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CIT Students Used Their Skills to Design and Fabricate a Custom Project to Thank School Board Members for Board Recognition Month.

The CIT Joint Operating Committee is made up of nine School Board members from five sending districts (Bangor, Easton, Nazareth, Pen Argyl and Wilson). They are responsible for approving new staff members, overseeing school wide improvements, adopting policies, collective bargaining agreements, and the operating budget. These board members play a vital role in helping our students learn and achieve at the highest level. Because of their commitment, CIT is able to update our facilities to allow for more efficient and effective work environments and purchase the newest technology for our students to keep up with demands of employers. Our members see the value in a career and technical education and are determined to make decisions that will result in the best possible outcomes for our students and school. CIT School Board Treasurer, Kenneth Brewer, Jr., recently said, "We as sending school districts are doing everything in our power to see that ALL students become productive, contributing members of society in the world to come".

In December, the CIT Joint Operating Committee nominated Billie Weiss as CIT Chair (pictured on the right). As the chair, Mrs. Weiss runs the monthly board meetings and will serve a two year term. Mrs. Weiss is a member of the Easton Area School District School Board, a Region III Board Member at Lafayette College, Project Director at Lafayette College, and a cheerleading and dance team coach.



To honor our school board members, five programs came together to create a truly unique visual display for each member and their sending school to thank them for their service on the CIT board. Welding students created a metal mascot of each district using the CNC plasma machine. Electronics students assembled LED lights and wired a battery pack to the back of the logo. Building and Property Maintenance students assembled wooden boards to mount the metal mascot, and Automotive Collision sprayed a clear coat on the boards to give them a protective coating. Finally, CAD/Engineering Graphics students made laser printed name plaques for each board member. The final product was assembled by the Electronics students. Several students who worked on the project came to the CIT school board meeting to explain the creative process and present the signs to our board members in recognition of their dedication and support to CIT.

By working on this project, students learned how to collaborate with other teams and work together to create something under a deadline. They had to design, analyze, fabricate, assembly, brainstorm and collaborate among several different programs. Each piece required a separate plan, unique materials, and a certain skill set in order to complete their piece of the project. They created a large "progress board" to keep everyone on track and used an assembly line to make sure each sign had all the required pieces to be completed. Since these signs were going to be prominently displayed at their district, students took pride in their work and paid attention to every detail.

Photo L to R: Bob Rutt Pen Argyl, Jason Albert Bangor, Ken Brewer Jr. Bangor, Joe Vasko Nazareth, Billie Weiss Easton, Jodi Mammana Nazareth, Allyson Palinkas Wilson, Dr. Dennis Riker Nazareth, Thomas Guth Jr. Easton, Keely Collins Solicitor.

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Thank you School Board Members of CIT from Bangor, Easton, Nazareth, Wilson & Pen Argyl Area School Districts



Ken Field

Owner of Slate Belt Energy Services

Exclusively in the Blue Valley Times

Acclimate Gracefully

A temperature phenomenon happens a few times every year and last weekend was a good example. You set the thermostat in your house for a comfortable temperature all winter long. Probably around 68-70°. When you walk outside it is cold because the temperature is below 50°. Then one day it goes to 80°. Now when you go outside it feels hot and when you go back inside it feels cold. So you call your service company and do your best to convince them that the thermostat says 70 but it's a cold 70. Not the same 70 you had all winter. I'm never sure what to say to these people because they're not kidding. Some also turn the thermostat to OFF because it's going to be warm outside. Hello, it's a thermostat. It won't turn the heat on when it's hot outside anyway but when you forget to turn it back on, you will get cold for sure and probably call for help.

The human body is an amazing thing. There is a lot going on inside but it also has to deal with a lot of external variables. One of those variables is temperature. It takes me personally about 3 days to acclimate to a small temperature swing and a couple weeks to acclimate to a large one. When I work in an attic in the summer, I can deal with it if I'm acclimated to an 80 outdoor temperature but if I'm acclimated to 50 and have to go in an attic on a warm sunny day, it is much worse.

Understanding the limitations of your body and not exceeding them is a good plan for longevity. When spring comes and I'm used to 68 inside, I can't sleep well if it is 75. That's 7° above what I'm used to. But within a week or so, I am fine with it. The my plan to deal with temperature withdrawal is to nudge the thermostat a degree every couple days by setting the air conditioning at 72 for starters, then 73 a few days later, and so on until I'm at 75 which is where it will stay until fall. It's not deceptive because I'm doing it to myself. But it is a very helpful way of easing into a climate I can actually control.

Temperature and humidity combine to make us feel hot or cold and our climate swings pretty far toward the ends of the spectrum on both. Understanding how they affect your body can keep you from being uncomfortable unnecessarily.

Ken Field is the owner of Field's Service, Inc. and Slate Belt Energy Services. He has over 40 years of experience in heating, air conditioning and is certificated by RESNET and BPI in various areas of energy conservation. He can be reached at 610-599-8832 or at www.SlateBeltEnergy.com

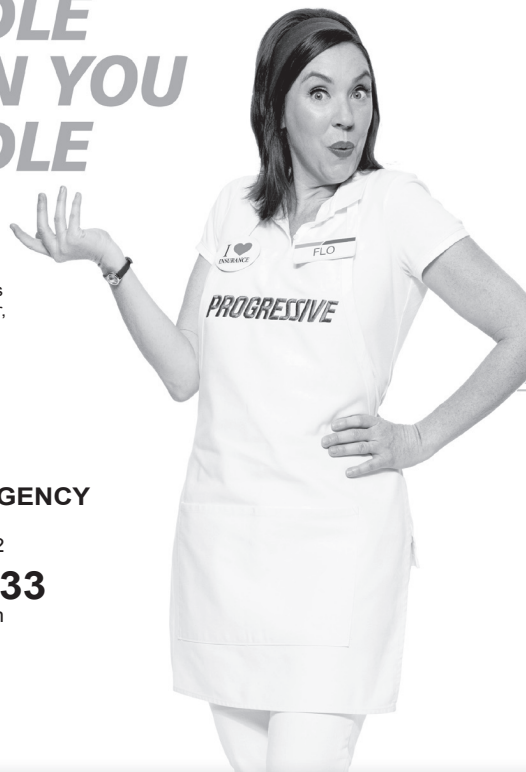
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Unity Bank Offers Free Financial Literacy Program for Students Pre-K – 12

By Fred Feiner

CLINTON, N.J. – Unity Bank is offering a free financial literacy program for schools and community organizations throughout its marketplace footprint, which includes **Lehigh and Northampton counties in Pennsylvania**. Bergen, Hunterdon, Middlesex, Somerset, Union and Warren counties in New Jersey.

Certified classroom educational program can provide valuable support to schools coping with new state requirements. The expanded New Jersey law requires lessons on budgeting, credit, debt, insurance, investment savings and other personal finance issues.

"Unity Bank has provided a financial literacy program to schools and the community for eight years, but the initiative is even more important today because New Jersey recently expanded the financial literacy educational requirements for middle school students," said James A. Hughes Unity Bank President & CEO. "Our goal has always been to provide students with valuable information about money, saving and banking. The program is designed to be educational, fun and interactive."

Unity Bank's Start Smart Financial Education Program is a comprehensive financial literacy program designed for grades Pre-K through 12. The bank provides 10 certified Unity Bank Start Smart Financial Education Instructors who are Unity employees, including branch and administrative staff.

"The certified instructors go through a rigorous training and certification process to prepare for classroom instruction," said Hughes. "We have invested in the financial literacy program because, as a community bank, Unity is committed to partnering with schools, community organizations and businesses to provide children with a solid foundation for their financial future."

Unity's lesson plans have been written to meet the National Council of Teachers of Mathematics standards. Each lesson is supported with an activity that is age appropriate for grades Pre-K through 12. Classroom instruction varies depending on age group and include:

Grades Pre-K – 4: activities focus on teaching children the basic principles of money and saving; Grades 5 – 8: activities teach children about banking, finances, money and understanding checking and ATM transactions; Grades 9 – 12: activities focus on preparing students for their financial future, including basic banking practices, credit, personal finances, budgeting and understanding checking and ATM transactions.

Please call the bank at (908) 713-4310 for more information on Unity Bank's Start Smart Financial Education Program or to request the program be offered through your school or community organization.

Please visit the New Jersey Department of Education website at nj.gov/education/cccs/2014/career/91.pdf for a complete list of the new standards.

Tell Us About Your Daily Commute

By Becky Bradley

LEHIGH VALLEY - More than 7,000 Lehigh Valley residents commute to Philadelphia to work and more than 2,000 travel to Manhattan, but the fastest-growing group of commuters is the nearly 100,000 workers traveling into the region each day. And find out why the 6,100 cars that were traveling Main Street in Tatamy in 2013 is now nearly 22,000. We'll talk about all the new commuting trends and the busiest roads along that commute at our next Planning + Pizza session, at the LVPC offices.

The conversation and pizza are free, but seats are limited so register for the next meeting lvpc.benchurl.com.