

Stautzenberger Signal

Great Maumee
River Dragon
Boat Festival
2005 Stautzen
Boaters

From High
Speed Racing
to High Speed
Computers
A closer look at
Greg Litten

Wiener Dog
Nationals!



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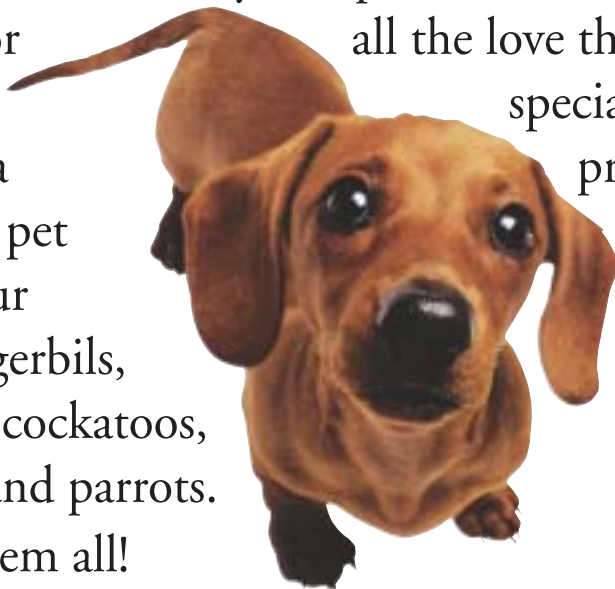
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The Stautzenberger Signal is published quarterly, serving comprehensively as a guide to events and information pertaining to Stautzenberger College. No portion of the Stautzenberger Signal may be reproduced without the permission of the publishers. The Signal welcomes articles submitted by individuals or organizations that may be of interest to its readers. However, we reserve the right to edit all submissions. Likewise, the Signal reserves the right to refuse any and all advertising.

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Stautzenberger Strongsville

by Karen Fitzgerald



Officials at Stautzenberger College announced the opening of a branch campus in Strongsville, Ohio on August 1st, 2005.

President George Simon appointed Donna K. Palmer, Esq. as director of the new Strongsville Campus. Mrs. Palmer, formerly the director of education for the Cleveland Campus of the Academy of Court Reporting, was named "Outstanding Director of Education 2004," an award that is given to only one of the directors of education out of six campuses each year.

"We are confident that Donna possesses the knowledge and skills to direct the establishment and growth of Stautzenberger Strongsville", says President Simon. Mrs. Palmer brings with her Lyn Ickes and Eileen Beltz, also from the academy. "This administration", he continues, "will strive to uphold the mission of Stautzenberger College and enrich the Strongsville community. The Toledo administration congratulates them and will continue to support their efforts."

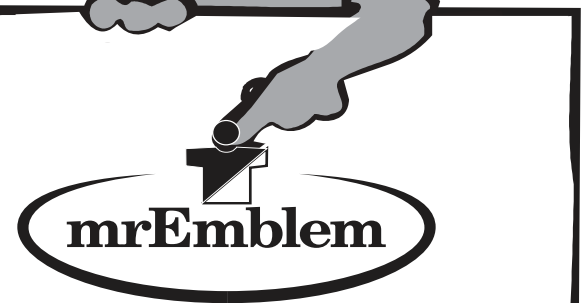
Mrs. Palmer received her law degree from the Pennsylvania School of Law and her A.B. from Duke University. She is affiliated with many professional organizations in addition to her membership with the Ohio Bar Association.

Starting October 11, 2005, program offerings will be in the Veterinarian Technician Associate Degree program, with plans for additional offerings in January 2006.

The new campus is located at 12925 Pearl Road, Strongsville. For information, please call 440-846-1999 and visit sctoday.edu for the latest news and upcoming events.



From left: Donna K. Palmer, Eileen Beltz, Lyn Ickes



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"Career Services at Stautzenberger College was wonderful, they helped me create a professional resume, prepare for the interview and made sure my appearance was right for the job interview process. Thanks Keisha!"

~Cheryl Nuding- Business Technology

"I am greatly appreciative for Keisha Burton at Stautzenberger College. She assisted me locating employment in Tennessee for when I move after graduation, my resume, and the confidence I need to convince employers to hire me."

~Dorothy Thomas- Medical Assisting

"When it comes to resumes, Keisha is a pro. My resume had not been updated in a long time and Keisha made the whole experience so smooth and easy and to top it all off, my resume looks totally professional. Once that is done, she gets the clear from you, she will then start pushing that brand new resume out into the workforce with her connections."

~Sheree Ulrich- Medical Office Technology

"A new career means a new job search. Having been self-employed in the past, I now have to market my skills to obtain the medical position I seek. Where do I start? I needed a professional resume to enable me to compete with other applicants for coveted interviews within the medical field. Career Services was there for me. Keisha assisted me in showcasing my skills and experience to prospective employers. Stautzenberger College was a great choice for me!"

~Julia Hotz-Medical Assisting

"I can't say enough good things about the Career Services Department at Stautzenberger College, especially Keisha Burton, the director. She was always there for me when I needed help, from updating my resume to sending me emails with job opportunities from the Toledo Blade. Also, with my permission, she faxed my resume to prospective employers. Although I became frustrated at times, her persistence in helping me find a job paid off, as I am now gainfully employed. Thanks, Keisha, and also to all the great instructors that helped me meet my goals."

~Marcia Keeler-Medical Office Technology

"Since becoming a displaced worker, I knew exactly where to turn- CAREER SERVICES. I have received advice and support that I know will help me in my job search. I look forward to working with Keisha in the near future on creating a resume that will display my skills and experience to assist me with my job search. Thank you Stautzenberger College!"

~Tiashaun Moran- Medical Office Technology

"Stautzenberger Career Services has been wonderful to work with. My resume and interviewing skills have greatly improved, and the follow through is prompt. I have recently gained employment at a veterinary hospital, and received a congratulations letter from Keisha Burton. I feel that the Career Services Department is a very valuable asset for Stautzenberger College and the students."

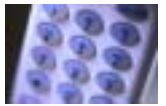
~Audrey Niezgodá-Veterinary Technology

"I just wanted to say thanks Career Services for the constant weekly updates of Network Engineer opportunities in the area. I send a resume to all the positions I qualify for. Once again thank you, and keep sending them to me!"

~Dennis Landis-Microsoft Network Engineer

"As a new student at Stautzenberger, I would like to give thanks to Keisha Burton for being a wonderful asset to Career Service Center. For properly preparing and taking time from her busy schedule and helping me to formally prepare and review my resume; along with my job search journey!"

~Leticia Abalos- Paralegal



Medical Technology

The Medical Technology Department of Stautzenberger College has had a very busy spring and summer with the Accrediting Council for Independent Colleges and Schools (ACICS) accreditation and in July, the Commission of Accreditation of Allied Health Education Programs (CAAHEP) site visit of the Medical Assisting Program. The CAAHEP site surveyors complimented the college on the medical lab facilities to make the clinical classes like the “real world.” The team also complimented the medical faculty, Dr. Thomas Ott as the Medical Technology Program Advisor, and Medical Technology Program Director Diane Morlock.

At the August 5, 2005 Stautzenberger College graduation, Pat Bell, BA, RMA, was awarded the Crystal Apple award in recognition of her commitment and dedication to the Medical Technology programs of the college. For the first time, Pat was speechless.

September 12, 2005 at the American Association of Medical Assistants annual convention in Colorado Springs, Medical Technology Program Director, Diane Morlock, will present a two-hour session to educators throughout the United States. The topic she chose, “I Love to Teach, but...”

When the Vet Department hosted 7-rescued St. Bernard's for spading and neutering, it brought back many fond memories for director, Diane Morlock. In fact, she adopted a three-year-old St. Bernard from the rescue program. Carrie (the dog's name) is a lover and a joy to welcome to the family.

Massage Therapy

Stautzenberger massage students have donated much of their time this past year in providing chair massages, fully clothed table massages or full one hour relaxation massages at various community events. Some of the events have included: nurses week at Heartland of Oregon; 180th Fighter Wing support group one Saturday each month; foster parent recognition event at Family Connections; all-night massage for the Cancer Foundations Relay for Life; U of T Heart Walk; three days of sports massages for Go the Distance Running Camp; surgery tech nurses week at St. Luke's Hospital; Dragon Boat event for Partners in Education; stress management class through the YMCA; health fair for senior residents at Luther Village in Oregon; and various church events.

The following is a list of recent graduates who are now working within the massage field. Aaron Anderson – home office in Napoleon, OH; Stephanie Bowen – massage office in Bowling Green, OH; Angela Brown - health spa in Findlay, OH; Bonnie Currier - massage office in Archbold, OH; Jennifer Engel - hair salon in Toledo, OH; Jennifer Howard - home office in Toledo, OH; Jennifer Mangold - health spa in Toledo, OH; Mary Miskow – chiropractic office in Toledo, OH; Tamara Mohrbach - home office in Sylvania, OH; Keith Newell – chiropractic office in Perrysburg, OH; Hieu Nguyen – health spa in Sandusky, OH; Jennifer Roberts – massage

office in Temperance, MI; Cathy (Ybarra) Swartzengraber – hair salon in Napoleon, OH.; and Kevin Vollmar – home office in Oregon, OH.

There are 15 recent graduates who are preparing for their upcoming state licensing exam which will be given in Columbus, Ohio on December 6, 2005. We all wish them the best of luck!

Student Massage Clinic for Fall Quarter will resume on October 11th, 2005 and run on Monday's weekly thru December 12, 2005. Clinic hours will be as follows Mondays: 1:00 pm, 2:30 pm, 6:30 pm and 8:00 pm. Clients receive one-hour full body relaxation massages performed by supervised students. Gift certificates are available and make a great gift for the upcoming holiday season. Don't forget to get your stamp card so you can receive a FREE massage.

Paralegal

The growth of the paralegal program has continued over the last year, with several more students applying the knowledge and skills they have learned throughout their programs to “real life” office settings during their externships. The externship sites have been varied from sole practitioners such as the *Law Offices of Dianne Mantel* and the *Law Office of Kurt Young* to larger firms such as *Fuller & Henry* and *Shindler, Neff, Holmes, Schlageter & Mohler, L.L.P.*

We currently have our fourth student placed with the City of Toledo Prosecutor's Office. In this setting, students work with citizens who are filing criminal charges against another person. They work with the citizens throughout the filing process, prepare subpoenas, conduct research for the prosecutors and have an opportunity to attend hearings and trials with the prosecutors.

A student recently completed her externship at Owens Corning World Headquarters. As the staff at Owens Corning realized the extent of her skills and knowledge, she was given many independent projects in several different departments. In the Corporate Law department she reviewed and summarized contracts. In the litigation department, she was asked to summarize a deposition, looking for specific information, then sited the information, “just like we learned in the litigation class at school”. She reviewed leases in the Real Estate department and also worked with the Intellectual Properties department – all of this during a 180 hour externship!

As our students make a presence in the legal community by completing their externships, and our graduates accept positions in local law offices, Stautzenberger College's Paralegal Program is becoming more well-known throughout the Toledo area. We are very proud of the accomplishments of our externs and graduates, and look forward to the opportunities that await our current students!

Veterinary Technology

Internships are coming to a close for the Veterinary Technology students. A special thanks to all of the veterinarians and their staffs for contributing to the learning experience of our future veterinary technicians.

Introductions are in order for new instructors and staff in the Veterinary Technology department. Three new instructors and one new staff member have recently joined the department. Laura Schmidt, D.V.M., an equine veterinarian, is currently teaching the Microbiology course. She has also instructed Large Animal Husbandry and Disease as well as Life Science. Timothy Reichard, D.V.M., an exotic animal practitioner, joined us last quarter as a surgeon for the Applied Anesthesia and Surgery lab. This quarter he is teaching the Lab Animal course. Valerie Jenkins, R.V.T. has been an assistant for the Radiology course as well as for Applied Anesthesia and Surgery lab. She is now also instructing the Animal Medical Techniques I and II classes. Jennifer Norwood, R.V.T. is the newest addition to the Veterinary Technology Department staff. She has been assisting in the Lab Animal, Microbiology, and Animal Medical Techniques labs. She is also in charge of inventory and is being trained in administrative duties.

Students in the Veterinary Technology Department have been able to experience many aspects of the veterinary profession through the numerous field trips provided. The first year students have been able to obtain a diverse view of animal care and management in non-traditional settings through field trips to Nature's Nursery, Toledo Humane Society, Lucas County Dog Warden, and African Safari that is located in Port Clinton, Ohio. Students in the Lab Animal course have been able to see actual lab settings and examples of how animals contribute to medical research in their visits to NAMSA and the Medical University of Ohio. Much needed exposure to large animal techniques is provided through trips to various local facilities. Animal Medical Techniques students were able to work with dairy cattle during their trip to Norden Dairy Farm. Wyandot County Humane Society's Equine Rescue allowed the students to have hands-on exposure to horses. Lofty Pines Llama and Alpaca farm provides future veterinary technicians with the opportunity to learn about exotic varieties of livestock.

In August, several faculty members attended the 19th Symposium of the Association of Veterinary Technician Educators in Detroit, Michigan. The AVTE Symposium was held at The Athenaeum, located in the heart of Greektown. The Symposium focuses on improving the quality of education provided in Veterinary Technology programs and allows instructors from across the United States and Canada to exchange ideas and learn new concepts. The keynote speech by renowned educator, Debbie Silver was the highlight of the event. Activities included a tour of the Detroit Zoo's hospital facility, a riverboat cruise down the Detroit River and an evening at Comerica Park with the Detroit Tigers.

Information Technology

(testimonial)

My experience at Stautzenberger was top notch from beginning to end. I first considered attending when I picked up a brochure while delivering a pizza at my part time job. When I entered the facility the front desk person was very helpful and willing to help me locate the person I was trying to deliver to. Everyone that day had a smile on their face, an upbeat personality, and a positive attitude. I thought to myself, there is something about this place that I had to check out. I had always been interested in computers and networking and had considered a career change. After reading information about the programs Stautzenberger had to offer and meeting with Tony an admissions counselor, it only made sense to give it a shot! First day of classes I arrived to A+ Hardware with Jeremy Dotson leading the lesson. I was blown away by his enthusiasm for the subject and how he delivered the message with great analogies, helping to make sense of how computers think, talk to each other and perform. From that very 1st day to Net Tech, Linux, IT Project Management, Microsoft classes, and general classes, I was challenged each day and was rewarded with a great education. I am approaching my final week of classes and occasionally look back and really think about what a good decision it was 3 years ago when I decided to make a change. No matter what type of line of business you are in, it's important to remember that whatever you sell, it is just a product; and PEOPLE are really your business. Getting to know the facility and building relationships are also an important bi-product of attending Stautzenberger. It has allowed me to network with various people and has produced my first networking position at Ed Schmidt Auto Group. After sitting through hours of classes it's nice to be able to apply the newly learned skills in the "real world". I would recommend Stautzenberger to anyone looking to make a change, an addition to a skill set, or add on to an existing education. You'll find one person after another wanting to make your education a success.

Ryan Konrad

Business Technology

New associate degree programs in Accounting and Business and Entrepreneurial Management have been a highlight for the Business Technologies Department in 2005. New courses added to the roster include Customer Service and Personal Selling; E-Business; Statistical Methods in Business; Business Finance; Operations and Strategic Management; Auditing; Cost Accounting; Intermediate Accounting; and Managerial Accounting. The programs were created to allow students to dual-major, providing an opportunity for a more well-rounded education. Both new programs incorporate an externship component which provides an opportunity to gain experience while in a supervised educational setting.

Expected growth resulting from the new programs has allowed the Paralegal program to branch out on its own and begin to separate from the Business Technology Department. Due to the increased number of classes being offered, four to five new adjunct instructor positions will be added for the Fall 2005 Quarter.

Greg Litten: High Speed Racer to High Speed Networks

by Scott Hammer

Stautzenberger College's Network Systems Administrator started out working on a different type of machine from the ones he spends most of his time with today. Before tweaking on computer systems, Greg Litten wrenched on race cars and was also a successful driver.

Greg got racing in his blood at a young age. He remembers sitting in his dad's race car in the garage when he was just a kid. His father, George Sr., was a racer at Toledo Speedway back then.

Greg's racing career began in 1971 in quarter midgets which he raced at the Lucas County Recreation Center. He raced for three years in the that division up until the age of 16, and in that time racked up numerous track records and two track championships.

He then moved up to get behind of the wheel of a half midget for the next few years and then by the late 1970's, tried his hand in a dirt late model area dirt tracks. In 1981, Greg got back in to racing on pavement in a sportsman car at Toledo Speedway. He raced the sportsman for just one summer before taking a few years off.

Sprint car racing was in Greg's future and would be where he would finally find his true calling. 1984, Greg's father purchased a sprint car and both he and his father would spend the next two years working on the car to get it race ready. Finally, the car took to the track for the first time in 1987 with George Sr. performing the driving duties and Greg helping out in the pits and in the garage.

Tragedy struck the family in 1990 when Greg's younger brother, George Jr., passed away. George Sr. took the loss pretty hard and Greg offered to take over the driving responsibilities from his father. His father accepted and that was the beginning of Greg's sprint car racing career.

The father and son operation raced at many area dirt tracks including Eldora, Oakshade, Fremont, Attica and Millstream/Flag City. Greg just missed out on his first sprint track championship in 1993 at Fremont Speedway, losing by just one point on the final



night after leading the points all season. His big break would come four years later when he captured the 1997 track championship at Flag City Motorsports Park near Findlay, OH.

His racing career would come to a screeching halt just two years later on the evening of August 9, 1999. There was on and off rain showers at Attica Raceway Park that night that had put the evening's events behind schedule. Greg was in

a heat race that was first to take to the track after the last rain shower had past which left the track very slick.

Going into the third corner on the first lap of the race, a car slid up from the bottom of the track into Greg's car. Their wheels touched and launched Greg's car high into the air. The car flipped violently over a safety fence and into the pit area, landing on the hood of a truck that was parked there.

"There was nothing left besides me and the motor," Greg commented.

Greg suffered a concussion and broke all the blood vessels in both eyes. To this day, he does not know what he hit his head on hard enough to crack his helmet.

He had to undergo neck surgery and his doctor told him he could no longer race or work on race cars.

With the car totally destroyed and no money to put it back together, Greg begrudgingly decided to follow his doctor's advice and hung up his racing helmet.

Although his love of racing continues, Greg decided to pursue another passion of his...computers. He had heard a commercial for Stautzenberger College and signed up to take A+ and Microsoft classes. He soon became a work study employee which evolved into a full time position at Stautzenberger. In January of 2002,

Greg became the Network Systems Administrator for the College.

While Greg enjoys his new career at Stautzenberger, he still gets out to the race track as a spectator as often as he can. Given the opportunity, Greg would jump at the chance to race once again.

"If I had the money, I would do it all again."



First Annual Wiener Dog Nationals

by Scott Hammer

Last year's First Annual Dog Days of September Wiener Dog Nationals almost didn't happen. The idea to have a dachshund dash type event was too good to pass up, so the planning of the Wiener Dog Nationals was thrown into high gear only six weeks prior to the event.

Heavy radio promotion and word of mouth generated a lot of interest in the Wiener Dog Nationals with nearly 40 dogs signed up to compete by the day of the event. The Wiener Dog Nationals soon became one of the highlighted events at the 2004 Dog Days of September.

Each dachshund had two handlers, one at the starting line and one at the finish line. The person at the finish line end of the course tried to coax their dog to across the line first by using just about whatever means necessary with the exception of any kind of doggy treats or food. Lots of squeaks from toys and loud calls filled the air as the wiener dogs dashed to the finish.

Scout and Sammie became the inaugural champions of the tournament style event. The top three finishers in each division were all presented with trophies. Proceeds from the event benefitted the Michigan Dachshund Rescue and Humane Ohio.



Maumee River Dragon Boat Festival

by Scott Hammer



The Stautzenberger College Stautzen Boaters once again competed in the Great Maumee River Dragon Boat Festival organized by Partners in Education and won a pair of awards. The Stautzen Boaters earned the Consolation Award for Division E and also the award for The Most Organized Team. Over 40 teams competed on the 500 meter course on the Maumee River at International Park in downtown Toledo.

In addition to the students, alumni, faculty and staff that made up the Stautzen Boater team, the Stautzenberger College Massage Therapy Program provided free massages for participants from all teams in the Dragon Boat Festival for the second straight year. Massages were also available to the general public for a minimal charge. This is just one of the many extracurricular activities the Stautzenberger Massage Therapy Program participates in to provide students with hands on experience while reinforcing the College's commitment to the community.

Stautzenberger College is a proud sponsor of The Great Maumee River Dragon Boat Festival which raises funds to support the mission of Partners In Education of Toledo.



2004 Dog Days of September



by Scott Hammer

Bow WOW...The First Annual Dog Days of September held Saturday, September 25, 2004 at Secor MetroPark sponsored by the Stautzenberger College Veterinary Technology Program was an overwhelming success. Approximately 13,000 people and their families, including the family dog, turned out for an unforgettable day of fun, great food and numerous activities, entertainment and games. Shelters and rescues, wonderful sponsors and many, many volunteers, worked hard to raise monies for Humane Ohio of Greater Toledo.





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SylvaniaVET

by Dr. Robert Esplin

SylvaniaVET was founded by a lifelong resident of Northwest Ohio, Dr. Robert Esplin and his wife Carol in 1974. From the beginning the Sylvania Veterinary Hospital's goal was to provide the best patient care and customer service. Dr. Bob's commitment to his clients, to be there when they needed him, has continued to this day. In his first 10 years of single doctor practice he was always on call and willing to help a family pet in need. Today the 24/7 care provided by the five doctors, 14 registered techs and a large support staff continues the legacy of always being there when needed. Round the clock care is a special commitment that less than 8% of veterinary practices nationally offer. Our motto of "your pet is never alone" is a significant marker that differentiates SylvaniaVET from all other area veterinary practices.

As the Sylvania Veterinary Hospital grew from one doctor to five the need for more space became necessary. In 1993 the practice moved from its original shopping mall 2250 square foot facility to a free standing 5500 sq. ft. building. The new building was awarded a national merit award for excellence in hospital design. It took 15 years to out grow the first practice building. It only took 10 years for the award winning Sylvania Veterinary Hospital to out grow twice the space. Plans developed to build a new state of the art building that would enable SylvaniaVET to become "a pet care destination." Ground was broken for the new practice in May 2003 and the new practice opened in January 2004. Our new building couples beauty and practicality that enables us to bring many unique features to pet care. As beautiful as our new practice is, what makes us special is the quality of our care and customer service. A specialist that toured our facility and reviewed our care commented that we provided the staff, equipment and commitment to care that is required to be a critical care facility. Thank you Dr. Anderson, that is the best compliment we could ever receive.

A few of the special patient friendly features of the new hospital are noteworthy. Because cats are easily stressed by the sight, sound and smell of dogs we have created a unique cat hospital within the facility. Cats and dogs have separate entry doors, waiting areas, exam rooms and hospitalization facility. The cat boarding area is beyond special, unrivaled in the area. Each "cataminium" has multi-levels for living, voiding and sleeping. Each is individually ventilated for disease and odor control. Play time and daily attention is given to each guest. Our dog boarding facility is separated from the hospital patient area. The floors have radiant heat to keep the guest comfortable in the cold weather. The ventilation

system changes air at least 12 times per hour and air is filtered through a hepa and charcoal filter. Dog guests are walked four times daily, the last walk at 10-12 at night to make it as much like home as possible. Dogs rarely void when they are in their living space. Doggy day care and Canine learning center are important parts of meeting all the needs of a pet owning family. Physical rehab is the newest area of emphasis on the veterinary profession. SylvaniaVET has been a leader in bringing this important care to our area. We use our underwater treadmill and therapeutic ultrasound to assist post surgical and injured pets recover. Our membership and certification by American Animal Hospital Association is a reflection of our commitment to the best care, best record keeping, best patient care and best facility in the area. SylvaniaVET is the only area hospital to be regularly inspected by a national certification organization, AAHA.

Making all the quality care and advanced services possible is our staff of 14 Registered Veterinary Techs. It would be impossible for us to be a 24/7 all purpose pet care hospital without our techs. All of our techs are well trained and motivated to improving quality thanks to Stautzenberger College. Many of our techs started with us when they were students and stayed on to become valuable members of our professional staff. We will be adding a new doctor soon which will require that our tech staff expand also. We look forward to employing more Stautzenberger grads. Two of our doctors teach in the vet tech program as do several of our techs. SylvaniaVET is committed to Stautzenberger College.

There are many things that make SylvaniaVET a unique and special place to bring your pet. One that we are most proud of is our commitment to community service. We started the pooper scooper program at Wildwood MetroPark that is now a system wide service sponsored by the TVMA. We have provided two dog watering fountains in Wildwood and on the University Trail. We donate to many charitable auctions. The most desired is "spend a day at SylvaniaVET". The staff participates in Keep Lucas County Beautiful by picking up trash on Holland-Sylvania. We work closely with several area humane organizations giving them large discounts.

SylvaniaVET is a truly special place to bring your pet, volunteer or work. Our two organized volunteer programs, Pet Pals for kids and Aloha's are unique to the profession. Recently, we organized and completed a large fund and material collection for the animal victims of Katrina. In a short week we collected enough food, water, cages and supplies to fill two trucks. In addition, we raised over \$10,000 that was donated to a Mississippi animal relief fund. We were blown away by the generosity of area animal lovers. The success of this project was made possible by the commitment of our entire staff to make this project work. We invite you to come visit SylvaniaVET, take a tour and of course, become a client, volunteer or possibly an employee.

Fall Dog Care

by Dr. Beth Lorenzen

The fall season is fast approaching and for many of us this means autumn leaves, pumpkins, apple cider and FLEAS? Yes, fleas. Most people do not realize that during the autumn fleas actually become more aggressive and can produce a heavy infestation on your pet and in your house. The changing of the seasons indicates to the flea that to survive the coming winter it needs a warm place for itself and its offspring to live. Therefore, you will see the potential for a large amount of fleas on your pet during this time if you are not using flea control.

Although there are many options for flea control on the market today, only a few are both safe for you and your pet and reliable. These types of flea control can be found at your local veterinarian's office and are generally prescription-only products. It is best to contact your veterinarian and have him/her discuss the flea control options with you. This will allow you to make the best decision for your pet. Whatever you decide, please remember to continue with flea control for one month after a hard frost to make sure that you don't have any uninvited guests living in your house this winter!

Another exciting time during the autumn season is Halloween. This holiday usually means a large supply of candy is present in the house either for giving or that has been received. Either way, this candy can present a huge temptation for family pets, particularly dogs. Candy in general is not good for our pets since it can lead to many health problems including inflammation of the pancreas and obesity. Chocolate, on the other hand, can even be deadly. Dogs do not have the ability to digest and absorb some of the components in chocolate the way that humans do. Since they cannot process these products, they build up and can rapidly reach a toxic level that requires emergency veterinary care.

Dark chocolate, baking chocolate, and semi-sweet chocolate all contain higher levels of the toxic components and are therefore more likely to make an animal seriously ill. Milk chocolate is less toxic overall but can still be a problem if a pet eats a large amount. To eliminate the potential for problems, do not feed your pets products containing chocolate and make sure candy and baking products are kept out of animal reach. If your pet does find a way to get into the Halloween candy or your baking chocolate, please contact your veterinarian to find out if your animal needs to be seen and treated. Before you call, it is best to try and discover what type of chocolate was consumed and how much. This will help the veterinarian determine if your pet has consumed enough to require treatment.



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Win The Battle Against Test Anxiety

by Mary Marshall

Picture a large medical records department. There are rows upon rows of files. They are stored on shelving units that come short of touching the ceiling. Some of the files are so old that the paper is yellowing. This medical records department is poorly staffed by just one file clerk. This person does not like to work very hard, either. Her desk is piled high with information yet to be filed. This information has accumulated over the past eight hours. You walk into the medical records department and request that the file clerk find some information for you.

The file clerk may say, "I don't believe that I have filed that yet. Take a look on my desk and see if it is there." In this case, you walk over and there it is—readily available for your viewing.

On the other hand, the file clerk may say, "I've filed that away already. Hmm... I wonder where I might have put it.... Let me see..... Ummm, this may take a while. Can you come back later?"

This medical records department is your brain. All of the information sitting on the file clerk's desk is your short-term memory—information readily available for immediate recall. The information that is already filed away is your long-term memory—possibly misfiled, covered with some dust, possibly buried down some long and dark hallway, and not so easy to access.

Along this train of thought, here are some suggestions that may prove to be useful in conquering test anxiety:

- If at all possible, do not miss so much as one class. Learning is your job right now and it is important that you do this job well.
- Read all material involved as you receive it. By doing so, you are giving your file clerk a steady flow of information to file away. If you do not overload her, she may be able to file the information in an orderly fashion. Do not put it off.
- Take plenty of notes. Make sure these notes are clear and easy to read. Bulleting notes, such as this list is done, is a good method.
- Add any notes from the instructor to your bulleted list. This is very important. The instructor's notes reflect what he or she feels is important and, chances are, most test questions will be pulled from those notes. However, the instructor's notes are written in a way that is reflective of what study method works for him or her. Rewrite them, in bulleted form, in a way that is easy for you to understand.
- Review these notes often. Do not wait until the last minute. If you take notes today, read them tonight and every night thereafter until test time. Remember, you do not want to overload your file clerk!
- For big tests, such as exams, block out at least three days for studying. Get your housecleaning done and the refrigerator stocked. Assign the cooking to someone else, or plan on tons of take-out and delivery.
- During those three days, CAREFULLY read your notes, over and over again. Pay close attention to each and every

word. By doing this, your file clerk is working cooperatively with you by bringing each file back to her desk for your review.

- Hand your bulleted list of notes over to someone else, along with a marker or highlighter. Have the person test you, marking off information as you know it. When you receive your bulleted list back, you will know that the unmarked bullets are the ones you need to focus on a little more. We always know more than we realize. This method will prove it to you and lift your spirits.
- When you find that your brain is no longer hanging on to every word as you read, this is a sign that your file clerk is wearing down. It is time for a break. Go "shampoo" your brain with a television show, a nap, or a call to a friend. When you feel refreshed, dive right back into the studying. Rinse and repeat as needed.
- Everything that you have reviewed over these past three days is getting filed away again by your file clerk. So, on the day of testing, take all of your notes to class with you. Show up approximately 45 minutes early. Sit in your car, or someplace quiet, and once again read each and every word of your notes carefully. By doing this, your file clerk is placing everything on her desk—which is exactly where you want it to be for the test.
- When you sit down for the test, tell yourself "I am ready! Bring it on!" By all means, NO NEGATIVE THOUGHTS!!! Negative thinking is the equivalent of taking your arm and wiping out your file clerk's desk, scattering your much needed information all over the place. NO NEGATIVE THOUGHTS!!! You have worked hard to get ready for this test. Do not screw it up now.... YOU CAN DO IT!
- Read question one carefully. Give yourself ten seconds to answer it. If the answer does not come to you, place a line next to the number and move on to the next problem. Do not sit there and stew over it. Remember, while you are busy looking at your file clerk's desk, she is busy pulling information off of it and filing it away. You want to use all of the information that is on her desk as quickly as possible. You need to stay one step ahead of her.
- Once you have completed all of the test problems that you felt confident about, it is time to go back and tackle the other problems. This is where you will work cooperatively with your file clerk in retrieving filed away information. Now, the file clerk is a lazy and short-tempered worker. By being patient with her, you will gain optimum cooperation from her. She will bring the files to you in her sweet time, and you will have your information. Do not pay attention to the clock or the people around you. Doing these things will make you anxious. When you get anxious, your file clerk gets impatient. Eventually, your file clerk will say "That's it! I am not getting anything else for you! Get out of my office!" Attempting to cram at the last minute will solicit the same response from your file clerk.

Good luck. Give yourself plenty of time. Keep positive thoughts. Know that you can conquer the beast of test anxiety.

Time To Live

If I only had a second to live,
I'd convey my love for you.

If I only had a minute to live,
I'd say thanks for all you do.

If I only had an hour to live,
I'd spend it by your side.

If I only had a day to live,
In you I'd confide.

If I only had a week to live,
I'd tell you what you mean to me .

If I only had a month to live,
I'd make your dreams become reality.

If I only had a year to live,
I'd shower you with my love.

If I didn't have any more time to live,
I'd watch and love you from above.

By Tara Talbert

The face of my lover, you, is all that's seen with drawn lids
You are the answer to my greatest ambition
The fluttering of butterflies within grows immensely knowing you are with me, let alone in your presence.

When I look into your eyes-
I melt-

My knees weaken...

I feel my every prayer has been answered and with you as a friend and lover I'm Complete!

I have given you my heart, to take the place of yours.

You've yet to confute my emotion, containing tears
whether they be from sorrow or the great joy-

When emphatic emotion arises

My knowledge is only enhanced, through your eyes- your confidence, open arms, and your optimistic mentality.

With every tear that fell with or without a glisten was caught-
with reassurance on your side- The word forever's in our future!

I've awoken from the trance our kiss put me in, and-

I am engaged with thoughts of being in your arms,

Now, and Forever.

The sensational feeling that sets in just in your presence is extreme-
let alone when I feel the moisture of ones lips on my cheek, moving gradually to ones neck-
Lingers in my mind body and soul!

I can still feel your warm moist lips forever in unison with mine.

That's how I know-

I'm Complete!

I no longer feel the emptiness that kept me wondering when, and who, was meant for me.
There is nothing more that I want out of life, the years of 6 have past, with attempts of forgetting you-

Yet with the years I've only found you to be closer.

Keeping you in my heart and mind will be forever,
leaving only one slight dilemma- "US".

Forever are we?

I hope one day we can say we've lived together forever!

But for now only time will tell.

By Leticia Crystal Abalos



A Biased Opinion

Josh Boyd and VIP Band CD Review

by Amanda Boyd

Take one part Johnny "Guitar" Watson and mix in three parts Jimi Hendrix, top with a dash of James Brown and you can begin to imagine what renowned local artist Josh Boyd and the VIP Band sounds like. Josh Boyd, the vocalist, guitarist and sometimes keyboardist who can scream like a demon or sing like an angel, joins with the peerless machine gun bass work of Junior Springs and the blood pumping drum work of Charles Gaston. The trio have release their second CD this past summer simply titled *Josh Boyd*.

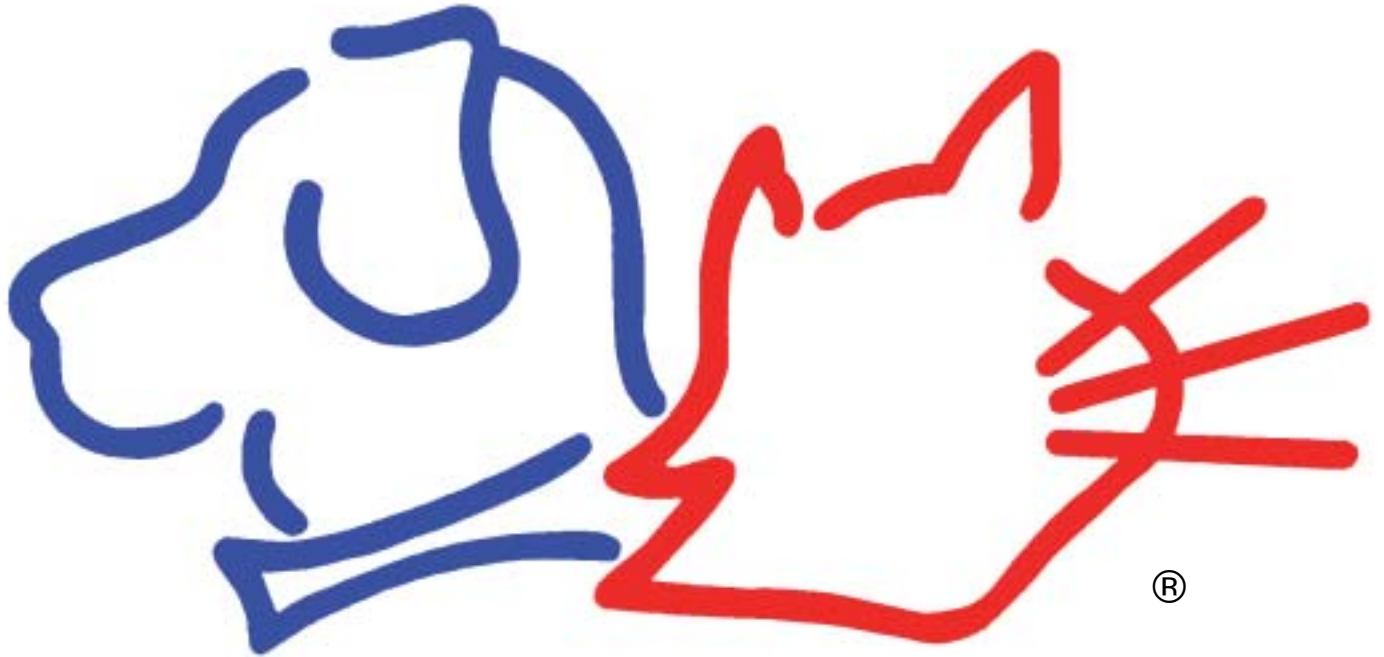
Josh Boyd fans and I have waited three years for this sophomore CD to be released. This was one record I couldn't wait to get my hands on. When I put this disc in my CD player the first time, I liked it. Then I listened to it again, and I loved it. Now, I can't stop playing it.

Things start off with a great dance tune "**Free**" and continue with "**Can't Stop Your Love.**" Tempo shifts dramatically on "**I Don't Want to Think About It,**" which is really a sweet love song in disguise. Singer/guitarist Josh Boyd is pounding the strings of his Fender Strat and working his vocal chords throughout the entire CD.

"**High Heels**" is the first song that really features how amazing Charles' drum work is. He stays in the pocket through all the songs on the CD, but that is my particular favorite. Anyone who follows the band knows that Josh is true to his roots and "**Down on the Eastside**" is his homage to his childhood.

I absolutely love this CD but it still does not do this trio justice. The VIP Band has a formidable stage presence that cannot be captured on CD. If you are a guitar fan you really must own this CD. but more importantly this is a band you must SEE to truly appreciate. You can get Josh's schedule at his website www.superboyd.com

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