

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 8 NO. 9

October 26, 1998

Weekly Menu

Oct. 26 - Oct. 30

DINNER



LeRoi

- Mon.- Croissant Sandwich w/Turkey or Ham, Potato Salad, Salad Bar, 2% or Skim Milk
- Tue.- Taco Salad, Baked Chips, Assorted Fresh Fruit, 2% or Skim Milk
- Wed.- Spaghetti w/Meat Sauce, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- French Dip, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Fri. - Chicken Salad Sandwich, Knoephle Soup, Salad Bar, 2% or Skim Milk

Nov. 2



Rita

- Mon.- Chuckwagon Stew, Baking Powder Biscuit, Salad Bar, Fresh Fruit, Relish Tray, 2% or Skim Milk



Dennis

SUPPER



Jeff

- Mon.- Braised Beef over Noodles, Vegetable, Salad Bar, Fresh Fruit, 2% or Skim Milk
- Tue.- BBQ Chicken, Baked Potato, Vegetable, Dinner Roll, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Hamburger Hotdish, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- Swiss Steak, Baked Potato, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Fri.- Meatballs over Noodles, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Mon.- BBQ Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% or Skim Milk

THIRTEEN NURSING STUDENTS HONORED

In accord with a UTTC Nursing Department tradition, thirteen second year nursing students were presented with Florence Nightingale lamp lapel pins at a breakfast gathering held at the Russell Hawkins Center on Friday, October 23rd.

The event began with a welcome by Program Director, Sister Kathryn Zimmer. In addition she gave background concerning Florence Nightingale, an English mid-19th Century nurse who brought professionalism into nursing. Faculty member, Sherry Messmer, read the Nightingale Pledge.

UTTC's Brian Palacek, a doctoral student at the University of California in Oakland, gave a thought-provoking talk on the place of the spiritual as a motivating force in the life of a professional person.

Anne Heid, Carol Manifold, and Sherry Messmer, nursing faculty, presented the Florence Nightingale pins to the students along with a certificate indicating successful completion of an Intravenous Training Program.

Criteria for honoring included completion of the summer nursing program, a grade point average of 2.25, a paper on the reasons for choosing nursing as a profession, and three recommendations for proceeding in the nursing program.

Those presented with pins included the following:

Francene Babicki, Michelle Brewer, Chad Isaac, Molly Jewett, Tiffany Joseph, Noricka Lancaster, Melissa Schauer, Joyce Pechtcl, Valentina Shevchenko, Betty Schwartz, Kris Shipley, Donna Walking Eagle, and Lucy White Eyes.

The event closed with breakfast.

CONGRATULATIONS!

Submitted by Sister Kathryn Zimmer, Director, AASPN Nursing Program

UTTC LIBRARY HOURS

10-28 to 10-30

PLEASE NOTE: The librarian will be out of the Library Wednesday through Friday of this week only Wednesday and Thursday from 1:00 to 4:00 and from 5:00 to 8:00. It will be closed all other times.

RED RIBBON WEEK

**Come to the
Chemical Health Center
and pick up your
Red Ribbon
Monday-Friday at the
Chemical Health Center**

**We will be having
"OPEN HOUSE"
Tuesday, October 27, 1998
9:00 am to 4:00 pm
ALL STAFF AND STUDENTS
W E L C O M E ! !**

**Information for the
Next Newsletter must be
submitted to
Arrow Graphics
No later then Oct. 30th
Attn: Wanda Swagger**

STUDENT INTERNSHIPS

The United Tribes Technical College, Injury Prevention Program has received a grant from the Office of Small and Disadvantaged Business Utilization. The purpose of this grant is to give minority students the opportunity to work in transportation related agencies or minority students the opportunity to work in transportation related agencies or minority business companies. The training will provide the students an opportunity to learn on the job, develop the skills needed to succeed in the business world, develop computer skills and work with the public and earn some income also.

Presently, the internships will include rotation through the following agencies:

- North Dakota Department of Transportation
- North Dakota Highway Patrol
- Bismarck Youth Bureau
- Bismarck Police Department
- UTTC Minority Business Office

Requirements:

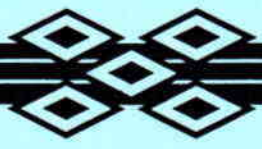
- Students must have an overall GPA of 2.5
- Priority will be given to Injury Prevention students
- Ten intern slots are available
- Pays \$7.00 per hour
- Submit application to Mr. Dennis Renville by 10-30-98

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

Injury Prevention Students Conduct Press Conference

On a beautiful autumn morning on October 23, 1998 at 11:00 am, the United Tribes Technical College Injury Prevention students conducted a press conference. The press conference was held at the billboard on 12th Street and South University Drive. The purpose of the press conference was to inform the public of the first Injury Prevention Program in the nation at the undergraduate level. The need for such a program in "Indian

(continued next pag



Native American Injury Prevention Conference ...

Country" has been long overdue. Native Americans are experiencing epidemic rates in motor vehicle fatalities, suicides, falls and domestic violence. In North Dakota, Native Americans are experiencing motor vehicle fatalities at six times the state average based on data from 1990-1997.

Speakers for the press conference included the following:

- Mr. Russell Gillette, UTTC Chemical Health
- Mr. Bob Evans, ND Dept. of Transportation
- Ms. Marsha Lembke, ND Dept. of Transportation
- Yvette Belgarde, Injury Prevention Student
- Minnie Plenty Chief, Injury Prevention Student
- Sandy Summa, Injury Prevention Student
- Sharon Clairmont, Injury Prevention Student
- Geri Whiteman, Injury Prevention Student
- Lyle Uses Arrow, Injury Prevention Student

The purpose of the Associate of Applied Science degree program at United Tribes is to empower Native American students with the skills necessary to develop and coordinate effective interventions for their respective reservations. The Injury Prevention students did an outstanding job during this press conference in advocating for injury prevention, in fact several were interviewed after the press conference by the various media personnel in attendance. Once again, CONGRATULATIONS, to the UTTC Injury Prevention students for a job well done.



ATTENTION CDC PARENTS!

We need parents to serve on the CDC Advisory Board. Responsibilities would include:

- attending monthly meetings
- giving your input concerning policies and procedures
- letting the board know concerns of parents
- letting the board know what the CDC is doing right

- improvement planning
- planning activities for our children

• listening and discussing concerns of CDC staff
The CDC Advisory Board is made up of CDC Directors, CDC staff, members and parent representatives from both centers. We have four volunteers thus far and need three more to complete the team. It is a great opportunity to get involved in the part of our community, United Tribes Technical College, which spends so much time with your children!

Remember, the Parent Meeting on Tuesday, October 27 at 4:00 pm in the Educ. Bldg. - Rm 111.



RECREATION STUFF!

Women's Volleyball results 10-22-98. UTTC defeated Mid-Western Real Estate 15-9, 15-10, 15-12. Players of the game the whole team.

Co-Ed Volleyball 10-23. UTTC defeated BMA 15-10, 13-15, 15-11. Players of the game Brent Teran, Eli Feather Earring, Leah Allen, Crystal Feather Earring.

Monday night Basketball results 10-19.

Hoosiers over the Urban Warriors 88-76.

Mendoza 48 pts. for the Hoosiers, Grassrope led the Warriors with 15.

The Sitting Bull "Suns" beat the Dakota Redmen 103-86. Trevor Kuntz scored 30 for the Suns, Valden Kills Small pumped in 27 for the Redmen.

The SS-Bombers topped the Criminal Justice Boys 98-84. The "Old Man" True Clown scored 31 for the Bombers, Derrick Bartlette and Dustin Davis led the boys with 26.

REMINDER: The UTTC Alumni Basketball Game is next Friday, all Thunderbird fans come and cheer for your team!!!!!!!

Results of Fall Horseshoe League:

1st Place Singles - Pete Brown Eyes - Jacket

2nd Place Singles - Randy Kill In Water - Sweatshirt

3rd Place Singles - Tony Knife - T-Shirt

1st Place Doubles - Randy Kills In Water/Tony Knife - Jackets

2nd Place Doubles - Pete Brown Eyes/Rob Mendoza - Sweatshirts

Results of the Homecoming Football game Sitting Bull College 26 - UTTC - 0.

maybe you should ask yourself: do I feel lucky?

when you have sex with one person, you

have sex with all their past partners, too.

Do you know their HIV status?

Do you know yours?

free, confidential testing is available

in North Dakota.

for information call 1-800-472-2180.

hiv. once is all it takes.



Notice to Fall Graduates!

A notice to all Fall Graduates. Your 60 day interview to submit your Federal Application forms 171, 612 and a resume started October 19, 1998. Please make an appointment with Shirley Iron Road at Extension 226 - ASAP.

December '98 graduates will be required to get their Federal Application forms 171, 612, a resume and a Exiting Form into the Placement Office before graduation. Students who do not submit these forms before the December deadline **WILL NOT GRADUATE**.

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.

The new 1999 Career Ware (with new features added) has just come in the mail. You are welcome to use it when it has been installed. Please make an appointment with me on this matter.

Vince Schanadore, Placement Counselor

**The Mens Basketball
Alumni Game will be held on
Friday, October 30th
at 7:00 p.m.
in the
James Henry Community
Building.
There will be a preview
of the 1998-99 Men's
Basketball Team.**

Powwow Souvenirs 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 - Windshirts:
\$30.00**

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

FOR SALE

**1982 BIG BLACK BEAUTIFUL
Lincoln Continental Mark VI
302 V8 Fuel Injected
Automatic/Overdrive
97K Actual Miles
New Tires, Exhaust, Battery,
and Rear Shocks. GREAT SHAPE!
Runs Perfect.
\$3,250.00 or Best Offer**

**ALSO - GOLD WEDDING BAND
LOST ON CAMPUS - IF FOUND
OR FOR MORE INFORMATION
ON VEHICLE CONTACT:**

Terry at Extension 296



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

P.O. 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 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.

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Mail submissions to:

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P.O. Box 720
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phone 970 533-9170 or e-mail mjambler@compuserve.com



PARENT TIPS

by Elizabeth Pantley, author of *Kid Cooperation* and *Perfect Parenting*

pantley.com/elizabeth

Other People's Kids

Do you have a friend, relative or neighbor with kids who drive you crazy with their misbehavior?

I think we all know one family that fits this description. It puts you into a very uncomfortable position. You know you can't discipline the kids, but you want to be able to enjoy your time with their family. What to do? Here are a few ideas that may help:

1 Spend more time on your turf.

When possible, meet at your home. Let all the kids know exactly what your expectations are. In other words, *My house, my rules*. Be kind and friendly, but firm, "*Hugo, in this house we don't jump on the sofa.*" Often the kids who misbehave at home will behave correctly when given rules to follow at your house.

2 Stick to the current problem.

Don't try to raise other people's kids. Focus on the specific issue at hand. Find a solution to the problem only to the extent necessary to make things run smoothly where your children or your property is involved.

3 Don't stew and mumble.

It's easy to gripe and complain about a kid's behavior. It doesn't solve any-



thing. Instead, avoid accusing or blaming. Simply state the problem and suggest solutions. Once you have a plan, calmly follow through.

4 Let them handle it.

Memorize this line, "*They're not my kids.*" Allow the parents to deal with the misbehavior (or not deal with it, as the case may be). Step in only to protect your kids or your property.

5 Visit without the kids.

Do you enjoy the parents, but dread time spent with their kids? Arrange for more visits to occur when the kids are in school or otherwise occupied. Or meet at adult-oriented activities where the kids will need to be left home with a babysitter.

6 Pick your battles.

Ignore the petty stuff, focus on the important things, and be thankful your own children are well behaved.

MINI-TIP

Q: How can you stop kids from interrupting adult conversations?

A: Interrupting is a common problem, but one that is easily solved! Try using this solution:

Explain to your child that if she wants something when you're talking to another adult that she should walk up to you and gently squeeze your arm.

You will then squeeze her hand to let her know that you know she's there and that you'll be with her in a minute.

When you first implement this idea it's important that you respond quickly so that your child can see the success of this method. Over time you can wait longer. Just give a gentle squeeze every few minutes to remind your child that you remember her request.

What if your child "forgets" to use the squeeze and interrupts you? Pause, look your child in the eye, politely say, "I'm talking. I'll be with you shortly." Then turn your face, body and attention away from your child. Do not engage her with repeated pleas to stop, nor should you answer her request.

When she *does* remember the proper way to approach you it's important that you praise her for remembering to use her good manners.

