

# UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER

VOL. 8 NO. 7

October 12, 1998

## Weekly Menu

Oct. 12 - Oct. 16

### DINNER



LeRoi

- Mon.- Goulash, Vegetable, Dinner Bun, Salad Bar, 2% or Skim Milk
- Tue.- Bean Soup, Fry Bread, 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 Sandwich, Soup, Salad Bar, Dessert, 2% or Skim Milk

Oct. 19



Rita

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



Dennis

### SUPPER

- Mon.- Hamburger on a Bun, French Fries or 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



Jeff

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

## CERTIFICATION OF ELECTED STUDENT SENATE REPRESENTATIVES

TO: Geri Whiteman, President - UTTC Student Senate  
Shawn King, Vice President - UTTC Student Senate  
Dean Gillis, Secretary - UTTC Student Senate  
Ladeana Roberts, Treasurer - UTTC Student Senate  
Norma Two Bulls, Parliamentarian - UTTC Student Senate

FROM: David M. Gipp, President



*Pictured Left to Right: (Back Row) Letitia Stewart, Norma Two Bulls, Shawn King, Geri Whiteman, Royce Irwin. (Front Row) Ladeana Roberts, Dean Gillis.*

This certifies that the students identified herein, were duly elected by the student body of United Tribes Technical College at an election of officers held on September 30, 1998.

*Continued on Page Two*



### Certification of Elected Student Senate ....

These students have been verified as being in good standing and have met all requirements necessary to effectively fulfill the role and responsibilities of the Executive Board of the Student Body for the 1998-1999 Academic Year.

These Student Senate officers constitute the Student Body Executive Committee and officers of the Student Senate. They are responsible to the Dean of Academic and Vocational Programs to carry out the duties set forth in the Student Handbook.



*Pictured Left to Right: (Back Row) Norma Two Bulls, Geri Whiteman, Shawn King, (Front Row) Ladeana Roberts, Dean Gillis.*

On behalf of the United Tribes Board of Directors, students, staff and faculty, we commend you for your willingness to serve as the voice of the student body and wish you the best in all your endeavors.

## PRESS RELEASE

- Who: UTTC Injury Prevention Program
- What: Press Conference
- When: October 22, 1998 - 11:00 am
- Where: 12th Street Billboard
- Why: 1st Injury Prevention Program in USA

## BUCKLE UP

*America Please Buckle Up. Don't Drink and Drive. Drinking and Driving will take away your life. If you don't Buckle Up Your Life Will Be Gone, and tell you loved ones to Buckle Up and don't Drink or Drive. I hope this letter will help you!!!*

*Nashay Bercier*

*Nashay is the daughter of Yvette Belgarde and Randy Bercier.*

## Recreation Stuff

### Monday B-Ball Standings 11-5-98

Hoosiers	2-0
SS Bombers	2-1
Urban Warriors	1-1
Dakota Redmen	1-2
CJ Boy's	1-1
SB "Suns"	0-1

### Scoring Leaders

Chris Blackbird	35.3 ppg
Rob Mendoza	34.0 ppg
Derick Bartlette	31.5 ppg
Robert Webster	31.5 ppg
Eli F. Earrings	26.5 ppg
Valden Killsmall	25.0 ppg
J Running Hawk	18.6 ppg
Lyle Uses Arrow	18.0 ppg

### Results of games Monday 10-5

The Dakota Redmen defeated the Sitting Bull "Suns" 107-92. The Redmen were led by Chris Blackbird 45 pts and Lyle Uses Arrow 25 pts. Trevor Kuntz led the "Suns" with 25 pts.

The Urban Warriors defeated the SS-Bombers 97-74. The Warriors were led by Milton Grassrope 25 pts and Don Blevins had 22 pts. The Bombers were led by Eli Feather Earring scored 29 pts.

The Hoosiers defeated CJ Boys 92-86. The Hoosiers were led by Robert Webster 40 pts, the CJ Boys were led by Derick Bartlette's 38 pts.

REMINDER: For those Horseshoe players who have not been showing up for league games, these games will be automatic losses. Please show up, your attendance make the league more enjoyable for everyone.

Volleyball players: The Women's and CO-ED Leagues are beginning please check your schedules.

Homecoming Football Game - October 23rd - 2:00 pm

15 minutes may save a life

# Indians needed to register as bone marrow donors

CHERYL LONG FEATHER  
*Tribune Columnist*

How often do you think about saving a life? Probably not very often. But taking 15 minutes of your day on Oct. 16 will allow you to possibly save a life.

On that day, a bone marrow registry drive is being held at the Medcenter One Outpatient Service Building at 414 N. Seventh St., Bismarck.

The bone marrow registry drive has special significance for the American Indian community. Because the characteristics of bone marrow are inherited, a patient needing a bone marrow transplant is most likely to find a match within his or her own racial or ethnic group.

This means that American Indian patients looking

for marrow donors have a significantly lower chance of finding a match because of the current lack of American Indians registered. American Indian patients with serious blood diseases such as leukemia or aplastic anemia have far fewer possible matches than non-Indian patients. There is a critical need for American Indian people (and other minorities) to join the registry.

Having recently registered as a bone marrow donor, I can honestly say that it is the easiest commitment I have ever made.

I filled out a short registration form and the nurse

## Read Saturday's News for Life for more information about bone marrow registration.

I drew two small vials of blood from my arm. The entire procedure was done before I could say, "Is this gonna hurt?"

I am proud to say that I am registered with the bone marrow donor program. It gives me a good feeling to know that I have increased the chances, however slim, of someone finding a match and possibly living a longer and healthier life because I took 15 minutes of my time to get registered.

For American Indians, the sacrifice is especially easy. This is because, through various grants and other assistance, registering for the program is

totally free of charge. The only cost is 15 minutes out of an entire day.

In addition, in the event that a match is found, there is little or no cost involved with actually donating the marrow. The costs for the travel and the hospital procedures to actually donate the marrow are covered and the physical demands are minimal. To make an appointment to become registered, call the Medcenter One "Ask A Nurse" program at 323-6877 or 906-526-6256. They are currently taking appointments for the procedure. You must make an appointment for the procedure.

The 15 minutes you donate on October 16 may enable someone with a serious illness to add years to his or her life.

(Cheryl Long Feather, whose Dakota Indian name is *Hwakotawin*, writes a weekly column for the *Tribune*. Her column appears on Wednesday.)



Four Directions

## REMINDER BONE MARROW REGISTRY DRIVE

Friday, October 16, from 2:00 to 6:00 pm. This is at the Medcenter One Outpatient Services Building, main floor Conference Rooms, 414 N 7th St., Bismarck. \*\*\*YOU MUST call Ask-A-Nurse to schedule you 15 minutes appointment for October 16. Funding provided for anyone with American Indian ancestry to be tested FREE OF CHARGE, let them know when you call. Call now! 323-6877. GIVE THE GIFT OF LIFE!

Cultural Appreciation Night  
Every Wednesday at  
7:00 pm - Small Gym  
Students, Staff & Faculty are  
ALL INVITED!

Information for the  
Next Newsletter must be  
submitted to Arrow Graphics  
No later then Oct. 16  
Attn: Wanda Swagger

# ***BONE MARROW REGISTRY DRIVE***

***Friday, October 16<sup>th</sup>***

***Where:*** Medcenter One Outpatient Services Building  
Main Floor Conference Rooms  
414 N. 7th Street — Bismarck

***Call:*** “Ask A Nurse” at 323-6877 or 800-526-6356  
to set up your 15-minute appointment starting  
October 1st!

***Why:*** “There is currently a shortage of volunteer donors from Native American, Hispanic and African American communities. Grants will underwrite the cost of joining the Registry for these donors so there is NO COST! A marrow transplant may be the only cure for some fatal blood diseases such as leukemia or aplastic anemia.

***What:*** A small amount of blood (2 tubes) will be drawn and typed with your results to be placed on the National Registry for possible future matching with a recipient in need. NO LARGE AMOUNTS OF BLOOD OR MARROW IS DRAWN AT THIS TIME. You will need to fill out a health history form and sign a consent at the drive.

## ***GIVE THE GIFT OF LIFE!***

SPONSORED BY;

- \*Medcenter One and the American Red Cross
- \*North Central Blood Services
- \*Unrelated Bone Marrow Donor Program



**POSTPONED**

**MODEL ROCKETS**

**Was October 13**

**Have been moved**

**to October 27, 1998**

**from 5-8 p.m.**

**at the Skills Center**

**For Registration forms:**

**See Dorvin Froseth – Ext. 382**

**Or Linda Fool Bear – RSI at Ext. 349**



# PARENT TIPS

by Elizabeth Pantley, author of *Kid Cooperation* and *Perfect Parenting* [pantley.com/elizabeth](http://pantley.com/elizabeth)

## Stop that Complaining!

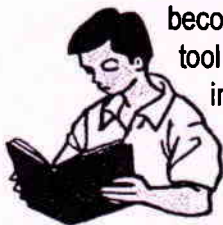


**“Why do I have to? I did it last time! It’s too hard. You’re so mean!”**

Does it ever occur to you that the kids could do what you ask in about half the time if they quit complaining? Try a few of these ideas to stop the problem:

### 1 Ignore it.

We give power to a child’s complaints by engaging in a lengthy battle over them. The battle itself becomes a valuable tool for a child looking to procrastinate! It’s better to let the child know you are going to ignore all complaining, and do just that.



### 2 Be a broken record.

A variation on the “ignore it” theme, for parents who find it too difficult *not* to respond to a complaining child, is known as the “broken record” technique. As the



name implies, simply continue to repeat your request in a bland, unemotional way each time your child answers with a complaint. Your child is bound to give up after three or four repetitions.

### 3 Re-state it.

A natural response to a child’s complaint is usually an unkind retort. A better choice is to re-phrase the child’s comment in an acceptable way. So when your child complains, “*Why do I have to clean up! My homework’s not even done yet!*” you can respond, “*What I’d like to hear you say is, ‘Dad, could I finish my homework before I clean up?’*.”



### 4 Give instructions.

Often, a complaint pops out of a kid’s mouth without much thought. The complaint is not being said to start a battle. Give a child the benefit of the doubt and issue a few words of instruction, “*I’ll be happy to listen to you when you give more thought to your comments.*” It’s possible that your child will think about what’s been said and rephrase it more politely.

### 5 Focus on solutions.

Re-direct your child’s energy in a more productive way, “*I’ve heard your problem. What do you think can be done to solve it?*” It can be an interesting experience to watch the transformation in a child who suddenly realizes that he has power over his world. In other words, beyond just complaining, he can come up with valid ideas to solve his own problem.



### 6 Don’t give lessons!

Take a look at your behavior and make sure YOU aren’t complaining. Do you find yourself picking up after the kids while you complain that they should do it themselves? Do you mumble and gripe as you drive your ever-late child to school? It can be humbling to see that the kids are learning how to complain by listening to you complain! You are their most important teacher.





## CHEMICAL HEALTH CENTER

### WHAT IS A GOOD FAMILY MAN LIKE?

He is one who:

- Puts his family first
- Is responsible for his family
- Cares for his family
- Makes sacrifices for family
- Spends time on family activities
- Is a good and study provider
- Sets a good example
- Has a high moral character
- Works at "being there" for the family
- Won't bail out
- Admits mistakes

-Blackenhorn (1995)

## Call to Student Writers

Be a part of the  
Tribal College Student magazine in 1999!

Tribal College Student is now accepting entries from tribal college students in the following categories:

- poetry
- short story
- research
- essay
- speech

**SPECIFICATIONS:** Submissions should be no longer than 1,000 words (about four double-spaced typed pages). If a piece of writing cannot be used, it is usually because we received too many submissions or because it was too long. Most writing requires some editing by us for space or style. We will send you a copy of the edited submission before publication for approval. Include two paragraphs of biographical material about yourself to be published with your submission.

**DISTRIBUTION:** The magazine will be published as a part of the *Tribal College Journal* in June 1999 and distributed to over 10,000 readers, including tribal colleges; other universities and colleges across the country; and patrons of American Indian education, writing, and art.

**COMMENTS ON PREVIOUS STUDENT EDITIONS...**

- "Judging from the diversity of subject matter and the quality of the writing in this anthology, American Indian writing is alive and well and coming from our tribal colleges." *Blackfeet author James Welch*
- *This collection demonstrates a "sense of biting satire and irony...a humor forged by the fact of being Indian in a world that would like to preserve*

*Indians in a mythic state." -- poet Janice Gould (Koyangk'auwi Maidu)*  
 • "The breath and blood of tribal college students flow through the pages. Between the lines, they convey how tribal colleges have transformed their lives." -- Marjane Ambler

**DEADLINE:** Postmarked by Dec. 1, 1998 (No faxes, please). Mail submissions to: Tribal College Student, PO Box 720, Mancos, CO 81328, phone: 970-533-9170 or e-mail: mjambler@compuserve.com

## Student Art & Photography Contest

The winning artwork or photograph will appear on the cover of the TRIBAL COLLEGE STUDENT

Other top entries will be featured on the inside pages.

**SPECIFICATIONS:** Black and white only. Photographs, drawings, or other art forms suitable for publication in a student magazine.

**DISTRIBUTION:** The magazine will be published as part of the *Tribal College Journal* in June 1999 and distributed to over 10,000 readers, including tribal colleges; other universities and colleges across the country; and patrons of American Indian education, writing and art.

**DEADLINE:** Entries must be postmarked by Dec. 1, 1998.

Mail submissions to: Tribal College Student, PO Box 720, Mancos, CO 81328, Phone: 970-533-9170 or e-mail mjambler@compuserve.com.

## Special Thanks from Lady Thunderbirds

The 1998-1999 Lady Thunderbird Basketball Team would like to thank LeRoi Laundreaux and the Cafeteria staff for their support and donation of supplies for our fundraiser.

The 1998-1999 Lady Thunderbird Basketball Team would also like to thank David Strange Owl for helping out the team. Thank-you David!

Signed Team Members:

Lisa Yellow Horse, Reida Whiteshield, Geri Whiteman, LaDiana Roberts, Nicole Arillano, Norma Two Bulls, Joyce Parker, Brenda Wounded Arrow.



## **NURSING STUDENTS EMBARK ON SUCCESS TRACK**

Each September about 30 new students come to UTTC to become nurses. At graduation time, however, only half have attained their goal of becoming nurses.

Presently the nursing department is aiming to change that trend by assisting in a variety of ways. Carol Manifold, nursing faculty member, is available on Tuesday's from 5:00 p.m. to 8:30 p.m. to work with students experiencing learning difficulties.

It is rewarding to see that both first and second year students are availing themselves of this opportunity. Carol even provides supper snacks! Learning Center staff are also helpful as is Wanda Walker from Counseling.

Faculty from other departments who are observing that nursing students are having problems in their classes should get in touch with Carol. If she is not at her desk, just leave a voice mail message.

Thanks to all who can assist our students in reaching their goal of becoming nurses.

*Submitted by Sister Kathryn Zimmer, Director, AASPN Program*

# **Powwow Souvenirs Still Available in Arrow Graphics.**

### **STAFF & STUDENTS:**

**Plan for Christmas Now - Do Payroll Deductions  
Before the Season is Here!**

**T-Shirts: \$8.00 - Magnets: \$1.00**

**Coffee Cups: \$6.00 - Clear Mugs - \$10.00**

**Piggy Banks: \$10.00 - Note Cards: \$5.00/12**

**Powwow Blankets: \$40.00**

**Selling Every Friday After 2:00 p.m. - Bldg. 51**