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### Geared for careers

## Gilford youngsters hear from numerous kinds of workers

By RICH BERGERON

Staff Writer

GILFORD — Seventh-grade students from Gilmanton and Gilford Middle Schools enjoyed a special look at some different careers Thursday morning as part of a "career day" at the school.

Firemen Dom Decarli and Shawn Croteau of the town's fire department, Gilmanton Police Chief Russ Boynton, Medical Lab Technician and Gilford Middle School science teacher Nancy Maiorano, 'Ritas Restaurant owner Rita Donaldson, **Edgewater Dance Studio Instructor Cathy Defregger**, WLNH Morning Personality Suzanne Roantree, and Fathom Divers Representative Dave Ferillo visited the school to talk about their jobs and why they love them.

"You're not going to make millions," said firefighter Dom Decarli about his profession. "But it's a very rewarding job." He pointed out that it takes more than 500 hours of training to be a firefighter, and he also noted that there is a physical and written test to pass after training.

"Any time you get to talk to kids it's a great opportunity," said Decarli.

"I love doing this," said firefighter Shawn Croteau.

Suzanne Rountree had an important message for kids who listened to her Thursday. She pointed out that disabilities will not stop anyone looking for a career in radio. She also gave some tips to kids on how to prepare for a job interview.

"Make sure your fingernails are clean, your teeth are brushed, and your appearance is professional. When you talk to adults, look them in the eye," she said, "and make sure to shake their hand firmly."

Rountree says her biggest reward is getting a chance to talk to kids who call in about trivia questions. "When a child answers with such sweet enthusiasm, that part makes it fun," said Rountree.

Gilmanton Police Chief Russ Boynton first told students that he'd never fired his weapon at someone. He's just had to point it at and threaten suspects with it before. He went on to explain that students who don't like blood, dead bodies, or jumping into a fight, should not try to be police officers.

"Every day is different," promised the chief, when he switched to the better parts of being a police officer. "There are never two days that are exactly the same."

He added that people who apply for the police department should have at least a two-year degree and need to be in good physical shape.

He is mainly interested in accident reconstruction and is paid more than \$100 per hour when he does consulting work in the field. He reminded the students Thursday that math and physics are very important to his type of work, though he never realized how much they would mean to him early on when he took the subjects for the first time.

"I like to try to show them that there is an application for math in real life," said Boynton about why he likes speaking to the kids. "They can actually use it in everyday life."

Rita Donaldson bought her business through the bankruptcy courts. She has a Master's in Business Administration and runs 'Ritas Restaurant Bar and Grille. She brought chips and salsa for the kids Thursday as she discussed how a truly dedicated business owner should be willing to do anything.

The Weirs Beach restaurant is lucky to have such an energetic owner. Donaldson points out that she takes out the trash, sweeps, does dishes, wipes tables and "whatever else anybody needs me to do."

"It's important to be there and participate," she said. "I do everything but cook."

She says she lives comfortably but made more money at her former job as a certified public accountant. She works 60-80 hours a week now, but she insists, "All the money in the world can't make you happy." She wasn't happy with her old job, but she is now.

She also noted that employees are hard to find, especially good ones. She told the students that one worker who claimed taking out the trash wasn't part of his job was left without a job after his shift that night. She liked the chance to speak with the students to give them an idea of what she expects from a good employee.

Edgewater Dance Studio Instructor Cathy Defregger taught the students some Swing dance steps and succeeded in getting all the kids moving around.

"Everyone can dance," she told the seventh-graders, "Even kids in wheelchairs. There's even a person in our company who is deaf, and she is one of the best dancers at the studio."

She has been a dance teacher for 18 years, with five years of experience at Edgewater. "I like teaching the kids dance," she said. "It gives me a chance to do something I love myself and get the kids up and moving."

Medical Lab Technician and Gilford Middle School science teacher Nancy Maiorano explained how blood and urine samples are collected and analyzed. She compared new technology with the old and said she could have made up to \$70,000 dollars a year as a supervisor at her former company.

"You can make really great money if you work for a pharmaceutical company,"

she added.

Maiorano showed the students new "Vacu-tainer" test tubes which are used to store and keep blood fresh. She also pointed out that preservatives added to blood can make samples last up to 45 days.

Diver Dave Ferillo gave students an idea of what underwater exploration is like and what it takes to run a business that caters to the sport.

The students were allowed 15 minutes at each station. They learned some of the things to expect out of different career choices, school subjects important to various careers, and that anyone can pursue any career they choose.

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