



W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 4 NO. 17

January 29, 1996

Weekly Menu

Jan. 29 to Feb. 2

DINNER

- Mon.- Spaghetti with Meat Sauce, Garlic Toast, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk
- Tue.- Steak Sandwich, Oven Browned Potatoes, Garlic Toast, Tossed Salad, Assorted Fresh Fruit, 2% Milk
- Wed.- Oven Baked Chicken, Rice, Vegetable, Salad Bar, Assorted Fresh Fruit, 2% Milk
- Thu.- Hamburger on a Bun, French Fries, Salad Bar/Fresh Fruit, 2% Milk
- Fri.- Old Fashioned Tomato Soup, Grilled Cheese, Potato Chips, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk

Feb. 8

- Mon.- Poor Boy Sandwich with Turkey and Ham, Potato Chips, Potato Salad, Assorted Fresh Fruit, 2% Milk

SUPPER

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

Placement

Late coming new students are required to come to the placement office to fill out data forms, cooperative education enrollment forms and to collect informative materials you need in order for us to help you plan your future employment. It would be appreciated if faculty would provide our office with a list of their incoming new students.

Returning students need to come in to update their data cards and see if they are eligible for Cooperative Education Internships. Remember, you need work experience before you graduate to make your degree 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 don't. A certificate or associates degree isn't always enough today. The employers are looking for dependable, reliable people with experience. Your cooperative education experience will make a difference in finding the job you want, right away.

An aid program for agricultural workers known throughout Midwest and making itself known here on campus is "Midwest Farmworkers Employment and Training, Incorporated". This program will provide a income while you attend school. The requirements are as follows: You need to have worked in the last 24 months in some form of agriculture or farm/ranch related work. They will specify what is admissible under their qualifications when you apply. You need to have worked 12 months consecutively in agriculture and provide them with your Income Tax statements and W-2 forms. Farm Workers will pay \$4.00 for every hour you are in class if you qualify. Please report to our office to see if you qualify for this program. Information will be posted for Midwest Farmworkers Employment and Training on the placement Bulletin Boards. Thank you.

Vince Schanandore,
Placement Counselor



AASPN WELCOMES NEW STUDENTS

The Nursing Department is happy to welcome new students as well as returning students to the spring semester. New students include:

Roselie Christenson	Dina Little Ghost
Julie Cloud	Dawn Grosz
Jolene German	Lisa Olheiser
Beverly Solheim	Lorencia Weasel
Lisa Yatskis	Fritz Eagleshield
Linette Reed	Theresa Thomas

Be sure to see me if I overlooked someone or if you need help with any questions.

Sorry the weather is so cold.

Submitted by Sister Kathryn Zimmer,
Director
AASPN Program

*News for the next weekly
Newsletter should be turned in
no later than
February 2, 1996
to Arrow Graphics
Wanda Swagger*

OFFICE TECHNOLOGY SUMMER SCHOOL CLASSES OFFERED

The following classes will be offered by the Office Technology Department for the upcoming Summer term.

These classes are open to any student, faculty, staff, or employee of United Tribes Technical College.

Keyboarding I	Keyboarding II
Beginning Accounting	Automated Accounting I
Word Processing-WP6.0	Ad. Word Pro.-WP6.0
Spreadsheet Applications	

If you are interested in any of these classes, please contact Lynn Ketterling at Ext. 358 right away if not sooner.

*** LEARNING CENTER
EVENING HOURS***
for the week of
January 29 - February 2
Monday, Jan. 29 - 6-9 p.m.
Tuesday, Jan. 30 - 7-9 p.m.
Wednesday, Jan. 31 - 7-9 p.m.

Thunderbirds continue slump.

Since the start of the second semester of school the men's basketball team has continued to struggle as they have gone 0-5 up to this point. "We are really struggling right now, anyone who has been to any of our games can tell you we have been right in position to win 3 of the 5" says coach Finley. "When you lose, you lose, as a coach you never look for excuses for why you lost but rather find your weaknesses and turn them into positives while at the same time continue to build upon your strengths. Sonny Webster, Geno Levaldo, Joe Sazue, Marcus Hollow Horn and Dave Jackson have been the main stays of this team but anyone can tell you that it takes total teamwork to be successful and that's where one of our weaknesses are, we've had quite a few capable players on this team who quit because they didn't get things their way and when you play this game at this level you have to commit yourself 100% to the game if you want to be successful and we didn't get that from some of those who quit.

The guys we have left have given you all they could and have never quit no matter what the score was, I have guys in my office after almost every game asking if they can join the team, I considered this but decided against it because it just isn't fair to the guys who have been here since the beginning to have someone come in after half of the season is over and want to play, that's not the nature of the game. We did invite a couple of guys to play with us but they were so out of shape that we would not have used them unless we absolutely had to as basketball demands that a person be in top physical condition before they can contribute. We would like to thank those of you who have hung in there and supported us during this drought, I know it's not fun when your team loses but your support means a lot to us, again thank you very much and we'll see you on January 30th when we host Trinity Bible College of Ellendale, ND



News from the Recreation/Athletic Dept.

With the start of the new year the Recreation/Athletic dept. has been in full swing offering a wide range of activities for students and staff. John Thunder Hawk serves as Recreation Director and Esley Thorton is the recreation assistant, they are located downstairs in the James Henry Memorial Building just past the adult fitness center. Currently we have open gym from 1:00 pm to 10:00 pm for staff and students, the gym has been set aside for the TJES students and their chaperones from 6:00 until 7:00 week days and from 10:30 am until 12:00 pm on week-ends. The women have use of the gym from 7:00 until 8:30 on weekdays as do the men from 8:30 pm to 10:00 pm so please note the change of times. We are currently offering YMCA passes but have not had all that were checked out returned, please, if you have a Y pass we would really appreciate it if you would return it so it can be made available to someone who would like to use it when you checked out the card you signed a form which allows us to deduct either \$200.00 or \$100.00 from your check and we will enforce this if we don't get the cards back. We also offer swimming every Tuesday and Thursday from 7:30 to 8:30 and provide transportation to and from the facility, Aerobics are offered on Monday afternoons from 12:00 pm to 1:00 pm and on Wednesday evenings from 6:00 pm until 7:00 pm. Tai-Kwon-Do is also currently being offered on Tuesday evenings from 7:00 pm until 9:00 pm.

United Tribes also participates in the Bismarck Parks and Recreation's amateur basketball and volleyball leagues, here is a current listing of all UTTC teams participating in the leagues.

<u>Woman's Volleyball- UTTC I</u>	<u>Woman's Volleyball- UTTC II</u>	<u>Woman's Basketball</u>
Lisa Rowland	Roxann Webster	Janelle Strikes Enemy
Rita Moran	Janelle Strikes Enemy	Janet Uses Many
Wenelle Viet	Brenna Guthrie	Brenda Kirkie
Leah Allen	Janet Uses Many	Ronette Kirkie
Michelle Siers	Vicki Platara	Michelle Siers
Deneen Swift Eagle	Lisa Wallowing Bull	Leslie Cochran
Terri Abe	Ronnette Kirkie	Roxann Webster
	Brenda Kirkie	Brenda Guthrie

<u>Men's Basketball- UTTC I</u>	<u>Men's Basketball- UTTC II</u>	<u>Men's Basketball- Staff</u>
Rich Greenwald	Filmore HeCrow	Val Finley
Pete Stands	Bernard Strikes Enemy	Mike Walton
Allen Fox	Greg Brewer	Ray Moore
Duane Uses Arrow	Austin Backword	Scott Davis
Thurlo Tidzump	Winna Buxton	Pete Coffey III
Duane Steele	Jim Miller	Esley Thorton
Zach Fighter	Kelly Holloway	Matt Boyle
Royce Irwin	Alonzo Leisholmn	Joe Weiler

If you have any questions please call ext. 261 or 361 or feel free to stop by.



Student Health Center Notes:

January 24 - Starting at 9:00 am Vision & Dental Screenings on all NEW elementary students.

January 25 - Scoliosis Screenings on Girls 6 & 8th grades and Boys 8th grade starting at 9:00 am.

ALL New students and their dependents must fill out medical forms for the Student Health Center as soon as possible. If you haven't done so yet, we are located in the Education Bldg. Room 118.

What is Scoliosis?



Normal

- head centered over mid-buttocks
- shoulders level
- shoulder blades level, with equal prominence
- hips level and symmetrical
- equal distance between arms and body

1a

Possible Scoliosis

- head alignment to one side of mid-buttocks
- one shoulder higher
- one shoulder blade higher with possible prominence
- one hip more prominent than the other
- unequal distance between arms and body



1b



Normal

- both sides of upper and lower back symmetrical
- hips level and symmetrical

2a

Possible Scoliosis

- one side of rib cage and/or the lower back showing uneven symmetry.



2b

- Scoliosis is a sideways (lateral) curving of the spine.
- One in 10 persons will have scoliosis. Two to three persons in every 1000 will need active treatment for a progressive condition. In one out of every 1000 cases surgery may be necessary.
- Frequent signs are a prominent shoulder blade, uneven hip and shoulder levels, unequal distance between arms and body, and clothes that do not "hang right."
- Eighty per cent of scoliosis cases are idiopathic (cause unknown). Scoliosis tends to run in families and affects more girls than boys.
- Spinal curvature is best dealt with when a young person's body is still growing and can respond to one or a combination of treatments (body brace, electro stimulation, etc.). You, your physician and/or your school screening program (now required in many schools) can perform a 30-second annual screen during these growing years. (See diagrams.) Mild cases may not need treatment, but must be monitored.
- Kyphosis (round back) may occur in developing adolescents. It should be screened for and may need to be treated.
- An annual 30-second screening for scoliosis and kyphosis during the bone-growing years can make the difference between a preventable condition and a disability in adult years.



Normal

- even and symmetrical on both sides of the upper and lower back

3a

Possible Scoliosis

- unequal symmetry of the upper back, lower back, or both



3b

Also Screen for Kyphosis:



smooth symmetrical even arc of the back

4a

Possible Kyphosis

- ("round back")
- lack of smooth arc with prominence of shoulders and round back.



4b

Screen Out Scoliosis
If one or more physical features suggest scoliosis or kyphosis, professional diagnosis must be sought.

Illustrations by Barbara B. Beinbocker

What is the secret of maintaining a healthy back?

Low back pain will affect 8 out of 10 adults in the U.S. at some time during their lives. So before back pain strikes you, here are some things you can do to guard against injury.

- Exercise regularly to strengthen muscles that support your back.
- Be aware of your posture. Try to sit and stand straight.
- Maintain a healthy weight.
- Lift carefully. Bend your knees & squat.
- Avoid high-heels whenever possible.
- Find ways to relieve stress.

Using a Thermometer:

- Shake mercury into the bottom of the bulb with a few sharp flicks of the wrist.
- Place under tongue for at least 3 minutes.
- Hold up to light; turn to see the mercury column lined up with scale.
- Wash with cold water and mild soap, rinse, dry, and shake again before storing.

NOTE: Avoid taking temperature for 1 minutes after a bath, hot or cold drink, meal or cigarette.

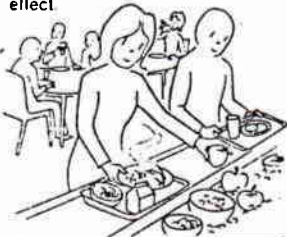
HEALTHY HABITS

make stress more manageable.

It's very important that you:

EAT RIGHT

Be sure that your diet is well-balanced, and that you avoid sugary snacks. Sugar may provide a short-lived burst of energy, but later it has a depressant effect.



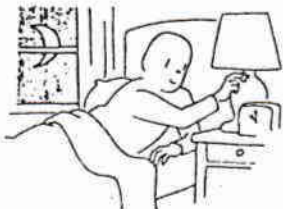
EXERCISE REGULARLY

Walking, biking, swimming, jogging, hiking and other forms of exercise are a great way to relax muscles and renew energy. Plan to exercise at least 3 times a week for at least 20 minutes. (Consult your physician before beginning).



GET PLENTY OF SLEEP

Most people need 7-8 hours of sleep each night. Getting enough sleep can make you more alert, less irritable, and better able to manage stressful situations.



TAKE TIME TO RELAX

A change of pace can do a lot to relieve tension. Try a new sport, learn gourmet cooking, enroll in a pottery or ceramics course. Do something you enjoy! A little fun goes a long way in reducing stress.



AVOID THESE PITFALLS

to avoid more stress.

Don't allow yourself to be trapped by:

ALCOHOL

This powerful depressant drug only masks the symptoms of stress. Alcohol won't solve your problems, and it can increase stress by creating new problems - hangovers, traffic violations, arrests, fights and accidents.

DRUGS

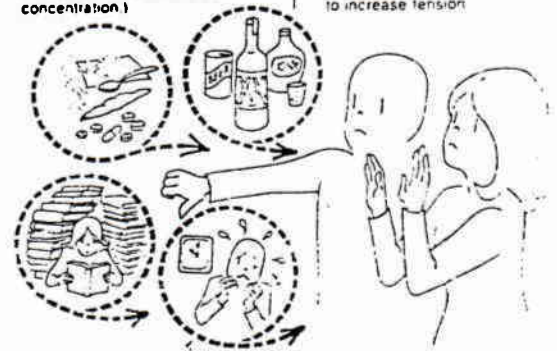
As with alcohol, taking illegal drugs may cause more stress. Consider the risks to your physical and mental health, as well as the possibility of arrest and expulsion from school.

OVERWORK

All work and no play can make you tense, irritable and less efficient in your studying. Be sure that you schedule time for recreation and relaxation. (And don't rely on caffeine to keep you going - it may interfere with your concentration.)

PANIC

It's midsemester. You have 3 exams coming up, a paper to write and a lab report due. H.A.W. you get everything done on time. The best way is to do one thing at a time. Trying to do everything at once accomplishes little & helps to increase tension.



IF YOU FIND MISTAKES in this publication, please consider that they are there for a purpose. We publish something for everyone, and some people are always looking for mistakes!



CHEMICAL HEALTH CENTER

HOW DO YOU USE ALCOHOL? MODELED AFTER THE MAYO DIAGNOSTIC QUESTIONNAIRE

PART I

YES

NO

1. Preoccupation

a. Do you ever look forward to having a drink so that you can relax?

b. Do you sometimes look forward to the end of the week so that you can drink?

c. Do you think of drinking when you should be thinking of something else?

d. Do you sometimes feel the need to have a drink to make you feel better?

2. Increased Tolerance

a. Do you think you can drink more than others and still be in control?

b. Has anyone ever commented on your ability to hold your booze?

c. Have you ever bragged on how you can drink more than others and am proud of it?

3. Gulping Drinks

a. Do you gulp your first drinks to get a quick high?

b. Do you drink a couple of drinks before going out to a party or out to dinner?

4. Use of Alcohol as a Medicine

a. Do you ever use alcohol to calm your nerves?

b. Do you find it difficult to enjoy a party or dance when there is no alcohol beverage to drink?

c. Do you ever use alcohol to go to sleep at night?

YES NO

_____ _____

d. Do you ever use alcohol to get rid of a hang over or to get rid of the shakes?

5. Drinking Alone

_____ _____

a. Do you ever stop in a bar and drink by yourself?

_____ _____

b. Do you drink alone at home or when no one else is drinking?

6. Blackout

_____ _____

a. After a night of drinking, have you ever had the experience of not being able to remember everything that happened on the night before?

_____ _____

b. Have you ever had difficulty remembering how you got home after a night of drinking?

7. Secluded Bottle

_____ _____

a. Do you hide a bottle so it will be available when you get a hang over?

_____ _____

b. Do you ever keep a bottle hidden just in case you may need a drink?

8. Nonpremeditated Drinking

_____ _____

a. Do you ever stop in to have a couple of drinks and have more than you planned?

_____ _____

b. Do you ever find yourself stopping in for a drink when you had never planned to drink?

_____ _____

c. Are you sometimes one of the last ones to leave a bar or a drinking party, when you had planned to leave earlier?

_____ _____

d. Do you sometimes drink more than you intended to?

_____ _____

e. Is your drinking different from what you would like it to be?

YES NO

9. Morning shakes/Tremors

a. Have you ever had the shakes or tremors of the hands after a night of drinking?

10. Morning Drink/Eye Opener

a. Have you ever taken a drink in the morning to help you over a hangover?

SCORING

FOR PART I:

IF FOUR OR MORE OF THESE CATEGORIES DRAW A YES RESPONSE, THIS CONSTITUTES A PATHOLOGIC OR NONSOCIAL DRINKING PATTERN AND A POSITIVE DIAGNOSIS OF ALCOHOLISM.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Kids Swimming 7:30-8:30 P.M. 8:30 P.M. Men's City BB League Open Gym 6-10 P.M.	2 YMCA 6-10 P.M. College BB Game UND Williston VS UTTC.(Home) 7:30 P.M.	3 Open Gym 1:00-10:00 P.M.
4 College BB Game Dawson C. College AT UTTC 2:00 P.M. Open Gym 6:00-10:00 P.M. womens BB 7:15	5 Women's V/B 7:30 P.M. Open Gym 6:00-10:00 P.M.	6 Men's BB City League 8:30 P.M. Aerobics 12:00-1:00 P.M. Karate Class 7:00-8:00 P.M.	7 Women's V/B 8:30 P.M. Aerobics 6:00-7:00 P.M. Open Gym 6-10:00	8 College BB Game(Away)Trinity Bible College 7:30 P.M. City L. BB Game 7:15 P.M. Swimming-7:30-8:30	9 YMCA 6-10 P.M. Open Gym 6-10 P.M.	10 Open Gym 1:00-10:00 P.M.
11 Open Gym 1:00-10:00 PM Women's City L. BB game 7:15 PM	12 Women's V/B 7:30 P.M. 6:00 - 10:00 P.M Open Gym	13 Men's BB City League 7:15 P.M. Aerobics 12:00-1:00 P.M. Karate Class 7:00-8:00 P.M.	14 women's V/B 8:30 P.M. Aerobics 6:00-7:00 P.M. Open Gym 6-10:00	15 Men's City League BB game 7:15 P.M. Swimming 7:30-8:30 P.M.	16 YMCA 6-10 P.M. Men's College BB game. UND Lake Region vs UTTC 7:30 P.M. (Home)	17 2nd Annual Lady Thunderbirds BB Tournament.
18 2nd Annual Lady Thunderbirds BB Tournament.. Women's City L. BB game. 6:00 PM	19 Womens V/B 8:30 P.M. Open Gym 6-10 PM UTTC vs UND Williston (Away) 7:30 P.M.	20 Men's City L. BB game. 7:15 PM Aerobics 12:00-1:00 P.M. Karate Class 7:00-8:00 P.M.	21 Women's V/B 9:30 P.M. Aerobics 6-7 P.M. Open Gym 6-10:00	22 Men's City L. BB game. 8:30 P.M. Swimming 7:30-8:30 P.M.	23 YMCA 6-10 PM Open Gym 6-10 Bismarck All-State Women's Invit. Volleyball Tourn.	24 Open Gym 1:00-10:00 PM. Bismarck All-State Women's Invit. Volleyball Tournament.
25 Bismarck All- State Women's Invit. Volley- ball Tourney.	26 Women's V/B 7:30 PM Open Gym 6-10 PM	27 Men's City L. BB game. 6:00 PM Aerobics 12:00 - 1:00 P.M. Karate Class - 7:00-8:00 PM	28 Women's V/B 6:30 PM Aerobics 6-7 PM Open Gym 6-10 PM	29 Men's City L. BB game. 7:15 PM Swimming 7:30-8:30 P.M.		

* Recreation schedule

MONTH February

YEAR 1996

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 NDSCS at Wahpeton 7:30 PM	2 UND- Williston Home 7:30 PM	3 JV Tourn at Minot State, 12:00 + 4:00 PM
4 Dawsonce Home 2:00 PM TJES open gym 10:30- 12:30	5 Trinity Bible Coll. Womans 5:30 Men 7:30 Away	6 TJES Open gym 6-7 PM mens B.ball Prac. 6-7 PM	7	8	9	10 TJES Open gym 10:30-12:30 mens BASK. Prac 1-3 PM
11 TJES Open gym 10:30-12:30 mens B.B. 1-3 PM Prac.	12 TJES Open gym 6:00-7:00 PM mens BASK. Pract. 4:00- 5:45	13 Univ. of Mary JV there women 5:30 men 7:30	14	15	16 UND- Lake Region 7:30 Home	17 TJES Open gym 10:30-12:30 mens B.ball Prac. 1-3 PM
18	19 UND- Williston Home 7:30 PM	20 TJES Open gym 6-7 PM	21	22	23	24 TJES Open gym 10:30-12:30
25 TJES Open gym 10:30-12:30	26 TJES Open gym 6-7 PM	27	28	29		30 TJES Open gym 10:30-12:30

* Men's Basketball.
TJES ~~at~~ in a gym called