

TECH TREK

February 14, 2019

Mitchell Technical Institute

Vol. 28 No. 11

More than 100 Employers Coming to MTI Job Fair

Get ready to attend the annual MTI Job Fair Day on Thursday, February 21!

Here is what you should be doing between now and the Job Fair: Review the list of registered employers on MyMTI and begin preparing for this important event now!

- Create and/or polish your resume (employers expect resumes)
- Decide what you will wear to the event: professional for your industry!
- Research the registered companies
- Spend time preparing how you will introduce yourself to an employer
- Brainstorm your skills and strengths; why should an employer consider you?
- Prepare how you will communicate your strengths to employers.

The Center for Student Success has stocked up on resume paper and will provide 'free' sheets to students who stop in the Center for Student Success to have their resumes reviewed and printed.

Don't miss this unique opportunity – having employers here, on campus, just to talk with you, an MTI soon-to-be graduate!

ACT to Stage Romantic Comedy

Mitchell Area Community Theatre will present the comedy "Barefoot in the Park" February 15-17 and 22-24 at the Pepsi-Cola Theatre for the Performing Arts. Friday and Saturday performances are at 7:30 PM and Sunday matinees are at 2:00 PM.

Paul and Corie Bratter are newly-

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 emailed to julie.brookbank@mitchelltech.edu. Let us know how we can serve you!

Community Vision Project Planned

The city of Mitchell will be hosting a Future Think-Tank for our community. This is our city's unique process to create a long-term vision for the Mitchell Community. The community vision will serve as foundation for other strategic efforts. This think-tank helps us plan for the future and includes strategic foresight and development of a series of plausible futures.

The Mitchell Future Think-Tank will take place on Monday, March 25, 2019. The workshop will be held 4:00 to 9:00 pm at the Sherman Center, Dakota Wesleyan University, 1200 W. University Avenue, Mitchell, SD 57301. Dinner will be provided.

The Think-Tank will serve as the starting point for a comprehensive stakeholder engagement process to further shape Mitchell's Community Vision. This Think-Tank brings together a large group of selected local people with a broad diversity of knowledge and experience of Mitchell. The process is designed to be highly participatory and engaging.

Student input is sought. If you are interested in participating, please contact Julie Brookbank in the Administration office for more details on how to register for this important event.

weds in every sense of the word. He's a straight-as-an-arrow lawyer and she's a free spirit always looking for the latest kick. Their new apartment is her most recent find - too expensive with bad plumbing and in need of a paint job. After a six-day honeymoon, they get a surprise visit from Corie's loopy mother and decide to play matchmaker during a dinner with their neighbor-in-the-attic, Velasco, where everything that can go wrong, does. Neil Simon wrote this delightful comedy.

MTI students get in free with student ID.

Movie Night, Dance Scheduled

The ever-popular SRB sponsored Movie Nights will continue in February. Use your student ID at the Logan Luxury 5 Cinema on Wednesday, February 20, to see the 7:00 PM showing of the movie of your choice.

Also, save the date for the MTI dance scheduled for Thursday, February 28. The dance will be held in the Tech Center Commons from 9:00 PM to midnight. MTI students get in free with student ID. Guests are \$3. No high school students. Food will be served and prizes given away.

As always, if you have suggestions for events or questions, talk to an SRB rep or see advisor Mateya Berg in the Center for Student Success.

COMM 210 Study Table Available

Peer tutor Chase Palo will lead a study table for COMM 210 (Interpersonal Communication) on Tuesday and Thursday afternoons from 3:00 to 5:00 p.m. in the Campus Center, Classroom 145.

All students enrolled in COMM 210 are welcome and encouraged to attend. Students can come and go during this two hour period and can expect to work independently on their assignments with Chase there to provide support as needed.

This is a great opportunity to do your assignments before you leave campus. No sign up or tutor request form is necessary, but if students are not able to make it until 4:00 p.m. or later, please RSVP via email to Danita (Danita.Lucas@mitchelltech.edu) or Chase (Palo091@mitchelltech.edu) so we know to expect you.

**MTI will be
CLOSED
Monday, February 18
in observance of
Presidents' Day**



presents the
SUB BIRTHDAY CLUB!

Stop in the Subway store at 802 N. Sanborn for a free six-inch 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.

February

- | | |
|--------------------|--------------------|
| 14 Alan Baker | 22 Trajan Anderson |
| 15 Jared Goldammer | Hailey Herrboldt |
| Tyler Horn | Nicholas Houston |
| Lucas Kessler | James Kirwan |
| Christopher Punt | Cadan Koerlin |
| Betty Schlimgen | Hannah Suption |
| Paige Smith | Emily Sutherland |
| 16 Tyler Knutson | 23 Noah Hermsen |
| Chasity Selting | Isaac Watson |
| 17 Devon Grant | 24 Brett Atkinson |
| Jacelyn Harris | Kade Hieb |
| Nicole Jennings | Megan Kortan |
| Clara Pazour | 25 Frederick Lapka |
| 18 Levi Swearingen | Kyle Simmons |
| John Heemstra | Ashley Steffen |
| Donene Lemmonds | 25 Dylan Wilbur |
| 19 Samantha Baus | 26 Dillon Collins |
| Brandon Cwach | Angelique Frost |
| Taytum Reman | Gregory Guthrie |
| Tyler Stark | Timothy Haas |
| 20 Tori Dargatz | Dillan Kostrzewski |
| Casey McMillan | |
| 21 Jessica Bowar | |
| Isaiah Eagleman | |
| Jack Hasche | |
| Joshua Owens | |
| Luke Palmquist | |

March

- | | |
|------------------------|----------------------|
| 1 Byron Jessen | 17 Tristan Madsen |
| Kanitha Spahn | Wyatt Thomas |
| Ty Sparks | 18 Tianna Doppenberg |
| Riley Zoss | 19 Tanner Griebel |
| 2 Destenie DeBoer | Ethan Grote |
| Breydon Mlady | Spencer Schultz |
| 3 Evan Brown | 20 Jeddie Nyei |
| Brendan Coen | Kade Scott |
| David Boos | 21 Allen Schaller |
| 4 Nicole Conrad | Chandler Schopp |
| Justus Gregg | Gayge Schopp |
| Hser Htoo | 23 Morgan Hurlburt |
| Adam Hutmacher | Amanda Kurzenberger |
| 5 William Jarecke | Rochelle Palmquist |
| Grace Tisher | 24 Hayden Overweg |
| 6 Heath Bullington | Adam Ronce |
| Samuel Jansen | 25 Trevor Freeman |
| Shauna Nelson | Drew Olinger |
| 7 Preston Glammeier | Jason Juhnke |
| Noah Hamilton | Eric Schramm |
| Wyatt McCoy | Kristy Weber |
| 8 Tyler Bartscher | 26 Shelbi Karr |
| Ruth Clemente Escalera | Benjamin Miller |
| Abby Opp | Adam Wollman |
| 9 Stewart Job | 27 Natasha Conners |
| Jill Snyder | Samantha McQuarie |
| 10 Luke Peterson | 28 Shannon Tesch |
| Mateya Berg | Dana Wipf |
| 11 Cullen Olson | Tim Goldammer |
| Morgan Turner | 29 Jared Tiede |
| 12 Sasha Christenson | 30 Tucker Hawley |
| Alexander Voges | Amy Gough |
| 13 Oakley Denne | 31 Layne Heath |
| Kyle Leber | Carson Keller |
| Preston Morton | Teresa Klug |
| 14 Ty Auske | Dalton Kummer |
| Thomas Dryer | Whitney Sawyer |
| 15 Owen King | Xavier Sporrer |
| Jeremiah Sanders | Gavin Zach |
| 16 Tyler Eichmann | Dustin Kubik |
| Jaylon Graff | Julie Brookbank |
| Dylan Lucht | |
| Brittany Luitjens | |
| Lauren Norrid | |
| Noleen Skillingstad | |



MTI Counselor Corner *Party Hard In College, Have Heart Problems Later On*

by Jeffrey Kopman

More than half of young adults in college are risking their health with a traditional pastime – binge drinking.

These hard-partying college students put themselves at immediate risk for a change in blood circulation, and a heightened risk for cardiovascular disease later in life, according to a small new study published in the Journal of the American College of Cardiology.

“Alcohol can be directly toxic to the heart and lead to weakening of the heart muscle and heart failure,” said William Abraham, MD, director of the Division of Cardiovascular Medicine at The Ohio State University Medical Center. “Toxic manifestations take a while to show up in heart detection, but can be serious enough to require heart transplant.”

The Binge-Drinking Pattern

Regular binge drinking remains one of the most serious health problems for U.S. colleges, and previous research has linked youth binge drinking to higher risks for sudden death, stroke, and heart attack later in life.

Approximately 67 percent of younger adults – ages 18 to 34 – say they regularly drink alcohol, a recent Gallup poll found. That age group was second only to the 72 percent of 35- to 54-year-olds who admitted to regularly drinking alcohol. However, the younger age group drink more per week on average — 5.4 drinks per week compared to only 3.6 drinks for the older group. (Drinkers over the age of 55 average 3.9 weekly drinks.)

Younger adults (31 percent) also lead the way in claiming they “sometimes drink too much.” Fewer middle-aged drinkers (24 percent), and far fewer older drinkers (12 percent), said they drank too much.

The youngest group, particularly those in college, binge drink the most and are therefore more susceptible to something called endothelium dysfunction — disruption in the way their blood vessels function that has been linked to hypertension, diabetes, and septic shock, according to the American College for Cardiology study.

Researchers found that binge drinkers had impaired blood flow control, comparable to that of people who have a history of daily heavy drinking. When blood isn't flowing properly, it can lead to hardening of the arteries and other cardiovascular diseases.

Other Unhealthy Habits That Hurt the Heart

The study's authors stressed the dangers of binge drinking in contrast to regular and moderate alcohol consumption, and recommended that young adults be screened for a history of binge drinking to determine who is at risk of heart problems. Other risky behaviors and an unhealthy lifestyle play a role.

“Illicit drug use has consequences for the heart. Cocaine, amphetamines, and stimulants can lead to heart attack or heart failure,” Abraham said. “[But] one of the major issues today is teenager inactivity. Inactivity has a long-term impact on heart health.”

Abraham also attributed short- and long-term heart problems to dietary habits. “Inactivity and poor dietary habits of many teens are linked to the epidemic of teenage obesity, which plants the seed for heart disease in the future,” he said.