

UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

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May 6, 1996

Weekly Menu

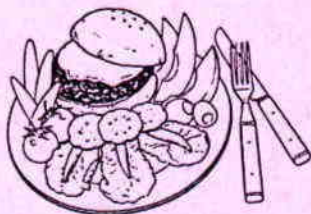
May 6 to May 10

DINNER

- Mon.-Chuckwagon Stew, Baking Powder Biscuit, Salad Bar, Fresh Fruit, Relish Tray, 2% Milk
- Tue.- Baked Ham, Mashed Potatoes, Salad Bar, Vegetable Relish Tray, Dessert, 2% Milk
- Wed.-Turkey-Ala-King, Baking Powder Biscuit, Rice Cranberry Sauce, Salad Bar, Pumpkin Bars, 2% Milk
- Thu.- Bar-B-Que on a Bun, Fries, Salad Bar, Green Beans, Assorted Fresh Fruit, 2% Milk
- Fri.- Chicken Nuggets/ Fish Platter, Wild Rice, California Blend Vegetables, Salad Bar, Lemon Bars, 2% Milk

SUPPER

- Mon.- Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% Milk
- Tue.- New England Dinner, Boiled Potatoes, Boiled Vegetables, Salad Bar, Dessert, 2% Milk
- Wed.- Chicken Breast on Rice, Au Gratin Potatoes, Salad Bar, Dessert, 2% Milk
- Thu.- Pepper Steak, Spanish Rice, Tossed Salad, Garlic Toast, 2% Milk
- Fri.- Roast Pork, Mashed Potatoes & Gravy, Vegetable, Salad Bar, Dessert, 2% Milk



Placement Office, (One of the Required Check Points before Graduation)

This is a reminder to all graduating students that the placement office is one of your required check points on your list of things to do before graduation.

We need you to fill out or up-date your data base card, fill out a exiting form, and submit your resume and Federal Application 171 form to our office (Federal Application must be thorough in their completeness). We need this information so we can contact you for employment purposes and have your resume forms ready for processing.

Students interested in Summer Cooperative Education Internships need to register for co-op credits as soon as possible. Check with the financial aid office to make sure you have funding for summer schooling. Students need to take three credits hours of course work with three hours of cooperative education to be considered full-time.

We have job announcements statewide and nationwide, there may even be some from your home area. Stop by and check it out. Congratulations to all May 1996 Graduating Students.

Graduates:

You are invited to a Brunch
at the Cafeteria
on Thursday, May, 9, 1996
at 9:00 a.m. Come & Visit
your fellow graduates.

Sponsored by
UTTC Student Senate.



Thank You

I would like to take this time to thank Roxanne Webster, Jackie Montgomery or organizing the dinner for the 6 graduates from Health Information. We had a nice dinner and a great time at Los Amigos. Thank you to James Steen, Eileen Ereth, for making our lives a bit easier by making our department #1 on campus. To James, I'll be forever grateful for all the hard work and time you put into HI and to Sheri Baker for hanging tough with us through all the hard times. Well the day is almost here and I'll always remember everything you've helped me with. Thanks HI for the nice engraved name pins.

Letitia Stewart

"Never Cared to say Good-By"

I'm writing this to say thank you to the many people that I worked with these past five years. It seems the years went by pretty fast, but that's because that I had such a good time all the way through.

I enjoyed working in the Learning Center because that's where the serious student hangout. Thank for stopping for coffee and becoming a big part of my day.

I would like to thank my students for putting forth the effort in my classes. To all the bashful students who tried to become better speakers and all the writing students who hay to write about.

I would like to say thanks to the maintenance workers for getting my heater going and the security people who worked overtime and than some more during the powwow. I say thanks to the Transportation people for taking my classes on field trips, and the Cafeteria for helping us to celebrate the Birthdays each month and to the Elementary School for letting me part of the story telling during the winter months. If by any chance you come my way or get lost, please stop by and I'll give you a tour of gods country.

Your Friend,
Don Rush



No More Newsletter
for the rest of the year
See you next year!!

Mini T-Birds Basketball Camp

Mini T-Birds BB Camp was held this past weekend. We had a great turnout for both Saturday and Sunday. The camp started off with a video on drug, alcohol effects on athletes, peer pressure and Saying No to Drugs. The kids were divided into 4 groups and went right into skills sessions (8 skills) Refreshments were served at break time. Supper was served compliments of M & W Beef and UTTC Cafeteria.

Sunday, basketball basics and skills session began that afternoon. Snack break and finally the free throw and shot contest. Winners of the hot shot contest M-David Blaine, F- Tatsey (?).

T-Shirts donated by Coca-Cola were presented to: Free throw shooting contest winners: David Blaine, Brandon Bears Stops, Jesse Old Crow, Brandon Cordova, Amy Brown.

Congratulations to all winners. All participants received T-shirts/Certificates. BIG THANK YOU to the assistants: True Clown, Dave Jackson, Esley Thorton, Edmund Fast Horse and Camp Director Kevin Finley. Also to Jessica Stewart, Wenelle Veit, Cafeteria, and to the parents for allowing their children to participate.

Special acknowledgments to: Vaaler Insurance, Dustex, Ternes Construction, TJES School Board, UTTC Student Senate, UTTC, for their monetary contribution to make the camp possible.

Arrow Graphics for powwow sippers and printing certificates. Have a nice summer vacation.

Thank you
Letitia Stewart
PTO - President





Nursing

This is a letter to all the people that helped the campus nursing students through the year. We really made it with your help, and could not have done it without you all. To the cafeteria staff, it was remarked how thoughtful it was of you to provide lunches for us all. More than once it was said "United Tribes really takes care of their students". We cannot express how much you earned this with the rest of us and we say thank you from the bottom of our hearts.

To Security, some staff at the clinicals seemed impressed with the security pulling up and out came the nursing students. Some family members of patients said that it was very thoughtful of the school to look out for the safety of the students.

To Transportation, we would be lost without you all, for me (Glenda) I would not have made it to my clinicals sometimes and from the evenings that I had to spend at St. A's I knew that I needed not to worry about rides.

You all went out of your way to help us all and we are very fortunate to have had all of you behind us. It will never be forgotten how you all assisted us in obtaining our degrees by making some things a little easier for us.

From all of us in the nursing department who ate the nutritious snack lunches.

Shelly Harvey, Glenda Rush,
Rhonda Taken Alive, Pierre
Berger, Linda Martinez,
Christine Johnson, Dawn
Grosz, (Danielle Lyons)

Conference for Disabled Individuals to be Held

Hold these conference dates: August 8-10, 1996 for "Keys to Independence: Assistive Technology for All Generations," a conference to be held at the Anne Carlsen Center in Jamestown, North Dakota. This conference is for individuals with disabilities, family members, friends and professionals. It will feature special guest speakers and vendors who will focus on helping participants find out what assistive technology (AT) is all about. They will also discover how AT can provide the keys to new opportunities at home, work, school and play.

For more information call: The Interagency Project for Assistive Technology (IPAT). The number is 1-800-265-4728 (Voice and TTD).

Submitted by Jane Hilsendager,
Disabled Student Services

**Learning Center Evening Hours
for the week of May 6- 10**
Monday, May 6: 6- 9 pm
Tuesday, May 7: 7- 9 pm
Have A Good Summer Break!

Student Health Center Notes:

If there are any students who have medical bills that have not been turned in to the Student Health Center. Please turn them in as soon as possible.

The Student health Center encourage those students and their dependents who are returning to UTTC in the fall of 1996, to get their yearly medical visits (physicals, ob/gyn, appts., etc.) dental visits and vision exams completed during summer vacation.

As of May 9, 1996, those students and their dependents who are not enrolled in summer school at UTTC will not be covered financially from medical services by the Student Health Center.

We would like to thank all Walk/Run for Sobriety participants for making our annual event a success. Approximately 300 people (adults & children) took part in the activity. A special thank you to those of you who donated to the event such as: Transportation, Cafeteria, Theodore Jamerson Elementary, Student Senate, UTTC Book Store, Arrow Graphics, Counseling, Chemical Health, Jiran Architects, Roadmakers, Inc., Dakota Paper, Dave Ingstad, Clarence Wald, AireMaster of ND, Chem Search, Lips Fill Interiors, ABM, OMF.

Congratulations to the Essay, Poster & Poem prize winners:

Children's Division:

Kelly Star Chief

Allen Grassope

Irvin Spotted Bear

Ryan Marrowbone

Rebecca Siers

Havannia King

Black Falcon

Ed Fasthorse

Jordan Siers

Elise Thomas

Billy Falcon

Mike Ten Fingers

Adult Division:

Michelle Bear Heels

Betty Goodshield

Donna Hollow Horn

MAY is National Bike Safety Month

Smart Cycling

Did you know?

- That the law says bikes are not toys.
- That bikes are vehicles, just like cars and trucks.
- That you are a "driver" when you ride in the street.

Bicycle do's:

- Stop and search both directions for traffic every time you ride out into a street from a sidewalk, driveway, parking lot or alley.
- Ride as far to the right hand side of the road as possible.
- Obey all signs.
- Obey all traffic lights.
- Walk your bike across busy intersections.

Continued on next page.



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- Before you make a left or right hand turn, search in front and behind you for traffic.
- Use hand signals when you stop or make a turn.
- Ride one person to a bike.
- Don't ride after dark.
- Keep your bike in good shape..especially the brakes.

**Congradulation & Blessing
to all
1996 UTTC Graduates
from the
Nursing Staff**

*A Special Thank You
goes out to
Letitia Stewart
in the effort and success of
the Mini T-Bird
Basketball Camp*

MAY is National Mental Health Month

DEPRESSION: Define it, Defeat it.

Why?

Serious depression is a major public health problem. Fully 25% of all women and 11.5% of all men in this country will have a depressive episode during their lifetimes.

Depressive disorders come in various forms. Some people experience a single episode of depressive symptoms, and others recurrent episodes. Treatment is needed for anyone who has had four or more of the symptoms listed below for more than two weeks.

Symptoms of Depression are:

- Persistent sad, or "empty mood".
- Feelings of hopelessness, pessimism.
- Feelings of guilt, worthlessness, helplessness.
- Loss of interest of pleasure in ordinary activities.
- Sleep and eating disturbances.
- Restlessness, irritability, fatigue.
- Difficulty concentrating, remembering, making decisions.
- Thoughts of death or suicide.
- Persistent physical symptoms or pains that do not respond to treatment.

Depression is a disorder which when recognized can be treated. Effective medication and psychological treatments exist and often are used in combination. Even the most serious forms of depressive disorders respond rapidly to treatment.

The need to be seen for treatment of depression, see the Student Health Center for a referral.