



# MOUNTAINEER WEEKLY



## FINDING PURPOSE AND LEADERSHIP AT NEW HAMPSHIRE JOB CORPS

**Tina Lawton: Executive Administrative Assitant**

***Simeon Anders' Success Story*** - Before coming to New Hampshire Job Corps (NHJC), Simeon Anders was working at a Dunkin' Donuts in Claremont, New Hampshire. At the time, he was experiencing personal challenges that left him feeling isolated and uncertain about his future. After hearing about Job Corps through his school, Simeon decided to take a chance on a new opportunity that would ultimately change his life. "I wanted to change my life for the better," Simeon shared. "I was in a very hard situation and became depressed because of the school system I was in and not having many friends to talk with."

At NHJC, Simeon enrolled in the Security and Protective Services trade with the ultimate goal of becoming a Law Enforcement Officer. As a 2025 NHJC graduate, Simeon earned certifications in Security, Leadership, Handcuffing, and Baton while also developing the confidence, teamwork, and leadership skills that prepared him for the workforce.



One of the experiences that helped nurture Simeon's leadership skills was becoming part of the SOUL Team (Students Offering Us Leadership). The volunteer team was responsible for helping facilitate a smooth transition for new students. Simeon shared that this experience strengthened his sense of community and connection with others on center. "During my time at Job Corps, I learned that not everyone has it easy in life and that everyone needs a friend," he said. "The teachers and students helped me when I needed it most, and I appreciate everyone there."

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# FINDING PURPOSE AND LEADERSHIP AT NEW HAMPSHIRE JOB CORPS CONTINUED

**Tina Lawton: Executive Administrative Assistant**

Today, Simeon is employed with Hunter North Associates at Springfield Hospital as a Security Officer. His dedication and hard work quickly earned him a promotion from Officer (OFC) to Private First Class (PFC), an accomplishment he is proud of as he continues building his career in security.

Simeon credits Job Corps with preparing him for real-world responsibilities, including securing facilities and authorizing access to protected areas such as hospitals and campuses. "Job Corps helped me move forward in life with knowledge and understanding of the real world," Simeon explained. "It taught me how important it is to help others, even when they are going through difficult times themselves."

Reflecting on his experience, Simeon says the program transformed both his professional and personal life. "Job Corps impacted my life in amazing ways," he shared. "It helped me become a better leader and taught me how to help others when they need it most. I'm also thankful that I now have friends outside of Job Corps."

Simeon's story is a powerful example of how Job Corps helps students overcome challenges, discover their potential, and build brighter futures through support, training, and opportunity.



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## A TRIBUTE TO OUR DEDICATED NURSES

**Stephanie Ashworth: Center Director**

During Nurses Week (May 6th -12th), we extended our deepest gratitude to Martha, Molly, and Linet for the extraordinary care, dedication, and compassion they bring to NH Job Corps every day. Martha, your leadership and steady guidance set the tone for an incredible team, and Molly and Linet, your tireless commitment never goes unnoticed.

The three of you consistently do the work of many, balancing countless responsibilities with professionalism, kindness, and grace. You are a source of comfort, strength, and support for our students and staff alike, and our community is better because of each of you. Thank you for all that you do, we are truly grateful for you not just this week, but every day.



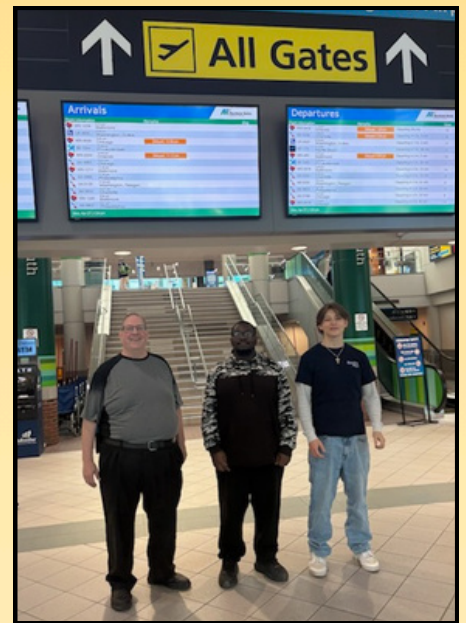
# BUILDING FUTURE SECURITY PROFESSIONALS THROUGH TSA PARTNERSHIP

**Stephanie Ashworth: Center Director**

NH Job Corps' Security and Protective Services trade continues to build a strong partnership with the Boston/Manchester TSA, providing students with hands-on, real-world training opportunities year-round.

As part of this collaboration, students participate in both large-scale exercises, such as mock plane crash emergency drills, and smaller scenario-based security breach trainings. On April 27, 2026, the Center Director and trade instructor Mr. Bovyn joined students at Manchester Airport for a live security exercise, where they worked alongside TSA staff to test breach response protocols. The day also included an engaging session with the head of the bomb detection unit and a comprehensive debrief following the exercise.

It was an invaluable learning experience that continues to prepare our students for careers in security and public safety.



## WORDS TO LIVE BY

“Make sure you grow through what you go through.” — Eric Butterworth

# APPRECIATION FOR OUR INSTRUCTORS

**Tori Thibodeau, E&T Admin Assistant**

Teacher Appreciation Week was filled with gratitude, kindness, and celebration as students and staff came together to recognize the dedication of our incredible CPP, Academic and Trade instructors. Throughout the week, students shared heartfelt messages on giant cards displayed throughout the Education and Training building, writing thoughtful notes about the positive impact their instructors have made in their lives. The Directors also added to the celebration by surprising instructors with small gifts of appreciation left in their classrooms, helping make each day of the week meaningful and special.

We are truly grateful to all of our CPP, Academic and Trade instructors for their hard work, passion, and dedication towards our students success each and every day.



# TEACH LOVE INSPIRE



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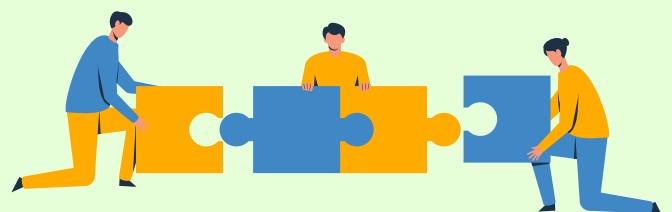
# CPP LEARNING ABOUT COMMUNICATION

**Kareema Prescott: CPP (Career Prepatration Period) Instructor**

During CPP, one of the most important lessons is Effective Communications in the Workplace. We were able to instill it's improtance while also having some fun. The students participated in activities that focused on effective communication skills while working together to turn the parachute into a dome.

Despite the high and strong winds, the students remained determined and did not give up. They used both verbal and non-verbal cues to communicate with one another throughout the activity. By working together effectively, the students were able to share ideas, coordinate tasks, and solve problems as a team to successfully create the dome shape with the parachute.

Open and honest communication helped create a positive environment where students felt valued and heard. This encouraged cooperation, boosted morale, and strengthened teamwork skills. Great Work Team!





# INCORPORATE INCIDENTAL EXERCISE INTO YOUR EVERYDAY ROUTINE

*Combat a sedentary lifestyle by making small changes to your already established routine*

## **Park Further Away**

- You might be in the habit of parking as close as possible to a store or office building, but try leaving your car on the edge of the parking lot instead to add more walking time to your day.



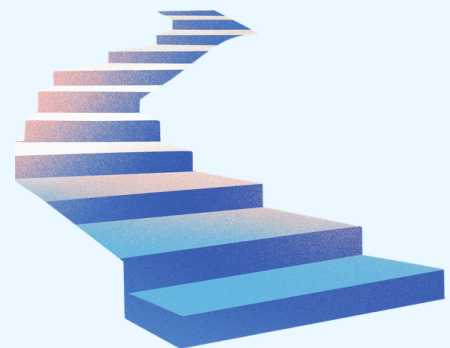
## **Housework to Workout**

- Put on your favorite upbeat playlist and clean your home. Just vacuuming a few rooms of your house and cleaning some hard to reach spots can make for a brief, inspired full body workout!



## **Take the Stairs**

- Ignore elevators and escalators when you can, especially when walking upstairs. Walking up a set of stairs is more intense than stepping down and burns around four times as many calories.



## **Lunch Break**

- Make your lunch break work for you by incorporating 10 to 20 minutes of activity daily. Research suggests that a short walk after your meal is a great way to reduce blood sugar levels.

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# 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

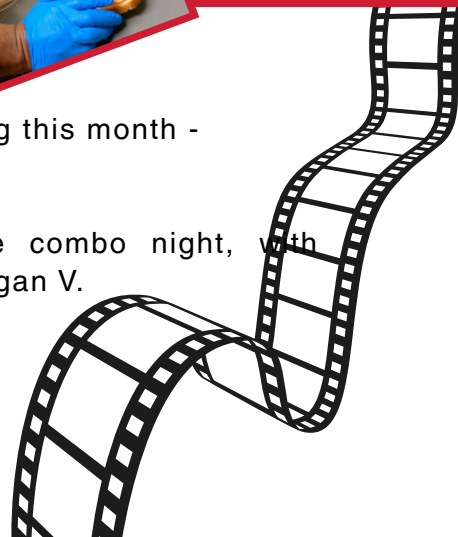


## WHAT'S UP ON F-BUILDING

We had a theme happening on F Building this month - Movie Night!

Washington Dorm held a movie/game combo night, with students Ben K., Angel G., Dylan W., Logan V. and Tristian A. watching "Wendy Wu Homecoming Warrior" and playing a friendly game of "Sorry!"

Meanwhile, upstairs in Monadnock, students Quintin P., Kaiden M., Sage H., Damien M., Caleb B., and Devan H. watched "The Menu", accompanied by custom-made sandwiches, courtesy of Dorm Supervisor, Mr. O.



# NHJCC MENU MAY 18 - MAY 24

## BREAKFAST

## LUNCH

## DINNER

**MONDAY**

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

Philly Ground Beef  
Quesos's  
Chicken Adobo  
Baked Potatoes  
Peas

Beef Ravioli  
Sausage & Peppers  
Mixed Vegetable  
Garlic Bread

Sheet Cake

**TUESDAY**

Scrambled Eggs  
Hard Boiled Eggs  
Pancakes  
Corn Beef Hash  
Bacon

BBQ Beef  
Nashville Hot Chicken  
Mashed Sweet Potatoes  
Cauliflower

Ground Turkey Meatloaf  
Roast Pork Loin/Brown  
Sauce  
Orzo  
Sauteed Yellow Squash

Assorted Cookies

Apple Pie

**WEDNESDAY**

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

Crabby Cakes  
Chicken Stuffed w/Broccoli  
& Cheddar  
Rice  
Peas

Baked Salmon  
w/Soy Sauce  
Pulled Pork Sandwich  
Au gratin Potatoes  
Roasted Broccoli

Fresh Fruit

Fresh Fruit

**THURSDAY**

Scrambled Eggs  
Buttermilk Pancakes  
Breakfast Potatoes  
Bacon

Shrimp Scampi  
Sliced Ham  
Rice  
Green Beans

Stuffed Peppers w/Ground  
Beef, Tomato, Onion & Rice  
Breaded Veal Patty w/Gravy  
Alfredo Pasta  
Mixed Vegetable

Strawberry Rhubarb Pie

Jello

**FRIDAY**

Cheese Quiche  
Scrambled Eggs  
Ham Slices  
Turkey Sausage

Beef Taco Bake Casserole  
Carnitas (Slow Cooker Pulled  
Pork)  
Spanish Rice  
Roasted Carrots

Baked Haddock  
Lemon Chicken  
Mashed Potatoes  
Summer Squash

Sheet Cake

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 & Cheese  
on Croissant  
Sweet & Sour Meatballs  
Rice  
Chips  
Zucchini

Fresh Fruit

**SUNDAY**

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

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

Chicken Nuggets  
Pasta Roll Up's w/Marinara  
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

# 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:

Yahira Carballo

## READING GAINS:

Kamron Barratt

## MATH GAINS:

Izzo Adoum  
Dylan Smith  
Benjamin Kinney

reach  
for the  
Stars!



# LET'S CELEBRATE!

Congratulations to our most recent **Electrical Trade** completer

**Claudensky Polycarpe**



Congratulations to our most recent **Penn Foster High School Diploma** completer (who earned 6 credits this week to complete)

**Wajdy Adam**

CONGRATS!



# APPRECIATING OUR ADAMS FAMILY

On Monday, May 4th, NHJCC staff celebrated staff who did something above and beyond by nominating them for an R&R (Rigorous and Relevant) award. Thank you to everyone for your hard work and commitment to ensuring NH Job Corps provides students with the exceptional support and the resources necessary to succeed.

Thank you so much to every staff for all that you do. From line staff, to management, you all play an important part in making our center thrive!

## Employee of the Quarter

**Eric Fisher**

### ***Rigorous & Relevant***

**Cullen Bebee**

**Nicole Bell**

**Joseph Blais**

**Ashley DiFiore**

**Quenten Freeman**

**Molly Guay**

**Tina Lawton**

**Maria Manolaros**

**Paul Montgomery**

**Travis Nason**

**Keegan O'Bryan**

**Cindy Perkins**

**Lillian Petroules**

**Tori Thibdeau**

**Tessa Vakelionis**

**Jeffrey Verrier**

**Paula Wilson**

## Employee of the Month January

**Francios Boucher**

## Employee of the Month February

**Kaylee Ouellette**

## Employee of the Month March

**Adrian Toledo**

## Employee of the Month April

**Shelby McNeilly**

**Next Non-Training Day**

**5/26/26**

# MAY STAFF ANNIVERSARIES

**May 12**

Logan Bergerons (1 YEAR)

**May 16**

Esma Ademovic (4 YEARS)

**May 22**

William Sallai (3 YEARS)

**May 23**

Manuel Camelo 4 YEARS)

**May 27**

Peter Uliano (1 YEAR)

**May 25**

Nalday Gonzalezs (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  
 Residential Advisor  
 Administrative Assistant

Recreation Advisor  
 Drivers Ed Instructor  
 LPN  
 Maintenance Technician 1

## 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 15, 2026

## #Showcasing Success

### Prime Painting



**Brunswick IUPAT Painting graduate Jordan Moore** has brightened his prospects through an apprenticeship with **IUPAT Local Union 193**. Jordan will start at \$20.99, with opportunities for increases as he expands his skill set. He arrived at Job Corps after graduating from high school and not knowing what to do next. "I made the decision that I wanted to make a difference in my life," Jordan said. He chose painting for the atmosphere and quickly got to work. "My instructors gave me real job experiences, and it helped prepare me for my career as an Apprentice Painter," he said.

### Destination WBL

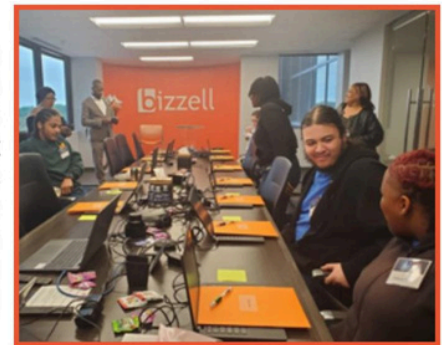
**Exeter** is cooking up summer success with its valued seasonal WBL partners, **George's of Galilee** and **Bonnet Shores Beach Club**. Both are well-known tourist destinations and will allow Advanced and Basic Culinary students to hone their skills in a fast-paced customer-focused environment. Participating students include **Se'jada Greene, Jonathan Santiago, Juwan Lyons, Xiveal Codero, Mea Moore, Myasia Anderson, Emma Pierre, Najaiah Calloway, Xavier Febus and Eunecia Lanfond**. Keep excelling, X-Men!



### From AI to Bizzell



AI is A-okay with **Woodland**, which participated in an AI Learning Lab hosted by **Bizzell**. The session emphasized the importance of AI in modern careers and introduced AI prompting techniques and best practices. Students explored real-world applications through a robot demonstration and drone presentation. At the conclusion, students earned a Trust Certification, recognizing their foundational understanding of responsible AI use in professional settings. Wonderful work, Warriors!



### From the President, Susan Sez

I'm proud of all the recent efforts our Centers have made to connect to defense industry priorities, including the **Submarine Industrial Base Program**. From inviting maritime industry partners such as **Ingalls Shipbuilding, Electric Boat and Portsmouth Shipyard** to career fairs to hosting Space Force representatives, Centers have demonstrated Job Corps' dedication to this vital industry. Most recently, **New Hampshire Aerospace Defense Consortium Director Randy Makee** made a repeat visit to the **New Hampshire Center** to discuss exciting opportunities within the aerospace industry. **Adams** remains committed to ensuring students are prepared to support the national security mission and that our Centers are working with key defense industry partners.