



# W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 4 NO. 23

March 20, 1996

## Weekly Menu

*Mar. 18 to Mar. 22*

### DINNER

- Wed.- Roast Beef and Mashed Potatoes, Natural Gravy, Vegetable, Salad Bar, Dinner Roll, Assorted Fresh Fruit  
Thu.- German Style Sausage and Beans or Kraut, Salad Bar, Dinner Bun, Dessert, 2% Milk  
Fri.- Fishwich and Chips, Dessert, 2% Milk
- Mon.- Spaghetti with Meat Sauce, Garlic Toast, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk

*Mar. 25*

### SUPPER

- Wed.- Swedish Meatballs over Noodles, Vegetable, Salad Bar, Dessert, 2% Milk  
Thu.- Grilled Steak, Baked Potato, Garlic Toast, Tossed Salad, Fresh Fruit, 2% Milk  
Fri.- Lasagna, Garlic Toast, Vegetable, Salad Bar, Dessert, 2% Milk
- Mon.- Baked Ham, Au-Gratin Potatoes, Vegetable, Salad Bar, 2% Milk

## United Tribes Has All-America Nominee

Geno Levaldo a 6'7" center from Fort Belknap has been nominated for All-America in college men's basketball by the coaches of region 13 according to UTTC men's basketball coach Ken Finley. "Anytime a player can consistently go out and score 27 points and grab 13 boards a game someone will recognize that, numbers don't lie, he also made the first team All-State and the second team All-Conference which really surprised me, he and his teammate Joe Sazue were 1 and 2 in state scoring and Geno led region in scoring and rebounding and Joe finished tied for 6th in the region in scoring and 2nd in 3 point field goal accuracy at 51%, Geno finished 5th in the nation in scoring in NJCAA division 1 men's basketball, what I don't understand is how the state and league MVP finishes the season 7th in the state in scoring and doesn't even show up in the regional statistics yet he is an MVP? Sure his team had a better season than we did by you've got to give credit where credit is due, don't get me wrong, Hunter Berg is a good player but he just didn't have the numbers Geno or even Joe did, it's just too bad the coaches in the state and Mon-Dak conference looked past these two guys when it came time to vote. Joe Sazue has a bright future in basketball as DWU in Mitchell, SD has shown the most interest in him and he is currently holding a 3.8 GPA, "his brother played there so I hope it works out for him and hopefully the younger men who are considering college basketball will follow these guys' leads and take the opportunity while the opportunity is there to further their education and earn their degree". The "Thunderbirds" are currently preparing for 1996 AIHEC National Finals where they are defending champions, the tournament is set for March 28, 29 and 30, 1996 at United Tribes Technical College in Bismarck, ND.



## REPORT ON LEAP YEAR DANCE

10 to 15 people showed up to help decorate and get ready the gym for the dance after 3:30 the 29th. Music was provided by the Country and Pop Rock Band, CALVERY. The Student Senate provided \$500 to put on the dance. Chemical Health sponsored the Lunch (the buns, cold cuts, relishes, juice & coffee were prepared by the Cafeteria Staff). Student Support Services provided leadership as well as decorations. Student Affairs also provided decorations and assistance. Door Prizes were donated by the Planning committee members and many others. PTO members assisted with door prizes registering and hostessing. Security provided personnel for "keeping an eye on" the activities. Say No Club sponsored games and activities with prizes in the small gym for children. Early Childhood Students volunteered to assist the Say No Club. Maintenance assisted with providing the stage and blankets for absorbing the echoes. Student Health and Arrow Graphics provided the Posters. Recreation provided the facility and assistance with setting up and cleanup. If there is a group or individual that was missed, sorry. This event came together because of teamwork, support and cooperation. The idea originated in discussions at PTO meetings and Women's Support Group.

Approximately 150 to 200 people attended the dance. The best dance was the child/parent dance. Our children showed us how to have a good time. The planning committee: Vivian and Russell Gillette, Emmet Red Day, Suzanne Cadotte, and Barb Danks.

**THANK YOU TO EVERYONE WHO ASSISTED AND PARTICIPATED.**

A comments and suggestions sheet was passed down the lunch line. Here are the suggestions: pop-chips-pizza-ice cream-baked goods-sandwiches-steak-hash browns-eggs-toast-orange juice-milk-pizza-pizza-more men-pizza-pizza-pizza.

If you have ideas or suggestions for another or similar event, talk them over with your friends - staff and students - and set up a planning meeting. As you can see, there are plenty of people willing to help. It takes ideas (which we have plenty of), planning, time and effort. We need more fun activities on campus, together we can make it happen.

**\* LEARNING CENTER  
EVENING HOURS\***  
for the week of  
**March 20**

**Wednesday, March 20: 7 - 9 p.m.**

## Student Health

Monday - Friday: 8:00 am - 5:00 pm

Saturday: 9:00 am - 12:00 noon

Sunday: 10:00 am - 12:00 noon

Please use the south door on the weekends, it will be the only door open.

## MEETINGS ON SELF-STUDY/ PREPARATION FOR NCA VISIT

President Gipp has indicated that ALL departments, staff, faculty, UTTC employees must attend a meeting regarding accreditation by March 22.

Listed below is a schedule of meetings in preparation for the site visit from NCA April 1-3. Please review the Self-Study and bring your comments, suggestions, and questions to one of the scheduled meetings. You may choose to attend the one most convenient for your department.

If you have any questions, please call Bev (294), Mikiel (234), President Gipp (208), or Val (283).

Meeting Schedule:

March 18 and March 19 was held in Education Bldg. Room 111 for Support Services and Faculty

March 20 - 2:00 pm: Education Bldg. Room B01 (Student Affairs)

## Who's Who Among Students in American Junior Colleges

The 1996 edition of WHO'S WHO AMONG STUDENTS IN AMERICAN JUNIOR COLLEGES will include the names of 6 students from United Tribes Technical College who have been selected as national outstanding campus leaders.

Campus nominating committees and editors of the annual directory have included the names of these students based on their academic achievement, service to the community. Leadership in extracurricular activities and potential for continued success.

They join an elite group of students from more than 1,800 institutions of higher learning in all 50 states, the District of Columbia and several foreign nations.

Outstanding students have been honored in the annual directory since it was first published in 1966.

Students named this year from United Tribes Technical College are:

Mr. Pierre L. Berger  
Mr. David R. Jackson  
Mrs. Tara L. James  
Ms. Ronette R. Kirkie  
Mrs. Roxanne D. Webster  
Mrs. Shirley A. Witt



## Auto Club Gets Jackets

The hard work that the UTTC Auto Club has put in this year finally paid off. The club members received their club jackets this week. They raised money for the jackets throughout the past year by doing a variety of club fund raisers.

Last fall, the club ran a "Car Winterization Clinic" which included an oil change, lube, vehicle inspection, and cooling system services. The two day event was booked up a week in advance. The club members used what they had learned in their classes and used it to help students and staff prepare for winter.

The students also have taken their talents to help themselves and others. The club members have worked on student vehicles on their off time. The students check with the club members to see if they will work on their vehicles. The club members then work on the vehicles during non-class times. This provides others students a cost efficient meant to repair their vehicles and the club members with great hands-on experience.

Other activities the club ran was an Indian Taco Sale and snack bar at some of the basketball games. The taco sale went well, except that they ran out of meat at 12:00, but they were ready again by 12:30. The snack bar seemed to be a no-win situation for the club the first couple of times. Bad weather and no advanced warning hindered sales.

The club is planning on possibly doing another fund raiser this spring. They are looking into running another Car Clinic, this time possibly doing wheel alignments and balancing. They learn alot doing the Car Clinics and the students and staff get a quality job at fraction of the cost "Up-town".

submitted by Lee Friese,  
Auto Club Advisor

## Bookstore

*Taking Orders for fall coats w/United Tribes Logo on back embroidered. Various sizes and colors. Sample of coat at Bookstore.*

*See Joan Silk at Bookstore*

*News for the next weekly  
Newsletter should be turned in  
no later than  
March 22, 1996  
to Arrow Graphics  
Wanda Swagger*

## M and M's are really Football Fields

This article is taken from the Walking Off Weight Workbook written by Robert Sweetgall, BS, Rob Whiteley, MS, RD, and Robert Neeves, PhD. It impressed the point that nibbling on a few pieces of candy can make a difference in your daily caloric intake and that the amount of exercise needed to burn off those few candies may be more than we would think.

Today you are going to take a trip to your local high school football field. On the way, stop off and buy a small bag of plain M & M's (\$.45 size). Next, go to the football field and upon arrival, walk to the line of one of the end zones. Tear off the corner of the bag and eat one (only one) M & M. Now, stare straight out over the entire length of the football field. That's how far you're going to have to walk to burn of the one M & M you've just eaten. One hundred and twenty (120) yards! Walk it. Upon arrival at the other end of the football field, take out your bag of M & M's and squeeze out just one more. Ask yourself, "If I eat this M & M, would I be willing to walked the length of the field again?" If your answer is yes, eat M & M #2 and walk one more length of the football field. If your answer is "no" the game is over and you can throw your M & M's in the nearest garbage receptacle and return home. Don't feel bad; \$.45 is a cheap price to pay for an entire session in weight control.

## Attention Instructors:

It is once again that time of year when Arrow Graphics receives calls and requests for Graduation Announcements.

Before we can complete these, we need to know the theme for this year's graduation.

Second, we need a list from each instructor of all students graduating from your class and "exactly" how each student would like their name to appear on the announcement and how many they each want.

We need this list before any Announcements can be printed so we have a correct count, and so we can figure out the price.

We must have this list from all instructor before April 15th.

Please be on time so we can too!!!



## PARENTING CLASS



Tuesday's, 5:00 to 7:15  
Mar. 19, 26, April 2, 9, & 16  
at Bldg. 100

SPIRITUAL - MENTAL  
EMOTIONAL - PHYSICAL

Mar. 19 - Caring for Ourselves  
(Stress Management)

Mar. 26 - "Smart Discipline"

April 2 - Behavior Management Techniques

April 9 - Single Parenting

April 16 - Traditional Parenting in the 90's

5:00 DINNER in the Cafeteria  
for Parenting Class Participants only.  
Please sign in.

5:30 to 7:15: ACTIVITIES  
in the Child Development Center.  
Parents meet in one group.  
Older children meet in another group.  
Small children meet in another, each with a  
group leader.

Presentations  
Videos  
Guest Speakers  
Discussion  
Activities

For more information, Contact  
Wanda Walker ext. 277  
Barb Danks ext. 253

## RULES FOR WEIGHT REDUCTION CONTEST

### March 15 - April 12

1. Weigh in on Friday ONLY (8:00 am - 5:00 pm) at the Student Health Center. Everyone will use the same scale.
2. Blood pressure will also be checked at the time of weigh in.
3. No shoes will be worn during weigh in. (No exceptions)
4. No jackets or sweaters will be worn during weigh in.
5. Each contestant should check his/her weight weekly, a person must have his/her weight checked at least (3) times during the 4 week contest at the Student Health Center to remain in the contest. (A log of weight ins will be kept at the Student Health Center).

If a person fails to weigh in at least 3 times during the 4 week period, they will forfeit their \$10.00 entry fee.

6. On the last day of the weigh in (April 15), each person will have until 5:00 pm to weigh in. No exceptions will be made! Failure to weigh in at this time will result in a forfeit on entry fee.

7. A ten dollars (\$10.00) entry fee must be paid at the time of first weigh in.
8. Women and men will have separate categories. A winner will be paid from each category.
9. If a tie should occur, the persons from each category who have tied, will decide on how to determine the winner.

Notes: We hope your endeavor to lose weight is a success. Please keep in mind that you should lose the weight in a healthy and safe manner. Failure to do so could result in harm to your body. Good luck to all participants.

continued on next page

# FAT-LESS FARE

## Tips For Reducing Dietary Fats

If you're like most people, you're probably looking for ways to decrease the amount of fat in your diet. You know that high fat diets contribute to an increased risk for heart disease, obesity, and many forms of cancer. What can you do about it? Try these tips for fat-less fare. They'll help you lose excess fat without sacrificing taste.

### Less Added Fats

Many fat calories come from the fats we add to foods—butter, sauces, spreads, etc. To reduce added fats, try:

- ◆ Spreading sandwiches with mustard instead of mayonnaise.
- ◆ Switching to "light" mayonnaise (1/2 the fat) for tuna or meat salads.
- ◆ Topping potatoes with plain low fat yogurt instead of sour cream.
- ◆ Buying "old-fashioned" peanut butter and pouring off the oil instead of mixing it into the peanut spread.
- ◆ Using reduced calorie margarine instead of regular margarine or butter.



Use "old-fashioned" peanut butter, and pour off the excess oil.

### Less Cooking Fats

We also use fats to prepare foods, particularly when frying or sauteing. To reduce the fats you use when cooking:

- ◆ Use non-stick pans.
- ◆ Use vegetable cooking spray instead of oil or butter.
- ◆ Saute foods in broth or bouillon.
- ◆ Broil, poach, or microwave meats, poultry, fish, and vegetables.
- ◆ Flavor cooked vegetables with herbs instead of oil or butter.
- ◆ When you *must* use fats, use polyunsaturated vegetable oils.



Frozen grapes, pineapple, and melon are delicious low fat snack treats.

### Low Fat Restaurant Fare

Eating out can pose problems for fat-conscious people. To select the best restaurant meals with the least fat:

- ◆ Avoid foods prepared with sauces or gravies.
- ◆ Avoid "battered" or fried foods.
- ◆ Ask for salad dressings to be served on the side (and use them sparingly).
- ◆ Enjoy the rolls—forget the butter.
- ◆ Choose steamed vegetables over marinated or creamed vegetables.
- ◆ Choose sherbert or sorbet instead of ice cream or high fat cakes and pies.

### Low Fat Snacks

Snack chips, cakes, cookies, and candy are all high in calories—and most of those calories come from fats! For healthier, low fat snacks, try:

- ◆ Apple rings (sliced apples dusted with cinnamon)
- ◆ Popcorn (air-popped; no butter or salt)
- ◆ Frozen grapes, pineapple, or melon chunks
- ◆ Carrot, celery, or zucchini sticks
- ◆ Rice, corn, or rye cakes

### Low Fat Shopping

More and more food manufacturers are coming out with low fat varieties of your favorite foods. Low fat cheese, milk, yogurt, frozen desserts, margarine, mayonnaise, and crackers are now available at most major stores. It also pays to read food labels carefully. If fats appear high on the list of ingredients, put it back on the shelf—that food probably derives most of its calories from fat.





**COME SHARE IN THE SUCCESS** that American Indian students are experiencing at the University of North Dakota **COLLEGE OF NURSING!**

The **RAIN PROGRAM** is seeking American Indian men and women with the enthusiasm to put an exciting new future together. Where you can realize your personal and professional potential ....**A CAREER IN NURSING.**

The **APPLICATION DEADLINE** for the College of Nursing BSN Program is **APRIL 1, 1996** for the 1996-97 academic year. The **APPLICATION DEADLINES** for the College of Nursing Masters' Programs depend on the track you are applying to.

40 American Indian students have graduated from the UND College of Nursing, 22 of the students have graduated since the inception of the RAIN Program, fall 1990.

Since the fall of 1991, 7 American Indian nurses have been admitted into the UND Graduate Nursing Program. 4 of the nurses will graduate May 1996 with their MSN.

The RAIN Program is committed to providing a support program where American Indian students from many different backgrounds come together with the common goal of enhancing the nursing profession in the delivery of healthcare to Indian people.

For more information or to receive an application, please contact your college counselor or the RAIN Program, UND College of Nursing, Box 9025, Grand Forks, ND 58202 or call collect (701)777-3224.

