



Introducing Alternate Program Manager Dana Sapatoru

We would like to introduce Ms. Dana Sapatoru, who is joining GLC as an Alternate Program Manager. Dana has a background working in international education for the federal government and is excited to work with the wonderful staff who comprise the GLC team!



Sharing Lao Language and Culture Through Creativity



GLC Lao instructor Norasack Pathammavong brings fun into his classroom, delighting and engaging students with a variety of games designed to help his students learn and practice the Lao language. One particular game developed by Mr. Pathammavong (*left*) helps students understand and apply the Lao language's unique writing system, focusing on differentiating and using Lao consonants and vowels. The game is a fun way to help students warm up at the beginning of class by refreshing their Lao script skills.

The goal of the game is for students to use Lao consonants and vowels to create a game board consisting of multiple tile cards over the course of 5 minutes. Students take turns drawing cards and sounding out a selected character on the card, then use colors and patterns associated with each type of character to place the card in an appropriate location on the board. Lao consonants are categorized into low, mid, and high classes based on their phonetic properties, and in the game, each class of consonant corresponds to a particular color (low = green, mid = black, high = purple), while vowels are indicated in gray. Players match a character's color and/or pattern to form parts of the Lao language. Players earn 1 point for correct pronunciation, 2 points for combining a consonant and

vowel correctly, and can earn additional points based on the strength and complexity of the character match. The player with the most points after 5 minutes wins the game.

In addition to injecting fun into his classroom through games, Mr. Pathammavong also lends his innovation and creativity to his language section's outreach activities at NFATC. The section recently had the opportunity to feature Laos in the main library display window at the end of March and early April, and Mr. Pathammavong contributed his skills to designing and creating content for the original display. The window highlighted Laos' rich language and culture through the use of original 3-D video images and interactive elements like 3-D glasses, a printed travel guide, and post-it notes where students and staff could leave notes on the window. The NFATC community enjoyed the opportunity to engage in new ways with the library window and learned more about Laos in the process!



Kindness Counts!

Showing kindness to a colleague can make all the difference in the world. Here are some tips for how to be kind in the workplace!



Relax into Productivity

If you're always chasing the next task, slowing down might feel counterproductive. But relaxation is one of the most powerful ways to restore energy, clarity, and patience. It's not a waste of time—it's essential maintenance.

Modern culture often rewards hustle, but chronic busyness can wear you down. Summer offers a natural opportunity to reset your pace and reevaluate how you view downtime.



Benefits of relaxing:

- Improves cognitive function—better focus, memory, and decision-making.
- Helps regulate mood and reduces anxiety.
- Supports physical health, including immune function and blood pressure.
- Enhances your relationships by making you more emotionally available.

Ways to make space for rest and relaxation:

- Schedule "no-plan" time. Guard it like any other important commitment. You need open space to breathe.
- Reframe your mindset. Rest isn't lazy—it's preparation for what comes next.
- Start a wind-down habit. Try light stretching, reading, or quiet music in the evening. These rituals signal your brain to shift gears.
- Protect your time. Not every invitation or request needs a yes. Choose peace.
- Try a rest ritual. Create a daily or weekly habit that center rest—like a Sunday afternoon nap or morning coffee alone on the porch.

You don't need to earn your relaxation. Claim it. Let springtime be your invitation to pause, even for a little while.

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