



MOUNTAINEER WEEKLY



FROM FAST FOOD TO HEALTHCARE

Tina Lawton: Executive Administrative Assitant

How Job Corps Helped Nnenna Ezeugwu Build a Career in Medicine. 2023 New Hampshire Job Corps (NHJC) graduate Nnenna Ezeugwu turned uncertainty into a clear sense of purpose and a path toward a long-term career in healthcare.

Before enrolling in Job Corps, Nnenna was working in the fast-food sector while trying to figure out her next steps. She explored college and trade school options but was unsure which direction would be the best fit. After recalling a tour of NHJC during high school, she decided to give the program a chance, a decision that would ultimately shape her future.

At NHJC, Nnenna enrolled in the Certified Medical Assistant (CMA) program. During her time there, she not only gained technical training but also earned certifications in both Medical Assisting and Phlebotomy. Outside the classroom, she stayed actively involved in student life, serving in the Student Government Association (SGA), where she helped organize activities and support her peers.

After graduating, Nnenna quickly transitioned into the workforce. She secured a position as a Medical Assistant at Amoskeag Health, a clinic in Manchester, New Hampshire, where she has worked for nearly three years. She started at \$18.50 per hour and has since increased her earnings to \$20.00 per hour—an achievement that reflects her growing experience and dedication.



Pictured above is Nnenna (2nd from left) with her colleagues

FROM FAST FOOD TO HEALTHCARE CONTINTUED

Tina Lawton: Executive Adminstrative Assitant

Although her official title has remained the same, Nnenna's responsibilities have expanded significantly. She has received additional training in multiple specialized areas. Today, Nnenna supports multiple departments, stepping in wherever needed beyond her primary care duties.

Nnenna has also taken the next step toward her goal of becoming a registered nurse. She was recently accepted into a two-year nursing program at Manchester Community College and plans to begin this fall.

Beyond her professional growth, NHJC has had a meaningful impact on Nnenna's personal life. She has achieved important financial milestones, including purchasing and fully paying off her car shortly after starting her job.

Reflecting on her journey, Nnenna credits NHJC with helping her build both practical skills and interpersonal awareness. "The training provided the essential skills I use daily," she explains. "It also helped me learn how to adapt and interact effectively with people from diverse backgrounds." Most importantly, the program gave her direction. "Job Corps gave me a much clearer sense of direction for my life and career," she says.

Today, Nnenna's life is more stable, and her future is full of opportunity. While she says she is not certain where she would be without Job Corps, one thing is clear: the program played a pivotal role in helping her transform uncertainty into a thriving career in healthcare.



Pictured above is Nenna with the many awards she was awarded during her stay at NHJC

SNEEK PEAK

SNEAK PEEK – On Friday, May 1st, NH Job Corps proudly held its spring graduation ceremony! We are thrilled to celebrate these students, who successfully completed the program despite the challenges Job Corps faced in 2025. This milestone would not have been possible without the unwavering support of the many individuals, businesses, and organizations who stood with us and helped keep our center open—ensuring these graduates have the opportunity to build brighter futures. We look forward to sharing all the highlights with you in next week's Mountaineer Weekly.



NH JOB CORPS SERVES UP SUCCESS AT PENOBSCOT CHOPPED COMPETITION

Stephanie Ashworth: Center Director

The New Hampshire Job Corps Culinary students recently showcased their talent, creativity, and teamwork at the Annual Penobscot Job Corps Chopped Culinary Challenge, bringing home an impressive second-place finish following the Advanced program from Penobscot Job Corps.

This exciting competition pushed students to think on their feet and demonstrate both their culinary knowledge and practical skills. The event began with three fast-paced rounds of trivia, where students tested their understanding of cooking techniques, food safety, and industry knowledge. From there, the pressure intensified with two rounds of a “chopped”-style cooking challenge. Students were presented with mystery baskets of ingredients and given just 30 minutes to create original, cohesive dishes. Their ability to adapt, collaborate, and innovate under time constraints was nothing short of remarkable. Center Director, Stephanie Ashworth was most proud of the shoutout from other centers Chef’s regarding the amazing communication and teamwork from the NHJC team.



The competition was judged by the Center Directors from Penobscot, Grafton, and New Hampshire, who evaluated each team on creativity, presentation, taste, and technique. Our students rose to the occasion, demonstrating not only strong culinary skills but also professionalism and perseverance throughout the day.



We would like to extend a heartfelt thank you to Penobscot Job Corps for hosting another fabulous event. Our students had an incredible experience, and it was equally rewarding for the directors to come together, strengthen connections, and share plenty of laughter along the way.



This event was truly a joy for all involved and a proud moment for New Hampshire Job Corps. Congratulations to our Culinary students on an outstanding achievement and thank you to Chef Shelby and Mr. Nason for preparing them so well for success!

WORDS TO LIVE BY

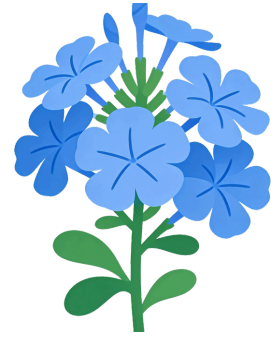
“Your smile is your logo, your personality is your business card, how you leave others feeling after an experience with you becomes your trademark.” — Jay Danzie



Healthy Eating and Active Lifestyles

Live Healthy!

April *showers* bring **MAY**



FLOWERS

With the warmer months approaching, inner healing and mental clarity may be coming naturally. For those that struggle with maintaining a healthy mindset, research shows that making mindfulness, connection, and self-reflection all contribute to psychological well-being across diverse populations and worldviews. Below are practical, fully secular ways to support and strengthen spiritual fitness. Source

Identify and Live by Your Core Values

- Try listing your top three to five values and reflecting on how you express them in daily life. Even small acts that align with your values—like setting a boundary, being patient, or choosing honesty

Practice Self-Compassion

Ask yourself:

- “What would I say to a friend in this situation?”
- “What do I need right now to feel supported?”

Create Meaning-Making Rituals

- A morning walk before checking your phone
- A brief nightly journaling practice
- Drinking tea quietly at the same time each day
- Lighting a candle to mark the end of the workday

Practice Mindful Presence

- One minute of slow breathing
- Noticing sensory details during a routine task
- Check in w/ your body a few times a day
- Taking a pause before reacting

Engage in Creativity

- Journaling or expressive writing
- Drawing, painting, or crafting
- Music or movement
- Photography or digital design

Foster Connection

- Spend time in nature
- Reach out to loved ones
- Participate in community events
- Volunteer or help others
- Share meaningful conversation





WHAT'S UP ON D-BUILDING

A little delayed, but the Women's Day celebration held on Center this month was a success. A late wake-up, breakfast, crafts, motivational speeches and a day of camaraderie is just what the ladies of New Hampshire needed.

MAY STUDENT BIRTHDAYS

May 3rd
Jess Miller

May 19th
Shannon Bailey

May 4th
David Bolonfu

May 20th
Claudens Polycarpe

May 5th
Paul Mushimiye

May 22nd
Kaleb Rodgers

May 7th
Zachary Blackwelder

May 23rd
Angel Garcia Medina

May 8th
Mujtaba Sarkhushzada

May 24th
Raynesha George

May 11th
Maddox McCarthy

May 25th
Jayden Wheeler

May 15th
Andrew Ricketts

May 27th
Juan Tamayo

May 17th
Benjamin Matton

May 31st
Xavier Haith
Devan Hobbs

May 18th
Kamron Barratt
Joseph Cosimati



NHJCC MENU MAY 4 - MAY 10

BREAKFAST

LUNCH

DINNER

CAFETERIA SCHEDULE

MONDAY

Breakfast Sandwich
Scrambled Eggs
Pancakes
Sausage Patties

Chicken Kiev
Beef Stroganoff
Rice
Roasted Carrots

Fruit

Blackened Salmon
Over Roasted Pork Loin
w/ Pan Gravy
Mixed Vegetable
Mashed Potatoes

Sheet Cake

TUESDAY

Cheesy Scrambled Eggs
French Toast Casserole
Tater Tots
Bacon

Happy Cinco de Mayo
Shredded Beef Tacos
Shredded Chicken Tacos
Rice and Beans

Churros

Turkey Pot Pie
American Chop Suey
Orzo
Broccoli

Sheet Cake

WEDNESDAY

Scrambled Eggs
Egg and Cheese Sandwich
Pancakes
Corned Beef Hash
Bacon

Oriental Chicken
Chinese 5 Spice Pork
Cauliflower
Noodles

Pudding

Fish Cakes w/ Red
Pepper Aioli
Tamale Pie w/ Corn Bread
Corn Niblets
Scalloped Potatoes

Pudding

THURSDAY

Scrambled Eggs
Turkey Sausage Links
Waffles
Hash Browns

Italian Sausage Peppers
& Onions over Pasta
Cheese Ravioli
Zucchini/Summer Squash
Garlic Bread

Fruit

Asian Glazed Riblets
Chicken Broccoli &
Cheese Bake
California Blend Veg
Orzo

Fruit

FRIDAY

Cheese Omelet
Scrambled Eggs
French Toast
Hash Browns
Bacon

Baked Haddock
Turkey Meatloaf
Baked Potatoes
Mixed Vegetables

Pie

Meatballs w/ Red Sauce
Baked Chicken Tenders
Rice
Peas

Jell-O

SATURDAY

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

Brunch
Cheesy Scrambled Eggs
Bacon
French Toast
Grilled Teriyaki Chicken
Corn Niblets
Tots

Roast Beef Sandwich
Deli Turkey Sandwich
Steamed Broccoli
Cream of Mushroom Soup

Cookies

SUNDAY

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

Brunch
Scrambled Eggs
Bacon Egg & Cheese
Sandwich
Waffles
Hash Browns
Veg of the Day

Beef Stew
Chicken Cordon Bleu
Parsley Potatoes
Spinach

Strawberry Rhubarb Pie

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



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:

Juan Tamayo
Jayden Wheeler

READING GAINS:

Jamal Lewis

MATH GAINS:

Mekhai Hampton Bey
Jordan Davidson
Nikki Haywood
Peter Alexander
Lucas Noel

reach
for the
stars!

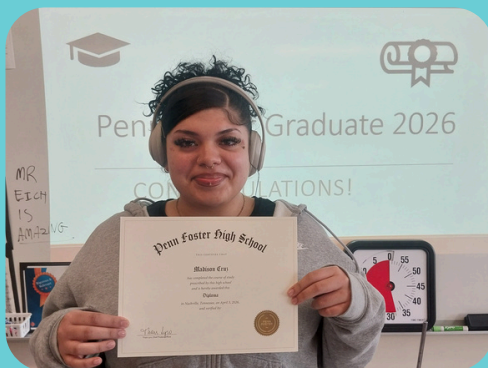


LET'S CELEBRATE!



Congratulations to our most recent Penn Foster High School Diploma graduates

**Madison Cruz
&
Denise Ingabire**



Madison



Denise

CONGRATS!

Congratulations to our most recent Citizens High School Diploma graduate

Yahira Carballo





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
 Residential Advisor

Recreation Advisor
 Drivers Ed Instructor
 LPN
 CPP Instructor

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.

May 1, 2026

#NationalApprenticeshipWeek2026



Concrete Careers

Woodland continues to build up apprenticeships through its partnership with **Schuster Concrete**, which has placed 7 graduates at \$18 an hour. Among the most recently placed graduates is **Michael Bates** (pictured here), who was hired as a laborer apprentice and began on April 6. In addition, Woodland sought more apprenticeship opportunities through the **Clark Construction Group** hiring fair, which included opportunities connected to the **Pimlico Race Course** reconstruction project. Students also toured **Anne Arundel Community College** to learn about the college's apprenticeship programs for Electrical, Carpentry, Welding and Building Construction Engineering. Way to go, Warriors!

Apprenticeship Acknowledgement

Sacramento's pre-apprenticeship trades scored recognition from **U.S. Representative Doris Matsui** through a proclamation. The statement is in honor of National Apprenticeship Week and highlighted Job Corps as a vital resource for workforce development that equips young adults with foundational occupational skills and industry-recognized credentials. Kudos to **Business Engagement Manager May-Va Vang** for securing this wonderful recognition for the Center! Sensational work, Sacramento!

Cut Out for Apprenticeship

Delaware Valley helped **UBC Carpentry** and **HBI Facility Maintenance** students carve out apprenticeship pathways, with a trip to the **North Atlantic States Regional Council of Carpenters Apprenticeship Program** in Rock Tavern, NY. Students experienced the world of professional carpentry, explored state-of-the-art training facilities and active learning environments and connected directly with experienced instructors and apprentices. The experience deepened their understanding of the trade and energized them to continue building their skills and pursuing opportunities in the carpentry field. Dynamic job, DV!



From the President, Susan Sez

I am pleased to welcome new **Mississippi Center Director James Harris** to the **Adams Family**! Mr. Harris started at the Center on April 20 and arrives with 30 years of successful Job Corps experience. He served 14 years as a Center Director at **Benjamin L. Hooks** and 4 years as Center Director at **Gadsden**. Most recently, he served as a Vice President of Operations and Chief Operations Officer for **MINACT**. Mr. Harris is a long-time Mississippian and understands the needs of the youth the Center serves. We are excited to have him with us and look forward to seeing him drive Mississippi toward further success! **#OneTeamOneGoal!!!**