



# W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 8 NO. 19

January 18, 1999

## *1998-1999 President's List - 3.50 to 4.00 GPA*

Abbey, Eric  
Ankerpont, Mary  
Beheler, Kathryn  
Bird, Sharissa  
Blount, Troy  
Bull Bear, Alvin  
Busch, Douglas  
Camas, Darla  
Christopherson, Cissandra  
Clairmont, Sharon  
Cordova, Patricia  
Derby, Jonathan  
Eagle, Frank Jr.  
Farmer, Angela  
Foss, Clarinda  
Four Bear, Melichi  
Haas, Michael  
Hall, Ethel

Howard, Victoria  
Iron Shield, Amber  
Isaak, Chad  
Karlson, Sandra  
Lancaster, Noriko  
Luger, Donna  
McDonald, George  
McHugh, Janet  
Nagel, Monica  
Painte, Debbie  
Palaniuk, Marge  
Plenty Chief, Violet  
Rajme, Norma  
Red Hail, Darla  
Reiter, Katherine  
Ren Countre, Debra  
Roberts, LaDeana

Schmockel, Richard  
Simon, Shelly  
Slides Off, Erin  
Spoonhunter, Alan  
Stands On Top, Richard  
Stenseth, Marilyn  
Taylor, Isabelle  
Tjaden, Karen  
Tolendano Torris, Rubi  
Tollefson, Dana  
Traversie, Delnita  
Wahl, Leah  
Weinzirl, Wendy  
Weiss, Kathleen  
White Eyes, Lonny  
Wilkie, Edward  
Zenker, Denise

## *1998-1999 Vice President's List - 3.00 to 3.49 GPA*

Allen, Leah  
Arellano, Nicole  
Azure, Lynn  
Beatus, Elena  
Belgarde, Yvette  
Bird Bear, Fritz  
Broken Nose, Harriet  
Cesspooch, Kate  
Claymore, Tara  
Davis, Cheron  
Diegel, Deloris  
Fay, Andrea  
Foote, Patricia

Giegle, Malinda  
Goggles, Cassandra  
Goulette, Stefanie  
Hackett, Chev  
Hamilton, Rondeena  
Knife, MaDonna  
Marrowbone, Theodore  
Means, Deeken  
Medicine Crow, Lona  
Morris, Tonya  
Otter Robe, Mary  
Pechtel, Chad

Red Bird, Tom  
Rhodes, Jessica  
Shields, Dawn  
St. Claire, Janice  
Standing Crow, Gary  
Strange Owl, David  
Stricker Conger, Roxanne  
Summa, Sandy  
Sun Rhodes, Reva  
Wagon, Christoph  
Walking Eagle, Donna  
White Bear, Anthony



## USDA

# Weekly Menu

### DINNER

#### January 18 - 22

- Mon.- Honey Roasted Turkey Sandwich, Soup, Salad Bar, 2% or Skim Milk
- Tue.- Mexican Rollup, Spanish Rice, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Wed.- Oven Baked Chicken, Rice, Vegetable, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Thu.- Hamburger on a Bun, Baked Fries, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Fri.- Old Fashioned Tomato Soup, Egg Salad Sandwich on Whole Wheat, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk

#### January 25

- Mon.- Croissant Sandwich with Turkey or Ham, Potato Salad, Salad Bar, 2% or Skim Milk

### SUPPER

- Mon.- Baked Ham, Baked Potato Wedges, Vegetable, Salad Bar, 2% or Skim Milk
- Tue.- New England Dinner, Boiled Potatoes, Boiled Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Salisbury Steak, Rice Pilaf, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- Shish-Ka-Bob Casserole, Wild Rice, Salad Bar, Dessert, 2% or Skim Milk
- Fri.- Fish Platter, Oven Baked Potato Wedges, Salad Bar, Dessert, 2% or Skim Milk
- Mon.- Braised Beef over Noodles, Vegetable, Salad, Fresh Fruit, 2% or Skim Milk

Dear Reader:

The United States Department of Agriculture (USDA) invites currently enrolled college students who are pursuing further education to apply for our Summer Intern Program (SIP).

The SIP provides an opportunity for students to work as assistants to our scientific, professional, and technical employees. These positions provide students a paid, summer intern experience and knowledge about career opportunities and future employment prospects at USDA.

We have increased our efforts in the SIP to attract as many students as possible. By doing so, we hope to interest students to apply for full-time employment which would enhance the diversity of our work force. In connection with our increased efforts to attract as many students as possible to the SIP, we are including SIP support for the Work Force Recruitment Program for College Students with Disabilities.

USDA is an Equal Opportunity Employer which welcomes all students, including students with disabilities, to apply for a summer intern position with one of our agencies. Application deadline for most USDA agencies is February 19, 1999. The Economic Research Service's deadline is March 1, 1999.

For more information contact: Vince Schanandore in the Placement Office.

## NASF searches for New Logo

The Native American Scholarship Fund (NASF) will award \$500 for a winning logo design for its new name. The NASF will change its name to the National Indian Education and Scholarship Center (NIESC) in the first half of 1999. The winning design will be used on all of NIESC's correspondence. All entries will become property of NASF/NIESC.

For more information, contact: NASF at 505-262-2351 or 8200 Mountain Road N.E., Suite 203, Albuquerque, NM 87110.





## Chemical Health Center

Below are the "Six-Pack recommendation that would be helpful for you as a student at United Tribes Technical College.

### THE STUDENT SAFETY SIX-PACK:

1. Study - remember the goals you are to achieve while you are in college!
  2. Stand up for your beliefs. If you do not drink alcohol, it is OK to say so! There are other students out there who feel the same...in fact, the majority of students in college today are of legal age (21) and those who choose to drink use alcohol moderately.
  3. Have fun and socialize without the involvement of alcohol, but be prepared that some students may pressure you to drink alcohol.
  4. Get involved in UTTC campus activities!
  5. If you go out, go out in groups and watch out for your friends, and remember you don't have to drink alcohol to have fun.
- Be aware of the campus education and counseling resources. The Chemical Health Center staff are here to help and support anybody who walks through our doors. Don't forget that your family is a source of support, to...keep in touch with them OFTEN.

## Sister Kathryn at NLN Accrediting Panel

An Thursday, January 14 Sister Kathryn Zimmer participated in the eleven number National League for Nursing Panel meeting held in Chicago. Sister has served on this Panel for two years. It is the top level group that recommends to the Accrediting Commission a program's readiness for accreditation.

Panelists make their decisions on the school's self study, findings from the site visit, as well as the catalogue, Student Handbook and other documents from the school.

Submitted by  
Sister Kathryn Zimmer  
Director, AASPN Program

**Health Information Students Meeting on January 26, 1999 at 3:00 pm, Room B03 (Basement Ed Bldg.)**

## ★ 1999 International ★ Powwow Art

**Arrow Grapics has received several art entries for this year's International Powwow.**

**Once again we need your help in judging which art piece will be used for 1999.**

**Judging will be held in the Cafeteria Tuesday, January 19th from 12:00 noon to 1:00 pm.**

**Please be there so your vote is counted!**

**Information for the Next Newsletter must be submitted to Arrow Graphics No later then Jan. 22 Attn: Wanda Swagger**



## Student Support Service:

Student Support Service Staff would like to welcome all new and returning students to a new year of education at United Tribes.

This program has two math instructors, Marge Palaniuk and Dorvin Froseth, for Preparatory Math 090 and General Math 101.

Director of Student Support Service is Royce Irwin stationed at the Education Building in the Academic Center. He is also in charge of the Tutoring Program. If you need help in any of your classes, please do not hesitate to talk with Royce to set you up with a tutor.

Student Support provides academic, personal, financial, and vocations counseling for eligible participants. We also provide referrals to other campus departments and agencies as deemed necessary by student needs. If you need any assistance in these areas or any other problems feel free to stop in room 115 at the Skill Center and talk to Vivian Gillette, Counselor.

Student Support also handles the Orientation and Tabé Testing of all entering and exiting students.

Academic Service Center, located at the Ed. Bldg. is also a part of our program. Monica Comeau is with Vocabulary/Reading for College Study. Jennifer Randazzo is also with tutoring and Computer Concepts.

The Academic Center will be open in the evenings, Monday, Tuesday, Wednesday and Thursday from 4:00 to 8:00. A Notice will be posted at a later date when the center will be open.

### Mathephobe's Lament

*Sometimes math makes me mad,  
Sometimes frightened, sometimes sad.  
Word problems and fractions  
Cause allergic reactions  
So strong, I forget how to add*

### Ex-Mathephobe's Anthem

*Sometimes with math I feel mad  
Or numb, or frightened, or sad.  
But still I get through it  
"Cause I know I can do it.  
Y' know? Math's not really so bad!*

*Jim Daniel, University of Texas*

## STUDENT HEALTH CENTER NOTES:

All new students must complete medical forms at the Student Health Center as soon as possible.

Student Health Center Hours:

Monday to Friday: 8:00 am - 4:00 pm

Saturday & Sunday: 8:00 am to Noon

Student Health Center provides transportation to Fort Yates for medical or dental appointments one time per week. Weather permitting. If you need to schedule an appointment, please see Student Health.

Students who may be eligible for Medical Assistant through Burleigh or Morton Social Services must complete the application process. If you are approved, you must submit your numbers to the Student Health Center. If you are denied, you must submit the denial letter for input into your medical file.

Students who receive medical attention after-hours or at the Emergency Room must notify Student Health within 72 hours in order for their bill to be paid.

January 21 & 22 - Vision and Dental screening for new students at TJES.

### First Aid & CPR Room Changes

\* Sharlene Gjermundson is the Instructor, she can be contacted at the Student Health Center or Ext. 286.

Monday at 3:00 pm - Room 111 in the Education Building  
and Wednesday at 1:00 pm - Room B03 in the Education Building.

### Pneumonia

Pneumonia - an infection deep in the lungs - is the fifth leading cause of death in the United States. It may be caused by Haemophilus influenza or other organisms. You are most vulnerable to pneumonia after you have had the flu or another infection. At those times, bacteria that your body can normally hold in check are able to overwhelm your natural defenses and cause infection. This can happen at any age but most often occurs in adults over 50 and in children under 5.

Most antibiotics are caused by bacteria or bacteria-like organisms that antibiotics will kill.

Pneumonia often causes fever, shaking chills, a severe cough that produces thick mucus, and painful breathing. Sometimes it just caused a lingering feeling of being ill. If you are someone close to you has one or more of these symptoms, contact your doctor right away. In some cases pneumonia can develop and spread so quickly that a delay in treatment of just a few days can be dangerous. To find out if you have pneumonia and to determine it's cause, your doctor will examine you and may order some diagnostic tests.

Sometimes pneumonia is treated with medication that can be taken at home. Sometimes it must be treated in the hospital. If your physician does diagnose pneumonia that can be treated at home, it is important for you to take care of yourself. Get plenty of rest, drink lots of fluids, and eat properly so your body can battle the infection. You doctor may also prescribe an antibiotic, which you must be careful to take according to directions.

## **AIHEC INFORMATION**

**1999 AIHEC Student Congress Outstanding Student of the Year Award applications are available to students to complete. Applications can be picked up at the Library, Financial Aid and from Letitia Stewart at the Department of Student Services, Education Building. Criteria for the Award and Qualifications are listed on the applications. DEADLINE to turn in completed application is FEBRUARY 19, 1999, 5:00 p.m. to Letitia Stewart at the Department of Student Services.**

**ANY STUDENTS INTERESTED IN PARTICIPATING IN THE FOLLOWING COMPETITIONS NEED TO CONTACT THE FOLLOWING PEOPLE BY FEBRUARY 1, 1999.**

**BUSINESS COMPETITION:**

**Information and contact person, Cynthia Fox, ext. 285.**

**KNOWLEDGE BOWL:**

**Information and contact person, Suzanne Cadotte, ext. 247.**

**SPEECH COMPETITION:**

**Information and contact person, Bev Huber, ext. 294.**

**SCIENCE BOWL, POSTER COMPETITION:**

**Information and contact person, Liz Miller, ext. 316.**

**CRITICAL INQUIRY:**

**Information and contact person, Royce Irwin, ext. 203.**

**HANDGAME TOURNAMENT:**

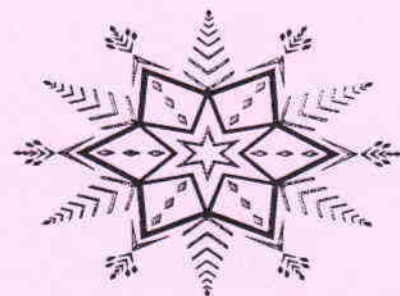
**Information and contact person, Cynthia Fox, ext 285**

**ART COMPETITION:**

**Information and contact person, Wayne Pruce, ext. 360.**

**Any other questions contact Letitia Stewart, ext. 383.**





# **OPEN HOUSE**

**CHEMICAL HEALTH CENTER  
BUILDING #68**

**JANUARY 21, 1999**

**FROM**

**9:00 A.M. TO 4:00 P.M.**

**COME JOIN THE FUN  
DOOR PRIZES  
GOODIES**

# *Common Sense Parenting*

Starting Monday, Jan. 25, 1999

**4 to 6 PM**

**@ Reading Math Center (TJES)**  
(Tan Bldg. just West of TJES Main Bldg.)

**Class Dates Are Mondays**  
Jan. 25, Feb. 1, 8, 18 (Thurs.), 22, and Mar. 1

Theodore Jamerson Elementary has adopted the  
Boys Town Social Skills Program.

TJES teachers are teaching social skills to your children in school.

This 6 week class is the Parent Segment of the Program.

Parents learn to teach these skills, enhancing their parenting skills.

Working together, our children will gain the social skills needed  
to succeed in living and working with other people.

Contact Child Development Center to arrange for childcare.

## *Parent Class Topics*

- **Parents as Teachers**
- **Effective Praise** - How to change behaviors
- **Preventive Teaching** - Before an event, teach child how to act.  
(Eg. in the mall)
- **Corrective Teaching** What to say and do when a child is misbehaving
- **Teaching Self Control** What to do and say when a child continues to misbehave.

Register by  
Contacting Barb Danks, TJES School Counselor,  
@ ext. 236/304 Bldg 51

*When will we teach our children in school  
what they are?*

*We should say to each of them:*

*Do you know what you are?*

*You are a marvel.*

*You are unique.*

*In all of the world there is not other child  
exactly like you.*

*In the millions of years that have passed,  
there has never been another child like you.  
And look at your body – what a wonder it is!  
Your legs, your arms, your cunning fingers,  
the way you move!*

*You may become a Shakespeare,  
a Michelangelo,  
a Beethoven.*

*You have the capacity for anything.*

*Yes, you are a marvel.*

*And when you grow up,*

*Can you then harm another who is,  
Like you, a marvel?*

*- Pablo Casals*