

UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER

VOL. 7 NO. 18

February 9, 1998

Weekly Menu

Feb. 9 to Feb. 13

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

Feb. 16



Rita

- Mon.- Croissant Sandwich with Turkey or Ham, Potato Salad, 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
- Mon.- Braised Beef over Noodles, Vegetable, Salad, Fresh Fruit, 2% or Skim Milk



Bugs

NOTICE

A notice to all Spring, 98 Graduates, your 90 day interview to update your data base card is starting this week, February 9, 1998. If you have not already updated your data base card, please make an appointment with me ASAP.

Remember that the Bismarck Tribune Employment Ads are posted on my door once a week. Jobs highlighted in the Tribune are related to all vocations offered at United Tribes. The National Job Announcements, just a few feet away, are in colored binders by room 120 in the Education Building.

Career Ware has been installed on a second computer in my office. You are welcome to use it, but I would first like to give you a lesson on how to run the program. You can then explore the Career Development Program yourself. Please make an appointment with me on this matter.

Thank you.

Vince Schanandore, Placement Counselor

Financial Aid News

American Indian College Fund Scholarship (AICF) application are due Friday, February 13th, 1998.

Students who have not made an appointment to complete their Financial Aid file should do so immediately, contact Sue at ext. 354.

Students who plan to continue their college careers should apply for the Federal Pell Grant ASAP. Early applications, may make you eligible for other grants and programs.

Reaching Out . . .

Anne Heid and Sherry Messmer presented projects at the Theodore Jamerson Elementary School program on February 5. The program, designed to assist school children become more proficient in math-science concepts, is made possible through a Rural Systemic Initiative grant.



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Continued from front page.

On January 29, Sister Kathryn Zimmer, as part of a ten member review panel at the National League for Nursing Accrediting Commissioner in New York City, assisted in evaluating nine nursing programs seeking accreditation. A similar session is scheduled for June 5, again in New York City.

Nursing students are again selling balloons to help "you all" celebrate Valentine's Day. Watch for details.

Submitted by Sister Kathryn Zimmer,
Director, AASPN Program

BOOKSTORE Hours:
Monday - Friday
8:00 am - 12:00 noon
12:30 pm - 4:30 pm
Manager: Cathy Mastrud
Ext: 357

Office Technology Committee Fundraiser

DO YOU HAVE A SECRET ADMIRER, PAL, FAVORITE INSTRUCTOR, EMPLOYEE? Have a Valentine delivered on Friday, February 13th.

Rules for Valentine:

1. OT members will deliver Valentines February 13, from 9:00 to 4:00. ON CAMPUS ONLY.
2. You MUST pay for you Valentine before is is delivered. Call Office Technology Dept. for more information.
3. .OT member will not tell who the sender is unless the recipient pays extra.
4. OT member will not tell who the sender is, if the sender pays extra.
5. We will only taking orders until Thursday February 12th.

6. If student is not in that class, the item will be taken back to the OT office.
7. Contact Wanda Belgarde-Allery ext. 285, Kathy Aller ext. 206, Steve ext. 297, or Norma/ Amy ext. 275/308, to place an order.

Make that Special Friend, Employee, Instructor, or Secret Admirer Happy!

Send a Valentine!!!

Prices:

- Rose - \$5.00
- Carnation - \$3.00
- Cupcake - \$1.00
- Candy - \$.75
- 5 Cookies - \$1.50
- Balloon w/Candy - \$3.50

Deadline: February 12, 1998 by 4:00 pm.

Attention Students!!!

The Learning Center
will be open on

Tuesday, February 10
Marge Palaniuk

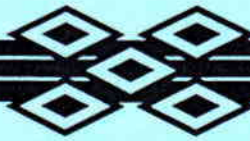
Wednesday, February 11
Elton Spotted Horse

Thursday, February 12
Monica Comeau

Until 8:00 pm

First Communion

If anyone is interested in First Communion Class for their child, contact: Julie Cain at ext. 272. The child must be at least seven years old and in the 2nd grade.



Maintenance Department

Remember work requests need to be submitted for work to be done. We try to work on them in the order received. Emergencies handled as soon as possible. Have patience we are a small crew.

Bakes Sales and Church Program

1st payday of the month
BAKE SALE at the Cafeteria

Services: 1:00 pm - Sunday Services
7:00 pm - Friday Night Services

Greetings from the Housing Department

January has come and gone, February has arrived and surely seems to be on the roll. This winter has been mild for us here in North Dakota, but knock on wood, because good ole North Dakota always has something in store for us die hards, when we least expect it. So keep on your toes and go with the flow so to speak.

For starters: We are in the process of getting an estimated amount of our Housing Units Sided. Hopefully in the near future we hope to have all the housing units sided. Once we get the siding done, as tenants lefts keep an eye on our residences. If we have children, we need to make them aware that writing on the walls or trying to damage the siding isn't going to be tolerated. This is our home away from home while we are attending college, we need to take care of our units as if they were our very own. Take pride in what we have and keep it in good shape for the future students to enjoy.

If you have any ideas on what we can do to better our college campus as far as beautifying our yards, homes, etc. Submit them and we'll go from there. Let's work together as a team and be proud of our college.

Senior Advisor to the Director brings extensive Tribal experience to the Agency

Ms. Carole Anne Heart, a Rosebud/Yankton Sioux tribal member, has been named Senior Advisor to the Director of the Indian Health Service.

"Ms. Heart's knowledge of the Indian education system will serve as the basis for a health education initiative," said Michael H. Trujillo, MD., M.P.H, M.S., and the Director of the Indian Health Service. "Among Ms. Heart's responsibilities will be to explore how the expertise and experience of Indian Health Service employees can assist tribal colleges develop health curricula and certification or diploma programs. In some instances it may be possible that employees could augment the teaching staff on particular health topics or programs." A goal of this initiative is to provide more opportunities and encouragement to American Indian and Alaska Native youth to consider health care careers. This initiative ties-in with some of the other Director's initiatives such as Indian Youth, Elder Care, Indian Women's Health, and Traditional Medicine.

In addition to the education initiative, Ms. Heart's Senior Advisor responsibilities also include advising the Director on sensitive or complex issues and administering special assignments that reflect the priorities, policies, interests, and philosophies of the Director. She also represents the Director in tribal, interdepartmental, and interagency deliberations of special issues or project for which the Director is responsible.

Ms. Heart received her Bachelor of Arts degree in Psychology from the University of South Dakota (USD), and has also attended law school at USD. She is enrolled with the Rosebud Sioux tribe, originally from Milks Camp Community, the eastern most community of the Rosebud Reservation.

**Information for the
Next Newsletter must be
submitted to Arrow Graphics
No later then February 13
Attn: Wanda Swagger**



The following is reprinted from the November 24, 1997 Weekly Newsletter.

Use of Canteen/Fundraisers from Student Senate

The Student Senate held a meeting on Friday, November 14, 1997 and it was decided to charge each vocation a \$25.00 flat fee for the use of the canteen.

If a vocation would like to use the canteen they must submit a written request to the Student Senate a week in advance, we will then approve or disapprove their request.

All vocations will have a chance to use the canteen if they wish to raise money for educational purposes.

If a vocation already had the canteen and they want to use it again they may do so only if there are no other requests to be honored.

Also, if a vocation wishes to have a Taco Sale or any kind of fundraising, it must be submitted in writing to the Student Senate for approval so that there will be no conflict with any other activities/fundraisers that may be taking place at the time requested.

The Student Senate will be holding open meetings twice a month, every Tuesday, all meetings will be conducted at building 61 in the conference room beginning at 4:00 pm to discuss issues that need to be addressed. We would like all students interested in attending these meetings to do so. We need you to voice your opinions and input in certain matters. Thank you for your interest.

Parents can not have children in Canteen while working due to liability reasons.

Scheduled Meetings are: February 17, 1998; March 3 & 17, 1998; April 7 & 21, 1998; May 4, 1998.

Student Senate Meeting February 3, 1998

Members Present:

Sandy Flye, Secretary	Tiffany Joseph, Treas.
Dean Gillis, ECE	Jeremy Laducer, SBM
Tammy Starr, LPN Rep	Brian Starr, Auto. Rep
Kim Lambert, OT	Nicole M. Arillano, LPN
Reida White Shield, HI	LaDeana Roberts, ECE
Norma Two Bulls, OT	Shane Dye, CJ Rep
Marilyn Dye, SBM Rep	Anne Kuyper, Co-Advisor

Wilfred Wind, CT Rep
Vivian Gillette, Student Support

Andy Running Hawk, H&M Rep

Sandy Flye called the meeting to order at 4:00 pm. Tiffany Joseph read the minutes. Minutes approved as read. Treasurer's report was read by Tiffany Joseph. Treasurers report was approved.

Old Business:

Canteen: The canteen is doing good but there was a problem with vocations not turning in written requests to the Student Senate.

A reminder to all vocations: it stated in an earlier edition of the newsletter; all vocations need to submit a written request to the Student Senate if they want to use the concession stand or if they want to have sales of any kind. The reason for this being so that there will not be any conflicts between vocations who wish to do any fund-raising. Also, if a vocation is unable to find any of the officer's they may leave their memo's with Letitia Stewart, senior advisor for Student Senate.

Games begin at 5:30 pm with the Lady Thunderbirds playing first then the men. Vocations who have the canteen need to be there at 4:30 so they can pop their popcorn and whatever else needs to be done. At the end of the evening it is the responsibilities of the vocation to clean up after themselves.

- SBM submitted letter to Student Senate for use of canteen on February 6, 1998, Request approved.
- A request of assistance from the Lady Thunderbird was submitted to the Student Senate. Request approved. Motion made by Marilyn Dye, seconded by Shane Dye.
- Construction Tech. made a request for an Indian Taco sale on February 6, 1998. Motion made by Marilyn Dye, seconded by Shane Dye.
- A Valentine's Day Dance will be held on Thursday, February 12, 1998 at the gym. It will be begin at 9:00 pm. Nomination boxes have been put up at the Skill Center and at the Education Building. Please Vote for the "Valentine's Day King and Queen". The crowning of the King and Queen will take place at the dance.

The meeting was adjourned at 5:25 pm. Motion was made by Sandy, seconded by Tiffany.

Our next scheduled meeting will be Feb. 17, 1998 at Building 61, 4:00 pm. Please have your memos ready for discussion. All Students Reps need to be there so you can report back to your club.



Valentine

Treat your Valentine to a very special gift. Surprise them with a "BALLOON BONQUET".

Bonquet consists of four Balloons, a little something for that sweet tooth plus a note card.

- \$5.00 pick up on Friday
- \$7.00 delivery on campus from 10:00 - 3:00 pm on Friday, February 13.

Order froms can be picked up early in the Nursing Dept. - Ed Building upstairs.

Bouquets will also be sold at the Valentines Dance on Thursday, February 12.

Sponsored by the Student Nurses Association - UTTC.

Further information needed call: Tammy Starr, 223-5030 or the Ed. Building Nursing Dept.

Notice

The Technology and Information Resources Committee provides the following information for those needing to order a computer and basic software.

- Minimum Computer Capabilities necessary when ordering a computer

- Recommended Hardward as of 1/7/98
Hardware: 32 mg Ram; 2 mg Ram video or better; 3.2 g HD or bigger; 15" monitor; CD ROM; 200 MHZ pentium; AMD K6; or Cyrix 200 MMX or greater.

Company (suggestions): Gateway 800-779-2000 ext. 55376 Mario McGruder; Micro Warehouse (we have major account phone); C Ram 23-3109; Computer Warehouse - Paul Rainey 406-365-4405, Glendive, MT; Team Electronics - Vern Mastel 223-4546, Bismarck, ND; Computer 1 - 663-5507, Mandan, ND; Dimensional Marketing Inc. - 800-767-0177, Myrtle Beach, SC.

It is recommended that the individual planning to purchase a computer request current informtion from these companies and go with the lowest bid.

- Software Recommended: Microsoft Office Professional Windows '95 or NT

Burrito/Pop Sale

Health Information Technology will be holding a Smothered Burrito/Pop Sale on the 12th of February during the noon hour in the Skills Center. The cost is \$4.00 a plate and student payroll deductions are accepted. We will have a sheet with whom is on payroll so have a state or college ID with you. Your business is greatly appreciated so come hungry!

Student Health Center Notes:

Elementary immunizations have been postponed until mid to late February.

Weekly transportation for those students who have medical appointments at Ft. Yates is provided by the Student Health Center. Please see the staff to make arrangements.

Parents who were sent letters to complete medical forms for their children must see Student Health as soon as possible. Social Security numbers, Medical Assistance numbers and immunization records should also be submitted.

Monthly head checks at the nursery, preschool and elementary school will be February 10 & 11.

Influenza (Flu)

Definition:

Influenza (flu) is a viral infection of the nose, throat, trachea, and bronchi that occurs in epidemics every 3 to 4 years.

Symptoms:

1. Fever or aches - use Acetaminophen (Tylenol) every 4 to 6 hours. Dosage depends on the age of the child. Do NOT give aspirin.
2. Cough or hoarseness
3. Sore throat - Saltwater gargles and a diet of soft foods will soothe a sore throat.
4. Stuffy nose - Warm-water nosedrops and suction will open most blocked noses.

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5. Chills

6. Headache

The Influenza vaccine gives protection for only 1 to 2 years. In addition, the vaccine itself can cause fever in 20% of the people who get shots and a sore injection site in 10%. The vaccine is not recommended for healthy children. Only children with chronic diseases need to get yearly influenza boosters.

CALL OR SEE A DOCTOR IMMEDIATELY IF:

Your child develops the following symptoms.

- an earache.
- sinus pain or pressure.
- a yellow nasal discharge lasting over 24 hours.
- a fever lasting 3 days or one that doesn't go down after giving Tylenol.
- difficulty breathing.

Amantadine - Drug of choice for prophylaxis or symptomatic treatment of influenza type A virus.

Treatment should continue for 24 to 48 hours after symptoms disappear. Prophylaxis should start as soon as possible after initial exposure and continue for at least 10 days after exposure. If used with influenza vaccine, dose is continued for 2 to 3 weeks until protection from vaccine develops.

Adverse reactions: dizziness, irritability, insomnia, light-headedness, nausea, dry mouth, hypotension.

To be used cautiously in those with seizure disorders, CHF, peripheral edema, renal impairment, orthostatic hypotension, cardiovascular disease and in the elderly.

Patient Teaching:

If orthostatic hypotension occurs, instruct the patient not to change positions too quickly. Report adverse reactions to the doctor, especially dizziness, depression, anxiety, nausea and urine retention.

Chemical Health Center Dysfunctional Families

Definition: Addiction

Addiction is a pathological relation with any mood altering event, experience, or things that causes major life problems.

- The top four Addictions: Chemical, Food, Sex, Work.
- Others include: Gambling, Spending, Shopping (including window shopping without buying), Exercise, Play, Danger, Thrills, Reading, Sleep, Religion, T.V., Caretaking.

Principles of Systems (Such as Families):

- Change in one member affects all
- The system is more powerful than the individual
- Addiction adversely effects the system

One of the key aspects of addiction is that feelings are repressed. The child who is not allowed to be naturally dependent in the process of growing up will become an adult who is insecure, fearful, and in pain. This child will be a prime candidate for addiction, because he or she will need to repress the unmet needs and feelings in order to cope with life.

Common types of dysfunctional families are:

- Chemically dependent parents or grandparents
- Families with secrets (such as suicide, extramarital affairs, racial shame, disease, sexual abuse)
- Physical, sexual, or emotional abuse
- Rigidity is common within dysfunctional families.

Alcoholism contributes to other types of dysfunction within the families.

Alcoholic Families follow these rules:

- Don't Talk (Don't tell anyone about what is going on)
- Don't feel (You can't express or acknowledge anger, fear, or disgust)
- Don't Trust (You may be ridiculed, betrayed, manipulated, or used)

The alcoholic family system is often unpredictable and inconsistent within the family roles.

If you would like to know more about dysfunctional families, come to the Chemical Health Center. We are having an Open House on February 13, 1998, from 9:00 am to 4:00 pm or call for an appointment ext. 272.



Recreation Stuff

Intramural Results

2-3-98

Game 1: The Hoosiers defeated the Urban Warriors 93-47. They were lead by Dan Peltier 22 pts. and Rusty Gillette had 22. The Urban Warriors were paced by Jason Goodleft 18 pts and Julian Fox 17 pts.

Game 2: The Sitting Bull "Suns" defeated the Southside Bombers 94-80. Jayson Thunderhawk had 22 pts to lead the Suns. The Bombers were led by Gerald Bogola 27 pts and True Clown chipped in 14.

Game 3: The Tipi Creepers crept up on the Inner City Bobcats 94-71. The creepers were led by Todd Thomas 28 pts. The Bobcats were led by Carl Davis 21 pts.

Volleyball Scores

Co-Ed: (4th place in league standings) 2-3-98:
UTTC defeated Fasten-all: 9-15, 15-6, 15-6; Stars of Game: Brandt Teran, Molly Tendore, Geri Whiteman, The Mailman

Womens: (7th place in league standings) 2-4-98:
UTTC defeated Woodmansee's 15-6, 15-6, 9-15;
Stars of the Game: Terry Aguilar, Molley Tendore.

1998 Intramural Scoring Leaders

Rob Mendoza: 28, 23, 34, 20= 26.2 ppg

Todd Thomas: 19, 24, 33, 28= 26.0 ppg

Eli FE: 36, 19, 31, 18= 26.0 ppg

Kurt Swamp: dp, 24, 28, 20= 24.0 ppg

Rusty Gillette: dp, 24, 24, 22= 23.0 ppg

Dusty Thunderhawk: dp, 22, 27, 18= 22.3 ppg

Gerald B: 14, 28, 18, 27= 22.0 ppg

Travis F: 27, 7, 12, 3= 16.0 ppg

Carl Davis: 12, 8, 21, 21= 15.5 ppg

True Clown: 10, 7, 17, 14= 12.0 ppg

Mid-Season Intramural Tournament

The Mid-Season Intramural Tournament be held on Saturday, February 14th, starting at 10:00 am. The tournament bracket will be finalized Monday after league games. Questions call John or Rob at ext. 377 or 261.

New YMCA Schedule: Tuesday, Wednesday, Friday at 6:30. And on non-payday weekends at 2:00 pm. Reminder you need a valid drivers license to check out a Y-Card (unless you are escorted by Recreation Staff).



Students Needed AIHEC

American Indian Higher Education Consortium will offer a New Student Activity for the 1998 AIHEC conference: CRITICAL INQUIRY. This is a Real-to-Life application to find solutions to common problems or contemporary issues facing most Indian Nations and their Tribal Constitutions.

If interested, please contact Bob Parisien at ext. 209.

Artwork on Powwow Poster

The Powwow Committee would like to thank all the staff, faculty, and students who voted on this year's artwork for the Powwow Poster.

After all votes were tallied - the artwork by Jim Yellowhawk (#6) won hands-down on votes. For those who do not remember the piece, it was all black with red, white & blue within.

Watch for the Powwow Poster - Coming Soon!

Thank you for Your Help in making the decision.

Powwow Committee