

TECH *MTI* TREK

November 3, 2005

Mitchell Technical Institute

Vol. 16 No.6

Veteran's Day to Be Observed

MTI students and faculty will not have classes on Friday, November 11, in observance of Veteran's Day.

Offices will be open regular office hours of 8:00 AM to 5:00 PM that day.

MTI Students/Staff Volunteer to Help Special Olympics

Three MTI students and a staff member recently volunteered part of a Saturday to assist the local Special Olympics chapter with a bowling tournament held at the Village Bowl in Mitchell.

Lana Ellwein, MST II; Cortnee Herman, MLT I; and Kurt Hinsch, Power Line; along with Medical Assisting lab assistant Donna Appletoft worked at the event.

Several times a year, various organizations in the Mitchell area will contact MTI looking for volunteers to help with special events. If you are looking for a way to volunteer or get involved with the community, stop in the Student Services area. There are many opportunities in all kinds of activities including sports or coaching, children's activities, community events, community appearance, theater, health care, or many others.

REMINDER

Registration for Spring semester will be held **November 15-16-17.**

The Spring Course Schedule is available on the MTI web site at: www.mitchelltech.com

TECH TREK is a bi-weekly publication put out by the Marketing Office. Distributed on alternate Thursdays during the school year, deadline for submission of articles is the Wednesday before publication at 10:00 AM. Articles may be dropped off in the Marketing Office. Let us know how we can serve you!

PBL Club Travels to Motivational Seminar

by Amanda May, CSS I

On Monday October 31 PBL adviser Laura Miller and five PBL members, April Jennings, Beth Ann Walz, Heidi Berg, Tina Nichols, and Amanda May, traveled to Omaha to attend the "Get Motivated Inc." seminar on November 1, 2005. More than 15,000 people attended to hear the ten nationally renowned speakers.

Presentations lasted from 8:00 AM till 5:30 PM and were worth every minute. The following were speakers presented at the seminar:

James Smith

Real estate advisor expert

Tom Hopkins

Leading US sales expert

Phil Town

Investing expert

Zig Ziglar

Motivational speaker

George Ross (Donald Trump's right hand man on the "Apprentice")

Suze Orman

Author of "Money Books"

Krish Dhanam

Sales Training Expert

Jerry Lewis

Comedian

Rudolph Giuliani

Former mayor of New York City

Tom Osborne

Former Nebraska coach and currently a US congressman

Keith Craft

Inspirational speaker

During the seminar we gained inspirational knowledge, how to motivate ourselves, key steps to success for ourselves and our future as a PBL member, and in being a leader in our community. We also learned about investments, money, and how we can make the changes in our lives in order to accomplish our goals.

This is just one of the benefits of being in PBL and it just proves that being a PBL member can make you a better person in school and in our society.

Halloween Contest Winners Announced

MTI was a "spooktacular" place to be this week for Halloween!

Students in Ruthie Swartout's Industrial Relations classes participated in a pumpkin carving contest. Teams of four had to purchase a pumpkin, decide on a design, carve the pumpkin, and submit it for judging. The winning group consisted of Todd Jacobs, PNG; Sarah Jahn, MLT II; Nick Johnson, ECM I; and

Rachel Kenworthy, Gen Ed. Their black cat pumpkin was judged as the favorite entry.

Pumpkins were sold for \$5 to raise funds for the PBL Angel Tree.

Additionally, SRB sponsored a costume contest. Winners were: Shane Classen, Telecom I, first place; Bonnie Lux, CSS I, second place; and Adam Mushitz, ECM I, third place.

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presents the
SUB BIRTHDAY CLUB!

Stop in the Subway store at 510 S. Sanborn for a free six-inch or four-inch round sandwich with the purchase of a 20 oz. or larger drink during your birthday month. Must present student ID. Offer good only at Mitchell Sanborn Street location. Offer good for students and staff. One sub per person.

November

- | | |
|----------------------|--------------------|
| 1 Heath Condon | 16 Shelley Clark |
| Jordan Norgaard | Drew Pastian |
| Jacob Temple | Wesley Spencer |
| 2 David Hoffman | 17 Alison Ekrem |
| 4 Brandon Haiar | 19 Lance Beltman |
| Kalynn Juhnke | Thomas Totton |
| Matt Gonsor | Micah Scotter |
| Rhonda Broski | Heidi Berg |
| 5 Russell Fergen | 20 Kaela McCloud |
| Darby Koppang | Keri Muntefering |
| Kaelynn Kopfmann | Jennifer Booth |
| Bobbi Podhradsky | Troy Hermandson |
| Brad Bierema | 21 Mataja Esteves |
| 8 Troy Ogan | Christine Katz |
| 9 Matthew Hanson | 22 Ryley Thill |
| Corttnee Herman | Darcy Rolf |
| 10 Melanie Fridley | 23 Thad Austerman |
| 11 David Baker | 24 Willie Chytka |
| Damon Jorgenson | Matthew Jessen |
| Daniel Ward | Michael Moses |
| 12 Heidi Strusz | Benjamin Murphy |
| 13 Patrick Murphy | 25 Mica LaFave |
| Julie Johnson | Amber Quinn |
| Sonja Epp | 26 Cindy Robinson |
| LeAnne Messer | 27 Lacy Storly |
| 14 Joshua Morgan | Andrew VanDenOever |
| 15 Michael Eggleston | 28 Michael Bourne |
| David Hatwan | 29 Ramie Hein |
| | Justin Morrison |

Popular Dodgeball Tourney Coming Up

Due to popular demand, Dodgeball at MTI is back! Last year's tournament was one of the most popular events sponsored by SRB. As a result of student feedback, a tournament has been scheduled for this fall.

The tournament will be a one-night event held at the Mitchell Rec Center on Thursday, November 17, from 6:00 to 10:00 PM.

Each team must consist of six members and may have as many as ten. Only six play each game. One person must be designated captain and serves as the contact for the team.

Any team member must be a currently enrolled MTI student or a faculty or staff member at MTI.

Rosters are available in the cafeteria at the Main Campus and in the commons areas at the West Campus and Technology Center. Completed

rosters must be turned in to SRB president Corinna Willrodt, or advisers Laurie Kenworthy (Bookstore) or Julie Hart Schutte (Student Services) by the end of the day Tuesday, November 15. Brackets will be posted no later than 4:00 PM on Wednesday, November 16.

Prizes will be awarded to the top three teams. Member of the first place team will each receive a \$20 gift certificate to the Bookstore. Second place member will receive \$10 gift certificates, and third place members, \$5 gift certificates. The first place team will also receive the traveling trophy.

Be creative and come up with a name and theme for your team. Last year some teams even wore "uniforms!"

For more information, see Laurie Kenworthy or Julie Hart Schutte.

Counseling Corner

Tips to make school and life easier from the MTI Counseling Office.

Great American Smokeout Is a Great Time to Quit!

Thursday, November 17, is the Great American Smokeout Day. Don't let another year go up in smoke. Are you one of most smokers who want to quit? Then try following this advice.

1. Don't smoke any number or any kind of cigarette. Smoking even a few cigarettes a day can hurt your health. If you try to smoke fewer cigarettes, but do not stop completely, soon you'll be smoking the same amount again. Smoking "low-tar, low-nicotine" cigarettes usually does little good, either. Because nicotine is so addictive, if you switch to lower-nicotine brands you'll likely just puff harder, longer, and more often on each cigarette. The only safe choice is to quit completely.

2. Write down why you want to quit. Do you want

- to feel in control of your life?
- to have better health?
- to set a good example for your children?
- to protect your family from breathing other people's smoke?

Really wanting to quit smoking is very important to how much success you will have in quitting. Smokers who live after a heart attack are the most likely to quit for good—they're very motivated. Find a reason for quitting before you have no choice.

3. Know that it will take effort to quit smoking. Nicotine is habit forming. Half of the battle in quitting is knowing you need to quit. This knowledge will help you be more able to deal with the symptoms of withdrawal that can occur, such as bad moods and really wanting to smoke. There are many ways smokers quit, including using nicotine replacement products (gum and patches), but there is no easy way. Nearly all smokers have some feelings of nicotine withdrawal when they try to quit. Give yourself a month to get over these feelings. Take quitting one day at a time, even one minute at a time—whatever you need to succeed.

4. Half of all adult smokers have quit, so you can—too. That's the good news. There are millions of people alive today who have learned to face life without a cigarette. For staying healthy, quitting smoking is the best step you can take.

5. Get help if you need it. Many groups offer written materials, programs, and advice to help smokers quit for good. Your doctor or dentist is also a good source of help and support. Check out smoking cessation web sites which will contain information and resources on how to quit.