



Western Dakota Tech TECH TIMES Newsletter

Volume 4

Issue 2

September 17, 2008

Hole in One—a lot of fun!



Finals shots in order from closest to furthest

Greg Strommer	16' 7.5"
Tim Elseman	20' 2.5"
Bill Burr	35' 3"
Tim Byrd	43' 9"
Randy Stanton	44' 2"

See more results and pictures on page 5



Mary Williams, Foundation Coordinator and Hole in One Chairperson, has a hard time containing her enthusiasm and excitement about this event!

*40th Anniversary Celebration
Saturday November 11th
Mark your calendars!
(more information to come)*



WDT mascot needed!

WDT invites you to take part in an effort to create a mascot for Western Dakota Tech.

Use your imagination and creativity to name, draw, design, or create the mascot you think is the perfect fit for WDT.

You can submit your ideas two ways. Fill out the form at <http://www.wdt.edu/Forms.aspx?ekfrm=1948> or send an email to mascot@wdt.edu. If you have a drawing you want to submit, send it as an attachment to mascot@wdt.edu or drop it off in the WDT Marketing Office (M154) or in the Student Government Association Office located near Student Services.

The deadline for submissions is 4 p.m. Friday, Oct. 31. A group of faculty, staff, and students will narrow the submissions and then ask for your input on the finalists.

Have fun with this. If you have any questions, contact WDT Marketing Director Steve Buchholz at 718-2436 or stephen.buchholz@wdt.edu or SGA President Cara Riker at 718-2998 or cara.riker@wdt.edu.

Just FYI

From Wikipedia, the free encyclopedia

The term **mascot** – defined as a term for any person, animal, or object thought to bring luck– colloquially includes anything used to represent a group with a common public identity, such as a school, professional sports team, society, military unit, or brand name. Mascots are also used as fictional spokespeople for consumer products, such as the rabbit used in advertising and marketing for the General Mills brand of breakfast cereal, Trix.

See page 5 for some ideas that have been submitted

Western Dakota Tech

Run for your life

5K

**Saturday
September 27**

Wellness Walk/Run



Registration - 8:30

Location - Memorial Park Bandshell

Start time - 9:00

Cost - \$15 (adults) \$12 (students)

**(long sleeve shirt included in
registration fee)**

Benefits WDT

Sponsors: Quitline and Coca Cola



Etiquette and Finance Tips

by Kelly O

Etiquette Tip

Two simple phrases that can make a big difference – “please” and “thank you.”

It is never too late to learn to use these phrases. Try it with your child, your spouse, your teacher, your friends, and the store clerk.

You may be surprised by the results. (There is a reason they are called the magic word(s))

Finance Tip

You are allowed by law to receive one free credit report every 12 months from each of the three major credit reporting agencies - Equifax, Experian, and TransUnion.

I recommend that you pull a credit report every four months or three times per year. For example, if you pull a credit report from Equifax today, pull your next credit report from Experian four months from today. Then pull a credit report from TransUnion four months after that. This process allows you to pull a free credit report every four months to ensure that your credit profile is correct and guard yourself from identity theft.

Again, this process is absolutely free, but you will not be allowed to see your credit score from this process unless you pay a fee. However, there really is no need to know your score. What is more important is that the credit profile is correct. If you absolutely want to know your score, just pay the minimal fee (around \$7) to find out.

Remember, there are a lot of look-a-like sites that try to entice you to use them to view your credit report. But, the only site that is truly 100% free with no strings attached is

www.annualcreditreport.com

If you have an etiquette or personal finance question for Kelly O, please submit to cheryl.jarding@wdt.edu



WDT Campus

“Rushmore” is our building on Sedivy Lane

“Mickelson” is the main building along Hwy 44

An advertisement for Matrix and LOGICS hair salon. It features a woman with red hair, a woman with blonde hair, and a man in a black shirt. The text reads: 'MATRIX MODELS NEEDED', 'MATRIX and LOGICS The leaders in professional hair care are coming to Rapid City!', 'Please Join us ... Model Call - Sept. 25th- 6:00 p.m. Best Western Ramkota Hotel 2111 LaCross Street Rapid City', 'Artistic Designers will demonstrate Hair Cuts and Color Techniques that Inspire Looks Created for Fall 2008. If selected you will receive Free Haircuts and Color.', 'Please call - Teresa Jahner 390-6766 8:00 am to 5:00 pm For details!', 'SALON BEAUTIFUL ENJOY!'.

MATRIX
MODELS NEEDED

MATRIX and LOGICS
The leaders in professional hair care are coming to Rapid City!

Please Join us ...
Model Call –
Sept. 25th- 6:00 p.m. Best Western Ramkota Hotel
2111 LaCross Street Rapid City

Artistic Designers will demonstrate Hair Cuts and Color Techniques that Inspire Looks Created for Fall 2008. If selected you will receive Free Haircuts and Color.

Please call –
Teresa Jahner
390-6766
8:00 am to 5:00 pm
For details!

SALON BEAUTIFUL ENJOY!



Week 1—August 25– August 29	The Journey Begins
Week 2—September 3	Resource Fair and Part-Time Job Fair
Week 2 September 4	The New GI Bill — Road Construction Ahead
*September 9	Attention Veterans: the session is for YOU! The Ultimate Road
Trip sponsored by Monster.com	
Week 3 September 10,11,12	My Education 101 Resources for Success
*September 17	They're coming, they're coming!
Week 4 September 16, 18, 19	Study Skills I Study Skills II
Week 5 September 23, 24, 25	What if... Celebrate What's Right with the World
Week 6 September 30, October 1, 2	Smooth Sailing through Financial Aid & Scholarship Seas
Week 7 October 8	Stress Management and conflict Resolution Cultural Fair



Kim Shaw, a member of the BM&M club, volunteered her services at the Hole In One Shootout concession stand. The BM&M organization continually help with their services for many different events at WDT.

What's For Lunch? September 22—26

- Monday-** Grill Day - (Many grilled-to-order choices.)
No Special of the day
- Tuesday-** Special of the Day – (Indian Tacos)
No Grilled Items
- Wednesday-** Grill Day - (Many grilled-to-order choices.)
No Special of the day
- Thursday-** Special of the Day – (Hot Turkey w/ Potatoes & Gravy)
No Grilled Items
- Friday-** Grill Day - (Many grilled-to-order choices.)
No Special of the day

Biggest Loser Competition

The **Wellness Committee members** are challenging the Daycare members in the Biggest Loser Competition (weight loss). Are you and your group up for the challenge??? You can form whatever groups you want. The challenge is on! The last day of the competition is December 19. Individual incentives are up to each group. The group against group incentive is bragging rights in the Tech Times newsletter, Wellness Fitness Flash bulletin board, All –Staff Meetings and certificates of achievement.

Who will be the biggest loser individual (percentage of weight loss, not pounds) and who will be the biggest loser group? **Take the challenge !**



Semi Finalist from 2008 Hole in One	
Name	Times Qualified
Luke Steinmetz	1
Andreas Reber	2
Seth Kenner	1
Laurie Mansfield	1
Terry Van't Hul	1
Greg Strommen	4
Tom Haggerty	1
Tim Elseman	3
Ed Adams	1
Andy Marso	1
Randy Stanton	1
Chuck Rausch	2
Tim Byrd	1
Bill Burr	1



Looking a little confused, Luke Steinmetz qualified for the Semi-Finals!

Mascot ideas from page 1

Golden Bears (Because we live in the Black Hills where there is gold and bears)

Ligers (It's pretty much my favorite animal. It's like a lion and a tiger mixed... bred for its skills in magic.)

Technical Pioneers

Pioneers (Reflects our role in advancing technical education and a part of the region's history)

Eagles

I envision an artist's sketch of an airborne eagle, not a detailed bird. A steel eagle sculpture would look great suspended in the middle of the Commons amongst the colorful flags.

The eagle would be silver, which would go nicely with our school colors (blue and silver) and would not detract from the logo – the eagle sketch could be inserted above and to the side of the WDT logo.

An eagle represents “rising to new heights”, “soaring above the rest”, and that's what we offer our students – the opportunity to grow and learn, and to spread their wings and fly.

The eagle has special significance to everyone, including Native Americans.

Like the eagle, we have strong vision. We produce high quality technologically advanced programs and we have the ability to quickly adapt to serve our constituents.

In essence, we are replacing our long-standing symbol on our logo, which was Mount Rushmore, with an official mascot. It seems to me that the eagle is in that same league and maintains a level of dignity. Since we don't have sports or those kind of things on campus, we don't have a need for a costumed mascot, but rather a symbol that has a deeper meaning.

The eagle could be used for other groups associated with WDT:

Community Eagles – external individuals/companies who donate to the Foundation, hire our students, serve on Advisory Boards, etc.

Golden Eagles – retired faculty & staff, who could serve as ambassadors, mentors, etc.

Eaglets – new name for the kids at Day Care? education and a part of the region's history)

September 2008							
Labor Day	S	M	T	W	H	F	S
1		1	2	3	4	5	6
End drop/add	7	8	9	10	11	12	13
4	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30				
	1						21

October 2008							
Professional Development	S	M	T	W	H	F	S
10				1	2	3	4
Native American Day	5	6	7	8	9	10	11
13	12	13	14	15	16	17	18
Mid-term grades due	19	20	21	22	23	24	25
12	26	27	28	29	30	31	
Mid-term advising							21

November 2008							
Veteran's Day Observed	S	M	T	W	H	F	S
10							1
Last day to drop with "W"	2	3	4	5	6	7	8
20	9	10	11	12	13	14	15
Thanksgiving	16	17	18	19	20	21	22
27, 28	23	24	25	26	27	28	29
	30	1					17

Academic Calendar

Notice:
The Financial Aid staff will be out of the office the following dates to attend training:
October 20, 21, and 22
November 3 and 4
November 11, 12 and 13
Thank you and we apologize for any inconvenience.

**Western Dakota Tech
Autocross &
Swap Meet
September 27**

WDT Parking Lot (Mickelson Campus)
Autocross Entry Fee: \$20 per car
Swap meet \$20 per space (20'x20')
Set-up starts at 9:00am
Autocross 10:00am—3:00pm



Rainout date October 4

On Constitution Day 2008, Western Dakota Tech's Student Government Association elected your 2008 SGA officers. They are as following:

- President: Cara Riker, Business Marketing & Management – (elected at the conclusion of last year)**
- Vice President: Chris Klucas, Fire Science**
- Treasurer: Tara Bestgen, Accounting**
- Secretary: Stacey Parrent, Practical Nursing**
- Activities Coordinator: Debra Johnson, Health Unit Coordinator**

Please welcome these new officers. Each of them has committed to serve SGA and the WDT Student Body for this academic year. With multiple important initiatives on SGA's calendar, this is looking to be a productive and satisfying year. The first exciting decision is to open SGA meetings and participation to all WDT students. All students are welcome to attend.

Meetings are scheduled for noon every Monday in Classroom AB.

September is Recovery Month

HHS.gov

Improving the health and well-being of America



National Alcohol
& Drug Addiction
Recovery Month
SEPTEMBER 2008

JOIN THE VOICES FOR
RECOVERY

REAL PEOPLE,
REAL RECOVERY



What is Recovery Month?

The Recovery Month effort aims to promote the societal benefits of alcohol and drug use disorder treatment, laud the contributions of treatment providers and promote the message that recovery from alcohol and drug use disorders in all its forms is possible.

Every year since its inception Recovery Month national and local activities, the resulting media exposure, and the growing support from elected officials, policymakers, education leaders, judges, health providers, the faith community, and many other sectors, result in a public awareness effort of impressive magnitude. This national movement has started to take on a life of its own, as everyone who has a stake in fostering the survival and growth of quality treatment service works together to convey the message that substance abuse is a treatable disease and that recovery is possible.

Across the country, people in recovery are celebrating their successes and sharing them with others in an effort to educate the public about treatment, how it works, for whom, and why.

Because these successes often go unnoticed by the broader population, WDT joins with Voices for Recovery to provide a vehicle for people to share their recovery stories and introduce our students and staff to the services available in Rapid City.

Many people have become addicted to many different things: alcohol, shopping, eating, drugs, tobacco, gambling, video/computer games... AND many people have recovered from these addictions. Join us on September 25th from 12:15 - 12:50pm to ***Celebrate Recovery***.

<http://www.recoverymonth.gov/2008/>

September 25
12:15 - 12:50pm
WDT ~ ABCD



Got a question? Need advice? Drop off your letter/question in the box marked "Dear Ms. Rae" just outside the Student Services Dept. or go online www.wdt.edu ~ Current Students ~ Counseling ~ Dear Ms. Rae, write in your request & submit. All is anonymous.

Note: Letters are subject to edit for spelling, grammar, appropriateness, and especially to ensure complete confidentiality. Thanks for asking!

Dear Ms. Rae,

I really like this guy. He is cute and used to have an adorable personality, but lately he is critical and offends me. I know he used to like me too. He was such fun and everyone thought we were great together. He was all love and attention. I keep trying to figure out what I did wrong. I keep trying to get him to talk about why he seems upset, but he just snarls at me. It's making me crazy. How can I get the old him back? What can I do?

Sincerely, Confused and in-love

Dear Confused,

First, I want to reassure you that this is not normal behavior. If you cannot track this to a particular incident where he might have become upset and is still angry and punishing you, you probably have nothing to do with his criticism and offensiveness. Even if you can track it to a particular time, but he is choosing punishment over making up, he has a problem that you may not want to take on. Also, it sounds to me like you are assuming that the "old" him is the "real" him. Carefully think that through. You may just now be seeing his genuine side. What can you do? No one deserves to be criticized or verbally abused. The idea that we are hopeless to our love is ridiculous. Stop liking him and start enjoying the rest of your life.

Sincerely, Rae

Dear Ms. Rae,

I'm nervous about starting school and worried about making new friends. I even feel kinda sick sometimes, when I think about it. It seems like everyone else is so sure of themselves and confident, I feel like a baby. What do you think I should do?

Worried about... everything.

Dear Worried,

It sounds like you might be a little homesick. Surprisingly most people, even though they've traveled a lot



Dear Ms. Rae

and participated in week-long camp events, get homesick when they actually move to school. Everyone handles this transition differently and some hardly show how anxious and insecure they're really feeling.

First, know that you're not alone and brave asking some of the other students if they're missing home. You'll be surprised how many, just like you, really would like the opportunity to talk about it. Then you can share with them that you've heard the good news that this is a temporary set of emotions and that they will gradually fade. Tell them about some of the things that seem to help including:

Surround yourself with familiar things from home such as posters, bedding, pictures, and other items that made your old home space yours.

Get involved - there are lots of events going on at school & excellent opportunities to meet new people.

Keep in touch. With cell phone, email, & text messaging, don't hesitate to keep in close contact with your family and friends back home.

Plan trips home and plan to have them visit you at school.

Talk, talk, talk... Share your feelings with others and, if you want an especially easy ear, visit with the WDT counselor. She's a great listener.

When you reach out to comfort those around you, you are comforted. Thanks for your letter, Worried. I hope this was helpful.

Sincerely, Rae

CORPORATE EDUCATION CENTER

A DIVISION OF WESTERN DAKOTA TECH

WDT's Corporate Education Center Introduces New Online Introduction to Illustrator CS3 Course

Rapid City, SD, Aug 26, 2008 - WDT's Corporate Education Center has a program that makes it easy to take high-quality, noncredit online courses. WDT has partnered with ed2go to offer hundreds of online, instructor-facilitated courses and is pleased to announce the launch of "Introduction to Illustrator CS3."

Adobe Illustrator CS3 is the program of choice for many graphic and visual artists. This course will provide much-needed training for those who want to do more with their own art or who want to design professionally. It's appropriate for people just getting started with Illustrator and those looking to update their skills by mastering this latest version of it.

To learn more, visit the website: www.ed2go.com/wdti

Fun Websites

www.wdt.edu

www.quibblo.com

www.1clipart.com

If anyone has a fun or educational website they would like to share, please email me cheryl.jarding@wdt.edu

WDT Bookstore
Mickelson Campus
First floor
Hours: M-Th
7:00am—6:00pm
Friday
7:00am—3:30pm

2008 WDT Community Resource Fair and Part-Time Job Fair

Each year, WDT invites organizations from the community to bring information on resources available to our students and the Career Services Office puts together a great Part-Time Job Fair. With 33 Community Resource participants and 26 organizations offering jobs to our students, this year's event was a huge success.

In addition to jobs and resource information (could there be more??), the participants brought great give-a-way items and door prizes. Responsibility Matters (Monster Truck), Hot 93.1, and Scooters gave away approximately 300 key chains, t-shirts, hats, dice games, pens, hi-lighters, grocery bags, and stickers.

Winners:

Antonio Padrilla and Joel Battling each won a round of golf at Putz and Glo (donated by: Catholic Social Services)

Ashlee Rathbun won a \$50.00 Money Tree (donated by Great Western Bank)

Tyler Dahl, Lonny Lesmerster, Jim Cunningham, and Ivy Stager each won a \$10 gift certificate to McDonald's (donated by Consumer Credit Counseling Service of the Black Hills)

Lisa Krogman won a jar of candy (donated by Bethany Christian Services of Western South Dakota)

Sherrey Heisler won a satchel (donated by Goldenwest Technologies)

Kelsey Meisner won the \$25 Gift Certificate to Chili's Restaurant (donated by Highmark Federal Credit Union)

Continued on page 10

SGA hosts an all school picnic



WDT
Western Dakota Tech

Comments from our participants: from page 9

I thought this was the best fair and attendance we' have had for a long time. The various businesses and organizations were quite diversified. Thank you. I think everyone who attended enjoyed it. Mary Jo Farrington, Campuses Community Prevention Coalition

My pleasure and thanks for having us. Rick Rhode, M.S., Program Advisor, TRIO Veterans Upward Bound

Thank you for inviting us. We'll be back next year., Jim Kinyon, Catholic Social Services

Participating in the resource fair was a very good experience. I had the opportunity to let people know about Great Western Bank and of course, have some fun! Thank-you for including us--we look forward to participating next year!, Brandy N. Small, Personal Banker, Great Western Bank

The resource fair was a big success from our point of view. We got a lot of interest from your students. We have many programs to offer that could be very beneficial to college students as they prepare themselves for the future. We look forward to attending again next year as this is a great opportunity for the students to get to know the local organizations that are here to help. Thank you, Adam Perrigo, Certified Consumer Credit Counselor, CCCS of the Black Hills

We enjoyed meeting many of your students and faculty. Thank you for giving us the opportunity to participate again this year. Reva Schultz, Pregnancy Counselor/Adoption Worker, Bethany Christian Services of Western South Dakota

The Resource Fair was such a wonderfully organized event, and the attendance was super. Thank you for the opportunity to participate and look forward to being part of it next year. Dawn Laskowski, Director of Business Development, Highmark FCU

Online Ag Resources Tech programs popular

WDT's associate's degree believed to only accredited online version in nation

Students in one of Western Dakota Technical Institute's most successful programs never set foot on the Rapid City campus.

Instead, students in the Agriculture Resources Technology programs reach their instructors via cell phone, download lessons and tests from the Internet and videotape their internship work. They log on from New York, Idaho, Iowa and even Iraq to take part in the unique program.

Lead instructor Marlan Larson said he believes WDT's online ag program is the country's only choice for students to earn a two-year associate's degree in agriculture from an accredited school.

"It's the only one I know of," Larson said.

The two-year degree program includes four specialty tracks – equine management/riding, ranch management, agricultural business and natural resources. Some students complete the courses in more than one track.

For students Brande Cox-Graham and Heidi Woltman, an online program is the only option for taking higher education classes.

"It's great being able to do coursework and classes when I have time to do it," said Cox-Graham of Binghamton, N.Y. "I'm always busy. It allows me to do it when I can. You do have to be really disciplined."

She squeezes in classes between running her own



salon, raising young children and being a wife.

Woltman, of Remsen, Iowa, has a similar situation.

"There's no way I could take off to sit in a class for an hour, try to find somebody to watch them and be home for the bus," she said of keeping track of her young children.

Woltman often gets up at 5 a.m. and does school work for an hour or two until her children wake up. Then she has to feed them and get them to the school bus. Then it's back to schoolwork and her duties on her and her husband's horse-breeding business. When the children come home, there's homework to do and dinner to make.

"The next thing you know, it's bedtime," she said.

After the kids are asleep, Woltman returns to her schoolwork.

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Become an Optical Assistant

WDT's Corporate Education Center Introduces New Online Course

Rapid City, SD, 09/16/08 - WDT's Corporate Education Center has a program that makes it easy to take high-quality, non-credit online courses. WDT has partnered with ed2go to offer hundreds of online, instructor-facilitated courses and is pleased to announce the launch of "Become an Optical Assistant."

This course will give participants a great foundation for entering the growing and popular field of optical assisting. They'll come away with an understanding of the required personal and professional skills, familiar with the variety of settings in which they might work, and clear about how to get started.

To learn more, visit the website: www.ed2go.com/wdti

Defense Device

WDT Law Enforcement Students get peppered

First year students in Glen Talley's Law Enforcement class had to understand the full effects of pepper spray. It is a requirement for each student to be sprayed with oleoresin capsicum (OC) and know the effect of this defense tool.

What is Pepper Spray? Pepper spray, oleoresin capsicum (OC), is a natural substance derived from the oily resins found in cayenne and other varieties of pepper. Contact with OC in a sprayed mist induces an immediate and intense burning sensation of the skin but especially impacts the eyes causing them to slam shut, burn, tear, swell. Also, the mucous membranes of the nose, throat, and sinuses burn, swell and make breathing difficult. In fact, even though tear gas is fairly nasty, it does not have the same inflammation and swelling effects of OC. Plus OC will not degrade over time like tear gas. People under the influence of drugs or who are otherwise oblivious to pain may be able to keep their eyes open when sprayed with tear gas but not so with OC. When sprayed in the eyes, the eyes will involuntarily slam shut whether they feel pain or not. This temporary blindness causes fear and disorientation allowing you to escape and get help.



Pepper spray is now used by nearly every law enforcement agency throughout the country because it is more effective than mace or tear gas and because pepper spray does not directly cause permanent harm. Pepper spray works on domestic animals as well as humans and its effects fully wear off in about two hours. Pepper spray is the best non-lethal personal protection available.