

UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER

VOL. 4 NO. 25

April 1, 1996

Weekly Menu

April 1 to 5

DINNER

- Mon.-Taco Salad, Dinner Buns, Assorted Fresh Fruit, 2% Milk
- Tue.- Poor Boy Sandwich with Turkey and Ham, Potato Chips, Potato Salad, Assorted Fresh Fruit, 2% Milk
- Wed.-French Dip with Au-Jus, Salad bar, Tossed Salad, Assorted Fresh Fruit, 2% Milk
- Thu.- Easter Ham Dinner
- Fri.- Fish

April 8

Mon.-HOLIDAY

SUPPER

- Mon.-Braised Beef over Noodles, Vegetable, Salad, Fresh Fruit, 2% Milk
- Tue.- Bar-B-Que Chicken, Baked Potato, Vegetable, Dinner Roll, Salad, Dessert, 2% Milk
- Wed.-Hamburger on a Bun, Soup, Salad Bar, Dessert, 2% Milk
- Thu.- Swiss Steak, Mashed Potatoes, Vegetable, Salad, Dessert, 2% Milk
- Fri.- Spaghetti with Meat Sauce, Vegetable, Salad Bar, Dessert, 2% Milk

Mon.-HOLIDAY



FINANCIAL AID INFO

Students planning on attending college for the 1996-1997 school year. April 15th is the deadline for priority on the 1996-1997 PELL Grant Awards. Any application received after April 15th will be processed on a first come first serve basis. This could also effect your eligibility for other Title IV programs (SEOG,CWS)

FREE application can be picked up at the Financial Aid Office. We have the capability to process your application electronically if you present us with the needed documents.

APPLY SOON!

Storyteller at UTTC

Ceil Ann Clement, North Dakota storyteller, will spin her yarns to the Integrated Studies class Tuesday, April 2, from 10:30 until noon in the Education Building, Room 111.

Ms. Clement lives on a farm near Hettinger in southwestern North Dakota and teaches elementary school. An interesting point is that she is a member of a national storytelling organization.

This activity is in support of the Integrated Studies theme for spring semester, "Where Is This Voice Coming From?", the title of a short story by Eudora Welty. Welty's story in one of many that students read and study in THE OXFORD BOOK OF AMERICAN SHORT STORIES edited by Joyce Carol Oates as they explore the short story category of literature for Humanities 101.

All are welcome to attend; however, seating is limited so be early!



ATTENTION NURSING STUDENTS

A reminder to have your essays for the (2) \$100.00 scholarships in by April 10th at 3:00 pm. You must be a member of the association to be eligible to compete.

Also tickets for the April 19th "Pinning" banquet are on sale for \$7.00. Please purchase these tickets by April 15th, 12:00 noon.

Contact any officer or the advisor to purchase tickets.

Awards for outstanding nursing students, Freshmen and Sophomores, will be given at the Pinning Ceremony.

The essays will be judged on content and tie breakers will be determined on participation in the association and GPA.

Pierre Berger, President
Nursing Student Association

UTTC Housing Department

The UTTC Housing Department has once again moved its office. We are now located in Bldg. #51, right next door to Arrow Graphics.

Should you have any questions, we can be contacted at Ext. 327.

Chemical Health Center

Drinking is Not Indian

Drinking is Not Traditional

Pauline age 8

Drinking makes my family sad. My mother and father always drink at home and fight at home. My father stabbed my mother on the arm and Jackie, the nurse go mad at my father. My mothers arm was sore and my father said to Jackie "leave her alone, she is alright".

Janet my sister always be scared when my father his my mother. I helped Janet stop crying and my mother called Janet and she holds her.

I am happy when they are sober. My father and mother and me and Janet and Paul and Wayne went in our speed boat to watch them fish for herring and there was lots of fish. My father and mother were sober and we had lots of fun.

by Pauline age 8
British Columbia, Canada

Helpful Weight Losing Tips

Translating Labels: Sugar Content

Multiply the number of grams of sugar in a serving by four, since each gram supplies four calories. Now you have the number of sugar calories in a serving. Divide it by the number of calories per serving, multiply the result by 100—and you'll know the percentage of sugar in the product. For example, in one serving of a breakfast cereal:

12 grams of sugar per serving x 4 calories per gram = 48 sugar calories. 48 ÷ 120 calories per serving = .40; multiplied by 100 = 40 percent sugar in the cereal.

Translating Labels: Fat Content

Multiply the number of grams of fat in a serving by nine, since each gram supplies nine calories. Divide by the number of calories per serving, and multiply the result by 100 to get the percentage of fat. For example, in one serving of frozen, french-fried onions:

8 grams of fat per serving x 9 calories per gram = 72 fat calories. 72 ÷ 180 calories per serving = .40; multiplied by 100 = 40 percent fat in the french-fried onions.

For Better or For Worse

by Lynn Johnston



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News for the next weekly
Newsletter should be turned in

no later than
April 4, 1996
to Arrow Graphics
Wanda Swagger

Eva Koch

Solen - Eva Marie Koch, 80, Solen, died March 22, 1996, in Bismarck. Services were at 11:00 am Wednesday at Perry Funeral Home, Mandan, with the Rev. Lloyd Jorgenson officiating. Burial will be in Mandan Union Cemetery.



Eva Koch
was known as
a spiritual,
loving, caring,
generous
person.

Eva Marie Pretty Feather Seewalker Tail (Wacekeyi Winyan "Praying Woman") was born Feb. 6, 1916, at Cannon Ball, to Martin and Annie (Cross) Seewalker. She was raised and attended school in Cannon Ball. She attended Bismarck Indian School. Her father, Martin, was an Episcopal lay reader.

She married Warren John Holy Elk Face. From that marriage there were four children.

She married Warren Harding Koch Sr., Feb. 17, 1945. He died in 1986.

During World War II she worked in the shipyards in Oregon and in Cody, Wyo. She returned to Bismarck and worked at the Pritel, and later worked as a cook at Oak Grove Elementary School at Cannon Ball. In 1970-1979 UTTC Employer at UTTC Cafeteria. She was known as a spiritual, loving, caring and generous person to all who knew her.

She is survived by three daughters and sons-in-law, Delphine y Elk Face and Neal Morgan, Pine Ridge, SD, Juanita and Thomas Yellow Wolf, Vermillion, SD, and Sue and Roger Kramer, Bismarck; three sons and two daughters-in-law, Harlen Joseph and Pauline Holy Elk Face, Bismarck, Dwight Koch, Solen, and Warren and Verna Koch, Bismarck; two sisters, Dora Two Bears and Rose Good Left, both of Fort Yates; 19 grandchildren; and 11 great-grandchildren.

She was preceded in death by her husband; one sister, Daisy Iron Shield; and five brothers, Jerry, Ruphas, Solomon, Jeremaih and George Seewalker; one daughter, Merceline; and one son, Virgil Holy Elk Face.

Our deepest sympathies to Red for the loss of his mother.

Staff, Students, and Faculty

Sympathy, Love & Friendship manifests itself in many ways. One never knows how blessed they are until a need arises. My Brothers, Sisters, Verna and I are truly blessed. Our mother has touched many lives with love, compassion and understanding. We would like to thank the outpouring of togetherness in our time of need. Mr. Gipp in his support and kindness, Arrow Graphic, Wanda, Terry, & Sandy; Cafeteria, Al, LeRoi, Dennis, Rita, & Cafeteria staff; Security, Josette, Gilbert, Ed; Transportation, Frank & Ann; Supply, Phil & Duane; Maintenance, Allen, Mike & Bud; Housing, Russell; Students, Jackie Montgomery & Doris Hutton; TJES School Board; & Vivian Gillette.

Our Family would like to thank and acknowledge everyone for the prayers, cards and all those who helped. A lot of people pulled together to help us. My mother would have been pleased. For the good of all let's continue to work together. Thank You Very Much

Red & Verna





NOW MEET HIPPIE

My name is Hippie, the hypothalamus. I am a portion of the brain, lying beneath the Thalamus at the base of the Cerebrum. I contain the mechanism for regulating functional activity of the posterior lobe of the pituitary gland, and the secretory activity of the anterior lobe of the pituitary. I am a coordinating center for the endocrine system and influence many involuntary actions, such as behavioral functions associated with sleep, wakefulness, alertness, and reactions to pain and pleasure.

I have many relatives and connections to and from the endocrine system and the autonomic nervous system also. I am the brain's own clock, I have a Suprachiasmatic nucleus which keeps a twenty-four hour clock that determines my owner's biological rhythms. It categorizes many people as a "morning person" or a "night person". I give signals to and from the suprachiasmatic nucleus to reach areas of the hind-brain that activities sleep or wakefulness. Even when my brother, the Suprachiasmatic nucleus is removed from the brain and put into a dish he is still firing with the guns I have given him.

The endocrine system is what I regulate and I communicate with my other friends and relatives by secreting chemicals. I send out chemicals called hormones. Hormones are similar to neurotransmitters. I tell my friends, the endocrine glands, when to put their chemicals into the blood stream. Endocrine glands can thus stimulate cells which I don't have direct connection with. But I do not send all endocrine glands the hormonal message. Hormones, like neurotransmitters, can influence only those cells with the same receptors that can receive them. Organs whose cells have receptors for a hormone are called Target organs.

I also coordinate activities critical to survival like sex, feeding and so forth. My friends and relatives say I resemble a thermostat which monitors the state of my owner's body - like I control fluid levels and trigger reactions to restore balance as I see necessary. Too little fluid results in thirst. Then I make my owner drink water.

I am also the gate keeper of the limbic system (memory and emotion). I have many friends from the cerebral cortex and lower brain center. Through these connections I can tell my buddy, the cerebral cortex, to dampen rage, hatred, and other "gut reaction".

I monitor internal organs in addition to emotional states. This is what keeps your heart and stomach on fire when you are sick with passion or indigestion.

I am the main boss. I rarely get any sleep because I am too busy keeping my friends and relatives under control. This, in turn, keeps my master living because I don't want him dead. If he were I would be out of a job.

NOTE: In a recent Newsletter you met Lassie Lung by Melissa Redday. The above account on Hippie was prepared by Valdson St. John also for Liz Miller's Anatomy and Physiology class.

Submitted by Sister Kathryn Zimmer, Director
AASPN Program

A Learning Disabilities Checklist

It is difficult to provide a checklist of typical characteristics of adults with learning disabilities because their most common characteristics are their unique differences. In addition, most adults exhibit or have exhibited some of these characteristics. In other words, saying yes to any one item on this checklist does not mean you are a person with a learning disability. Even if a number of the following items sound familiar to you, you are not necessarily an individual with a learning disability. However, if you say "that's me: for most of the items, and if you experience these difficulties to such a degree that they cause problems in employment, education, and/or daily living, it might be useful for you to obtain an assessment by qualified professionals experienced in working with adults with learning disabilities.

While individuals with learning disabilities have average or above average intelligence, they do not excel in employment, education, and/or life situations at the same level as their peers. Identified characteristics are as follows:

- May perform similar tasks differently from day to day.
- May read well but not write well, or write well but not read well;
- May be able to learn information presented in one way, but not in another;
- May have a short attention span, be impulsive, and/or be easily distracted;
- May have difficulty telling or understanding jokes;
- May misinterpret language, have poor comprehension of what is said;
- May have difficulty with social skills, may misinterpret social cues;
- May find it difficult to memorize information;
- May have difficulty following a schedule, being on time, or meeting deadlines;
- May get lost easily, either driving and/or in large buildings
- May have trouble reading maps;
- May often misread or miscopy;
- May confuse similar letters or numbers, reverse them, or confuse their order;
- May confuse similar letters or numbers, reverse them, or confuse their order;
- May have difficulty reading the newspaper, following small print, and/or following columns;
- May be able to explain things orally, but not in writing;
- May have difficulty writing ideas on paper;
- May reverse or omit letters, words, or phrases when writing;
- May have difficulty completing job applications correctly;
- May have persistent problems with sentence structure, writing mechanics, and organizing written work;
- May experience continuous problems with spelling the same word differently in one document;
- May have trouble dialing phone numbers and reading addresses;

continued on page 5



- May have difficulty with math, math language, and math concepts;
- May reverse numbers in checkbook and have difficulty balancing a checkbook;
- May confuse right and left, up and down;
- May have difficulty following directions, especially multiple directions:
- May be poorly coordinated;
- May be unable to tell you what has just been said; and
- May hear sounds, words, or sentences imperfectly or incorrectly.

As mentioned previously, an adult with learning disabilities may exhibit some of these characteristics, but not necessarily all of them. If an individual exhibits several or many of these characteristics to such a degree that they cause problems in work, school, or every day life, he or she might benefit from an assessment by qualified professionals.

(Checklist adapted from HEATH Resource Center)

Submitted by Jane Hilsendager
Disabled Student Services

The group is doing good, hope parents will get more involved with getting children's regalia ready if any questions by parents please contact Julie Cain at ext 331.

Julie M. Cain

Learning Center Evening Hours for the week of

April 1 - 5

Monday, April 1: 6-9 pm

Tuesday, April 2: 7-9 pm

Wednesday, April 3: 7-9 pm

Cultural Arts Department

The Cultural Arts Department, Sandy Poitra and Julie Cain is currently working with Theodore Jamerson Elementary School Native American Dance Club.

The group meets on Monday and Wednesday from 3:45 to 4:45. We have had a good response by students at TJ Elementary in attendance.

This is a list of students attending.

- | | |
|----------------------|-----------------------|
| Carleen Spotted Bear | Irvin Spotted Bear |
| Bridgee Miner | C.J. Miner |
| Alan Peltier | Don T. Russ |
| Joey Cain | Rusty Perry |
| Elise Thomas | James West |
| Mindy Peltier | Joshua Colon |
| Christina Colon | Dominique Ten Fingers |
| James Dean Flge | Jesse Old Crow |
| Jr. Falcon | Bill Felcon |
| Shenna Cain | Sonja Cain |
| Sky Boy Russ | |

The TJ dance club danced when they had their Powwow here at Tribes put on by the BUIC Powwow Committee on the 16th of March, from 6:00 to 12:00, everyone enjoyed it.

The TJ dance club also has the honor to perform during the AIHEC Basketball Tournament on Saturday, March 30, 1996, at the UTTC gymnasium. The club worked very hard putting together a banner for this occasion. This banner will be taken with the group when they go to Grand Forks on the 20th of April for the Powwow at UND. Special thanks to Bud Thunderhawk and Cannon Ball Drum Group for singing at the Performance on Saturday.

*Please join us
at Bismarck State College
for a
Dakota Homecoming*

You are cordially invited to a reception honoring

*Susan Power
Author of "The Grass Dancer"
and her mother
Susan Power*

Founder of the American Indian Center

*Tuesday, April 2, 1996, 7 p.m.
Main Floor, Student Union, Bismarck State College*

Program to follow, 8 p.m., Missouri Room

TJES Library

We will be celebrating National Library Week, April 14-20, at Theodore Jamerson Elementary School. We'll be having treats, drawings for books for the elementary school students, etc. I'm

