

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER R

VOL. 7 NO. 22

March 9, 1998

Weekly Menu

Mar. 9 - Mar. 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

March 16



Rita

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



Dennis

SUPPER



Bugs

- 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, Ovened Baked Potato Wedges, Salad Bar, Dessert, 2% or Skim Milk
- Mon.- Braised Beef over Noodles, Vegetable, Salad, Fresh Fruit, 2% or Skim Milk

Graduates

A notice to all Spring, 98 Graduates, your 60 days interview starts March 10, 1998. The purpose of this interviews that your Resume and Federal Application forms 612 and 171 are one file in our office. Please visit with Shirley Iron Road in Room 120 for your 60 day interview, I will be out around campus and on the road doing Alumni Profiles.

Cooperative Education Students remember to get your time sheets in at the end of each month. Co-op Students will be required to get working hours in by the deadline day or lose hours not reported.

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

Career Ware has been installed on a second computer in my office for students seeking Higher Education or Career Development. 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



Notice to All Instructors:

The Criminal Justice students will be attending State Training Sessions on DUI Detection, Apprehension & Processing and Screening Devices on Tuesday, February 10th, 1998 from 9:30 - 11:00 am and 1:00-3:00 pm. They will continue this training session Thursday, February 12th, 1998 from 9:00 - 11:30.

Students will be responsible to get their assignments from their instructors for the time they will be missing from other areas.

Students who fail to attend all six hours of training will not fulfill state requirements and will need to repeat this work at the next training session which will be held in Spring 1999.

If you have any questions please feel free to contact me at ext. 332.

Kass

FINANCIAL AID NEWS

- 1998 AIHEC Outstanding Student of the Year awards selection is available to all students, applications can be picked up at the UTTC Financial Aid Office.
- (IHS) Indian Health Service Scholarships are available for Native American students in the Nursing and Health Information Fields of Study. Applications can be picked up at Sister Kathryn office or the UTTC Financial Aid Office. April 15, 1998 is the deadline to apply.
- Students make sure and complete your 1998-1999 Renewal Application or a New 1998-1999 application for Federal Student Aid (Pell Grant) ASAP. April 15 is the deadline date for consideration for other State and Federal Grants.

"Just Say No"

Family Club Schedule:

Mar. 12: *Bowling at Capitol Lanes, 1231 W. Divide Ave. Bus leaves Cafeteria at 6:00 pm, be ready to bowl at 6:30 - 7:30 pm.*

Mar. 19: *Pizza Party, Speaker and Games, Thurs., Cafeteria - 6:00 pm.*

Mar. 26: *Presentation in the Small Gym, topics to be determined. Thurs. 6:00 pm - Small Gym.*

April 5: *Trip to the Heritage Center and ND State Capitol.*

April 12: *Easter Sunday Egg Hunt and Games.*

April 16: *Crafts and Games, Thurs. 6:00 pm - Small Gym.*

April 23: *UTTC Health Fair (to be planned)*

April 26: *River Walk and Picnic, Sun. 2:00 pm, Sertoma Park.*

April 30: *Presentation, Thurs. 6:00 pm - Small Gym.*

May 3: *Trip to the Zoo, Sun., Sertoma Park, Bus leaves at 2:00 pm.*

Attention Students!!!

The Learning Center will be open on:

Tuesday, March 10
Marge Palaniuk

Wednesday, March 11
Elton Spotted Horse

Thursday, March 12
Villian Gillette
Until 8:00 pm



Thanks for upgrading Our Environment

We in nursing -- and others too -- are smiling at the environmental improvements on campus. The row of small houses near the main entrances to the campus are getting new siding with clean-looking colors. How nice they look! When the green grass comes all will be lovely.

Another improvement: the beautiful Indian designs that Butch Thunderhawk has put onto the walls of the cafeteria and on the corridor walls in the Skills Center. These invite our appreciation.

It's great too to have some of the old, no-longer used vehicles stored on campus being removed.

Thanks to all who have made all this possible.
submitted by Sister Kathryn Zimmer,
Director, AASPN Program

Chemical Health Center *Healing from Alcoholism*

Alcoholism is a serious, yet preventable disease, it is the number one health problem in American Indian communities. Alcohol prevention requires a community effort. This includes all organization that provide health care, education, public safety recreational activities and chemical abuse.

Prevention has a broad agenda which includes: DUI, DUS, PI, assaults, child neglect and domestic abuse, and tardiness from school and work.

Attitudes about abusing chemicals are often influenced by those who are abusing chemicals.

The Chemical Health Center provides education on prevention of chemical abuse that includes peer pressure, family education. Native American students can draw their cultural strengths and cultural values of living in peace and harmony with out the use of chemicals.

Come join us at the Chemical Health Center.

Bookstore

We have received the Student Payroll Report from the Financial Aid office.

Any student interested in purchasing an item on a payroll deduction basis, come to to the bookstore.

Hours: 8:00 - 12:00
12:30 - 4:30

Monday thru Friday

Cathy Mastrud, Manager

For Sale

**1978 Honda Civic
4 Speed**

Motor overhauled,

New carb,

New battery,

Call: Ext. 302, ask for Bud

First \$500.00 takes it.

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



Student Health Center Notes:

Student Health Center Office Hours:

Monday - Friday 8:00 am to 4:00 pm

Weekends - 8:00 am to Noon

Student Health Center will transport students in need to dental or medical appointments to Fort Yates PHS one time per week. If you are in need of transportation, see Student Health Center nursing staff.

How Can I Get What I Want From Sleep?

Find times to nap if you can't get enough sleep at night.

- When you nap, you get mostly non-REM sleep. This helps pay off the sleep debt without shortening the next night's sleep.

- If you anticipate a night with too little sleep, a nap beforehand seems to work best to reduce sleep-lose problems.

- If you suffer from insomnia, napping may make falling asleep at night harder. Some people find relaxation exercises such as yoga are a good replacements for naps.

Reduce stress that can cause sleep loss.

- Exercise regularly (but not within 2 hours of sleep time).

- Exercising in the late afternoon seems to relieve stress best.

Keep you sleep-wake clock and external cues in sync.

- As much as possible, keep to a regular schedule for meals, bedtime and rising. If you're having trouble falling asleep, get up at the same time every day (even on weekends!), no matter when you went to bed.

- Whenever you need to be especially acute and alert, give yourself a week of regular bed and rising times. This helps set your internal clock to a good sleep schedule.

- Since darkness is a "sleepiness cue," sleep in a darkened room.

- A quiet room or "white noise" (such as a fan) may help keep nightly sleep cycles more regular.

What happens if you don't get enough sleep?

- increased irritability
- decreased motivation, memory and concentration
- decreased creativity and spontaneity
- increased proneness to injury
- greater likelihood of problems such as stomach upset or headaches

With too little sleep, the body accumulates a "sleep debt." Eventually, this debt must be paid, even if this means falling asleep unwillingly and at a bad time, such as while driving.

DON CADOTTE

Don Cadotte was a dedicated employee of UTTC. He started working at United Tribes in 1978 to present time of death.

His main concern was for the students at UTTC in which he always had encouraging words for them.

Don always had a good working relationship with staff.

He loved to watch the Thunderbirds play basketball. He was a loyal fan to the end. The family of Don "states" they were so honored to have the Sunday Game in Don's honor. We all know Don was there at the game and we did have an angel on the court.

MEMORIAL SERVICE

FOR

DON CADOTTE

TUESDAY, MARCH 10, 1998

AT 3:00 PM

AT THE

JAMES HENRY COMMUNITY

CENTER

LUNCH SERVED AFTER.

Lady Thunderbirds

2nd Annual Tournament Results

Out of 8 teams that entered 4 could not make it because of the storm.

The Round Robin results were 1st place Big Mama's, second Lady Thunderbirds, 3rd Sitting Bull College and 4th Molly's Hackers. Everything went well and everyone had a great time. No one went away hungry, with lots of chili, sloppy joes & fry bread leftover. Thanks to all that helped and to the fans that supported the tournament.

In Sunday's league play, the Lady's won over Butcher & Associates in a well played game. LaDeana Roberts scored 14 and Nicole Arellano added 13. Reida Whiteshield pulled down 9 rebounds.

Bob B

Lady Thunderbirds Update

Hello again! This is another excerpt from the Lady Thunderbirds saga (don't laugh). This week's interviews are with a forward and a guard on the ladies' team.

Here you go:

Reida Renee Whiteshield, age 23, graduated from Colstrip High School in Colstrip, Montana, in 1993. She is Northern Cheyenne from Lame Deer, Montana. Reida is a Health Information student whose projected graduation date in December 1998. She enjoys any kind of outdoor activity, especially riding horse and camping. She also enjoys playing softball. Reida has one son, Kristian, age 3. After graduation, she plans to move to Arizona. She shares her words of wisdom: "Try not to let the negative things get you down. Keep a positive attitude!"

LaDeana Lynn Roberts, age 25, graduated from Flandreau Indian School in Flandreau, South Dakota, in 1990. Deana, as she prefers to be called, is Eastern Shoshone from the Wind River Agency. She makes her home in Fort Washakie, Wyoming. Her parents are Leonard and Marilyn Roberts, Sr. She has two brothers (L.B. and J.D.) and one sister (Benni). Deana is a ECE major who intends to graduate in December 1999. Her future plans include going on to the University of Wyoming for Elementary Education. Besides being a "pumpkin pusher," Deana likes to play volleyball and softball. Her words of wisdom for us: "Work hard. Finish what you start."

These two ladies are an important part of the team--Reida with her rebounding skills, and Deana with her ball-handling skills. The Lady Thunderbirds needed some good guards, and Deana is a welcome addition to the team.

Rec Stuff

Intramural Results 2-2-98

Game 1: The Hoosiers playing with only 4 players defeated the SB-Suns 80-74 in the battle for first place in the league. The Hoosiers were led by Rob Mendoza's 38 pts. (103 points) and Kurt Schwamp and Rusty Gillette had 24 apiece. The Suns were led by Dusty Thunderhawks' 23 pts.

Game 2: True Clowns Southside Bombers defeated the Inner City Bobcats 69-64 in overtime. True Clown had 19 to lead his squad. Mark Guy Cloud lead the Bobcats with 17.

Game 3: The SD-Tipi Creepers beat the 81-73, Eli Feather Earring had 26 pts to lead the Creepers. The Urban Warriors were passed by Jr. Goodleft's 30 pts.

V-Ball Results

Co-ed: UTTC defeated Obrian's II - 15-13, 15-12, 15-8, Stars of the game Rory Tendore, Eli Feather Earring.

Women's: UTTC defeated DT-UPA - 15-2, 15-8, 15-112, Star of the game Lisa Yellow Horse, Deanna Roberts.

Intramural League Standings

Hoosiers 7-1, SB-Suns 6-2, SD-Tipi Creepers 5-3, SS-Bombers 3-5, Inner City Bobcats 2-6, Urban Warriors 1-7. Two weeks remaining in League. League Tourney March 23rd & 24th.

Scoring Leaders

Rusty Gillette - 27.6 - Hoosiers
Rob Mendoza - 27.6 - Hoosiers
Kurt Schwamp - 26.5 - Hoosiers
Todd Thomas - 23.7 - SD-Tipi Creepers
Eli Feather Earrings - 22.8 - SD-Tipi Creepers
Dusty Thunderhawk - 20.1 - SB "Suns"
Gerald Bogola - 17.8 - SS Bombers
Jason Thunderhawk - 17.4 - SB "Suns"
Travis Fox - 14.8 - Hoosiers
True Clowns - 14.6 - SS Bombers
AJ Starr - 13.88 - SB "Suns"

AIHEC - JOURNEY INTO CYBERSPACE

**AMERICAN INDIAN HIGHER EDUCATION CONSORTIUM
SEVENTEENTH ANNUAL CONFERENCE ON INDIAN EDUCATION
APRIL 5-8, 1998
RADISSON INN, BISMARCK, NORTH DAKOTA**

MR. AND MS. AIHEC NOMINATION FORM

QUALIFICATIONS:

1. Must be enrolled in at least 6 credit hours at a Tribally Controlled Community College.
2. Must possess a 2.0 grade point average at the time of application. (This also applies to transfer students)
3. Must possess a general knowledge of Tribal traditions.

CRITERIA:

1. A student must be nominated by a college staff or faculty member. The nominator and the student will be responsible for completing the Mr/Ms AIHEC Nomination form.
2. The student must complete and sign the Mr/Ms 1998 AIHEC Autobiography form.
3. The student must complete an essay on "Why I want to be Mr. or Ms. AIHEC". Also include in this essay the contributions you feel you could make as a student representing AIHEC.
4. The student must submit two signed recommendation forms from someone who knows you on a personal basis.
5. The two finalists from each Tribal College must be available for interviews during the 1998 AIHEC Conference in Bismarck, ND.

GENERAL INFORMATION:

Submit nominations and forms to : Julie M. Cain at the Chemical Health Center.

THE DEADLINE TO SUBMIT NOMINATIONS IS MARCH 20, 1998.

1998 MR. AND MS. AIHEC AUTOBIOGRAPHY FORM

Student Name _____ Year in College _____

Home Address _____

Date of Birth _____ Telephone No _____

Name of Tribal College you are attending _____

Please list you academic plans and career interest _____

List the student organization/clubs (position held, dates, etc.), events and activities you have been involved in _____

List any other organizations or volunteer work that you have participated in _____

List any personal or professional Interests and activities _____

List any types of recognition or achievements _____

(Student Signature)

NOTE: With this autobiography you must also write an essay on "Why I want to be Mr. or Ms. AIHEC" and "What contributions could I make as a student representing the American Indian Higher Education Consortium."

1998 MR. AND MS. AIHEC NOMINATION FORM

I. I, _____ nominate _____
(Staff or Faculty name) (Student Name)

for Mr. or Ms. AIHEC 1998.
(Please circle one of the above)

To: Staff or faculty member

Please list your reason for nomination _____

II. To be completed by College Registrar:

I, _____ certify that _____
(Registrar) (Student Name)

is a student at the _____ and is enrolled in
(Name of College)

_____ credit hours. I also certify that this student has a GPA of _____.

(Signature of Registrar) (Date)

III. I, _____ authorize the _____
(Student Name) (Name of College)

to release the above information to be reviewed by the 1998 AIHEC Selection Committee

(Student Signature)

1998 MR. AND MS. AIHEC LETTER OF RECOMMENDATION FORM

Students Name _____

Recommended By _____

College Attending _____

In the space below, please provide a letter of recommendation for the student nominated for Mr. or Ms. AIHEC.

(Signature)

NOTE: Each nominee must have 2 separate signed letters of recommendation.