM	17 NH Fishercats Game 5:30PM	18 Boston Aquarium 12:00 PM
19 Candia 6:00 PM	20 MAJOR DORM CLEAN UP	21 House On the Side of the Road Plant Shop 3:30PM	22 Roller Kingdom 6PM HAPPY EARTH DAY!	23 Walmart 4:30PM Chunkys Minors 7PM	24 The Outlets 5PM Dollar Tree & 5 Below 6PM	25 Andres Institute of Art Hike 2PM Chunkys 6PM
26 Candia 6:00 PM	27 MAJOR DORM CLEAN UP	28 Mall of NH 5:45 PM Mall of NH 6PM - Minors	29 Walmart 4PM Double Midnight 6PM	30 Currier Museum of Art 3:45PM		

### INFO

Recreation Sign up times  
Just a reminder that all recreation trip sign-ups are Monday - Friday at 4:00 pm to 4:30  
Saturday/Sunday at 1:30 pm

Recreation Trips  
First-come first-serve!



## April On-Center 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Major Dorm Cleanup every Monday! Rec will close at 7:30PM on Mondays.		1 Floor Hockey with Mr. Gamett 4PM Weight Training 7PM Women's workout 9PM	2 Soccer Practice 5:30PM Basketball Practice 4PM Food Night 7PM Women's workout 9pm	3 Soccer Practice 5:30PM Board Game Night 7PM Women's workout with Ms. Taylor 9pm	4 Egg Decoding & Egg Hunt 5PM Women's workout with Ms. Taylor 9PM
5 Open Gym Happy Easter!	6 Soccer Practice 5:30PM Easter Prayer 5PM Basketball Practice 4PM	7 Flag Football 4PM Basketball Practice 6PM Women's workout 9PM	8 Floor Hockey 4PM Weight Training w Mr. Tashish 7pm Women's workout 9PM	9 Soccer Practice 5:30PM Basketball Practice 4PM Food Night 7PM Women's Workout 9PM	10 Soccer Practice 5:30PM Trivia Night 4PM Women's workout with Ms. Taylor 9PM	11 Dodgeball 5pm Open Mic Night 7PM Women's workout with Ms. Taylor 9PM
12 Open Gym	13 Soccer Practice 5:30PM Bible Study with Avion 4:00 PM Basketball Practice 4PM	14 Flag Football 4PM Open Mic Night 7PM Women's workout with Ms. Taylor 9PM	15 Floor Hockey 4pm April Birthdays! 7pm Women's workout 9pm	16 Basketball Practice 4PM Food Night 7:00 PM Women's workout with Ms. Taylor 9:00pm	17 Soccer Practice 5:30PM Illinois Frisbee Competition 4PM Dodgeball 5pm Women's workout with Ms. Taylor 9:00pm	18 Karaoke 5:00 PM Board Game Night 7pm Women's workout with Ms. Taylor 9pm
19 Open Gym	20 Soccer Practice 5:30PM Bible Study with Avion 4:00 PM Basketball Practice 4PM	21 Flag Football 4:00pm Women's workout with Ms. Taylor 9:00pm	22 Earth Day Trash Walk 4:15PM Reusable Tote Bag Painting 4PM Women's workout 9pm	23 Soccer Practice 5:30PM Basketball Practice 4PM Food Night 7:00 PM Women's workout 9pm	24 Soccer Practice 5:30PM Dodgeball 5pm Women's workout with Ms. Taylor 9:00pm	25 Board Game Night 7pm Women's workout with Ms. Taylor 9pm
26 Open Gym	27 Soccer Practice 5:30PM Bible Study with Avion 4:00 PM Basketball Practice 4PM	28 Outdoor Volleyball 4pm Flag Football 4:00pm	29 Floor Hockey 4pm Console Competition 7PM Weight Training 4pm Women's workout 9pm	30 Soccer Practice 5:30PM Basketball Practice 4PM Food Night 7:00pm Women's workout with Ms. Taylor 9:00pm	<b>Spring!</b>	

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# TABE GAINS

Congratulations to the students who made TABE gains this week! They are closer to moving onto the next phase of their Job Corps opportunity.

## TABE ACHIEVED:

Derick Lieber  
Corbin Markmanrud  
Sebastian Romero  
Lavon Cassey

## READING GAINS:

Ella Rahilly  
Emoni Surphin

## MATH GAINS:

Shannon Bailey  
Benjamin Matton  
Alex Thomas

reach  
for the  
stars!



# LET'S CELEBRATE!

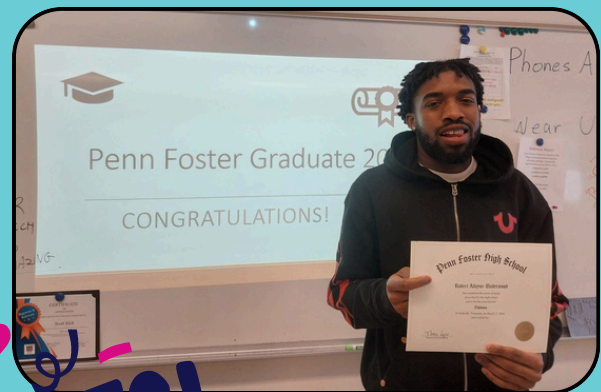
Congratulations to our two most recent Penn Foster High School Diploma graduate

**Robert Alleyne Underwood**



Congratulations to **Ezequiel Arismendi** for his recent completion of the Homeland Security Trade.

He is on his way to start his journey in the Marine Corps!



CONGRATS!



# KEEPING STAFF CONNECTED



## HR Completers Club

### Completers Club Recognition Bridge Builder

Let's congratulate the following on completing their first 90 days with NH Job Corps



## APRIL STAFF ANNIVERSARIES

April 7

John Hobbs (5 YEARS)

April 9

Adrian Toledo (2 YEARS)

April 10

Steve Foster (7 YEARS)

April 22

Jeffrey Verrier (2 YEARS)

Nathan Harp (2 YEARS)

April 24

Deborah Black (3 YEARS)

April 25

Aaron Schryba (2 YEARS)



## General Information

New Hampshire Job Corps Center  
 943 Dunbarton Road  
 Manchester, NH 03102  
 Main Number: 603-695-8800

<https://newhampshire.jobcorps.gov>

## Express Yourself

Adams and Associates Inc. employees are encouraged to express concerns and report any quality, integrity or other issues if they arise. The best way to do this is through your supervisor. You may also address concerns through others in your chain of command or the Human Resources Department. If necessary, issues may also be reported to the Corporate Office through an anonymous employee hotline:  
 1-833-TELLAAI (1-833-835-5224)

## Centers/ Corporate Vacancies

Internal candidates can view additional Centers/ Corporate vacancies in Paycom by selecting: Company Information > Job Opportunities or by scanning this QR code



\$200  
Employee  
Referral  
Bonus

## New Hampshire Center Vacancies

Senior Residential Advisor  
 Senior Safety & Security Advisor  
 Safety & Security Advisor  
 LPN  
 CPP Instructor  
 Recreation Advisor

OA/CTS Specialist  
 Drivers Ed Instructor  
 Assistant Cook

## JOB CORPS CONTRACTS 2026 HOLIDAY SCHEDULE

New Year's Day  
 .....Thursday, January 1st  
 Martin Luther King Jr. Day  
 .....Monday, January 19th  
 President's Day  
 .....Monday, February 16th

Memorial Day  
 .....Monday, May 25th  
 Juneteenth  
 .....Friday, June 19th  
 Independence Day  
 .....Friday, July 3rd

Labor Day  
 .....Monday, September 7th  
 Veteran's Day  
 ...Wednesday, November 11th  
 Thanksgiving Day  
 .....Thursday, November 26th

Day After Thanksgiving  
 .....Friday, November 27th  
 Christmas Day  
 .....Friday, December 25th  
 New Year's Day 2027  
 .....Friday, January 1st



# Adams Family Fables

*Service Focused, Outcome Driven.*

April 17, 2026

## #ShowcasingSuccess

### Championing Cybersecurity



New Hampshire Advanced Security students showed off their cybersecurity chops during **Manchester Community College's Cybersecurity Symposium**. Students **Donjae Booth, Thomas Ebersole, Thomas Nguyen, Angelina Nguyen, Dagem Endazenaw and Christina Nguyen** dubbed themselves the "Job Corps 6" as they presented on cell tower dumps. Their presentation, which had tech support from students **Zachary Blackwelder and Will Kibuuca**, was even featured on **WMUR News!** When not presenting, the students engaged in symposium themes on how to best utilize AI and Extended Reality technology. Nice job, New Hampshire!

### Conventional Construction

**Phoenix UBC Carpentry students** help set the stage for the **SkillsUSA Arizona State Leadership & Skills Conference** at the **Phoenix Convention Center**. Students dedicated three days to the effort, overseen by their UBC Carpentry Instructor. This initiative reflects the strong partnership between the Job Corps Center and the Convention Center. Perfect work, Phoenix!



### Ladies Leading the Way

**Woodland** is making ladies part of the Construction conversation, with its recent participation in the "Construction and Conversations" event sponsored by **O'Hara Development Partners**. The event featured a dynamic panel of women who own and operate state construction companies. Participants toured mixed-use properties, including an exclusive hard hat tour of **The Xander**, a 19-unit mixed-use property in downtown Baltimore. Students also observed a floor installation demonstration. A highlight of the event was the financial and business guidance provided by **Baltimore Community Lending CEO Watchen Harris Bruce**. Way to go, Woodland!

### From the President, Susan Sez

It was a *Fabulous Financial Fiesta* at **Adams Columbia Office**, as Corporate Finance leaders hosted our annual Finance Training. Finance Managers across our Centers attended to strengthen their skills in accounting, accounts reconciliation, purchasing, financial controls, contract modifications, payroll and critical documentation. **Corporate Director of Contracts Accounting and Budgets Latoya Thurman** led the training, supported by **Corporate leaders Kristy Richford, Debbie Cavathas, Greg Weber, Reuben Horace, Pamela Kelley, Kathleen Loeb, Sarah Drew, Erin Bell and Melody Hays** as well as **Acumatica Consultant Paige Hodson**. Kudos to everyone who helped facilitate this training!

