



# W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 8 NO. 18

January 11, 1999

## SPRING GRADUATES

A notice to all Spring 1999 Graduates, your 90 day interview to update your data base card starts February 8, 1999. If you have not already updated your data base card, please make an appointment with Shirley Iron Road at extension 226 ASAP.

May 1999 Graduates will be required to get their Federal Application forms 171, 612, a resume, a update Data Base form and a Exiting form into the Placement Office before graduation. Students who do not submit these forms before the May 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.

Career Ware has been installed on a second computer in my office. You are welcome to use it, but I would first like to give you a lesson on how to run the program. You can then explore the Career Development Program yourself. Please make an appointment with me on this matter.

Thank You  
Vince Schanandore  
Placement Counselor

## Nursing Department Extends Welcome

Welcome back to all -- especially to second year students entering their final semester of the program; to students enrolling in their first nursing course, Health Assessment through Nursing Process; to those who are busy with some catch-up work; to students beginning their first semester in the nursing program at UTTC.

We are hoping for a get-together social hour one of these days, watch for details.

To all a Happy 1999 filled with many blessings.

Submitted by  
Kathryn Zimmer, Director  
AASPN Program

## Corrections

- Chemical Awareness Class 102 by Joe McGillis will be held at the Education Building Room 111 on Tuesday at 3:00.
- Chemical Awareness Class 102 by Harriett Schneider will be held at the Education Building Room 111 on Wednesday at 3:00 pm.
- Chemical Awareness Class 102 by Harriett Schneider will be taught at Chemical Health Center at 1:00 pm on Wednesday.

Any Questions on class time and place call Joe McGillis at ext. 274 or Harriett at ext. 268

# Weekly Menu

**January 11-15**

## DINNER



- 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 Salad Sandwich, Soup, Salad Bar, Dessert, 2% or Skim Milk

**January 18**



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



## 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



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

## Student Health Center Notes:

Happy New Year to staff and students!

New & Returning students who may qualify for an alternate resource and required by IHS to make a good faith effort to apply for and complete an application for alternate resources. (Indian Health Service, 42 CFR Part C). Once you have applied, you must provide the Student Health Center with a copy of the alternate resource program's eligibility determination (denial or acceptance letter). Examples of alternate resources would include, but are not limited to, **Medicare, Medicaid, Voc. Rehab., insurance, and state programs.**

New students should see Student Health as soon as possible to fill out required medical information. The Student Health Center is located in the Education Building next to the Academic Learning Center.

**Head Checks at the nursery, preschool & elementary will be held January 13 & 14.**

**New students at TJES will have dental & vision screening on January 21 & 22.**

**Scoliosis screening for new students in grades 7 & 8 will be held January 27.**

Student Health Center Office Hours are Monday-Friday from 8 am to 5 pm. Saturday & Sunday 8 am to Noon.

## OUTSMARTING A SILENT KILLER

As many as 50 million Americans have high blood pressure, but more than a third don't know it. Truth is, hypertension often has no symptoms - yet is potentially deadly. Here's more you should know:

Exactly what is blood pressure? It is the combination of two forces...the force of the heart as it contracts and pushes blood into the arteries and through the circulatory system...and the force of the arteries as they resist the blood flow. Normal blood pressure is less than 140/90. Anything equal or greater than that is considered high.

What do the numbers mean? The higher (systolic) is the pressure while the heart is beating, the lower (diastolic) number, the pressure between beats.

How does high blood pressure cause damage? It forces the heart to work extra hard. This puts greater

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strain on both it and the arteries, which can lead to heart attack, stroke, kidney failure, and eye damage.

How do I know if I have high blood pressure? There's only one way to tell. Have your blood pressure checked - at least once every two years by your doctor or other qualified health care professional.

What else can I do? Help keep your blood pressure under control by staying trim, exercising often, eating less fat and salt, and consuming more potassium-loaded fruits and calcium-rich low-fat dairy products. If their lifestyle changes are not enough, your doctor may prescribe blood pressure medication. Just be sure to take it as directed and for as long as it is prescribed.

## FROSTBITE

Frostbite means that skin and underlying tissue actually freeze. The condition rarely occurs in still air below -10 degrees Celsius but may do so at higher temperatures in high winds (Wind Chill Effect). It cannot be emphasized strongly enough that frostbite need not happen even at extreme of altitude, temperature and fatigue: frequently a degree of carelessness is the chief cause.

### Signs & Symptoms

- Frostnip is a temporary paleness and numbness of exposed parts. Often appears on fingertips, ears, nose, cheek and chin.
- Frostbite results in numb, painless and white waxy tissue.
- Superficial frostbite involves the skin and subcutaneous tissue.
- Deep frostbite involves the freezing of deeper tissues (muscles, tendon, etc.) and the affected part is numb, painless, hard or wooden to touch.

### Risk Factors

- Blood-vessel disease such as Raynaud's phenomenon
- Diabetes mellitus
- Peripheral neuropathy
- Smoking
- Excess alcohol consumption or drug abuse
- Elderly

### Prevention

- Anticipate sudden temperature changes and carry a jacket, gloves, socks, hat and scarf. Dress in layers.
- Don't drink prior to anticipated exposure.
- Continue to move arms and legs.

### Diagnosis and Treatment

Seek medical care as soon as possible. Do not attempt

to the frostbitten extremities in areas where professional competent help and adequate facilities are not available.

The following instructions apply to emergency care until medical care is available:

1. Never massage frostbitten tissue.
2. Carefully remove clothing from the affected part.
3. Immerse affected part in a warm water bath at 40-42.2 degrees Celsius or 104-108 degrees F for 20-30 minutes. Use a thermometer and do not use warmer temperatures.
4. After rewarming, cover the affected areas with soft cloth bandages.
5. Don't use affected limbs until you have medical attention.
6. Maintain skin to skin contact with any companion.

## Medical Measures

Sometimes hospitalization, cautious rewarming, continuous temperature monitoring. Surgery to remove permanently damaged tissue.

### Medication

In hospital, warm intravenous fluids and heated oxygen. Analgesics including narcotics. To relieve severe pain. Antibiotics to fight infection. Non-prescription drugs such as acetaminophen for minor pain. Antitetanus toxoid.

### Possible Complications

- Amputation of dead or infected tissue, especially fingers, toes, nose, or ears following severe exposure.
- Cardiac arrest, if frostbite is accompanied by total body hypothermia.

### Prognosis

For mild cases, full recovery is possible with treatment. Severe cases usually require amputation of the affected part.

**Information for the  
Next Newsletter must be  
submitted to  
Arrow Graphics  
No later than Jan. 15  
Attn: Wanda Swagger**



## Placement Office

The United Tribes Technical College (UTTC) Placement Office takes pleasure in welcoming all new and returning students.

The purpose of our placement office is to help students plan their careers; keep records; do job development for the area of Cooperative Education and Student Graduation. We provide higher education and career information, and help students inquire about various opportunities.

The Placement Office is located on the main floor of the Education Building 31 & 32. On the main floor you will find the placement officers in rooms 120 & 122. Shirley Iron Road is in Room 120 and at extension 226 and I am in Room 122 at extension 280.

In one wing of the building you will find job announcements in colored binders pertaining to all the vocations. These job announcements are from Indian programs, federal agencies, job services and the private sector, they are updated daily.

In another wing there is a rack containing higher education material along with journals, magazines and newspapers on career planning. We have about three bulletin boards in this area. Two are placement bulletin boards that are used for local job announcements, national job announcements, internships, apprenticeships, fellowships and the like. Sometimes job announcements are posted in their corresponding areas.

We have a new program in our computers called "Career Choices". This software helps vocational students explore Career and Higher Education opportunities throughout the nation. It is updated once a year beginning in the fall. Students are able to access this program in the placement office and throughout campus. Please make an appointment.

Placement news and job announcements will be provided in UTTC's Weekly Newsletter at least once a month.

New students who were not at orientation are required to come into the placement office to fill out data base forms, Cooperative Education Enrollment forms and to receive placement information essential to your future.

If you are a new student, you are not eligible for cooperative education until your third semester. However, if you are a new student and are working in a job that pertains to your vocation, you will be able to BANK

hours that are earned in your first and second semester. They will then become active in your third semester. Come and see me for more info on co-op and banking hours.

Students who are doing work-study may also participate in the Cooperative Education program. They must be working in a position that pertains to their vocation and meet all eligibility requirements. You probably want to check with the Financial Aid Officer first so we can meet on the matter and discuss credit hours.

Remember that you need work experience before you graduate to make your diploma more valuable. COOPERATIVE EDUCATION is a program designed to get the college student out into the work force before they graduate. Students who have work experience added to their degrees will be hired by employers over students who do not. A certificate and or associate degree isn't enough these days. The employers are looking for dependable, reliable people with education and WORK-EXPERIENCE. Your Cooperative Education experience will make the difference in finding the job you want after graduation.

Returning students need to update their data base cards and see if they are eligible for Cooperative Education internships. Student Support Services needs to provide our office with a list of late students, it would be appreciated.

May 1999 Graduates are required to have three interviews with the Placement Counselor or the Placement Technician this summer. One to update your data; another to review your resume and federal application forms 171 and 612; and the third to fill out your exiting form. May 1999 Graduates who do not submit these forms by the deadline set for May will not Graduate.

Please feel free to stop in and visit, your future is important to us.

Thank You,  
Vince Schanandore  
Placement Counselor

*Happy Belated Birthday to  
Harriet Broken Nose  
January 7, 1999*

*Men's Basketball Scores*

*UTTC 106 Dawson CC 97*

*UTTC 103 MSU-Bottineau 109*

*Currently, the Men's Basketball Team is at 12 wins and 3 losses.*

*We lead the conference with a record of 3-1. In the NJCAA National poll released just before Christmas the T-Birds were ranked 12th and lead the Nation in scoring at 99.8 points per game.*

***NEXT HOME GAME***

***TUES. 1-12-99 VS***

***TRINITY BIBLE COLL.***

***W. 5:30 M. 7:30***



***1st AID/CPR  
STUDENTS.....***

***Mrs. Sharlene Gjermundson  
will teach the course, they  
will be held in the Education  
Building on the following  
days and times.***

***Monday: 3:00 PM Rm 111***

***Wed: 1:00 PM Rm B. 03***

Seventh in a Series...

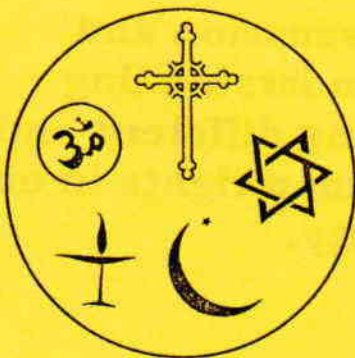
# Human Rights Town Hall Meeting

Sponsored by First Presbyterian Church

- Panelists with experience in human rights issues including race, seniors, the workplace, homeless, sexual orientation and others in our community
- Audience dialogue and concerns
- Help get our community dialogue moving in the right direction

**WHERE:** First Presbyterian Church  
214 East Thayer Avenue, Bismarck

**WHEN:** Monday, January 11, 1999  
8:00 p.m.



#### Interfaith

#### Dismantling Racism Effort

- First Presbyterian Church
- United Tribes Episcopal Ministries
- St. Mary's Catholic Church
- United Church of Christ
- Unitarian Universalist Fellowship
- McCabe United Methodist Church
- Bismarck Friends Meeting
- Bismarck Hebrew Congregation
- Religion and Labor Committee, North Dakota AFL-CIO
- And more to come...

For More Information: Please call 223-6091.

Eighth in a Series...

# “A Tale of O”

On Being Different

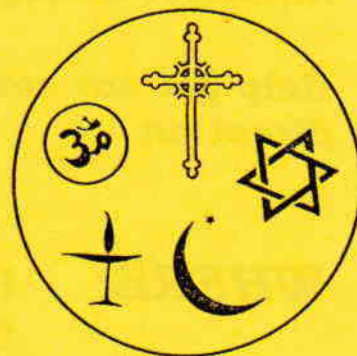
An entertaining, captivating parable about  
what happens to any new or different kind of person  
in a group

## WHERE:

One World Coffeehouse  
208 E Broadway Ave, Bismarck

## WHEN:

Friday, January 15, 1999  
8:00 p.m.



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North Dakota AFL-CIO
- And more to come...

Video, discussion and  
greater understanding  
about being different and  
about human rights in our  
community.

#### Sponsored by:

Unitarian Universalist Fellowship  
and Church

#### For More Information:

Please call 224-8090



# CHEMICAL HEALTH CENTER

## ALCOHOL AND OTHER DRUG SURVEY

1. Do you drink to relax? Yes \_\_\_\_\_ No \_\_\_\_\_
2. Do you drink to feel better about yourself? Yes \_\_\_\_\_ No \_\_\_\_\_
3. Do you drink to fit in with a peer group? Yes \_\_\_\_\_ No \_\_\_\_\_
4. Do you drink alone? Yes \_\_\_\_\_ No \_\_\_\_\_
5. Do you have relatives who drink? Yes \_\_\_\_\_ No \_\_\_\_\_
6. Have you ever been cited for public intoxication? Yes \_\_\_\_\_ No \_\_\_\_\_
7. Have you ever received a D.U. I.? Yes \_\_\_\_\_ No \_\_\_\_\_
8. Has drinking created education problems? Yes \_\_\_\_\_ No \_\_\_\_\_
9. Has drinking created family problems? Yes \_\_\_\_\_ No \_\_\_\_\_
10. Has drinking created employment problems? Yes \_\_\_\_\_ No \_\_\_\_\_
11. Have you been hospitalized for alcohol incidents? Yes \_\_\_\_\_ No \_\_\_\_\_
12. Have you ever stop using drugs and could not? Yes \_\_\_\_\_ No \_\_\_\_\_
13. Have you ever tried to quit drinking? Yes \_\_\_\_\_ No \_\_\_\_\_

If you have a yes answer to any of the questions this many indicate early stages of chemical abuse.

If you have any questions on chemical abuse, come on in to the Chemical Health Center, appointments are not necessary.

# LIFE

Life isn't about keeping score.  
It's not about how many friends you have or how accepted you are.  
Not about if you have plans this weekend or if you're alone.  
It isn't about who you're dating, who you used to date, how many people you've dated,  
or if you haven't dated anyone at all.  
It isn't about who you have kissed. It's not about sex.  
It isn't about who your family is or how much money they have  
Or what kind of car you drive.  
Or where you are sent to school.  
It's not about how beautiful or ugly you are.  
Or what clothes you wear, what shoes you have on, or what kind of music you listen to.  
It's not about if your hair is blonde, red, black, or brown,  
Or if your skin is too light or too dark.  
Not about what grades you get, how smart you are, how smart everybody else thinks you are,  
Or how smart standardized tests say you are.  
It's not about what clubs you're in or how good you are at "your" sport.  
It's not about representing your whole being on a piece of paper and seeing  
who will "accept the written you".

## LIFE JUST ISN'T

### But,

Life is about who you love and who you hurt.  
It is about letting someone love you and letting yourself love them in return.  
It's about who you make happy or unhappy purposefully.  
It's about keeping and betraying trust.  
It's about friendship, used as a sanctity or a weapon.  
It's about what you say and mean, maybe hurtful, maybe heartening.  
About starting rumors and contributing to petty gossip.  
It's about judgments you pass and why. And who your judgments are spread to.  
It's about who you've ignored with full control and intention.  
It's about jealousy, fear, ignorance, and revenge.  
It's about carrying inner hate and love, letting it grow, and spreading it.

### But most of all.

**It's about using your life to touch or poison other people's hearts in such a way  
That could never have occurred alone.  
Only YOU choose the way those hearts are affected,  
And those choices are what life's all about.**

## THE PARENT'S PLEDGE

1. I will set a good example for my child.
2. I will show my children I love them everyday through words and physical affection.
3. I will listen to my children and let them know I value what they say.
4. I will praise my child's accomplishments and efforts towards accomplishments.
5. I will have realistic expectations for my children. I will allow them to make their own mistakes and learn from those experiences.
6. I will avoid being too critical or focusing on my child's shortcomings.
7. I will encourage my child to meet new challenges and have new experiences.
8. I will respect my children as individuals even if I don't always agree with them.
9. I will enjoy my children and make time to share interests and appreciate one another.
10. I will love my children unconditionally. I will let them know they are loveable, worthwhile and valuable human beings.

I will follow these ten parenting principles to the best of my ability.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



# 31 DAYS OF NOURISHING YOUR CHILD'S SPIRITS

Provided by the National Committee to Prevent Child Abuse

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Hug and tell your child "I love you" every day	Plant a seed, watch it grow; let your child take care of it	Write a story together	Let your child plan a fun day for the family	Hang up your child's artwork at home or place of work	Enjoy a book with your child	Watch a favorite television show together
Enjoy a picnic at the beach	Let your child plan a meal and help them prepare it	Make a card to send to a relative	Make a chart of your child's chores and put a star by every task completed	Give help to a friend or neighbor	Draw a family tree and talk about your family history	Plan and decorate your child's room together
Go to the zoo and let your child take pictures	Make puppets from socks and buttons	Fly kites in the park	Make snacks	Decide together on a movie to rent	Enjoy watching a sports game together	Draw all your family members to make a "family album"
Volunteer together at a soup kitchen	Work a crossword puzzle together	Have fun fingerpainting	Start a collection with your child, such as stamps or rocks	Make a growth chart	Help your child sign up for a library card	Teach your child safety rules
Go to a museum	Show interest in your child's day at school	Tell your child you are proud of them				