



W UNITED TRIBES TECHNICAL COLLEGE R WEEKLY NEWSLETTE R

VOL. 8 NO. 20

January 25, 1999

Nursing Students on UTTC Basketball Team

Did you know that nursing students are on the UTTC Girl's Basketball Team? They include Shelly Alden, Nicole Arellano and Arbana Low Dog. They are having some successes and deserve our support. Congratulations and continued good luck!

On Monday, January 18, Sherry Messmer and Sister Kathryn Zimmer participated in a presentation made by several faculty and staff members from Nova Southeastern University, based in Fort Lauderdale, Florida. The University offers a variety of health related programs that might be of interest to students and faculty who are furthering their education.

Nursing faculty, Carol Manifold and Sister Kathryn Zimmer, along with other UTTC faculty, took advantage of attending a three day workshop that concentrated on writing grant proposals. Hopefully the information will be of help in developing proposals at UTTC.

Bookstore News

I have received the list for students on payroll. If you have a jacket on hold. Please come in to pick it up. Any jackets that are not picked up by February 8, will be put back on selling floor.

Bookstore Hours:

Monday - Friday

8:00 - 12:00

1:-00 - 5:00

Ext. 357

Interior/Ag awards go to tribal college advocates

David M. Gipp, president of United Tribes Technical College, was among those who received special awards from the U.S. Departments of Interior and Agriculture in November.

Gipp was among those recognized for contributions to the development and signing of the tribal college and universities White House Executive Order No. 13021 by President William Clinton on Oct. 17, 1996. It was renewed this past fall. Gipp has been with the "Tribal College Movement" since 1972.

Gipp also received an award for first-time service on the National Agricultural Research, Extension, Education and Economics Advisory Board from Sept. 1, 1996 to Sept. 30, 1998, from Secretary of Agriculture Dan Glickman. He was the first American Indian to serve on the board, representing the "1994 Tribal College and Universities Land Grant Institutions." Dr. Gerald "Carty" Monette, president Turtle Mountain Community College, succeeds Gipp on the agricultural board.

Land-grant status for these colleges came in 1994 many years after the initial land-grant status provided financial support for state technical schools, beginning in the 1860s and for historically black institutions in 1890.

Other recipients of Interior awards for contributions to the executive order from Bureau of Indian Affairs Director of Education Joann Sebastian Morris at Spirit Lake Nation, Nov. 13, are: Dr. Janine Pease Pretty On Top, president of the Little Big Horn Community College; Dr. Lionel Bordeaux, president, Sinte Gleska University; Dr. Joe McDonald, president Salish Kootenai College; Dr. Monette; President Carol Murray, Blackfeet Community College; Margaret Campbell, Fort Peck Community College; Faith Roessel, former special assistant to Secretary of Interior Bruce Babbitt; Veronica Gonzales, executive director of American Indian Higher Education Consortium, and Ed Simmermeyer, Dartmouth University.

Taken from Indian Country Today



Weekly Menu

DINNER

January 25 - 29

- Mon.- Croissant Sandwich with 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 with Meat Sauce, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- French Dip with Au-Jus, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Fri.- Knoephle Soup, Chicken Salad Sandwich on Whole Wheat, Salad Bar, 2% or Skim Milk

February 1

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

SUPPER

- Mon.- Braised Beef over Noodles, Vegetable, Salad, Fresh Fruit, 2% or Skim Milk
- Tue.- Bar-B-Que 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, Dessert, 2% or Skim Milk
- Mon.- Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% or Skim Milk

Open House

On Wednesday, January 27, 1999

at 4:00 to 5:00 pm

Skills Center

to honor

Ann Kraft

for 25 years of service to UTJC.

Financial Aid News

- American Indian College Fund (AICF) Scholarship Applications are OUT. You can pick one up at the Bookstore, Library, or Financial Aid Office. Application Deadline is February 26, 1999. If you submitted your application list semester (Fall 1998) you need check with the Financial Aid Office to see if we still have it on file. You may have to reapply.

- If you plan on attending college next year 1999-2000 you can begin application for Federal Student Aid (PELL). Early application increases your chances for other state and campus based programs.

- New Students need to set up an appointment with the Financial Aid Administration (ASAP) Today!

A Minot State University
representative will be
here on Monday,
February 1st - 1:00 pm at
Skills Center



Chemical Health Center

The Chemical Health Center staff would like to thank all people who came to the Chemical Health Center for Open House. We had a good turn out of students and staff coming over to see what our program is all about.

Congratulations to the two Grand Door Prize winners: Patricia Cordova, and Mellina Perry. You can come to the Chemical Health Center and pickup your roses.

We would like to thank the Cafeteria staff/students for preparing the delicious goodies we had.

LONELINESS

What is loneliness? It is a painful feeling that something is missing in our lives. We feel somehow disconnected from friends, family or the world. Surveys show that 1 out of 4 people feels lonely at any given moment. Some people feel lonely after a change like a move to a new home, a new job, retirement, a separation or divorce, or the death of a loved one. Some people feel lonely because of their shyness, poor self-esteem, lack of communication skills, or a painful past that makes a person unwilling to trust others. People of all ages may feel lonely. Children who are teased or rejected may feel lonely, parents at home with the children may feel lonely if they don't have contact with other adults, married people may feel lonely if they no longer share interests with each other, or widows/widowers who have recently lost a spouse usually experience grief as well as loneliness.

Depending on the situation and personalities, lonely people may become withdrawn, depressed, physically affected by headaches, stomach pain, or other ailments, they may become angry, dependent on harmful habits such as eating too much or abusing alcohol.

Unfortunately these responses can keep lonely people from forming close relationships. Overcome loneliness by looking within yourself and recognizing your talents and strengths, learn to enjoy time alone and be comfortable with yourself before you can get close to others.

If loneliness overwhelms you, get help! Contact anyone of the Chemical Health Center staff members, or Counseling Department, local mental health agency, support groups, or clergy.

Loneliness is common, but it can be overcome by understanding the cause of the loneliness, by knowing the signs, and learning to be comfortable with yourself and others, and finding ways to expand your social skills.

**If anyone is interested in
First Communion Classes
Every Tuesday and Thursday
at 7:00 - 8:00 pm
starting on February 2.**

Hand Game Players

Or those interested in learning how to play Handgames.

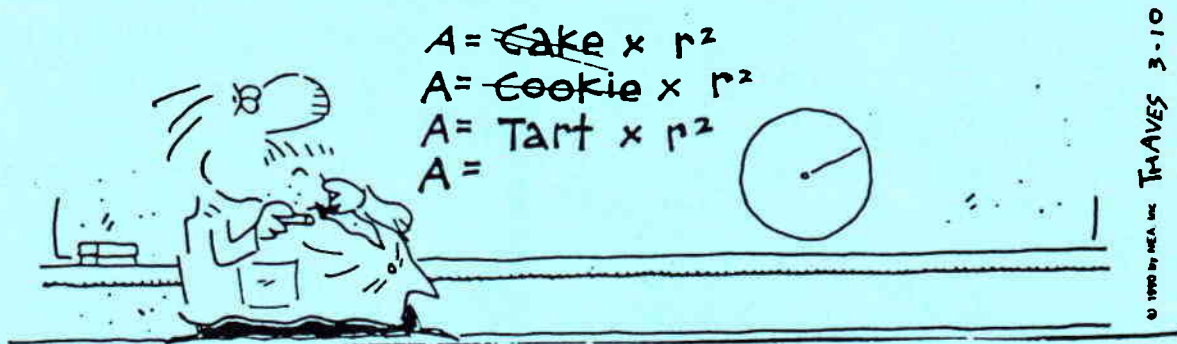
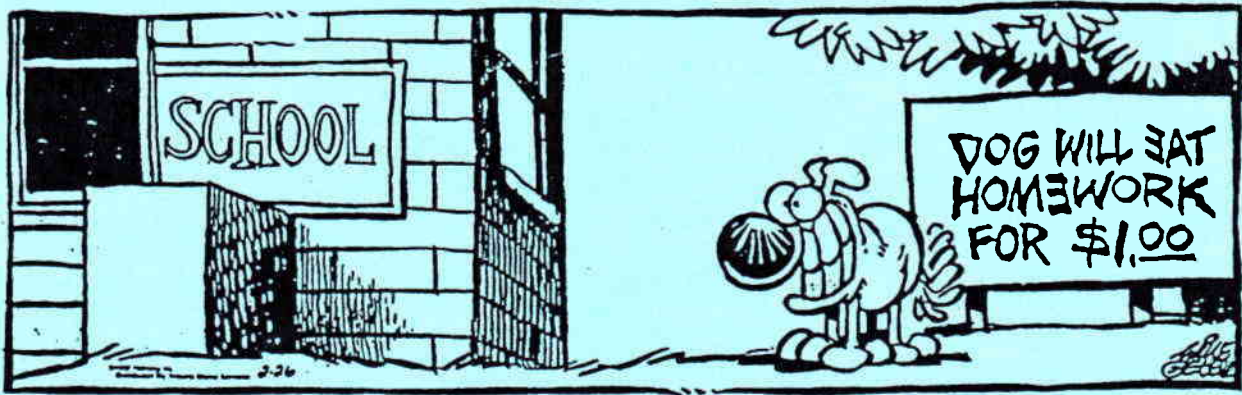
Meet at the U.T.T.C. Gym Thursday, January
28th
At 2:30 PM

Don Rush will be at the gym to give a presentation on "How To Play Hand Games" If you have any questions, please call Cynthia Fox at ext. 285.

Hope to see you there! If you already know how and would like to teach others please come.

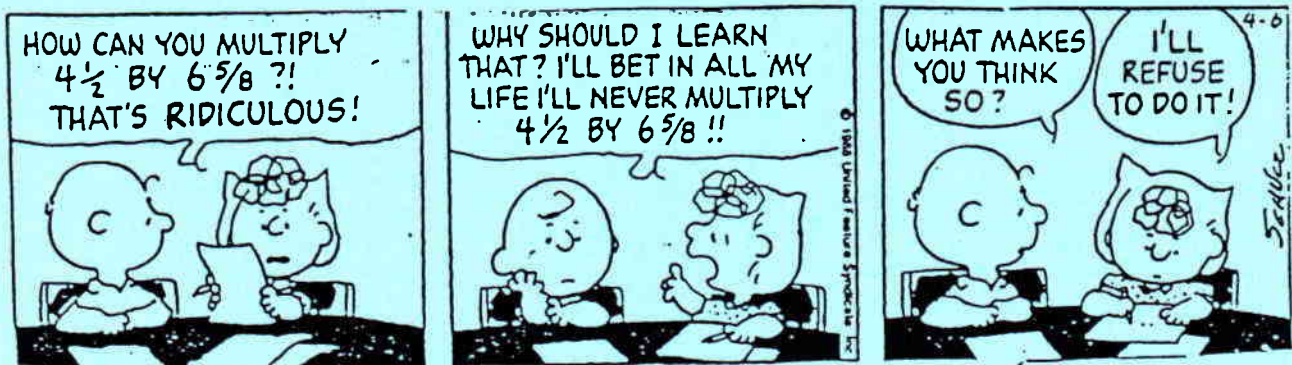
This presentation will be for all U.T.T.C. Students. If you cannot make it this time because of your class schedule, there will be another presentation that evening at 5:30 PM.

**Information for the
Next Newsletter must be
submitted to
Arrow Graphics
No later than Jan. 29
Attn: Wanda Swagger**



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CALVIN AND HOBBS by Bill Watterson





FAMILY CLUB / JUST SAY NO CLUB

We will meet in the Small Gymnasium at 5:30 PM to play handgames on January 28th. Please bring your family for a evening of fun. Don Rush will be there to give a presentation on how to play handgames.

Remember that the family that attends the most activities throughout the semester will receive a prize of free movie tickets.

Family Club Policy

- 1. Parents must attend with their children.***
- 2. There are no fees or dues.***
- 3. Be on time for a ride.***
- 4. Alternate activities will be held if weather cancels outdoor activities.***
- 5. Events include a message or information on drug abuse prevention.***
- 6. All families of TJES are eligible to participate.***

The purpose of the Family Club/"Just say NO" Club is to encourage healthy, fun, educational, family/community activities; to promote healthy family relationships; and to promote a drug free lifestyle.

RAFFLE

Raffle Tickets are now being sold by the
Office Technology Club.

DRAWINGS

1. Satin Star Quilt
2. \$25 Gift Certificate at Gateway Mall
3. Dinner for two at Perkins
4. Compact C.D. Player
5. \$25 Gift Certificate at Kirkwood Mall
6. Two large Pizza's & 2 liters of pop
7. Native American Stationary Notecards & Envelopes
8. \$25 gift certificate at Barnes & Noble Bookstore
9. \$25 gift certificate at Kirkwood Mall

Drawing will be held during half-time of the last home game which will be February 18. See an OT Club member for tickets. The price is \$1.00 per-chance. Need not be present to win.

Good Luck!!!!!!



American Indian Higher Education Consortium

CONFERENCE ON EDUCATION MARCH 20-24, 1999 BILLINGS, MONTANA

critical inquiry

CRITICAL INQUIRY:

TRIBAL CONSTITUTIONAL AMENDMENT RULES

1. Teams will consist of four (4) players plus one (1) alternate.
2. Team members must meet all general conference requirements of eligibility.
3. Tribal Constitutions and Scenarios will be mailed to each college concurrently by January 20th, 1999.
4. Teams must be on time for representation. If a team is ten (10) minutes late that team will be considered withdrawn from the project.
5. All questions and discussions during the presentation will be derived from the reference material.
6. Teams will research all scenarios and review all Tribal Constitutions as preparation for the competition.
7. Teams will draw one scenario at the initial meeting on Sunday, March 21st, 1999 which they will then be required to present as a Tribal Constitutional Amendment.
8. Oral presentations will be limited to a minimum of ten (10) minutes and a maximum of fifteen (15) minutes. Students will be allowed to complete the last sentence only when running overtime.
9. Teams will be signaled by the timekeeper when the time left is at 5 minutes.
10. All teams will have access to necessary equipment for presentations if they request it to the committee by the March 1st entry date.
11. There will be a panel of four judges for each presentation. Their opinion will be the final authority. No appealing decisions.
12. Colleges wishing to run a class for the project are encouraged to do so.
13. All representations will be video taped by the committee and later be distributed to all participating Tribal Colleges to be used as a learning tool.
14. Awards will be given for first, second, and third place.

Deadline: Feb. 1, 99
If Interested Contact
* Rorce Irwin Ext. 203

Perhaps There's Still Time!

"If I had to live my life over again, I'd make more mistakes.

I wouldn't try so hard to be so perfect.

I'd relax more.

I'd take more chances.

I'd take more trips.

I'd climb more mountains.

I'd watch more sunsets.

I'd eat more ice cream ... and fewer beans.

"I'd have more actual troubles and fewer imaginary ones.

I've lived sanely and sensibly and have had my moments to be sure ...

I'd have more of those special moments.

"I'd travel lighter next time.

I'd walk barefoot earlier in the spring and later in the fall.

I'd play hooky a lot more.

I'd ride more merry-go-rounds.

I'd smell more flowers.

I'd hug more children.

I'd tell more people I love them.

"If I had my life to live over again ... but you see, I can't."

from Rapid City Forum