

# THE BEACON



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Dear Parents, Students and Friends,

“I have wanted to be a chef since I was six years old.” “This class is the reason I get up every day.” “I love working on these computers and I love engineering.” “I am going to be a veterinarian.” “Last night, I helped with a Level II Newborn in the Neo-natal Intensive Care Unit.” Imagine how rewarding it is for all of us who are privileged to work at the Seacoast School of Technology when we hear comments like this. We are fortunate to have students who know what career field they wish to pursue and teachers who know how to get them there. Perhaps even more rewarding is when our graduates bring those dreams to fruition. I’d like to introduce you to a few of our alumni and have them share their stories with you.

- *James Palen ‘08, Computer Programming, Exeter High School*

Even as a young child, I can still remember being fascinated by computers and how they worked. I had hopes that Computer Programming classes at SST would help me gain an edge in my classes at college. The understanding of the complex concepts in computer programming that I learned at SST laid a phenomenal foundation for my computer science education. I remember taking Introduction to Object Oriented Design as a freshman at the University of Maine, Orono. The class used the Java programming language for all of its coding. The catch was that we were not being taught how to program in the language. We were only taught the programming style. The issue with that is we were given the responsibility to learn the language *and* the programming style at the same time. SST provided me with the ability to program in Java, thus making the class much easier for me. I was able to help other students with the syntax and semantics of the programming language which gave me a wonderful feeling knowing that I was so well-prepared for my college curriculum. I feel that I am more prepared than my peers to weather the storms I will face in the upcoming years and I give my thanks and gratitude to the educators at the Seacoast School of Technology.

- *Nicole Messina ‘05, Marketing Education, Epping High School*

I graduated from Parsons School of Design in 2009 majoring in Fashion Design. I chose to specialize in active lifestyle clothing because I wanted to mix my two favorite things, sports and fashion. After graduating, I went on to work for Reebok International in Boston, Massachusetts. I recently took a job in New York City designing women’s apparel for Converse. SST had a big influence on my future and a lot of that had to do with the fact that I was able to receive one-on-one attention. This gave our teachers the ability to personalize our learning experience, as well as guide us in figuring out our future careers. SST treated its students like adults and helped us think about our future in ways that our sending high school did not. SST allowed me to travel and compete in regional and international competitions. This experience increased my confidence, interviewing and networking skills and taught me professionalism. The skills and relationships I acquired through SST remain with me today. My SST background has made me a more well-rounded designer.

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**The Seacoast School of Technology is a regional career and technical center serving Epping, Exeter, Newmarket, Raymond, Sanborn Regional and Winnacunnet High Schools.**

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- *Ryan Moran '08, Welding Technologies, Raymond High School*

The Welding program at SST was great! I had never done any welding nor did I know anything about welding before attending SST. The program taught me so much. After graduating from SST, I went to Manchester Community College and graduated from the Welding Technology program in 2010. I entered college already knowing a great deal about welding and I was one of only five students in my college program to graduate on time. I now work at a welding shop in Concord welding stainless steel tanks. It is a great job and I earn a great paycheck for a 21 year-old. SST definitely gave me a jump start on my career and I thank them for that!

- *Kiah Wiggin '07, Animal & Plant Science, Sanborn Regional High School*

Currently, I am a senior in the Animal Science program at the University of New Hampshire and have applied to schools in five different states to study Veterinary Medicine. I am constantly thankful for the time that I spent at SST for two major reasons. First, being an officer in the FFA at SST helped to make me a more confident, self-assured person and I am now leading UNH's FFA chapter. Second, in Ms. DeMarco, I knew that I had finally found an adult who would see me not simply as one of her many students, but as an individual. At times when I felt run down and had too much on my plate, she was there, ready to give me some tidbit of advice or help me figure out what needed to be done. She was also one of the only teachers who I was afraid to let down. Because she cared so much and worked so hard, I never wanted to give her anything less than my absolute best. Had it not been for the time that I spent at SST, I may never have ended up where I am today. I will graduate in May with not only a B.S. in Animal Science but also a Minor in Dairy Science. I will continue on to veterinary school and end up working as a dairy or beef veterinarian in the years to come. Wherever I end up, though, I know that I will always be thankful for my time spent at SST.

- *Steve Minnon '05, Culinary Arts, Epping High School*

As a sophomore at Epping High School, I had no idea what I wanted to take for classes, never mind do for a career. Finding out that SST offered a Culinary Arts program immediately got me excited. I knew that this was a program that would interest me and that I would learn a skill that I could carry with me throughout my life. In 2009, I graduated from Johnson & Wales University, with an Associate's Degree in Culinary Arts, a Bachelor's in Food Service Management and I am a Certified Culinarian by the American Culinary Federation. I have worked for some of the wealthiest people in New England as a personal chef. I cooked for all of the 2008 presidential candidates. I have cooked on television and have catered for 5 years. Currently, I work for Eurest Dining Services at Liberty Mutual Insurance in Dover. Choosing this job was easy; Monday thru Friday, no nights, no weekends, paid holidays and benefits, cooking some of the same gourmet meals that I would when catering or in a restaurant. It's as simple as that! None of these things would have been possible without the foundation of culinary skills and personal skills that I learned from SST. The program built my confidence, gave me the drive to do something with my life and showed me that learning a trade can be the most beneficial job of them all. SST helped me get into the college which would be the base of my career. I now try to give back because everybody who works at the Seacoast School of Technology and affiliated with it cares. As a culinary student, I built long-lasting relationships with not only my instructors, but those in every program. These teachers taught me valuable life lessons and cared about my success.

- *Kim French '02, Health Science & Technologies, Exeter High School*

Currently, I am working as a Registered Nurse at Maine Medical Center in Portland, Maine in the Cardiac Intensive Care Unit. SST has helped me by introducing different options in the medical field. I also started off my college experience with college credits earned through Running Start in Medical Terminology and Anatomy & Physiology. I feel like SST gave me a step up when my college clinicals started since I had already earned my LNA at SST. Additionally, SST made me produce a portfolio

which has since impressed potential employers. I bring my portfolio with me with projects, activities and my current resume and goals. It's now eight years after graduating from high school, I have a successful career, own my own home and am starting to think about earning a master's degree.

- *Alex Blomeke '09, Building Construction Technologies, Exeter High School*

My time at SST will never be forgotten. I am a hands-on learner and was enrolled in the Building Construction Technologies class. No matter what I was doing or how I was feeling, I knew that when I was at SST I was going to feel better. The staff and faculty got to know me and I got to know them. I am unbelievably thrilled to say that I can go back and know that the people there will know who I am. I am currently going to school at the Indiana Institute of Technology. I am studying Industrial and Manufacturing Engineering. I didn't realize I was going to study engineering until about half way through my senior year. As a hands-on person, I can still be involved with building construction, only at a different part of the process. SST gave me the confidence to go to college and the knowledge to excel.

- *Claire Antaya '06, Biotechnology, Winnacunnet High School*

I am a graduate student in Sustainability and Green Design within Civil Engineering at the University of Pittsburgh in Pittsburgh, Pennsylvania. You may be wondering how I ended up here. Well, my story begins in 2004, my sophomore year at Winnacunnet High School where the idea of attending SST was first presented to me. I ended up spending two full years and made some of my best friends in high school while attending SST. Some of my most notable SST accomplishments were: acceptance into the National Technical Honor Society, winning 1<sup>st</sup> place in 2004 and 2<sup>nd</sup> place in 2005 at the New Hampshire Science and Engineering Exposition and graduating top of the 2004-2005 Biotechnology class. However, I consider earning Running Start credits for college to be my greatest accomplishment. When I began my bachelor's degree at Michigan State University in the fall of 2006, I didn't have to take Biology I and Biology I Lab, Biology II and Biology II Lab and the lower-level Microbiology class. I was nearly a sophomore in credits and I was only a freshman! Because of the opportunities I was given at SST, I was able to graduate in three and a half years instead of the normal four years. I consider myself very lucky to have had the opportunity to enjoy my last semester at MSU without classes and I wouldn't have been given this chance to take a break without first being given the opportunity to get ahead at SST. When I think about SST only one word comes to mind: opportunity.

- *Mark Prescott '08, Digital Communications, Epping High School*

I'm currently in my junior year at the Hartford Art School in Hartford, Connecticut, pursuing majors in Visual Communication Design and Photography. I've done an internship at a Massachusetts-based record label, a brief apprenticeship at a local print studio, and through a big networking stretch, was also able to build a website for the First Lutheran Church of Los Angeles. Every day, I'm more convinced that this is where I want to be and what I want to be doing. Having an education from SST was definitely an important stepping stone before undertaking a design program at the university. There were some students who had very little experience in digital design, and it felt good to have two years of experience under my belt. My classes at SST taught me the important concepts and prepared me really well for my future education. If there's one thing I've learned so far, it is to never stop pushing your own limits: you can't accept your skills as they are and cruise through; you need to always keep thinking of things you can do to push yourself further and exceed your own expectations. It's been an intensive journey, and it's far from over, but it's going to be so worth it.

- *Ryan Keith '03, Animal & Plant Science, Exeter High School*

After high school, I went to Jacksonville University in Florida where I studied biology and marine science. The passion for nature and the environment that I developed while in SST followed me after high school. Currently, I am a Peace Corps volunteer living in Kenya. I am in training to be a biology

and physics teacher in a secondary girls' school. I plan on helping my students and community learn about environmental issues and sustainable development. Joining SST was a wonderful first step for me and I will never forget the experience. My teacher, Ms. DeMarco, is the best teacher I ever had and she had a large part in helping me get where I am today.

- *Marcus Boswell '08, Pre-Engineering, Epping High School*

My two years at SST in Pre-Engineering courses prepared me for some of the academic trials at West Point in two very noticeable ways. The first is that the teaching style at SST is very similar to the teaching style seen at West Point and because of Running Start, I already had some experience in taking college-level classes. The second is that SST helped me be prepared with the basic concepts in engineering-specific courses. This is very valuable because I have had an easier time with the beginning concepts I already covered at SST. As a result, I now have more time to concentrate on the advanced concepts, leading me to having an easier time than most other students. The benefit of my SST classes has been apparent in multiple classes such as physics, chemistry and mechanical engineering. To anybody planning on going to an engineering school, I would highly recommend you keep your SST Pre-Engineering notebook because it becomes invaluable in your first few courses.

- *Corey Sadler '07, Welding Technologies, Epping High School*

I currently work building race cars at a shop in Hampstead, NH. Welding plays a huge part in building quality race cars that will hold up to the demands of racing at a professional level, as well as the average drag racer to keep them safe. Fabrication skills are just as important as welding skills. I learned a lot about both during my two years at SST, and this opportunity led me to my dream job of welding and building race cars. There is a lot I use from what I learned from Mr. Theberge. He taught me all of the basic techniques such as measuring to the thousandths of an inch and I put these skills to use every day. There is a lot to learn in the welding field and a great deal of it can be learned at SST. If it's what you want to do, try to get as much as you can from Mr. Theberge and use it to your advantage. He's one of the best welders I know.

- *Alex Mason '08, Digital Communications, Winnacunnet High School*

My experience at SST gave me an advantage over other students when I began my college education at the New England Institute of Art. While at SST, I learned many new skills that I have been able to carry over to my college and professional career. As a result, this has given me the opportunity to work on the broadcasts of Boston's professional sports teams, including the Celtics, Bruins, Red Sox and Patriots, assisting camera operators and other production personnel.

Now in our 30<sup>th</sup> year, these testimonials represent just a few of the thousands of Seacoast School of Technology graduates. We would love to be able to stay in touch with all of our graduates and our new Facebook page is just the way to do it! If you are a graduate, please visit our page on Facebook and "like" the page and join our community of friends and graduates. If you know an alumnus, please encourage him or her to do the same.

Sincerely,

Margaret E. Callahan  
Principal