

July 18, 2025

## VET TECH FRIDAYS

*Knowledge, News, and Updates*



### Faculty Spotlight

#### **Jennifer Hartman, RVT, B.S., CPDT-KA**

We're excited to shine this week's Faculty Spotlight on Jennifer, one of our incredible instructors whose passion for veterinary medicine, world travel, and musical theater makes her a standout here at Vet Tech Institute of Indiana!

Jennifer is an alum of VTI herself, where she first to Purdue University for her bachelor's in Veterinary perfect pairing with her professional interests in strong academic background, Jennifer is a Certified a wealth of experience from shelter medicine, low-cost practice. Jennifer has been a valued member of our experience and enthusiasm to every class she teaches.



earned her associate degree before continuing on Technology. She also minored in psychology, a animal behavior and anesthesia. On top of her Professional Dog Trainer (CPDT-KA) and brings spay/neuter clinics, emergency care, and general faculty for the past two years, bringing real-world

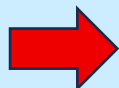
Outside the classroom and clinic, Jennifer lives a life full of adventure. She's traveled across the globe to places like Namibia (with fellow faculty member Hixie!), Peru, Ireland, and Costa Rica. When she's not traveling, you'll likely find her hiking, gardening, curled up with a good book, or enjoying the magic of musical theater.

Jennifer also shares her home with two wonderful cats, Hermione and Lily, who, we're sure, approve of her teaching as much as we do.

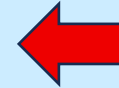
We're lucky to have such a dedicated and dynamic instructor guiding our students each day. Thank you, Jennifer, for everything you do!

### Show Your School Spirit

The webstore will be open through Thursday, July 24 and orders will be delivered to the school office mid-August.



**[CLICK HERE TO ORDER VET TECH OF INDIANA APPAREL](#)**



### Spotlight: Student of the Week

#### **Hailey Koesters**

This week, we're proud to recognize the Week!

Hailey has stood out in the radiology skills and steady improvement this during a recent lab session, Hailey's her as the positioner for their final views, a clear sign of their trust in her ability and precision. Why? Because the week before, her positioning was *spot on*.

It's been exciting to watch Hailey grow in confidence and skill, especially in such a critical area of veterinary technology. Her dedication, progress, and teamwork have not gone unnoticed, and we can't wait to see where her talent takes her next. Way to go, Hailey!



Hailey Koesters as our Student of lab for her impressive hands-on term. Her instructor shared that group unanimously nominated

### Blood Drive – Save the Date!

When: Tuesday, August 12

Time: 10:00 AM – 2:00 PM

Where: Front Parking Lot

Who: Faculty, Staff, and Students

**All presenting donors will receive a COLTS t-shirt!**



**[Sign Up Here](#)**



### Resume Assistance

If you're actively job searching before taking your Professional Development class, feel free to reach out to Ashley Miller! She is happy to assist with reviewing and refining your resume to help you stand out to potential employers.

Just send it her way, and she'll provide feedback and guidance to support your job search until you have the opportunity to take the class.

### Faculty Tales

#### **Featuring: One Stubborn Dachshund and an Unfortunate Jacket**

Here at the college, Dr. Ritz once worked with a particularly chunky dachshund who wasn't exactly built for speed, or stamina. After his short walks, he'd just stop moving, completely done for the day. So, his handler would have to pick him up like a little football and carry him back inside.

This worked just fine, except for one disgusting twist.

Every single time he was carried like that... he'd poop. And not just anywhere. No, this dachshund had incredible aim. He always managed to poop directly into the pocket of the handler's jacket.

After a few unfortunate surprises, the staff learned to either skip the jacket or carry him with maximum distance between dog and pocket. But the Dachshund? He remained smug and mysteriously satisfied with his work.

### Hands-On at Oinking Acres Farm Rescue & Sanctuary!

Our students recently got the chance to put their skills into practice during physical exams on the pigs and goats at Oinking Acres. They performed venipuncture, administered subcutaneous injections, and gave liquid oral medications, all while gaining valuable large animal experience. Great work, future vet techs!



### Favorite Puns

If it sounds like a duck,  
has a beak like a duck,  
feet like a duck,  
and swims like a duck...  
...you should still make  
sure that it's not a  
platypus.

- Mrs. Long

### Your Peer Tutoring Team

**Casey Reardon**  
03DV25



**Trick for studying:**  
Studying for at least  
30 minutes every  
day!

**Favorite subjects:**  
Anatomy and  
Physiology, Animal  
Technology, and  
Clinical Medicine

**Ericka Rouse**  
11DV24



**Trick for studying:**  
Using flash cards  
**Favorite subject:**  
Math

**Lucy Jones**  
03DV25



**Trick for studying:**  
Having someone  
read me the  
questions and  
saying the answer  
aloud.  
**Favorite subject:**  
Math

### Tutoring Schedule

**Through Wednesday, August 27<sup>th</sup>**

#### Monday

7:00 AM - 8:00 AM  
11:40 AM - 12:30 PM

#### Tuesday

7:00 AM - 8:00 AM  
1:00 PM - 4:00 PM

#### Wednesday

7:00 AM - 8:00 AM

#### Thursday

7:00 AM - 8:00 AM  
11:40 AM - 12:30 PM  
1:00 PM - 4:00 PM

#### Friday

7:00 AM - 8:00 AM  
11:40 AM - 12:30 PM

### Events Around Town

#### **Carmel Farmer's Market**

80+ vendors. Live music.

**Saturdays**  
8:00 AM - 11:30 AM

2 Carter Green  
Carmel, IN

#### **Free Yoga in the Park**

Yoga, silent seated meditation, and  
mindful dialogue.

**Saturdays**  
9:30 AM - 12:00 PM

Frederick Douglass Park  
1616 East 25<sup>th</sup> Street  
Indianapolis, IN

#### **Jams at the Junction**

Live music performance. Food  
trucks.

**Saturday, July 25**  
6:30 PM - 8:30 PM

Grand Junction Plaza  
225 South Union Street  
Westfield, IN

*Building Your Community:*  
**Making Friends and Stepping Out of Your Comfort Zone**

Starting or continuing college can be exciting, but it can also feel overwhelming or lonely at times. Building a strong community and making friends helps you not only enjoy your time here more but also sets you up for success in school and beyond.

**Why community matters:**

- You'll have people to lean on during tough times
- Friends can motivate you to stay on track with your goals
- Learning together makes studying easier and more fun
- Building connections now creates a network for future jobs and opportunities
- Feeling connected boosts your overall happiness and well-being

**Tips to help you build connections and make friends:**

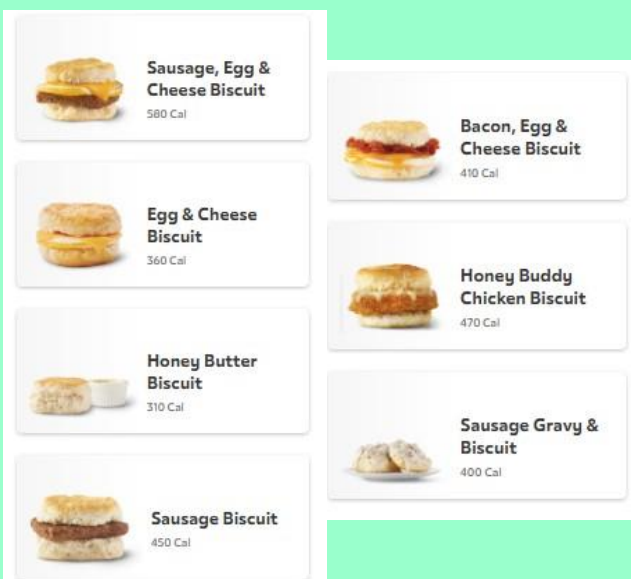
- **Join a club or student group:** Look for activities or interests you enjoy, even if you've never tried them before!
- **Sit with someone new:** At lunch or in class, invite someone to join you or ask if you can join their group.
- **Volunteer:** Helping out with events or community service is a great way to bond over shared goals.
- **Be curious and ask questions:** People love talking about themselves, ask about their favorite classes, pets, or hobbies.
- **Offer help:** If you see a classmate struggling, offering support opens the door to friendship.
- **Step out of your comfort zone:** Try saying "yes" to invitations, even if it feels a little scary at first.

**Building community takes time, and that's okay!**

Remember, friendships don't happen overnight. Be patient with yourself and others. Small, consistent efforts make a big difference.

*Hungry and Running Late to School?*

Wendy's on Shadeland Avenue has  
**\$1 breakfast biscuit sandwiches**  
available all morning!



*Underrated Animals*  
**Opossums Deserve More Credit**

Most people can't get past their appearance, but opossums are incredibly beneficial animals. They provide natural pest control in the areas where they live, consuming up to 4,000 ticks per week along with mice, rats, snails, slugs, and cockroaches.



Opossums are also the only marsupial native to North America. When frightened, they may "play dead," but this isn't a conscious choice, it's an involuntary response that temporarily paralyzes them to deter predators. – Mrs. Long



## Why It's So Important to Exercise in College (And How to Fit It In!)

College life is busy. Between classes, labs, studying, part-time jobs, and trying to maintain a social life, exercise can easily fall to the bottom of the to-do list. But making movement a regular part of your routine is one of the best things you can do for your body, brain, and mood, especially while you're in school.

### Why Exercise Matters Right Now

- **Boosts Your Mood:** Exercise releases endorphins, which can help reduce stress and anxiety, something every college student faces at one point or another.
- **Improves Focus and Memory:** Regular movement increases blood flow to the brain, helping you concentrate better and retain information during study sessions.
- **Builds Long-Term Habits:** Starting a fitness routine now sets the stage for a healthier lifestyle after graduation.
- **Increases Energy:** It might seem backward, but using energy to work out can actually help fight fatigue and keep you going through late-night study marathons.

### A Realistic Day: Exercise Is Doable

You don't have to spend hours in the gym to feel the benefits. Small efforts can have a big impact. Even a 20-minute workout is better than skipping it altogether. You don't have to be perfect, just consistent.

#### Example Schedule

*For students with class from 8:00 AM - 3:15 PM and do not have a job*

| <u>Time</u>         | <u>Activity</u>                                           |
|---------------------|-----------------------------------------------------------|
| 6:00 AM             | Wake up                                                   |
| 6:15 - 6:45 AM      | Workout (walk, yoga, cardio, strength)                    |
| 6:45 - 7:15 AM      | Shower and get ready                                      |
| 7:15 - 7:45 AM      | Breakfast & prep lunch/snacks for the day                 |
| 7:45 - 8:00 AM      | Head to school                                            |
| 8:00 - 3:15 PM      | Class                                                     |
| 3:15 - 3:30 PM      | Walk (or drive if not possible) home or to your apartment |
| 3:30 - 4:00 PM      | Quick workout (walk, yoga, cardio, strength)              |
| 4:00 - 4:15 PM      | Snack and shower                                          |
| 4:15 - 6:00 PM      | Study session or homework                                 |
| 6:00 - 6:30 PM      | Dinner                                                    |
| 6:30 - 7:00 PM      | Evening walk with a roommate or podcast                   |
| 7:00 - 9:00 PM      | More studying, free time, or relaxation                   |
| 9:00 - 10:00 PM     | Wind down: light stretching, tea, or screen-free time     |
| 10:00 PM - 10:30 PM | Get ready for bed                                         |
| 10:30 PM - 6:00 AM  | Sleep (7.5 hours)                                         |

#### Example Schedule

*For students with class from 8:00 AM - 3:15 PM and work after school*

| <u>Time</u>         | <u>Activity</u>                                       |
|---------------------|-------------------------------------------------------|
| 6:00 AM             | Wake up                                               |
| 6:15 - 6:45 AM      | Workout (walk, yoga, cardio, strength)                |
| 6:45 - 7:15 AM      | Shower and get ready                                  |
| 7:15 - 7:45 AM      | Breakfast & prep lunch/snacks for the day             |
| 7:45 - 8:00 AM      | Head to school                                        |
| 8:00 - 3:15 PM      | Class                                                 |
| 3:15 - 3:45 PM      | Quick snack & travel to work                          |
| 4:00 - 8:00 PM      | Work                                                  |
| 8:00 - 8:30 PM      | Travel home & quick break                             |
| 8:30 - 9:00 PM      | Dinner                                                |
| 9:00 - 10:20 PM     | Homework or study time                                |
| 10:20 - 10:45 PM    | Wind down: light stretching, tea, or screen-free time |
| 10:45 PM - 11:00 PM | Get ready for bed                                     |
| 11:00 PM - 6:00 AM  | Sleep (7 hours)                                       |

### Bottom Line:

You don't need fancy equipment, a gym membership, or hours of free time to make exercise work.

**Prioritizing movement during your college years will boost your energy, help you manage stress, and improve your overall well-being.**

You're doing so much already, give your body a little attention, too. You deserve it.

**Even short workouts count. If you can't find time for 30 minutes, try breaking it up into two 15-minute bursts during the day. The key is to move, not to be perfect.**



We're on a mission.

# JOIN US FOR Vet Tech Trivia!

AUGUST 5, 2025 | 6:00 PM CST / 7:00 PM EST



Calling all Veterinary Technicians and students preparing to take the VTNE! Need a break? Join us for a fun-filled, educational trivia night! Test your knowledge, unwind with peers, and compete for a chance to win a gift card!

3RD PRIZE | 2ND PRIZE | 1ST PRIZE  
**\$150 | \$300 | \$500**



## Kahoot

Plus, two (2) randomly chosen participants will be awarded a \$25 gift card! Our team will use Kahoot to run the trivia game, please be prepared to open a new browser on your computer or on your phone to participate in the fun. Trivia begins promptly at 7:07pm EST. Don't be late or you won't be able to enter the game!



**Amy Geramita, RVT**

*Campus Recruiter, Vet Tech Programs*



[qr.fy.io/r/VetTechTriviaAugust2025](https://qr.fy.io/r/VetTechTriviaAugust2025)

PRIZES SPONSORED BY:



*College Students & Food Scarcity: You're Not Alone*  
**Your well-being matters, and that includes staying nourished!**

Did you know that nearly **1 in 3 college students** experiences food insecurity at some point during their time in school? You might be surprised by how common it is to worry about where your next meal is coming from, especially with the rising cost of groceries, gas, and everything else. But here's the truth: **you're not alone, and there is help.**

Many students stretch their budgets by skipping meals, eating less nutritious food, or just getting by with snacks. But that doesn't have to be the case. **There are FREE FOOD PANTRIES available for you to use, no strings attached. No judgment. Just support when you need it.**

Using a food pantry is a **smart, responsible decision** that helps you save money and stay focused on what matters most: your education, your health, and your goals.

Whether you're running low this week or just want to stock up without draining your wallet, food pantries are here for you. Think of them as one more **student resource**, just like tutoring or academic support.

**Why It's Okay to Use a Food Pantry:**

- **It's normal:** Millions of college students do.
- It helps you budget smarter.
- You'll find healthy options (often including fresh produce).
- No one needs to know. It's a private, respectful process.
- Taking care of yourself is part of doing well in school.

Asking for help isn't a weakness, it's a strength. You deserve support. You belong here. And we want to make sure you're fueled, focused, and thriving!

**Make the Most of Your Resources:**

- Stop by and grab a few items for the week.
- Stock up on pantry staples so you can cook at home.
- Use the money you save on rent, gas, or savings.

**Gleaners Food Bank**

**Drive-thru - Bring ID.**

Saturdays  
@ 9:00 AM - 12:00 PM

3737 Waldemere Avenue  
Indianapolis, IN 46241

**The Lord's Pantry at Anna's House**

**Drive-thru & at-door pick-up Saturdays. No info required at the door.**

Saturdays  
@ 10:30 AM - 12:30 PM

Community Dinner  
Wednesdays  
@ 5:30 PM - 7:00 PM

303 N Elder Avenue  
Indianapolis, IN 46222

**Indy Vineyard Missional Food Pantry**

**No info required at the door.**

Open every 3<sup>rd</sup> Tuesday  
@ 6:30 PM - 8:00 PM

8383 Craig Street  
Indianapolis, IN 46250

**Bread of Life Pantry  
(Venture Christian Church)**

**Bring ID and utility bill showing you are a Hamilton County resident.**

Curbside on Wednesdays  
@ 5:00 PM - 6:30 PM  
and

1st & 3rd Saturdays  
@ 10:00 AM - 12:00 PM

14501 Hazel Dell Parkway  
Carmel, IN 46033

**Delaware Township Food Pantry**

**Schedule an online pickup after registering online with your ID. Clients may schedule online pick-ups from the pantry once a week.**

<https://www.in.gov/townships/delaware29/food-pantry/>

9090 E 131st Street  
Fishers, IN 46038

**Castleton United Methodist Church**

**Drive-thru. Bring ID.**

2<sup>nd</sup> and 4<sup>th</sup> Tuesdays  
(Next upcoming dates: July 22, August 12, August 26)  
@ 3:00 PM - 5:00 PM

7101 N Shadeland Avenue  
Indianapolis, IN 46250

**\*\* If at any time you're experiencing food insecurity and don't see a nearby option listed above, please reach out to Ashley Miller. She can help connect you with a food bank close to your home.**