

UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 8 NO. 14

November 30, 1998

Weekly Menu

Nov. 30 - Dec. 4

DINNER



LeRoi

- 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

Dec. 7

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



Rita



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.- Pepper Steak, Rice Pilaf, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- Chicken Breasts, Rice, Tossed Salad, Garlic Toast, 2% or Skim Milk
- Fri.- Roast Pork, Mashed Potatoes & Gravy, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Mon.- Hamburger on a Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies, 2% or Skim Milk



Jeff

Automotives Receives National ASE Recognition

The Automotives Technology Program received national recognition and certification from the National Institute for Automotive Service Excellence (ASE), which is the "highest level of achievement" by the institute, according to a notice and congratulations by ASE president Ronald H. Weiner.

The United Tribes Automotives Technology program upgraded its curriculum and technology and was evaluated in eight areas of "strict industry standards." The program is under the direction of Todd Reidman and his associate instructor Ben Ramsey.

Reidman worked with strong determination over the past 18 months toward the goal of national accreditation recognition. Students benefit by being able to list the ASE recognition in their portfolios when seeking jobs in the automotive technology industry.

According to the institute, only a small percentage of schools achieve certification.

President Gipp noted his congratulations to Mr. Reidman for his leadership and commitment to excellence and service to United Tribes students, along with faculty member Ben Ramsey. The official notice was sent to the College November 20, 1998.

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President Gipp recognized for Contributions; to serve as White House advisor on Colleges

President David M. Gipp received awards from the U.S. Department of The Interior and Agriculture for his work and service. Gipp was among those who worked for many years for the first Presidential "White House Executive Order on Tribal Colleges and Universities", signed by President Clinton on October 17, 1996, and renewed again this fall.

President Gipp also received a special service award from Secretary of Agriculture Dan Glickman for service on the National Agricultural Research, Extension Education, and Economic Advisory Board from September 1, 1996 to September 30, 1998. Gipp was the first American Indian president to serve on the board, representing the "1994 Land Grant Institutions."

Gipp, along with other honorees, was presented the Department of Interior Award by Joanne Sebastian Morris, director of BIA Education, on November 13, 1998 at Spirit Lake. Gipp was among tribal college presidents Dr. Janine Pease Pretty On Top, president of Little Big Horn Community College, Dr. Lionel Bordeaux, president of Sinte Gleska University, Margaret Campbell of Fort Peck Community College, Dr. Joe McDonald, Salish Kootenai Community College, Veronica Gonzalez, director of the American Indian Higher Education Consortium, and others to receive recognition from the Department of Interior.

President Gipp has been recommended to serve as a "senior advisor" to the White House on The Tribal Colleges and Universities Executive Order.

Both the Departments of Interior and Agriculture awards signify increasingly greater recognition of the tribal colleges and universities and their growing status.



Thunderbirds dedicated to excellence

The Men's Thunderbirds are showing signs of excellence, again, on and off the basketball court this year, under the direction of Mr. Kevin Finley, himself a United Tribes graduate and Thunderbirds alumnus.

The Thunderbirds did well this past weekend at Huron, South Dakota where they beat Dakota Wesleyan University of Mitchell, S.D., 99 to 78, and succumbed to Huron State University (November 28) 107 to 85 during the final game. It was a first-time victory over a four year college and the later match against Huron included former T-Bird player Jason Logg who transferred to Huron after graduating from United Tribes this past spring, 1998. Lee Logg, his brother continues on at UTTC with the Thunderbirds.

The overall season record is currently 7 wins and 2 losses, and, likewise, nearly all of the team members are averaging 3.0 or better grade point averages. It is proof academics can work with good, disciplined sports. Teaching and coaching can work well together. Rusty Gillette assists Mr. Kevin Finley is coaching the men Thunderbirds.

The Thunderbirds were the 1998 regional champions and went to the National Junior College Activities Association (NJCAA) National Finals.

It is to be noted the women Thunderbirds gained their first basketball win over Sitting Bull College, as well. Stay determined and keep working!



GRADUATING STUDENTS

Graduation is drawing near, before graduation, students must take a mandatory exit TABE test which will be held at:

Skills Center
Room 113
December 3, 1998
3:00 pm to 6:30 pm

Please make the necessary arrangements so you are able to attend the exit testing.

We hope that your experiences here at UTTC have positively influenced both your educational and personal growth. We wish you the best of luck in your future endeavors.

Student Support Services

Fort Totten State Historic Site Seeking Indian Boarding School Alumni Names for June 1999 Reunion

An All-School Reunion for the Fort Totten Indian School at Fort Totten State Historic Site will take place the weekend of June 11-12, 1999. The school was operated from 1891 to 1959.

To ensure as much alumni participation as possible, the reunion committee is seeking the names of all people, including students, faculty, staff and relatives of their descendants who were at the boarding school during its years of operation.

"It is important to remember this part of our Indian heritage, good or bad," said Agnes Langer Greene, 83, who attended the Fort Totten Indian School from 1926-28. "We welcome everyone to join in the reunion." Greene, whose Dakota (Sioux) name is Heatameniwine (She Walks Last), said her grandmother used to tell her "we have to live with the white people some day, so go and learn."

For more information and to receive an All-School Reunion questionnaire, contact members of the Fort Totten All-School Reunion Committee.

They are Agnes Langer Greene of St. Michael, N.D., a Spirit Lake Tribal Elder; Erich Longie, President of Cankdeska Cikana Community College at Fort Totten; Harry Hopkins, Jr., of Fort Totten, a Spirit Lake Tribal Elder and All-School Reunion Artist; and Rhonda Greene, Co-Site Supervisor at Fort Totten State Historic Site, P.O. Box 224, Fort Totten, ND 58335 or telephone (701) 766-4441.

Bookstore News

December is a very busy month for everyone, including the UTTC Bookstore. Here are some important dates to remember:

Dec. 11 - The last day for students to charge.

Dec. 16 & 27 - Follett Book Company will be at the Bookstore to purchase textbooks. The hours will be: 9:00 - 4:00.

Stop in at the Bookstore to see the 4 new UTTC designs to put on t-shirts and sweatshirts. Also, coming soon polo shirts and denim shirts with embroidered UTTC. They make great Christmas Gifts! See you soon!

BOOKSTORE HOURS:

MON - FRI:

8:00 - 12:00

1:00 - 5:00

Ext. 357

**Information for the
Next Newsletter must be
submitted to
Arrow Graphics
No later than Dec. 4
Attn: Wanda Swagger**



Health Professions Careers: Scholarships

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. Eligible primary health care disciplines are physicians, nurse practitioners, physician assistants and certified nurse-midwives. Scholarship application deadline is March 26.

For more information about these and other NHSC STUDENT AND CAREER opportunities, call us at 800-221-9393 or visit our web site www.hphc.hrsa.dhhs.gov/nhsc/

The NHSC is a program of the Health Resources and Services Administration's Bureau of Primary Health Care.

Chemical Health Center

Drug Use Screening Instrument

Answer Yes/No to following questions:

1. Do you drink or use other drugs to relax? _____
2. Do you drink or use other drugs to feel better about yourself? _____
3. Do you drink and use other drugs to be accepted by friends? _____
4. Does a family member have a problem with alcohol/drugs? _____
5. Did you ever get into trouble from drinking or other drug use? _____

If you answer yes to any of these questions, this may indicate a need for drug education. Come on down to the Chemical Health Center and get your questions answered.

Drug dependent persons are ill. They suffer from an illness which alters their personalities, values, and behavior. If severe enough, this illness may cause physical, emotional, and social problems for the dependent person.

Gerry's family members have a hard time making up their minds about him. They remember his years as a child with real pleasure, wishing he were still that happy, earnest, shy little boy again. Now his moods change almost by the hour: sometimes quiet, frequently sleepy, too often outrageously angry -- slamming doors, yelling obscenities, threatening violence. Still there are even times when he is charming. He makes great excuses for his disappointing behavior. But most of the time he is just unpredictable and plainly does not seem to be himself.

Fred and Dot are his parents. They are frightened and angry. What's going to happen to their son? He seems like he's headed for nowhere. Worse, he appears not to care about himself or his family. No one can leave money anywhere in the house without risking its loss. Gerry hardly goes anywhere with his parents, not to church, not to family gatherings, seldom even to the places he used to love. He also seems to be alienated from old friends, teachers, the neighbors, and a lot of people he once prized.

Gerry is seventeen and a dropout from high school. He works erratically. He comes and goes just as he wants. He has been arrested twice in the last year, once for shoplifting, another time for leaving a scene of an automobile accident.

What's wrong with Gerry? Gerry is sick; he abuses himself and his family with drugs. He is sick emotionally, morally, and spiritually. He may soon be sick physically. The victims of his illness include himself, his parents, his brothers and sisters and anyone who is personally affected by Gerry's behavior.

Drug dependent persons are ill, and their illness almost always affects their families.



Student Health Center

DIABETES is a bad/good news/better news disease. The bad news is that diabetes is incurable. Medical science has yet to find a cure of one of the world's most common illnesses.

The good news is that diabetes is treatable. With proper medical treatment and a great deal of self-management, most people with diabetes can live normal-length lives with little or no restrictions on their lifestyles.

And the better news is that in the last few years, some very important new treatment modalities have come on the market to help make diabetes treatment even better. In fact, this new information is allowing several educators updating their facts sheets.

There is now a new form of insulin available that works quickly. It's now been shown that people using tight control therapy may reduce by 50 to 70 percent their risk of developing eye problems, kidney disease and other diabetic complications.

Until a cure comes along for diabetes, the key is treatment provided by your doctor and yourself. In fact, most of the medical care provided to a person with diabetes is self-care. Unlike many diseases that can be treated only by medical intervention, diabetes is an illness that most can handle quite readily themselves with just a little bit of training from competent medical practitioners.

Q: What is Diabetes?

A: Diabetes is a malfunction in the body's ability to convert carbohydrates -- sweet and starchy foods such as fruit, bread and vegetables -- into energy to power the body. The medical name for this diabetes mellitus, meaning "honey-sweet diabetes." As you might gather from such a name, diabetes is characterized by an abnormally high and persistent concentration of sugar in the bloodstream. (Doctors often refer to this as "elevated plasma glucose.") Other characteristics are sugar in the urine, excessive urine production and unusual thirst, hunger and weight loss. People affected with diabetes generally require lifelong medical care to control the disease.

Q: Why are carbohydrates a problem?

A: The problem is not so much the carbohydrates per se, but the way the body uses them to create energy. The process of converting food into energy is called metabolism, and diabetes is often called a metabolic disorder. In a normal body, carbohydrates are converted to glucose and other simple sugars in the stomach and small intestine. Glucose moves from these organs into the veins. The blood circulates glucose through the body, where it goes to the liver, muscle and fat cells, either to be stored for later use or to be used immediately as energy. Thus, glucose enters body cells, powering the muscles, heart and brain and assisting the body in maintaining a constant temperatures. A body of a person with diabetes also converts carbohydrates to sugars and sends them into the blood. But at this point the system comes to a crashing halt: The glucose is unable to enter the cells.

Q: Why not?

A: The answer has to do with insulin, a hormone that enables the body to burn carbohydrates.

Q: Insulin? Where does that come from?

A: It comes from the pancreas - a six inch long gland that is located behind the stomach. In a healthy person the pancreas secrete many fluids, including insulin. However, in a person with diabetes, one of two things happens: No insulin - or not enough insulin - is being produced by the pancreas, or what the pancreas does produce is not functioning properly. In either case, the system has gone awry; the end result is that glucose remains in the blood and cannot be processed as energy.

Q: So Insulin is important?

A: Absolutely. That one hormone enables the cells to absorb glucose for use as energy. Without it, a "glucose glut" eventually results--high levels of unusual blood sugar are trapped in the bloodstream.

Q: How high?

A: Blood-glucose levels vary during the course of the day. In normal, adults, blood-glucose levels range between 70-120 milligrams per deciliter-designated as mg/dl-of blood plasma when a person is fasting. When fasting blood sugar is between 115-140 mg/dl, doctors become mildly concerned. If your doctor runs multiple fasting tests on your blood and the results are over 140 mg/dl, you are considered diabetic. In short, your blood-sugar levels are too high.

Q: So what's wrong with high blood sugar?

A: As sugar builds in the bloodstream, the kidneys try to pump it out. To eliminate the sugar, the kidneys must dissolve it. The more sugar there is to be eliminated, the more urine that must be passed. You can see how this situation quickly leads to frequent urination, increase thirst and dehydration--three of the symptoms of diabetes. The kidneys work double time and wears the kidneys out sooner than normal. Over the lifetime, such overwork eventually brings on kidney failure. But that's not the only problem with high blood sugar.

Q: What's the other?

A: At the same time the kidneys are furiously flushing the system of sugar, the body is seriously low on fuel. The body's cells, unable to burn sugar, begin to use protein and body fat as a source of energy. This breakdown of fats for fuel releases toxic acids called ketones. Some ketones are excreted through the urine. Eventually, however, the ketones accumulate, and at

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high levels they can lead to a condition called ketoacidosis, which is in effect a poisoning of the system. Initial symptoms of this are frequent urination, increased thirst and dry mouth, the latter a result of dehydration. In extreme cases, ketoacidosis can cause unconsciousness--what some people call a diabetic coma. If left untreated, ketoacidosis can kill.

Q: So you're saying that diabetes can be life threatening?

A: Definitely. The very nature of the disease puts the sufferer at risk for serious complications. Some experts believe diabetes is now the nation's third or fourth leading cause of death.

Q: What can happen if diabetes goes unchecked?

A: Diabetes hastens wear and tear on many crucial bodily functions. In particular, it attacks: The circulatory system, the kidneys, the eyes, the nervous system. Left unchecked, diabetes shortens life. It is not a condition that goes away.

Q: What can be done about it?

A: Quite simply, you must learn to control your diabetes. Don't let it control you! Many people with diabetes have taken personal responsibility for managing their disease and, as a result, they live normal, productive lives. If any disorder can be called a lifestyle disease, diabetes comes a close as any. Just by controlling blood sugar, the severity of diabetic complications can be prevented. The very first steps for all people with diabetes are to find out that they have the disease and to realize that they're not alone.

Q: Do people have diabetes and don't know it?

A: Approximately 8 million people, according to 1997 statistics.

Q: How can that be?

A: Scientists estimate that the onset of the disease can be anywhere from 4 to 12 years. That means someone may have diabetes 5, 8, even 10 years before it's diagnosed depending upon the kind of diabetes that person has. Unfortunately, in that time the condition can damage the day.

Q: Is there more than one kind of diabetes?

A: Yes, although people tend to think of diabetes as one disease, it really is a group of disorders. What they all have in common is a problem with insulin production or insulin action.

Q: Can you give some examples of the different disorders?

A: Let's start by looking at the two most common, type-I diabetes and type II diabetes.

World AIDS Day Activities

The planning committee for World AIDS Day has drafted an agenda for Tuesday, December 1, 1998. The committee would like campus-wide participation for this event. The event is scheduled to begin at 1:00 p.m. at the James Henry Gymnasium and continue until approximately 3:30 p.m.

The agenda is as follows:

- 1:00 - 1:10 pm Welcome & Prayer
- 1:10 - 1:30 pm Overview of World AIDS Day
- 1:30 - 2:00 pm Introduction of Carol Lafromboise
 - North & South Dakota HIV/AIDS Statistics
 - HIV/AIDS from an IHS Perspectives
- 2:00 - 3:00 pm Introduction of Willie Bettelyoun
 - Urban vs. Reservation Aspects of HIV/AIDS
 - Basic HIV/AIDS Facts
 - White vs. Indian Issues
 - Social Problems
 - Meds. & Treatment
 - Native American Resources
- 3:00 - 3:20 pm Question & Answer Session
- 3:20 - 3:30 pm Closing

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

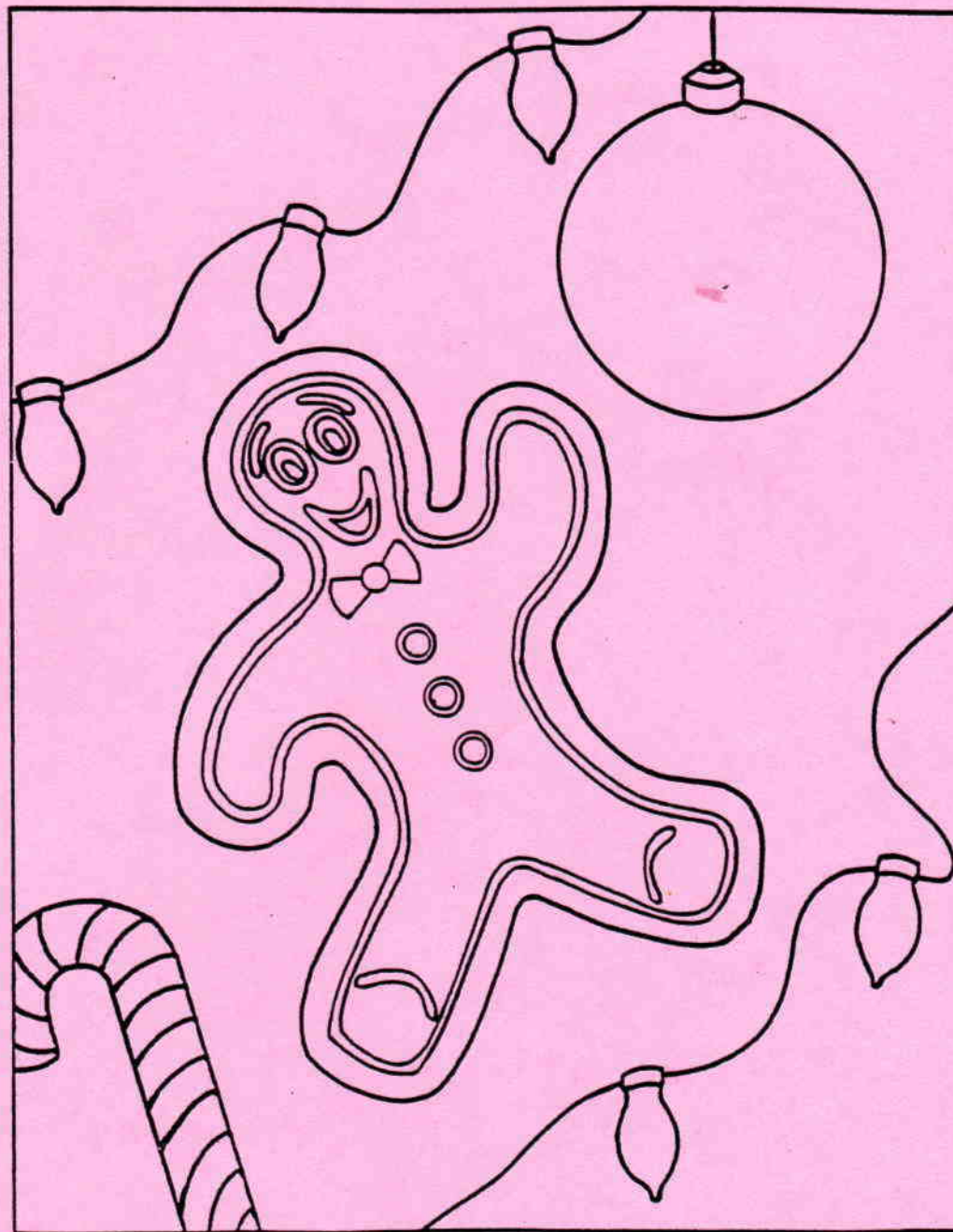
Coffee Cups: \$6.00 - Clear Mugs - \$10.00

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

A Gingerbread Christmas



THEODORE JAMERSON ELEMENTARY

CHRISTMAS PROGRAM

THURSDAY, DECEMBER 10, 1998

2PM - UTTC GYM