

Tech Talk

Ivy Tech Community College ~ Region 1
Student Newsletter

Volume 1, Issue 3

September 2005

Are You Ready to Quit Smoking?

Ivy Tech's Region 1 campuses went **tobacco-free** on **May 9, 2005**. Tobacco product use is no longer permitted on any of our 4 campuses. Some of our staff and students have used this as an opportunity to give up tobacco use. Are you ready to join the crowd?

There are many resources available to help you quit; some of which can be accessed online. One resource you may be interested in is "QuitNet" - an online resource and guide to quitting. QuitNet can also link you to programs in your local community. To find out more, visit: <http://www.quitnet.com/> and begin your journey to a tobacco-free life!



Join Ivy Tech's Alumni Association!

Students! Are you looking for a club to join during your time as an Ivy Tech student that won't end after you graduate?

Look no further! The **Alumni Association** is looking for high energy STUDENTS to sit on the **Alumni Board** and assist with activities and events during the year.

If you are interested in learning more, please contact:

Meridith Donaldson at (219) 981-1111 ext. 2321, or via e-mail at: mdonalds@ivytech.edu



Making Strides Against Breast Cancer Sunday, October 16, 2005

Many of us know at least one person who has fought breast cancer- some who've won the battle, and others who've lost. Here's an opportunity to make an impact. Let's fight breast cancer together and make sure that more of our friends, family and neighbors who are yet to fight this disease will come out on the winning end.

Join Ivy Tech's student team for Making Strides Against Breast Cancer- "**Ivy Tech- Students Making Strides.**"

More information is provided in the **Calendar of Events** on the last page of this newsletter.

Golden Opportunities Entertainment Books NOW AVAILABLE!

Kappa Beta Delta Honor Society is selling Golden Opportunities Entertainment Books for their annual fundraiser. Proceeds will benefit the Chancellor's Scholarship Fund for Ivy Tech students. The cost of the coupon booklet is **\$25**. Take advantage of the great discounts for entertainment, dining, home care and more!



To purchase, contact any of the following at (219) 981-1111:

- ~ Elisha Culver, President
Ext. 4417
- ~ Cynthia Boyd, Vice President
Ext. 2221
- ~ Trina Jackson, Advisor/ Secretary
Ext. 2389
- ~ Al Fabian, Advisor/ Treasurer
Ext. 4429

Walk for Wellness!



Ivy Tech's Region 1 campuses are launching a "Walk for Wellness" program this fall. We will be hosting speakers at each campus over the next few months.

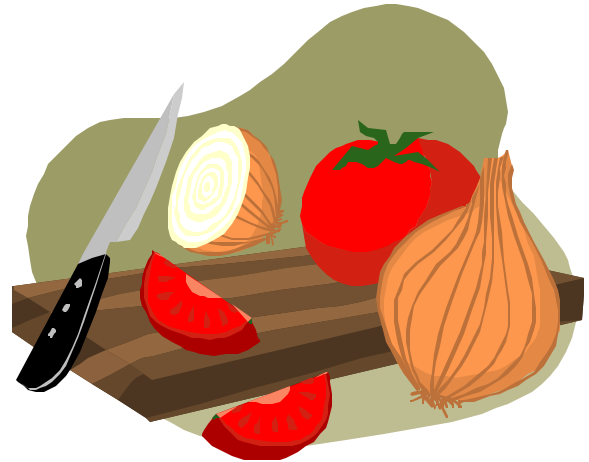
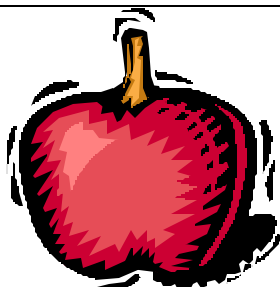
Topic will include: "Pedometers for Beginners" in **October**, and "Nutrition & Healthy Eating" in **November**. Additional speakers may be added as the program develops, so watch your e-mail, this newsletter and your campus postings for more information!

Each campus will be hosting a **Pedometer Club** that will help get you movin'! It is a self-managed program- you can walk on campus with your club, or walk at home. All you need to do is turn in your log sheet each month to your campus contact.

*** Free pedometers will be provided to Pedometer Club members!! ***

Pedometer Clubs will begin with our kick-off speaking event, **Pedometers for Beginners**, in **October**. However, you can sign up for the club before then by contacting one of your campus' contacts- listed on the right ... >>>>>>>>>>

On your mark... get set... GO!!!



Walk for Wellness Pedometer Club Contacts

EAST CHICAGO CAMPUS (219) 392-3600

Lisa Feuerbach ptkfeuer@gary.ivytech.edu

Michelle Isbell misbell@ivytech.edu

GARY CAMPUS (219) 981-1111

Holly Blaszkiewicz hblaszki@ivytech.edu

Kim Cloud kcloud@ivytech.edu

Elisha Culver eculver@ivytech.edu

Margaret Hurtado mhurtado@ivytech.edu

MICHIGAN CITY CAMPUS (219) 879-9137

Sheila Johnson sjohnso@ivytech.edu

Christine Cook ccook@ivytech.edu

VALPARAISO CAMPUS (219) 464-8514

Lakshmi Singanallur lsingana@ivytech.edu

Janet Katich jkatich@ivytech.edu

Kathy Olson kolson@ivytech.edu

CALENDAR OF EVENTS

SEPTEMBER 9, 2005

PTK SOCIAL

GARY CAMPUS/ MULTI-PURPOSE ROOM

FRIDAY, SEPTEMBER 9TH, 2005

6- 10PM

Come join the fun! Phi Theta Kappa is hosting a social gathering, with fun & music. Learn more about Phi Theta Kappa and about becoming a member. Tickets will be sold in advance only. For more information, contact: Nashanta Taylor-Weems (PTK President) at:

ntaylorweems@cpmail.ivytech.edu

SEPTEMBER 14, 2005

KAPPA BETA DELTA FALL INDUCTION CEREMONY

GARY CAMPUS, MULTI-PURPOSE ROOM

WEDNESDAY, SEPTEMBER 14, 2005

3 – 4:30PM

Kappa Beta Delta is an international honor society, specifically for students of business, computers, management and administration who are pursuing associate degrees. To learn more, look for Kappa Beta Delta under "Student Clubs & Organizations" at

<http://www.gary.ivytech.edu>

SEPTEMBER 20, 2005

AMERICAN RED CROSS BLOOD MOBILE – BLOOD DRIVE

GARY CAMPUS

TUESDAY, SEPTEMBER 20, 2005

9am- 3pm

Due to the war in Iraq, our blood supply is low, so we need your help! Come to the Gary campus between 8am - 4pm and donate blood for a good cause. For further information, contact Gwen Macon at gmacon@ivytech.edu

SEPTEMBER 22, 2005

SEXUAL ASSAULT PANEL DISCUSSION

GARY CAMPUS, MULTI-PURPOSE ROOM

THURSDAY, SEPTEMBER 22, 2005

9:30- 10:30 AM

Professionals who work with sexual assault issues will be presenting a panel discussion on topics that relate to sexual assault. For more information on this session, contact: Becky Sacopulos at esacopul@ivytech.edu

OCTOBER 16TH, 2005

MAKING STRIDES AGAINST BREAST CANCER

VALPARAISO COURTHOUSE SQUARE

SUNDAY, OCTOBER 16, 2005

REGISTRATION: 12 PM, WALK BEGINS: 1PM

Most of us know someone who has battled breast cancer- some who lost the fight, and some who have won. Here's our chance to make a difference- lets honor those we have lost and those that continue to battle this disease by participating in Making Strides Against Breast Cancer.

You can join Ivy Tech's student team, "Ivy Tech- Students Making Strides," by going to the online team page! It makes it is to sign-up and track progress. Friends and family can easily make a donation to our team through the website, so you can raise funds by sending a site link through e-mail- it's that easy!! Go to:

<http://www.acsevents.org/strides/in/valparaiso>

Look for "Ivy Tech- Students Making Strides" team, or search under "Jennifer Riggs" as the contact. Click on "Get Involved" and then "Donate Here" to make a contribution. Click on "My Team Page" and then "Join Our Team" to sign up! C'mon Ivy Tech! Let's make some Strides Against Breast Cancer! Contact: jriggs@ivytech.edu

WALK FOR WELLNESS SPEAKING EVENTS

"PEDOMETERS FOR BEGINNERS"

THURSDAY, OCTOBER 13, 2005

GARY CAMPUS 9- 10:30AM – MULTI-PURPOSE ROOM

EAST CHICAGO CAMPUS 1:30- 3PM (ROOM TBA)

THURSDAY, OCTOBER 20, 2005

VALPARAISO CAMPUS 9- 10:30AM (ROOM TBA)

MICHIGAN CITY CAMPUS 1:30- 3PM (ROOM TBA)

This is our kick-off event for our "Walk for Wellness" program, which includes our **Pedometer Club**. Our speaker, Jennie Hamilton, will teach us how to use pedometers and will discuss the benefits of walking for exercise. Those that join the Pedometer Club on their campus will receive a **free pedometer!** Your campus contacts are listed on the previous page of this newsletter, so **sign up now!!**

For more information on speakers or the Pedometer Club, contact Jennifer Riggs at: jriggs@ivytech.edu