

Congratulations

April 23, 2021

EMMETT O'BRIEN TECHNICAL HIGH SCHOOL

THE CONDOR FLYER

2020-2021 CIAC SCHOLAR ATHLETES

The Scholar-Athlete Program annually recognizes two high school seniors – one male and one female – from each member high school whose **academic and athletic careers have been exemplary**, whose **personal standards and achievements are a model** to others, and who possess **high levels of integrity, self-discipline and courage**. Emmett O'Brien recognizes **Maria Choudhry** and **Evan Sanchez** as the **2020-2021 Scholar Athletes**. Evan and Maria, who are both members of the track team, will be recognized by the CIAC on air, Sunday, May 2nd at 6:30 on Fox 61.

Congratulations to both Maria and Evan!



Winter Sports Recognition

Nutmeg Division CTC First Team All-Conference Basketball

This honor is voted on by opposing coaches and is considered to be a very high honor.

 **Stuar Vargas**
Jamesyn Brothers
Boys Basketball

 **Contessa Davis**
Stephanie Tamburrino
Girls Basketball

Nutmeg Division CTC All-Conference Honorable Mention:

 **Elijah Moore**
Boys Basketball

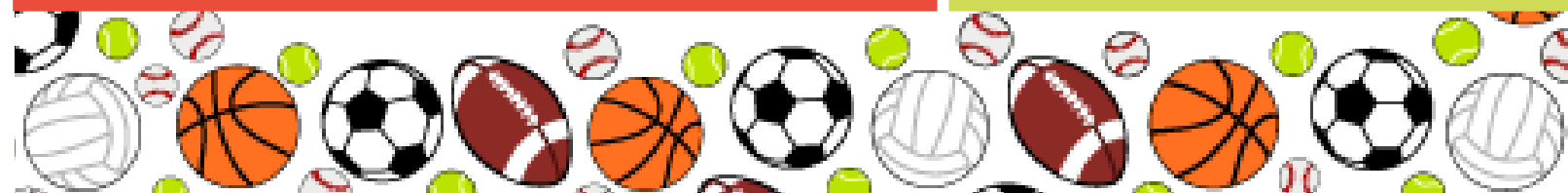
CTC Sportsmanship Award for Basketball and Cheer

This is another award that is considered to be a very high honor.

 **Elijah Moore**
Boys Basketball

 **Amaya DeVillegas**
Girls Basketball

 **Alissa Hansen**
Cheer



Culinary Students Say "Cheese"

Homemade Ricotta Cheese

Ingredients

- 8 cups whole milk 2 liters
- 1/2 teaspoon salt
- 3 tablespoons lemon juice freshly squeezed or white vinegar



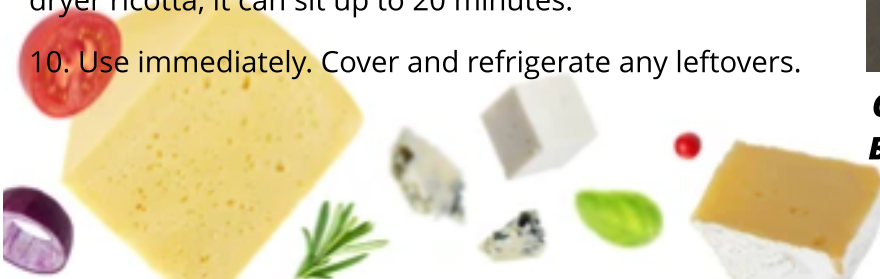
Instructions

Line a colander with a large piece of lightly dampened cheesecloth that has been folded over itself at least 3-4 times. Place the colander over a bowl. Make sure to use non-reactive materials. (Alternatively, you can use a recycled ricotta basket placed on a bowl).

1. In a large heavy based saucepan, over medium heat, heat the milk.
2. Add the salt and stir occasionally with a wooden spoon. Make sure the milk does not scorch.
3. If you have a thermometer, heat to 185 F. If you do not have a thermometer, you need to reach a stage where there is a lot of steam, little bubbles close to the edge of the pot and the formation of a slight film. It should take about 20 minutes to get to this stage.
4. Lower the heat to low.
5. Add the lemon juice (or vinegar).
6. Slowly agitate the mixture for 2 minutes. You will notice the curds (the ricotta) separating from the whey (yellowish liquid).
7. Remove from heat.
8. Cover pot and let stand for about 20 minutes.
9. Carefully "ladle" your ricotta into the cheesecloth lined colander or your basket. The consistency of the final product will depend on the amount of time you leave the ricotta to drain. For a creamy ricotta, let it sit for 3-5 minutes; for a dryer ricotta, it can sit up to 20 minutes.
10. Use immediately. Cover and refrigerate any leftovers.



Culinary students prepare fresh Mozzarella, Black Truffle Burrata, and Fresh Ricotta with Chef Valle.



Plumbing Students At Work

Junior plumbing students, lead by Mr. Swanson, utilized cameras and drain cleaning equipment to service and maintain the roof drainage system. They did a great job operating the latest technology to complete the job.



Upcoming Events

April 24, 2021

PFO FUNraising with Friendly's



April 27, 2021

Grade 11 SAT Makeup

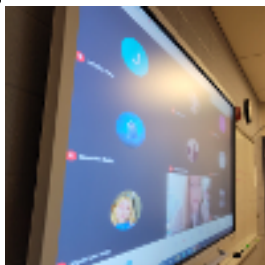
April 28, 2021

NGSS

SAVE THE DATE!

Hairdressing Students Virtually Visit Fashion Institute of Design & Merchandising

Shannon Ress shared information with the Senior Hairdressing class on how Cosmetology students can further their education and work towards a degree in their programs. They learned about Product and Fashion & Beauty Business Management.



Earth Day

April 22, 2021

Celebrate Earth Day April 22, 2021 by doing your part. It's not too late!

- plant a tree, flowers, or vegetables
- recycle goods
- visit a local reservoir and observe
- hike a nature trail
- pick up trash



Cafe Staff Serves Smiles

Head Cook, Ms. Rosbrough, Ms. Ferrara, and Ms. Thomson (not photographed) prepare breakfast and lunch for all our students every day with a smile. We appreciate you!

