

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 7 NO. 14

January 12, 1998

Weekly Menu

Jan. 12 - Jan. 16

DINNER



LeRoi

- Mon.- Honey Roasted Turkey Sandwich, Soup, Salad Bar, 2% or Skim Milk
- Tue.- Mexican Rollup, Spanish Rice, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Wed.- Oven Baked Chicken, Rice, Vegetable, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Thu.- Hamburger on a Bun, Baked Fries, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Fri.- Old Fashioned Tomato Soup, Egg Salad Sandwich on Whole Wheat, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk



Rita

- Mon.- Croissant Sandwich with Turkey or Ham, Potato Salad, Salad Bar, 2% or Skim Milk



Dennis

SUPPER

- Mon.- Baked Ham, Baked Potato Wedges, Vegetable, Salad Bar, 2% or Skim Milk
- Tue.- New England Dinner, Boiled Potatoes, Boiled Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Salisbury Steak, Rice Pilaf, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- Shish-ka-Bob Casserole, Wild Rice, Salad Bar, Dessert, 2% or Skim Milk
- Fri.- Fish Platter, Oven Baked Potato Wedges, Salad Bar, Dessert, 2% or Skim Milk



Bugs

- Mon.- Braised Beef over Noodles, Vegetable, Salad, Fresh Fruit, 2% or Skim Milk

Student Health Center

• NOTES •

Weekday Office Hours - 8:00 am - 4:00 pm
Weekend Office Hours - 8:00 am - 12:00 Noon

* New students must submit Social Security numbers, Medicaid numbers and Immunization record to the Student Health Center as soon as possible.

* Elementary Screening for the month of January:
Tuesday, January 13 & Wednesday, January 14 - Head checks
Thursday, January 15 - Dental & Vision Screening for new students
Thursday, January 22 - Scoliosis screening grades 5-8 - new students only

* Immunization Clinics will be held at the Student health Center on the following days. Parents or guardians must have a copy of the child's immunization record before any shot will be given. Parents must also accompany the child. The areas are as follows:

Nursery - Tuesday - February 3rd
Preschool - Wednesday - February 4th
Elementary - Thursday - February 5th


* Student Health Center makes weekly trips to Fort Yates for students who have medical appointments that cannot be covered by the Student Health Center. Wednesdays are usually the days that the transportation is provided. If you are in need of transportation or have questions, call or see the Student Health Center.

WELCOME TO ALL NEW STUDENTS.

Asthma

What Causes Asthma?

We don't know for sure. While we don't know all the answers, we do know that a person with asthma has unusually sensitive airways.



When a person with asthma is exposed to certain triggers, here's what happens:

- Muscles that encircle the airways tense up.
 - Tissues lining the airways swell.
 - Thicker-than-normal mucus is released into the airways.
- As a result, the air passageways narrow. This makes it hard to get enough air into and out of the lungs.

Symptoms of Asthma

Many people identify asthma with wheezing, but not everyone with asthma has this symptom. Other symptoms include:

- a cough that lingers more than a week
- tightness in the chest
- recurrent shortness of breath.

What can Trigger Asthma?

allergens (pollen, dust animal dander, mold)
irritants (cigarette or wood smoke, cleaning products, perfumes, cooking odors, air pollution)
cold, dry air
exercise
colds, flu, other respiratory infections
stress
medications (such as aspirins and some other anti-inflammatories)

Placement Office

The United Tribes Technical College (UTTC) Placement Office takes pleasure in welcoming all new and returning students. Your education here should be very rewarding.

The purpose of our placement office is to help students plan their careers; keep records; do job development for the areas of Cooperative Education and Student Graduation. We provide higher education and career information, and help students inquire about various opportunities.

Placement Office is located on the main floor of the Education Building 31 & 32. On the main floor you will find the placement offices in rooms 120 & 122. Shirley Iron Road is in room 120 and at extension 226 and I am in room 122 at extension 280.

In one wing of the building you will find in color coded binders job announcements pertaining to all the vocations. These job announcements are from Indian programs, federal agencies, job services and the private sector, they are updated daily.

In another wing there is a rack containing higher education material along with journals, magazines and newspapers on career planning. We have about three bulletin boards in these areas. Two are placement bulletin boards that are used for local job announcements, national job announcements, internships,

apprenticeships, fellowships and the like. Sometime I will post a job announcement on a specific department bulletin board.

We have a new program in our computers called "Career Choices". This software helps student probes Career and Higher Education opportunities throughout the nation. It is updated once a year beginning in the fall. Students will be able to access this program in the placement office in about a week. Students will also be able to access this program anywhere on campus pending technical work.

Placement news and job announcements will be provided in UTTC's weekly newsletter at least once a month.

New students who were not at orientation are required to come into the placement office to fill out data base forms, Cooperative Education Enrollment forms and to receive placement information essential to your future.

If you are a new student, you are **not** eligible for cooperative education until your third semester. **However**, if you are a new student and are working in a job that pertains to your vocation, you will be able to **BANK** hours that are earn in your first and second semester. They will then become active in your third semester. Come and see me for more info on co-op and banking hours.

Students who are doing work-study may also participate in the Cooperative Education program. They must be working in a position that pertains to their vocation and meet all eligibility requirements. You probably want to check Bob Parisien first so we can meet on the matter and discuss credit hours.

Remember that you need work experience before you graduate to make your diploma more valuable. COOPERATIVE EDUCATION is a program designed to get the college student out into the work force before they graduate. Students who have work experience added to their degrees will be hired by employers over students who do not. A certificate and or associate degree isn't enough these days. The employers are looking for **dependable, reliable people with education and WORK-EXPERIENCE**. Your Cooperative Education experience will make the difference in finding the job you want after graduation.

Returning students need to come in to update their data base cards and to see if they are eligible for Cooperative Education internships. Faculty please provide our office with a list of late students, it would be a great help.

May 1998 graduates are required to have three interviews with the placement counselor this semester. One to update your data; another to review your resume and federal application forms 171 and 612 (due in the placement office before graduation); and the third to fill out your exiting form and work as a team effort for job development. Graduating students who do not meet these requirement will not receive their original transcripts after graduation.

Please feel free to stop in an visit, your future is important to us.

Thank you.

Vince Schanandore,
Placement Counselor



**REMAINDER OF
THUNDERBIRDS BASKETBALL 1997-98**

JAN. 9	MILES COMM. COLLEGE	7:30
Jan. 11	MSU-BOTTINEAU	7:30
Jan. 12	UND-WILLISTON	8:00
Jan. 16-17	PROVIDENCE TOUR. CANADA	TBA
JAN. 23	NDSCS-WAHPETON	7:30
JAN. 27	TRINITY BIBLE COLLEGE	7:30
JAN. 30	UND-WILLISTON	7:30
FEB. 2	MSU-BOTTINEAU	7:30
FEB. 5	DAWSON COMM. COLL.	7:30
Feb. 9	BISMARCK STATE COLLEGE	7:30
FEB. 13	UNIV. OF MARY JV	7:30
Feb. 19	NDSCS WAHPETON	7:30
FEB. 22	BISMARCK STATE COLLEGE	7:30
Feb. 27	DAWSON COMM. COLL.	8:30
Feb. 28	MILES COMMUNITY COLLEGE	8:30

****HOME GAMES IN BOLD****

Information for the
Next Newsletter must be
submitted to Arrow Graphics
No later than January 16
Attn: Wanda Swagger



CHEMICAL HEALTH CENTER
OPEN HOUSE

WEDNESDAY
JANUARY 14, 1998

9:00 A.M. TO 4:00 P.M.

DOOR PRIZES
GOODIES
FUN