

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 7 NO. 28

April 27, 1998

Weekly Menu

April 27- May 1

DINNER



LeRoi

- Mon- Goulash, Vegetable, Dinner Bun, Salad Bar, 2% or Skim Milk
- Tue.- Bean Soup, Chicken Salad Sandwich, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Wed.- Turkey Club Sandwich, Soup, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Thu.- Variety Pizzas, Salad Bar, Dessert, 2% or Skim Milk
- Fri. - Tuna Salad Sandwich, Soup, Salad Bar, Dessert, 2% or Skim Milk

May 4



Rita

- Mon.- Honey Roasted Turkey Sandwich, Soup, Salad Bar, 2% or Skim Milk



Dennis

SUPPER

- Mon- Hamburger on a Bun, French Fries/Potato Chips, Soup, Salad Bar, Brownies, 2% or Skim Milk
- Tue.- Pork Chops, Rice, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Meatballs over Noodles, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- Grilled Steak, Baked Potato, Garlic Toast, Tossed Salad, Fresh Fruit, 2% or Skim Milk
- Fri.- Lasagna, Garlic Toast, Vegetable, Salad Bar, Dessert, 2% or Skim Milk



Bugs

- Mon.- Baked Ham, Baked Potato Wedges, Vegetable, Salad Bar, 2% or Skim Milk

United Tribes Technical College Student Body

There will be a mandatory Student Body Meeting at 2:00 pm at the James Henry Building (Gym) on Friday, May 1, 1998. This meeting will be short, but, full of good information. Please make it a point to be there. We will be holding payroll checks until after this meeting. See you there!

ART EXHIBIT

at the Art Department
May 1, 1998 from 10:00 am to 3:00 pm

featuring

**THE WORKS OF 1998
GRADUATING ART STUDENTS**

Julie Crisjohn

Chris Fox

James Tallwhiteman

Caramel Rolls & Coffee Will Be Served.

All Are Invited To Attend!

Most of the Works Are For Sale.

College and Elementary Students work together.

On Thursday, April 23, 1998, the 7th and 8th grade students went to the Skills Center to work with Liz Miller's class in the lab. Together they dissected worms. The college students led the 7th and 8th graders through a complete projects of slicing and investigating worm body parts. All the students worked hard and had a good time. We will start dissecting pig fetuses on Tuesday and Thursday of this week.



All-Nursing Conference Provides Learnings...

Second year nursing students on March 17 attending the ALL-NURSING CONFERENCE sponsored by St. Alexius Medical Center - More than 500 nurses participated in the Conference held at the Radisson Hotel. These are only some of the pieces of information that struck the students:

- Quality outcomes and making a difference will be the spirit for the future. (Lisa Ohlheiser)
- We need to change from the industrial age to the socio-technical age. (Charmelle Fuchs)
- In the future we will be assisting populations rather than individuals. (Fred Schiller)
- Humor must be a component of both work and of one's private life. (Deb Steffen)
- Nursing is a career of changing and I need to find ways to challenge myself to change. (Geneva

LaVallie)

- We must feel good about ourselves, practice rituals of self-care if we are to help others. (Sue Werre)
- I really liked to relaxations technique given by the speaker for reducing stress. (Arnold Douglas)
- Nursing and health care are being tranformed -- the nurse is always experiencing change -- there are always new expectations for health. (Tammy Starr)

It was a joy to read the papers of each of the 16 students. Many went on to say that continuing education and life-long learning are necessary for the nurse of today.

Submitted by Sister Kathryn Zimmer,
Director, AASPN Progra



Thank You

The immediate family of Don Cadotte would like to give a heart felt and sincere thank you to: the ones who came to see us, who bought food, who gave material items, who gave money, who gave beautiful cards with words of comfort, who gave a hug and a handshake with words of encouragement, who offered their help, for those who sent flowers, to those who took the time to attend the Memorial Service here at UTTC and also those who came to the Wake Service and Funeral. We would especially like to thank the UTTC Thunderbirds and Coach Finley for the great honor they have bestowed on Don. Our Don always said to us in a teasing way that he would be Famous Someday and in away his dream came true because of the UTTC Thunderbirds and Coach Finley. We would also like to thank those who said or recalled good things about Don, to those who dedicated things in his honor and also for the music.

We did not realize that Don had so many friends with all the things you people done for use, we can't say enough, but you will be remembered.

*Thank You
Ruby, Jackie, Jan,
Chris, Randi,
Adrian Sr. &
Grandchildren*

"Just Say No" Family Club Schedule:

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

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

AIHEC Speech Contest

Congratulations to Daryl Young for his **first** place finish in the AIHEC Speech Contest, informative category! Competing with 35 entrants, Daryl gave an impressive speech on depression. He received a cash award and plaque. Daryl is a Hospitality Management student and enrolled in Integrated Studies/Speech and Humanities this spring.

Health Information Students

Health Information students are selling raffle tickets for a Beautiful Satin Star Quilt with a horse head in the middle.

If you are wanting to see it we have pictures of the quilt and you may contact any health information student to purchase tickets.

The raffle tickets are \$2.00 each and the drawing will be held May 8th at the Graduation Powwow. Need not be present to win.

We thank you for your support!!!



Chemical Health Center

How close are you to Burn Out

- | | YES | NO |
|--|--------------------------|--------------------------|
| 1. You often feel emotionally empty and isolated from co-workers, friends, and friends. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. You often feel "hopeless and helpless" about you life and work. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. You try to overcome your feelings of exhaustion habits such as denial, eating, or spending money. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. You feel anxious most of the time. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. You're often irritable and easily frustrated when things don't go your way. | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. You find it increasingly difficult to trust co-workers and others in your professional and personal lives. | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Your sense of self-worth is drawn from sources outside yourself, such as your job, work-related achievements, physical appearance, and popularity | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. You rarely take time for physical exercise. | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. You make little time for relaxing activities you enjoy. | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. You don't allow time to "decompress," even after demanding days when you've put out an exceptional effort at work. | <input type="checkbox"/> | <input type="checkbox"/> |

Total Number of YES answers _____

What's your burnout rate? It's normal to feel some of these symptoms. But eight or more YES answers means you could be close to total burnout. Fishkin recommends identifying the key stressors in your life. Consider what you can do to change them or their effects on you. And be aware that you do have options. People who burn out tend to think in black-and-white terms. Simply realizing that there are options can release a lot of the pressure you feel, Fishkin says.

Information for the
Next Newsletter must be
submitted to Arrow Graphics
No later then May 1
Attn: Wanda Swagger

Attention Students

The Learning Center
will be open on

Tuesday, May 5 - Dorvin Froseth
Wednesday, May 6 - Elton Spotted Horse

Until 8:00 pm

Injury Prevention Program

Starting this fall semester (1998) United Tribes Technical College will offer an Associate of Applied Science degree in Injury Prevention. The concept of the Licensed Injury Prevention Practitioner is new and truly exciting. The objective of this program is to place qualified injury prevention specialists in positions with local, national, and tribal organizations so as the develop and implement interventions to reduce injuries and fatalities among Native Americans.

Listed below are the required courses that are being offered to earn a degree in Injury Prevention:

- IP 101 Intro to Public Health
- IP 102 Intro to Injury Epidemiology
- IP 103 Intro to Program Planning
- IP 104 Intro to Injury Prevention
- IP 201 Principles of Program Implementation and Evaluation
- IP 202 Traffic Related Injuries
- IP 203 Preventing Injuries due to Violence
- IP 204 Residential and Recreational Injuries

Please refer to or get a 1998-99 United Tribes catalog for the curriculum and courses to be offered in this new and exciting program at United Tribes Technical College.

If you have any questions, please feel free to call Dennis Renville at extension 374.



NATIVE AMERICAN INJURY PREVENTION COALITION

UNITED TRIBES TECHNICAL COLLEGE • 3315 University Drive • Bismarck, ND 58504
(701) 255-3285 Ext. 374 • FAX (701) 255-9036

SEAT BELT SURVEY

The UTTC seat belt survey was done on April 23, 1998, conducted by the NAIPC staff and below are the following results:

132 vehicles were surveyed
70% were cars
14% were pickups
16% were vans

DRIVERS: (Males)

60% were belted
40% were not belted

(Females)

56% were belted
44% were not belted

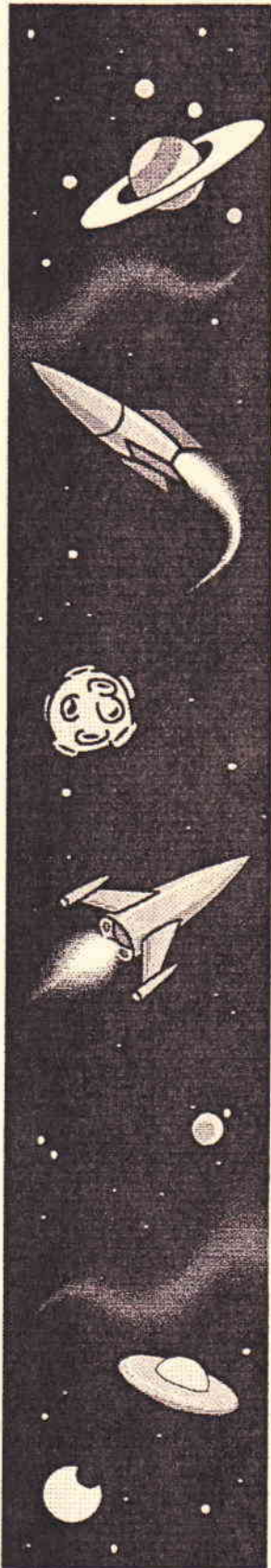
PASSENGERS: (Males)

47% were belted
53% were not belted

(Females)

38% were belted
62% were not belted

The Native American Injury Prevention Coalition wishes to THANK all the drivers who were surveyed, for their courtesy during the survey. Remember seat belts can save lives and prevent injuries. Also, its the North Dakota state law that you wear your seat belt.



NOTICE FREE

RSI will be having a model rocket session on April 30th from 6-8 PM in the Cafeteria. First 50 registered will put together, launch and keep their rocket.

This is open only to United Tribes students in grades 6 through adults.

Contact Joey Mcleod

ext. ~~207~~ 349

**Don't miss out on the
FUN.**

**MEN'S AND WOMAN'S
ATHLETIC BANQUET
THURSDAY APRIL 30, 1998
7:30 AT THE CAFETERIA.**

**AL BORTKE UNIV. of MARY
ATHLETIC DIRECTOR
WILL BE YOUR FEATURED
SPEAKER.**

***PLEASE COME OUT
AND SUPPORT YOUR
1997-98***

***"THUNDERBIRDS"
FOR THEIR FINE
SEASON'S***

Making Time Count

How Can Parents Cope When They're Feeling 'Low'?



If you're a working parent, the most difficult time of your day may be the first 15 minutes after you arrive home.

You're tired from work, and feeling low. Your kids are anxious to tell you everything that happened in their day. At the same time, you have other responsibilities—like getting food on the table.

Here are some ideas to help you when you're feeling low:

- **Recognize that what** you're feeling is normal. Acknowledge that you're not the only parent in the world who feels stressed out.
- **Try to find a way** to focus on your kids as soon as possible after you arrive home. One mother switched from driving a car to riding the

bus so she could have a little personal transition time before she walked in the door.

- **Enlist your kids' help.** If you are worried about getting dinner on the table, make it a privilege to help you with preparations.
- **If you really need** to do other things as soon as you walk in the door, be honest with your kids.

Say, "Hearing about your day is so important to me that I don't want to be distracted. Just let me get our dinner started. After dinner, when I'm not so rushed, I'll give you my complete attention." Then, of course, make sure you do.

Source: Patricia Nachman, *You and Your Only Child*, 1997, (Harper Collins, 10 E 53rd St., New York, NY 10022).



Parent Quiz

Are you using the end of the school year to plan ahead?

Try this quiz to see how well you're planning for learning. Give yourself five points for something you usually do, zero points for something you have never done, or any score in between.

_____ **1. I have asked my child** to list the things she hopes to learn next year.

_____ **2. We've made summer** plans that include learning activities for the whole family.

_____ **3. I have talked with** my child about careers he might like to pursue.

_____ **4. My child and I have** discussed books we would like to read this summer.

_____ **5. My child has a number** of learning activities and games she can play all summer.

How did you score?

Above 20 means you're helping your child plan ahead. Score of 15 to 19 is average. Below 15 may mean your child needs help in planning ahead.

Building Responsibility

Provide Your Children With More Than 9-1-1



Many parents teach children to dial 911 in an emergency.

But children often don't have the information they need to provide.

Karen Osman, a reader in **Bay Shore, New York**, suggests a solution: Make emergency information cards and post them near the telephone. Include:

- **Emergency: 911**
- **Our address is:** _____
- **Our telephone number:** _____
- **Our cross streets:** _____
- **Nearest neighbor:** _____



Practical Ideas for Parents to Help Their Children ISSN: 1046-0446

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Have an Idea To Share?



Do you have an idea for parents that should be in this newsletter? The editors of *Parents make the difference!* are looking for practical ideas about how parents can help their children.

Parents make the difference! pays \$25 for each original idea published, and you will receive credit in the article. Please send your ideas written in English.

Send ideas to *Parents make the difference!*, Editorial Department, P.O. Box 7474, Fairfax Station, VA 22039-7474. Materials sent cannot be returned.

Attention Parents

DO YOU KNOW WHAT TO DO DO IF THESE INJURIES OCCUR WITH YOUR CHILD???????

TOOTH ACHE, ORTHODONTIC PROBLEMS, KNOCKED OUT TOOTH, BROKEN TOOTH
BITTEN TONGUE, OR LIP, OBJECTS WEDGED BETWEEN TEETH, POSSIBLE FRACTURE JAW....

THERE IS DENTAL EMERGENCY FIRST AID!!!!!!

IS YOUR CHILD BRUSHING AND FLOSSING CORRECTLY?????

COME AND WATCH, WE CAN PROVE IF HE/SHE IS OR NOT!!!!

FREE TOOTH BRUSH AND TOOTH PASTE.

AS PARENTS, WE WANT OUR CHILDREN TO BE HEALTHY.

WHAT ARE GOOD FOODS WE CAN GIVE THEM TO GROW HEALTHY?
PAM AND HER STUDENTS WILL SHOW US HOW TO SELECT THE CORRECT FOODS.

HEALTHY ATTITUDES BUILD HEALTHY MINDS.
COUNSELING WILL PROVIDE US THE LIFE LONG TIPS ON BEING MENTALLY HEALTHY.

CHEMICALS THAT ARE LEGAL AND ILLEGAL CAN DAMAGE OUR BODIES FOR EVER.

LET CHEMICAL HEALTH DEMONSTRATE THE EFFECTS THIS CAN HAVE ON YOU.

NOW THAT WE ARE HEALTHY LETS LIVE A SAFE AND HEALTHY LIFE!!!

SECURITY/TRANSPROTATION WILL SHOW HOW TO BE SAFE.

EXERCIE WILL BUILD A STRONG BODY.

TAMMY AND LIZ WILL EXPLAIN HOW PHYSICALLY THAT CAN HAPPEN.

ARE GERMS IMPORTANT TO US? ASK THE FRESHMAN LPN STUDENTS..

PARENTS, PLEASE COME AND BE WITH YOUR CHILD ON;

WEDNESDAY, APRIL 29, 1998

CHILDREN'S HEALTH FAIR

12 PM - 3:45 PM.