

First annual honors for student success dinner

by David M. Gipp



The First Annual honors dinner was held for the student retention freshman groups at the Prairie Knights Casino on January 23, 2002. Dean Russell M. Swagger, Student & Campus Services, made presentation along with faculty members Beverly Huber and Sheri Baker, who taught skills on how to be an effective and successful student, and assistant dean Lori Pemberton. Students gave their own remarks on what the program did to help them be successful and what could be done to improve student campus life. Pictured (Left to Right) back row: is Lori Pemberton, Sheri Baker, Russell Swagger, Andrea Condon, Nadine Vasquez, Estelle Perry, Leah Walker, Jerome Crazy Thunder. Front Row: Beverly Huber, Jerome Crazy Thunder Jr. (baby), William Runs Above, Clarice Fox, Marion Serawop, Mechelle Crazy Thunder. (UTTC Photo, D.M. Gipp)



Lori Pemberton, Assistant Dean of Student and Campus Services presenting a gift to Jerome Crazy Thunder for perfect attendance by the Automotive Technology students at United Tribes Technical College.



Margaret Teachout and Beverly Huber holding Jerome Crazy Thunder Jr.

Newsletter Guidelines

Below are a few guidelines for submitting articles for the newsletter. We would appreciate it if you could follow these guidelines as it makes the newsletter more interesting and more timely for all concerned.

1. ALL COPY SUBMITTED should relate to UTTC, its students, faculty or staff - or be directly beneficial to the functions/daily operations of UTTC.

2. PLEASE, EDIT YOUR COPY before sending it over for publications. This is a "Newsletter" not a newspaper. Limit your article to what is necessary and informative. Also, limit all POSTERS to 8 1/2" X 5 1/2". It is not necessary to use the full sheet. Posters or advertisements can be just as effective when half the size.

3. If contact persons are required with your article, please make sure you list that person's name and where they can be reached.

4. If submitting photos, please submit them either on disk or zip or email directly to the newsletter e-mail site as a JPEG, TIFF, OR EPS or SUBMIT THE ACTUAL PHOTO. Do not send over photos that have been preprinted on your computer printer. They are not clear and do not reproduce well. Also, if submitting an article needing photos make sure these are attached.

5. ALL ARTICLES SHOULD BE SUBMITTED ONE WEEK IN ADVANCE. All articles submitted for the newsletter should be in Arrow Graphics the preceding Monday before the next newsletter is due, (1 week in advance). Any late article will be included in the following newsletter

We receive a lot of articles and it takes 2-3 days to type all of the articles. PLEASE adhere to the deadline and policy. The newsletter is distributed by Monday.

6. If you are sending your articles through e-mail, please send them to nduttcnews@hotmail.com.

SEND ARTICLES AS "TEXT FILES" AND PHOTOS AS EPS, TIFF, OR JPEG, TO ABOVE EMAIL ADDRESS.

Our newsletter is sent all over the nation so other colleges and organizations can see how we are progressing. Let's show our UTTC spirit with great news articles.

Dennis Lucier's ~UTTC Diner~ Bi-Weekly Menu

(Each meal served includes 2% or Skim Milk, Coffee or Tea and Salad Bar or Assorted Fresh Fruit/Vegetables)

Dinner

Feb. 4 - Feb. 8

- M Beef Stroganoff Over Noodles
- T Indian Taco With Trimmings
- W Hamburger On A Bun With Trimmings
- T House Special Pizza
- F Pork Chow Mien, Rice

- M Goulash, Wax Beans

Feb.11 - Feb.15

- M Goulash, Wax Beans
- T Bean Soup, Ham Sandwich
- W Roast Beef, Mashed Potatoes, Gravy
- T German Style Sausage, Kraut, Boiled Potatoes
- F Fish Sandwich, Potatoe Salad

- M Spaghetti w/Meat Sauce

Supper

Feb. 4 - Feb. 8

- M Chili, Dinner Roll
- T Bar-B-Que Chicken, Baked Potato
- W Chicken Burger, Chicken Noodle Soup
- T Sub Sandwich, Bean Salad
- F Tater Tot Hot Dish

- M Hamburger Steak, Mashed Potatoes

Feb.11 - Feb.15

- M Hamburger Steak, Mashed Potatoes
- T Pork Chops, Rice
- W Lasagna Square, Garlic Toast
- T Grilled Steak, Baked Potato
- F All-Beef Hotdog On A Bun, Glorified Rice

- M Baked Ham, Au-Gratin Potatoes

Myths and facts of sexual assault

by Sharlene Gjermundson

Myth: Sexual assault is an impulsive act.

Fact: Sexual assault is a life-threatening act of violence. Rapists often plan their assault and are motivated by the need for power and control rather than sexual gratification.

Myth: Most rapes occur on the street, by strangers, or by a few crazy men.

Fact: 80-85% of rape victims know their assailant. More than half are victimized in their home.

Myth: Persons who act or dress in "sexy" ways are asking to be raped.

Fact: Many convicted perpetrators indicate that they cannot remember what the victim looked like or what the victim was wearing. No one asks to be raped.

If you would like to learn more about Sexual Assault, there will be an educational session Thursday, January 31st from 3-4 p.m. in Rm. 111 in the Education Building

Weekly WIC words

by: Wanda Agnew LRD

UTTC WIC at the Infant and Toddler Center. Appointments for food vouchers and individualized nutrition education are available everyday. Call Ext. 420 to arrange an appointment. Leave a number so your call can be returned.

QUESTION: My two year old doesn't eat. What should I do?

ANSWER: Healthy children eat when they are growing. Children grow in stair step rates and during some periods, they do not grow at all and need very few calories to maintain health and physical functioning. Never force children to eat. Do not worry, punish, bribe, nag or use desserts or junk foods as a reward for eating. A two year old that has slowed down on food intake is probably not growing at this time.

Children grow best in a loving family. There is a shared responsibility in feeding children. **THE PARENT'S ROLE:** Buy and serve healthy food every day at scheduled meals and snacks. **THE CHILD'S ROLE:** Eat the food served by the parent, when hungry.

7 myths about smoking

by Sharlene Gjermundson

1. **IT KEEPS YOU SKINNY** – Studies have shown that most smokers put on only a small amount of weight after quitting. This is most likely due to substitution of eating for smoking.

2. **IT CALMS YOU DOWN** – Nicotine is actually a stimulant that depresses your mood over a time.

3. **IT LOOKS COOL** – Smokers are usually the most socially awkward people. People often use cigarettes as an accessory or a social crutch for starting conversations or hanging out with people because they are not confident enough to depend on their own personality.

4. **IT MAKES YOU LOOK SEXY** – There is nothing attractive about the hacking cough, yellow teeth, and bad smell that go along with smoking. Smoking also makes you more susceptible to colds.

5. **IT IS A CHEAP THRILL** – Cigarettes are getting more and more expensive over time due to heavy taxes.

6. **IT IS ONLY A CIGARETTE** – The Nicotine found in cigarettes is a controlled, highly addictive substance. Tobacco related illnesses are responsible for 40% of all Indian deaths, and cause more than \$63 billion dollars in medical bills each year.

7. **IT'S PART OF MY CULTURE** – Wrong again! Traditional tobacco does not include everyday casual smoking. It is given as traditional gifts, burned in the open air, or made into a poultice as medicine. Sorry, no more excuses!



Paul Begay and Amorette Bullhead manning the Hunting and Fishing booth setup at Cafeteria on Friday, Jan. 25, 2002.

Students learn about hunting and fishing rules on and off reservation

Students enrolled in the "Diabetes Mother Earth" class received information regarding conservation regulations on the Standing Rock reservation. Dwight Koch from Standing Rock Game and Fish discussed the need for regulations and how they differed from the rules enforced by State agencies. Mr. Koch reiterated that the regulations are based more on promoting conservation and respect for wild game than on enforcement and prosecution of illegal hunters. Each tribe established regulations so citizens of the future could also enjoy hunting and fishing. He explained how permits are issued to enrolled members to hunt game animals needed for ceremonies or when families would use the meat to enhance their diets. The discussion of hunting and fishing being good forms of

exercise and family tradition was also discussed. Students also toured the North Dakota Game and Fish Department and saw various wild games species.

Using information gathered from the speaker and a field trip, the students developed a display to promote hunting and fishing during an educational opportunity at UTTC cafeteria on January 25. The theme of the display was "Prairie Foods - Past and Present." Recipes for deer, fish, wild turkey, ducks, and pheasant were shared with UTTC students and staff.

Currently, persons who are enjoying ice fishing are probably catching perch. Perch are small, tender fish abundant in North Dakota dams and lakes. Below is a different perch recipe that tastes very good.

- 2 pounds perch
- 1/2 teaspoon salt
- 1 15-ounce can tomatoes
- dash of pepper
- 1 medium chopped onion
- 1 clove garlic, minced
- 1 teaspoon Italian seasoning (oregano)
- 1/2 cup chopped mushrooms (optional)
- 1/2 cup chopped green pepper

In a large saucepan, combine tomatoes, onion, seasoning, garlic and green pepper. Simmer for about 30 minutes. Place fish in a baking dish sprayed with pan spray. Cover with foil or a lid. Bake 15 to 20 minutes or until fish flakes apart. Serves about 6.

On-line Education

by Karen Siegfried

An online Free Application for Federal Student Aid (FAFSA) session was held on January 24, 2002. Students were able to update their information needed for the 2002-2003 year. Twelve students completed their FAFSA's and many others stopped in to see what was happening. Due to the interest, we will be doing another session in a few weeks. Please watch for more information in the newsletter and signs around campus. Also, a big thank-you is given to Manning Dollinger, Technology Director, for having the computer lab ready for us to use. Students having questions regarding their FAFSA's, please call Bob Parisien, Financial Aid at Ext. 209 or Karen Siegfried, Counseling Department at Ext. 291. We look forward to seeing more of you at the next session.

Health tips

Oranges:
Great tasting and rich in vitamin C, folic acid and fiber. With the cold and flu season upon us, oranges are a very healthy source to fight of the virus.

Are you making a costly decision?

Bismarck, ND ~ Automobile crashes are the leading cause of death for North Dakotans ages 18 to 34, according to the National Center For Health Statistics. While no one can quantify the emotional cost of losing a loved one, the financial and societal costs of automobile crashes are real and tangible. Crashes cost America more than \$150 billion a year – an average of \$580 per person.

Males, ages 16 to 25, are the age group least likely to buckle up, many of whom believe they will not be injured or killed in car crashes. Yet, they are the nation's highest-risk drivers, with more drunk driving, more speeding and more crashes than any other age demographic. And, they are setting an example for America's children. Research shows that if a driver is unbuckled, 70 percent of the time children riding in that vehicle won't be buckled either.

Seat belts are the single most effective method to reducing these devastating emotional, societal and financial burdens. Failure to buckle up contributes to more fatalities than any other single traffic safety-related behavior, says the National Highway Traffic Safety Administration (NHTSA). Consider this: according to NHTSA, 99 percent of those ejected from a vehicle were unrestrained. Of that 99 percent, 70 percent die.

This February, during Child Passenger Safety Awareness Week, February 10 - 16, North

Dakota law enforcement officers will step-up enforcement and patrol for seat belt use by drivers, passengers, and unbuckled children. Please buckle up. Every Time. If not for yourself, do it for them.

North Dakota Law Enforcement reminds you: Click-It or Ticket.

Counseling

by Helen Lindgren

What is counseling?

Simply stated, counseling is any relationship in which one person is helping another person to better understand and solve some problem. Friends and relatives provide a type of counseling, as do clergy, academic advisors, teachers, and many others.

In counseling we look for what we find good in ourselves. The good can be used as a model for the things we would like to change.

A counselor is someone who is interested in listening to your concerns and in helping you develop a better understanding of them so that you may deal with them more easily and effectively. Counselors have no "magical" skills or knowledge, and will be unable to solve your problems directly for you. Your counselor will want to work with you, but won't do for you what you are capable of doing for yourself. Except under unusual circumstances,

your counselor will maintain strict confidentiality about you, and will openly discuss this with you.

We want to extend a warm welcome to our campus, new students and returning students. Come in and meet the counselors. We are located on East Side basement of the Education Building, by the Bookstore, B-11. Lonnie Delorme is our outreach counselor and will be working Monday & Wednesday 12-9, Tues, Thurs, and Friday, 8 am-5 pm. Karen Siegfried and Helen Lindgren will be working Mon – Friday 8-5. Utilize the service and take part; it will be helpful and could make the difference in college success.

New addition to newsletter Campus Happenings

This feature is for staff and students. It will be used each month to get information out on what is happening on our campus. Post it in your office, dorm room or on your fridge. Please plan on attending some of the scheduled events each month. If you have an event or happening that you would like on this calendar, please contact Lonnie at Ext. 372 or email me at ldrocksu@hotmail.com with the information. Please condense information as much as possible. This calendar will be updated weekly. Calendar found on last page.

Nursing students observe at Board of Nursing



by Evelyn Orth, AASPN Chair

Second year practical nursing students from United Tribes Technical College attended the January 17th North Dakota Board of Nursing business meeting. Students from two nursing programs observed as the governing board made decisions that impacted licensed nurses and schools of nursing in North Dakota.

The Board of Nursing meets for two days every other month. Annual reports submitted by the schools of nursing in our state were reviewed. UTTC students heard from the reports that their nursing program was in compliance with state rules, and that other nursing schools had some identified noncompliance concerns. The report also identified that our school currently has a 100 % pass rate for graduates who have taken the exam. To date this is the third year our graduates have had a 100 % pass rate for first time NCLEX-PN examiners.

At this meeting students observed nurses being fined for practicing without a renewed license. They also observed the board take other disciplinary actions against nurse who failed to comply with the Nurse Practice Act. Periodically during the meeting, board mem-

bers addressed the students giving explanations and answering questions.

Students agreed this was a good learning experience.

The profession behind your health care

by Shawna Zastoupil, RHIT

How important is your health care to you? For most of us, health care is about colds, aches and pains. However, your physician, nurse or other care provider has much more than you know.

Case in point, I might have cancer, genital herpes, or HIV. If this information was public knowledge, it could eliminate my chances at a happy life, career and love.

That is why Health Information Technologists (HIT) are so very important to all of us. HIT people are the "gate keepers" to your information. HIT people are trained in legal issues, so that your health care information is YOURS only. What else does a HIT person do for you as a consumer of health care?

We help bill your visit and communicate with insurance to get the bill paid.

We "code" a process of taking your "cold" and putting it to a number so that insurance can pay. HIT also keeps your medical information all together, organized. Why? Case in point; Sue is deathly allergic to Penicillin. Her regular doctor is out of town, so she sees Doctor Smith.

The HIT person will have her medical information (chart) organized. This organization include having the Allergic To Penicillin right up front. Dr. Smith tells Sue she has a sinus infection. He is about to prescribe Acrocillin, when he notes the "Allergic to Penicillin". He changes the medication to something safe, all due to the HIT personnel.

I am proud to be a HIT and wanted to share a few facets of my career with everyone.

So next time you are seeing the doctor, remember the HIT person is right behind the doctor with his/her knowledge, care and quality.

National institute on deafness visits nursing

by Evelyn Orth

Nine Indian nursing students met with Jacquelyn Lowery, a representative of the National Institute on Deafness, on Tuesday, January 22, 2002. Jacquelyn discussed and asked the student questions related to noise induced deafness. The students also provided some valuable comments for producing culturally-sensitive literature and public service announcements that could inform the public on screenings for hearing impairment. The students received lunch and a monetary thank-you for their time.

Human rights-diversity conference

University of Mary/ January 21, 2002

(Martin Luther King Day Jr. Day)

by Tribal Management Students
Brenda Dvorak/ TM Instructor

Students from UTTC Tribal Management attended the conference on Monday, January 21, 2002. The conference featured a "Round Table" discussion with the following participants on the panel:



Chairman Tex Hall, T.A.T. Chairman/NCAI President
Tag Anderson, Asst. Attorney General
David Kemintz, NDAFL-CIO
Rose Stoller, Mental Health Assoc.
Dave Boeck, Attorney, ND P&A
Silke Hansin, DOJ, Denver
Chris Magnus, Fargo Chief of Police
Allen Peterson, ND Association of the Blind



Tina Morning Star, a new UTTC student from the Prairie Island Reservation, Minnesota asked the panel about discrimination here in North Dakota. She stated that she never faced this problem "Until I came to school in Bismarck. Discrimination is here and it's deep. What can we do as Native American students who face discrimination on a daily basis?"

Chairman Tex Hall replied by suggesting the formation of a group by Native American students with Mark Bachmeier. It could be a task force and/or group that hold monthly meetings to discuss and deal with discrimination issues.

We appreciate Governor Hoeven's initiative on discrimination and human rights. Hopefully, this is just the beginning of racial equality for all Native Americans, not only in the Bismarck/Mandan area, but all of North Dakota.

Foundation of research and education announces 2001 scholarship recipient

Chicago, January 13

The American Health Information Management Association's (AHIMA) Foundation of Research and Education (FORE) is committed to providing health information management (HIM) professionals with the resources they need to increase their skills and knowledge in the HIM field. FORE's Annual Scholarship Awards encourage and support students pursuing careers in HIM with financial assistance to attain their degrees. In addition, they encourage and support members who are working to advance the HIM profession through continuing education at the graduate level.

FORE recently awarded Melanie Wilson a FORE Scholarship. Wilson is pursuing a degree in HIT at United Tribes Technical College.

FORE received nearly 200 applications from students qualified to receive graduate and undergraduate scholarships. This is twice the amount of qualified applications received in 2000. In 2001, a record number of scholarships were awarded - 14 graduate and 30 undergraduate.

Created in 1962, FORE is a separately incorporated affiliate organization founded and managed by AHIMA. FORE provides an infrastructure of knowledge, research, and education in the field of HIM. This year's FORE Scholarships were underwritten by generous grants from MedQuist-DVI-Speech Machines; MC Strategies, Inc.; St. Anthony Publishing and AHIMA members donations.

AHIMA is the leading professional association representing more than 40,000 specially educated and certified health information management (HIM) professionals who work throughout the healthcare industry. HIM professionals serve the healthcare industry and the public by managing, analyzing, and utilizing data vital for health system management.

American Indian Higher Education Consortium Annual Conference

MARCH 24-26, 2002
RAMKOTA HOTEL
RAPID CITY, SOUTH DAKOTA

"MAINTAINING OUR TRIBAL
TRADITIONS WHILE LEARNING
MODERN TECHNOLOGY"

To be hosted by these AIHEC
colleges: Oglala Lakota College,
Sinte Gleska University, Sisseton
Wahpeton Community College,
Sitanka College and Sitting Bull
College.

The deadline for conference
registration and student compe-
titions is March 1, 2002.

Students are required to
have a verification of eligibility.
These requirements are: name,
credits, cum GPA, and daily
GPA. All students are required
to have 6 credits or more and
need not have been enrolled the
previous semester. However,
they must be making current sat-
isfactory progress (daily GPA
2.0). Students who were en-
rolled the previous semester
must be making current satisfac-
tory progress (daily GPA) of 2.0.
It is the requirement of United
Tribes Technical College that the
selected student be in good
standing with the college in terms
of on-campus or off-campus vio-
lations. You are representing the
college.

Some of the competitions

and contact persons are as fol-
lows:

1. Art Exhibition and Compe-
titions: WAYNE PRUSE
- 2 Handgames: ROYCE
IRWIN
- 3.Critical Inquiry

Student Health News

by Sharlene Gjermundson

The Student Health Cen-
ter will be offering Adult CPR,
Child & Infant CPR & First
Aid classes for STAFF on the
following dates:

Adult CPR - Feb. 12th -
2-5 p.m. - CLASS IS FULL

Infant/ Child CPR - Feb.
14th - 2-5 p.m. - CLASS IS
FULL

First Aid - Feb. 21st -
3-5 p.m.

Adult CPR - Feb. 26th -
2-5 p.m.

Infant/Child CPR - Feb.
28th - 2-5 p.m.

ALL classes will be held
in Room 111 in the Educa-
tion Bldg. Fee of \$10.00 per
person no matter how many
sessions you attend. Certi-
fication will be provided by
the Burleigh-Morton Red
Cross Chapter. In order to
be certified, you must be
present during the whole
class period. Please be on
time. Call Sharlene at Ext.
409 to register or for more in-
formation.



If....

If you woke up this morning
with more health than
illness...you are more blessed
than the million who will not sur-
vive this week.

If you have never experi-
enced the danger of battle, the
loneliness of imprisonment, the
agony of torture, or the pains of
starvation...you are ahead of 500
million people in the world.

If you can attend a church
meeting without fear of harass-
ment, arrest, torture, or
death...you are more blessed
than three billion people in this
world.

If you have food in the refrig-
erator, clothes on your back, a
roof overhead and a place to
sleep...you are richer than 75%
of this world.

If you have money in the
bank, in your wallet, and spare
change in a dish someplace..you
are among the top 8% of the
world's wealthy.

If your parents are still alive
and still married...you are very
rare, even in the U.S.

If you hold up your head with
a smile on your face and are truly
thankful...you are blessed be-
cause the majority can, but most
do not.

If you can hold someone's
hand, hug them or even touch
them on the shoulder...you are
blessed because you can offer
a healing touch.

If you just heard or read the
message, you just received a
double blessing in that someone
was thinking of you, and further-
more, you are more blessed than
over two billion people in the
world that cannot hear or read
at all. Have a good day, and
count your blessings!!!

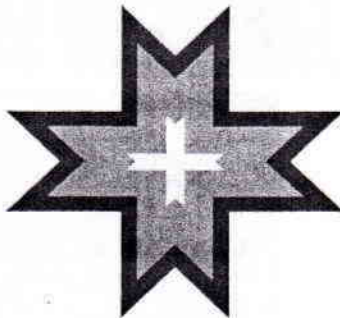
Author Unknown???

Cultural committee brings acting opportunities to UTTC

On January 28th and 30th, the UTTC Cultural Committee held auditions for a one act play that will be performed on campus March 7,8,and 9, and possibly at the AIHEC Conference on March 22-26. Several students auditioned, but more students are encouraged to help out. Rehearsals begin Monday, February 4 and Wednesday, February 6 from 6:00 - 7:30 p.m. It takes more than actors to create a play. The committee is looking for musicians, artists, people with makeup and carpentry skills, or anyone willing to pick up a hammer or a needle. Come and support your school. You may even get the opportunity to represent UTTC at AIHEC. Kathryn Fairchild is serving as director and Suzanne Cadotte and Julie Cain are associate producers. Any questions? Call Extension 404.

College success class winners

January 24, 2002



Group #4- Successors
(Retention Rate = 93.75%)

*Kelly Archambault -
Team Leader
Ampaah DeHaas
Leah Walker
Estelle Perry
Jamie Pecore
Ina Goodshield
Vearlene Denny
Linus St. Claire
April Thompson
Andrea Condon
Anthony Rodriguez
Luana Iyarpeya
Kyle Two Horses

Jared Condon
Glen Delorme
Duane Jackson
Wanda McKean
Sam Merrick, Jr.
Tona Oliver
Narcisse Olson
William Runs Above
Roni Stiffarm
Lila Uses Arrow
Nadine Vasquez
Ralph Walking Bull
Blair Wana
Nikole Webster

**Group #3- Commodity
Kids (Retention Rate =
87%%)**

*Cody Redshirt -
Team Leader
Jamie Chaske

Student Senate Officers:

Michelle Crazy Thunder
Jerome Crazy Thunder
Anita Green
Clarice Fox
Marion Serape

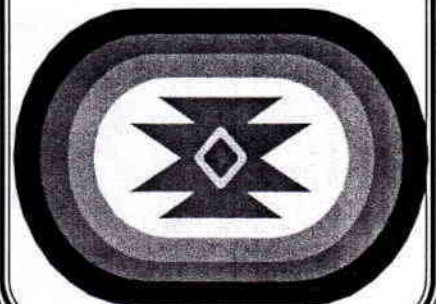
Quote for the day

"I have accepted fear as part of life, especially the fear of change ... I have gone ahead despite the pounding in the heart that says: Turn Back." -- Erica Jong

"Life can be real rough... you can either learn from your problems, or keep repeating them over and over." --Marie Osmond

"Creating success is tough. But keeping it is tougher. You have to keep producing, you can never stop." -- Pete Rose

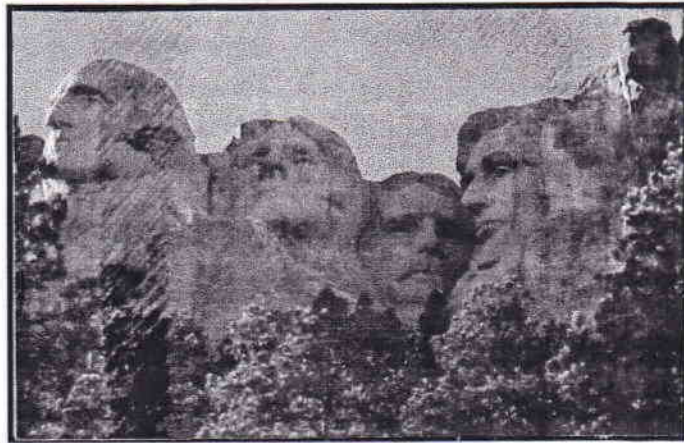
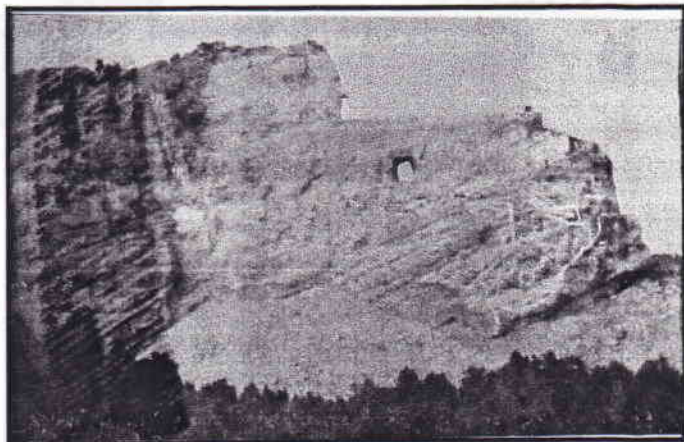
"Loses are comparative, only imagination makes them of any moment." --Blaise Pascal

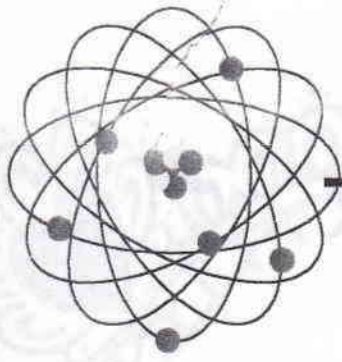


TJES students take second place in Rapid City

by Erik Cutler

Theodore Jamerson Elementary students attended the Lakol Wounspe/Native American Jeopardy Competition during the Lakota Nation Basketball Tournament in Rapid City, SD on December 18 - 21. Students were picked by classroom teachers and bilingual support staff depending on their grades, attendance and exceptional classroom behavior. Students chosen by grade were Harold Harlin Jr. and Daniel Iron Road (8th), Gordan Eagle (7th), Dina Delgado, Jamie Siers, and Alex Cadotte (6th). Teachers and chaperones attending were Gabe Blackmoon, Erik Cutler and Janice Cadotte. Along with the competition we took a trip to the Black Hills to see the Crazy Horse Monument and North American Indian Museum, Mount Rushmore, Go-cart Racing and various fine dining restaurants. We are very proud of their hard work, good sportsmanship and commitment to their achievement! Keep up the good work.



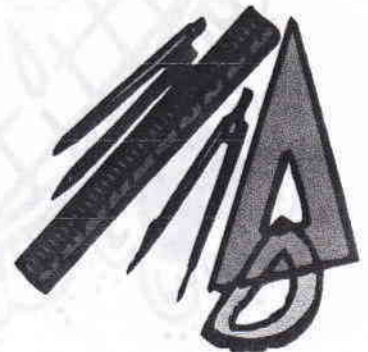
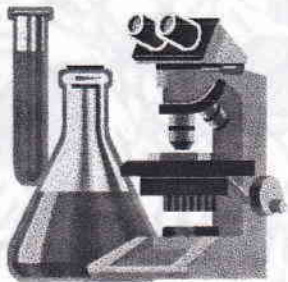


TJES Science Fair
Tuesday
February 12, 2002

Everyone Welcome

Public Viewing
in the Small Gym
from 1:00-2:30

Awards Ceremony
at 2:30pm



A decorative border surrounds the text, featuring a lattice pattern, hearts, and floral motifs. A large rose is positioned at the bottom center of the border.

Hot Hearts Chili feed!

&

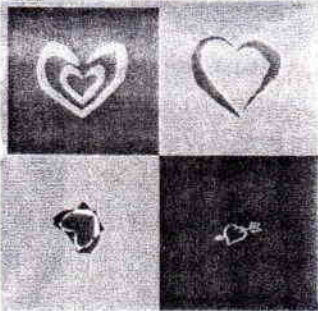
Open House

Counseling Department

When: Feb. 14th

12:00 - 4:00 p.m

Prizes & more



NutriNews

February 2002

Written by: Kim Hinnenkamp, LRD

February is American Heart Month!

Give your heart a workout!

Strength, wisdom, and good health are American Indian birthrights. Our elders taught us many healthy ways that were practiced for generations. Over time, some healthy traditions have been traded for unhealthy ways which can increase the chances of getting some diseases.

Heart disease is the leading cause of death for American Indians today. We can do something to prevent heart disease. Being active is one way to keep a healthy heart.

Being active has always been part of our daily life. We hunt animals, play games, dance, run, swim, and ride bikes. Let us keep these healthy ways. At work or at home—give your heart a workout.

Staying active is one of the best things we can do for our hearts. Being active is good because:

- ♥ It helps take off extra weight.
- ♥ It helps lower high blood pressure and high blood sugar.
- ♥ It is relaxing.
- ♥ It gives the body more energy.
- ♥ It builds heart and lung strength.

Walking is one of the cheapest and easiest forms of exercise. You don't need a bunch of fancy equipment. All you need is a good pair of shoes and a positive attitude.

In the winter months, the mall is a great place to

walk. It is free and open convenient hours. In the spring and summer months, walking can be done around the neighborhood, through a local park, or on a walking trail.

Walking can also become a great family activity. Start a family walk night. It can be a way to spend time with your family and get some needed exercise. Your heart will thank you for it.

Remember before starting any exercise program, consult your physician.

Enjoy being active—it's part of our healthy traditions.

Source: American Indian and Alaska Native People Keepers of Wisdom to Strengthen the Hearts, National Institutes of Health and Indian Health Service. No date available.

Heart-Healthy Recipe: Yogurt Fluff

- ♥ 3/4 cup boiling water
 - ♥ 1 package (4-serving size) sugar-free gelatin—any flavor
 - ♥ 1/2 cup fruit juice
 - ♥ Ice cubes
 - ♥ 1 container (8 ounces) vanilla low-fat yogurt
 - ♥ 1/2 teaspoon vanilla
 - ♥ 5 tablespoons thawed fat-free or low-fat whipped topping
1. Stir boiling water and gelatin together in a large bowl until gelatin is completely dissolved.
 2. Mix fruit juice and ice cubes to make 1 cup. Add to gelatin, stirring until slightly thickened. Remove any remaining ice.
 3. Stir in yogurt and vanilla. Pour into a

bowl, or for fun into five custard or dessert cups.

4. Refrigerate for 1 1/2 hours or until firm.
5. Before serving, top with whipped topping.

This recipe makes five servings. Each serving has around 70 calories with 13% of the calories coming from fat, and 11 grams of carbohydrate.

Source: Pick-WIC Paper, North Dakota WIC Program. Volume 18, Number 2.

Risks for Heart Disease

- ♥ High level of low-density lipoprotein (LDL) cholesterol
- ♥ Male, 45 years or older
- ♥ Female, 55 years or older, or with premature menopause and not on estrogen replacement therapy
- ♥ Low level of high-density lipoprotein (HDL) cholesterol
- ♥ Hypertension (high blood pressure)
- ♥ Smoking
- ♥ Diabetes
- ♥ Family history of heart attacks or sudden death prior to age 55 in a male parent or sibling or prior to age 65 in a female parent or sibling

Source: Understanding Nutrition, Whitney and Rolfes, 1999.

ATTENTION!!!

TO ALL NON-PROFIT ORGANIZATIONS AND SCHOOLS.

We are looking for upcoming events to put into our "Community Calendar."

The announcements will be put into the Northern Bureau section of the **LAKOTA JOURNAL**.

For more information please call: (605) 823-4806 or e-mail: lakotajournal@westriv.com

Please submit items at least Two (2) WEEKS prior to publication.



LAKOTA JOURNAL Northern Bureau

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CAMPUS HAPPENINGS



February 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>*All AA, Ala-teen and Ala-non Meetings are held at CHC</p> <p>*All CPR & First Aid classes for STAFF ONLY</p>					1	2
3	4 Smoking Awareness 3-5pm Skills Center; Rm 111B	5 7:00pm AA Mtg.	6 Smoking Awareness 3-5pm Skills Center; Rm 111B 9-3pm Blood pressure, Glucose & Hemoglobin Screening; Student Health Center - FREE to Staff & Students 7:00pm Sweat: Contact Joe 274	7 3:00pm Ala-non Mtg. 4:00pm Ala-teen Mtg. 7:00pm AA Mtg.	8	9
10	11	12 Smoking Awareness 12-2pm Skills Center; Rm 111B Adult CPR; 2-5pm Ed. Bldg. Rm 111 7:00pm AA Mtg.	13 Custer Family Planning Clinic 1-4pm Student Health Center 7:00pm Sweat: Contact Joe 274	14  Smoking Aware. 12-2pm Skills Center; Rm 111B OPEN HOUSE: Counseling 12-4pm Hot Hearts Chili Feed 3:00pm Ala-non Mtg. 4:00pm Ala-teen Mtg. 7:00pm AA Mtg. Infant & Child CPR; 2-5pm Ed. Bldg.—Rm. 111 (Must have Adult CPR prior)	15	16
17	18	19 7:00pm AA Mtg.	20 7:00pm Sweat: Contact Joe 274	21 Monthly head lice screening; 9am Child Development Center 3:00pm Ala-non Mtg. 4:00pm Ala-teen Mtg. 7:00pm AA Mtg. First Aid; 2:30-5pm Ed. Bldg.—Rm 111	22 Monthly head lice screening; TJES—9am	23
24	25 Smoking Cessation Classes 3-4p (Every Mon. thru Apr 22. Must attend ALL classes) Rm 111B NOTE: No class 3/11	26 Adult CPR; 2-5pm Ed. Bldg.—Rm 111 7:00pm AA Mtg.	27 7:00pm Sweat: Contact Joe 274	28 Infant & Child CPR; 2-5pm (Must have Adult CPR prior) 3:00pm Ala-non Mtg. 4:00pm Ala-teen Mtg. 7:00pm AA Mtg.		

Sun Mon Tue Wed Thu Fri Sat

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