

# W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 7 NO. 23

March 23, 1998

## Weekly Menu

**Mar. 23 - Mar. 27**

### DINNER



LeRol

- Mon.- Chuckwagon Stew, Baking Powder Biscuit, Salad Bar, Fresh Fruit, Relish Tray, 2% or Skim Milk
- Tue.- Ham Sandwich, Soup, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Chicken Stir-Fry w/Oriental Noodles, Rice, Cranberry Sauce, Salad Bar, Pumpkin Bars, 2% or Skim Milk
- Thu.- Bar-B-Que Beef on a Bun, Soup, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Fri.- Tuna Salad Sandwich, Soup, Salad Bar, Lemon Bars, 2% or Skim Milk

**March 30**



Rita

- Mon.- Goulash, Vegetable, Dinner Bun, Salad Bar, 2% or Skim Milk



Dennis

### SUPPER

- Mon.- Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% or Skim Milk
- Tue.- New England Dinner, Boiled Potatoes, Boiled Vegetables, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Chicken Breast on Rice, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- Pepper Steak, Rice, Tossed Salad, Garlic Toast, 2% or Skim Milk
- Fri.- Roast Pork, Mashed Potatoes & Gravy, Vegetable, Salad Bar, Dessert, 2% or Skim Milk



Bugs

- Mon.- Hamburger on a Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies, 2% or Skim Milk

## *Nursing Program being reviewed*

Dr. Bonnie Selzler is serving as a site-visitor from the North Dakota Board of Nursing to review the UTTC nursing program in terms of maintaining on-going approval of the program. She visited in the clinical areas at St. Alexius Medical Center on Thursday, March 19, observing UTTC nursing students and faculty and talking with hospital staff members.

On Tuesday, March 24, she will be on UTTC campus making further observations about the program. The Board of Nursing will review Dr. Selzler's final report and share the report with UTTC administration and nursing faculty.

On March 17 second-year nursing students participated in the St. Alexius - sponsored all Nursing Conference held at the Radisson. There were more than 500 nurses in attendance. The big picture today is taking a look at the future of health care. There will be increasing emphasis on the need for prevention and on the larger community rather than on the hospital as the focus for administering nursing care. Promoting awareness of the need for self care is also receiving much attention.

Submitted by Sister Kathryn Zimmer,  
Director, AASPN Program



## Thank You

Stan and Suzanne Cadotte and family, Ron and Delores Walters and family, Karen Cadotte and family would like to extend our warmest thanks to all the United Tribes staff, faculty, students, and friends for the beautiful Memorial Service and lunch held in honor of Don, our brother, brother-in-law, uncle and friend. We can not thank you enough for all the kind words that were said of him. Memories of him are everywhere on campus. His words of "Wisdom" echo the wind. We especially thank the United Tribes Technical College Basketball Team and Coach, Kevin Finley, for their presence, thoughts, and prayers. Somewhere, close, he is cheering you on to victory.

Thank You Again.  
The Cadotte Family

## For Those I Love

### For Those Who Love Me...

When I am gone, release me, let me go...  
I have so many things to see and do.  
You mustn't tie yourself to me with tears.  
Be happy that we had so many years.  
I gave you my love. You can only guess  
How much you gave me in happiness.  
I thank you for the love you each have shown,  
But not it's time I traveled on alone!

So grieve a while for me, if grieve you must.  
Then let your grief be comforted by trust.  
It's only for a while we must part.  
So bless the memories that lie within  
your heart.  
I won't be far away, for life goes on.  
So, if you need me, call and I will come.  
Though you can't see me or touch me,  
I'll be near.  
And if you listen with your heart, you'll hear  
All of my love around you soft and clear.

And then, when must come this way alone...I'll  
greet you with a smile and "Welcome Home."

## "Just Say No"

### Family Club Schedule:

**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.*

## Support Services Dept. Employee of the Month

**Ken One Feather (Maintenance Dept.) has been selected as Support Services Employee of the Month by the department supervisor. Ken started work at UTTC on March 3, 1997. His work ethics, attendance, and personality has touched all his fellow workers and beyond. Everyone on staff wants to work with him. Our hats off to Ken as he is also raising three children by himself. The supervisors of the Support Services say to Ken, a job well done, and Thanks.**



## LOST

**Diamond Shape Turquoise  
Stone Earring**  
If found please place it  
in the Mailroom,  
Box 198

## FOR RENT

For Rent in Mandan. Available April 1st or 15th. Two bedroom apartment in lower level of house. \$325.00 per month plus lights. \$200.00 deposit can be made in payments. Heat and water included in rent. Use of washer and dryer. Off street parking. Contact Karen Fleck 663-1936 or leave her a message.

*If you are considering a career in health care and would like to help a community in need, the **National Health Service Corps** has competitive scholarships that can help you reach your goal. Scholarship application deadline is 3/27/98. Eligible primary health care disciplines are physicians, nurse practitioners, physician assistants and certified nurse-midwives. For information about these and other NHSC opportunities, call us at 1-800-221-9393. <http://www.bphc.hrsa.dhhs.gov/nhsc/nhsc.htm>. The NHSC is a program of the Health Resources and Services Administration's Bureau of Primary Health Care.*

## 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 the bookstore.

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

Monday thru Friday

Cathy Mastrud, Manager

## CHAPEL SCHEDULE

### Sunday

Catholic Mass 10:00 a.m. - Rev. Fr. Victor Feser, OSB  
University of Mary, 255-7500

All Nations Christian Fellowship 1:00 pm - Paster Colin LaBorde 223-4847. Reserved for Men's, Women's, Youth Fellowship, Tuesday, Thursday and Friday.

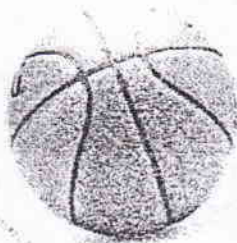
Episcopal Services 4:00 p.m. - Carol Dewall 222-1875.  
Reserved Wednesday nights

Contact the following people for scheduling or information: Chapel Building - Bud Anderson 255-3285 ext. 302. Chapel Scheduling - Wenelle Veit 255-3285 ext. 314.

**Information for the  
Next Newsletter must be  
submitted to Arrow Graphics  
No later then March 27  
Attn: Wanda Swagger**



# KID Cooperation



How to  
Stop Yelling,  
Nagging &  
Pleading and  
Get Kids to  
Cooperate

**ELIZABETH PANTLEY**  
Foreword by William Sears, M.D.

PREFACE BY  
Louise Bates Ames, Ph.D.



ould you like to...

- ... get kids to willingly cooperate?
- ... eliminate your daily battles?
- ... stop the bickering and whining?
- ... get kids to do their chores?
- ... stop getting angry?
- ... handle discipline with authority?

*Kid Cooperation will teach you how!*

Elizabeth Pantley's entertaining and encouraging program is based on her book *Kid Cooperation*. This presentation is designed to help you learn the practical, purposeful things you can do to gain your children's cooperation, and find more peace in your home.

Elizabeth's light, humorous style will make it easy for you to learn the effective skills you need to stop yelling, nagging and pleading and get your kids to cooperate!

Elizabeth Pantley is author of *Kid Cooperation* and president of Better Beginnings, Inc. Elizabeth's school newsletter, *Parent Tips* is seen in schools nationwide. She appears as a regular speaker and radio show guest. She is often quoted in *Parents*, *Parenting*, *Redbook*, *American Baby*, *Woman's Day*, *Working Mother* and *Good Housekeeping* magazines. Her newest book *Perfect Parenting: The Dictionary of 1200 Parent Tips* will be available in October.

**Hosted by: Parent Education Resource Center**

**Westward Ho Motel  
Highway #2 West, Grand Forks**

**Saturday, March 28<sup>th</sup>**

**Call 795-2765 to register**

- 8:30 AM Registration
- 9:00 - 11:15 Kid Cooperation
- 11:15 - 12:30 Lunch break
- 12:30 - 1:30 Understanding & Managing Your Anger
- 1:45 - 2:45 Siblings Without the Rivalry

Elizabeth's book, audio tapes and videos will be available for purchase.