



UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 5 NO. 2

September 3, 1996

Weekly Menu

Sept. 3 to Sept. 6

DINNER

- Tue.- Bean Soup, Ham Sandwich on a Bun, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk
- Wed.- Roast Beef and Mashed Potatoes, Natural Gravy, Vegetable, Salad Bar, Assorted Fresh Fruit, 2% Milk
- Thu.- German Style Sausage and Beans or Kraut, Salad Bar, Dinner Bun, Dessert, 2% Milk
- Fri.- Fishwich and Chips, Cheese, Tomatoes, Dessert, 2% Milk

Sept. 9

- Mon.- Spaghetti with Meat Sauce, Garlic Toast, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk

SUPPER

- Tue.- Pork Chops, Rice, Vegetable, Salad Bar, Dessert, 2% Milk
- 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

Welcome to the Learning Center

For those of you who haven't yet made it to the Learning Center, you can find us in Room 119 of the Education Building. The Learning Center provides a student study area, offers tutoring in a wide variety of courses, and provides computers for general student usage.

All students are welcome to come to the center during the day and use our study areas. If you stop by in the morning, you can even get a cup of coffee.


Tutoring services are available to all UTTC students through the Learning Center. There will be scheduled times during the week for tutoring and arrangements can be made to provide tutoring as needed. Stop by the center and check with Jennifer for more complete details.

If you are interested in word-processing (this is the quickest and easiest way to type papers), the center has AppleWorks and WordPerfect available. Students who are not familiar with computers can learn the basics of AppleWorks in one short session. To use either program however, it is necessary that you have your own data disk. If you don't have a disk, one can be purchased from the campus bookstore.

The Learning Center Hours are Monday through Friday from 8:00 am - 4:00 pm. Evening hours will begin after powwow and will be posted on the Learning Center door on a weekly basis.

Chemical Health Center

The Chemical Health Center will be hosting the ND Indian Council on Addictive Disorders Association meeting on September 5-6, 1996. This will be held at the Chemical Health Center building 68. We will also be hosting an Open House on September 5, 1996, here at the Chemical Health Center from 9:00 am to 4:00 pm for the entire UTTC student body and staff. Come join us. It will be great to have you over.



UTTC Peer Tutoring Program Underway

An informational meeting regarding the new Peer-Tutoring program was held Thursday at 1:00 pm in the Learning Center. Representative students and staff from the Small Business Management and Nursing programs were in attendance. The Peer-Tutoring program coordinator, Jane Hilsendager, discussed the tutor training process and answered questions. The new handbooks for tutors and tutees were previewed.

Students may receive one semester credit for 4 hours training and 20 hours of tutoring. Tutors will be required to have successfully completed one semester at UTTC and have recommendation from their vocational instructor. There will also be several paid positions offered through Student Support Services. These tutors will also be trained by the Tutor Coordinator.

There will be another informational meeting held on Thursday, Sept. 5th at 9:00 am in the Learning Center. If you would like more information regarding this program plan to attend, call Jane Hilsendager at extension 302 or stop at the Learning Center in the Education Building. Tutor training will begin Thursday at 1:00 pm but can also be scheduled on an individual basis.

Submitted by Jane Hilsendager
Tutor Coordinator

Attention Students

There will be a Student Senate meeting on September 4, at 4:00 pm in Building 61. The representatives from each vocation from the 95-96 school year need to attend this meeting if your vocation does not have any representatives could you please try and have at least two to attend this meeting.

There is also a need for volunteers for the election committee, which will be responsible for running the election process. If you are interested please attend Student Senate meeting. These volunteers need to be students who will not be running for office. If you have any questions please contact: Ronette Kirkie-Walton, Roxanne Webster or Phil Baird.

MISS INDIAN NATIONS V

Miss Indian Nations V will need help Sunday morning with Brunch/Workshop 10:00 am at the Skill Center. Contact: Verzella at extension 218

Chemical Health Center OPEN HOUSE

September 5, 1996

From 9:00 am to 4:00 pm

Building 68

Come Join the Fun

All Staff & Students Invited

Door Prizes

Women's Support Group

Tuesday, 7:00 pm

Chemical Health Center

Building #68

For more information please call

255-3285 ext. 272

**Men's Support Group
Wednesday, 7:00 pm
Touchstone Lodge Dorm
For more information
please call:
255-3285 ext. 272**



Student Health Center

The Contemporary approach to the control of Head Lice in schools and communities.

Head Lice infestation (pediculosis) is a widespread problem in this country. For the most part, it is largely confined to school-age children, primarily in the lower grade levels (K-8). While head lice is not a reportable disease it is estimated that at any given time, there are millions of infested people in the U.S.

First Things First!!!

Relax. Getting head lice isn't as bad as you may think. It can happen to anyone. Rich. Poor. Young. Old. Male. Female. It's not a sign of uncleanliness or poor health habits. All that said, it's still a problem and one that should be treated quickly in order to prevent it from spreading to others.

How do I know my child has Head Lice?

Chances are if you're reading this, you already know. But here are a few signs you should look for--persistent itching of the head and back of the neck, infected scratch marks--or a rash on the scalp. The surest sign of all its nits (lice eggs) attached to the base of individual hairs. These small white specks can be seen with the naked eye or, more easily, using a magnifying glass under a strong light.

To make sure you're not confusing nits with dandruff or droplets of hair spray, try removing the specks from the hair shaft. Dandruff or hair spray will come off easily/Nits are very difficult to remove.

What other signs should I look for?

Occasionally, there may be other symptoms such as swelling in the lymph glands, in the neck, or under the arms. There may also be mild fever or muscular aches. These symptoms generally indicate severe cases of head lice. If they occur, contact your doctor for advice on treatment.

Information for the
Next Newsletter
no later than September 6
to Arrow Graphics
Attn: Wanda Swagger

How do I get rid of Head Lice?

The easiest way to control head lice is with products that will safely kill head lice and their eggs on contact. Find a product that will not leave a pesticide residue behind.

How do I keep lice from coming back?

Even after all lice are removed from the hair and scalp, the danger of reinfestation may still exist. The ugly truth is lice can survive in the environment for up to four days, worse, their eggs can lie dormant for several weeks only to hatch later and reinfest your family. To prevent this, wash all affected clothing, towels and bed linen in hot water (130°F). Then you can use a lice insecticide spray. The spray kills lice and eggs on furniture, carpeting, mattresses and other household items that can't be washed or dry-cleaned.

Some final advice

If one member of your family has head lice, all family members should be inspected periodically for two weeks. If lice or nits are found, they should be treated promptly.

To prevent head lice in the future, all family members should avoid borrowing personal items--combs, brushes, hats, towels or clothing--from each other or from friends.

Everything you always wanted to know about Head Lice

Lice are insects. They hatch from small eggs, called nits, which are attached to the base of individual hairs. The eggs hatch in about 10 days with the new lice reaching maturity in about two weeks. The female louse can live for 20-30 days, and can lay as many as six eggs a day. Which is a very good reason to them as soon as possible.

More interesting facts about Head Lice

Myths about these tiny vermin abound. Especially about how they are spread. Here are the truths: you can get head lice by coming in direct physical contact with someone who already has lice. You can also get head lice by using an infected comb or brush. Or from borrowing hats, scarves or hooded jackets from someone who has lice. Stray hair, pillowcases and towels can also transmit lice. You can't get head lice from animals. Or from grass or trees or other plants.

Head Checks will be done at the Elementary School, Preschool and Nursery every second Thursday of every month.

Please have your child wash their hair the night before and refrain from using hair gel, hairspray, and mousse.

In the event your child is found to be positive for head lice, he/she will be sent directly home. You as a parent will be responsible for obtaining medicated shampoo at the Student Health Center at no cost.

He/She must be inspected by the SHC nurse prior for readmission into the school or day care area.



PRESIDENTIAL RACE

HOME STRETCH SNAPSHOT

Recent state poll results

ELECTORAL VOTES

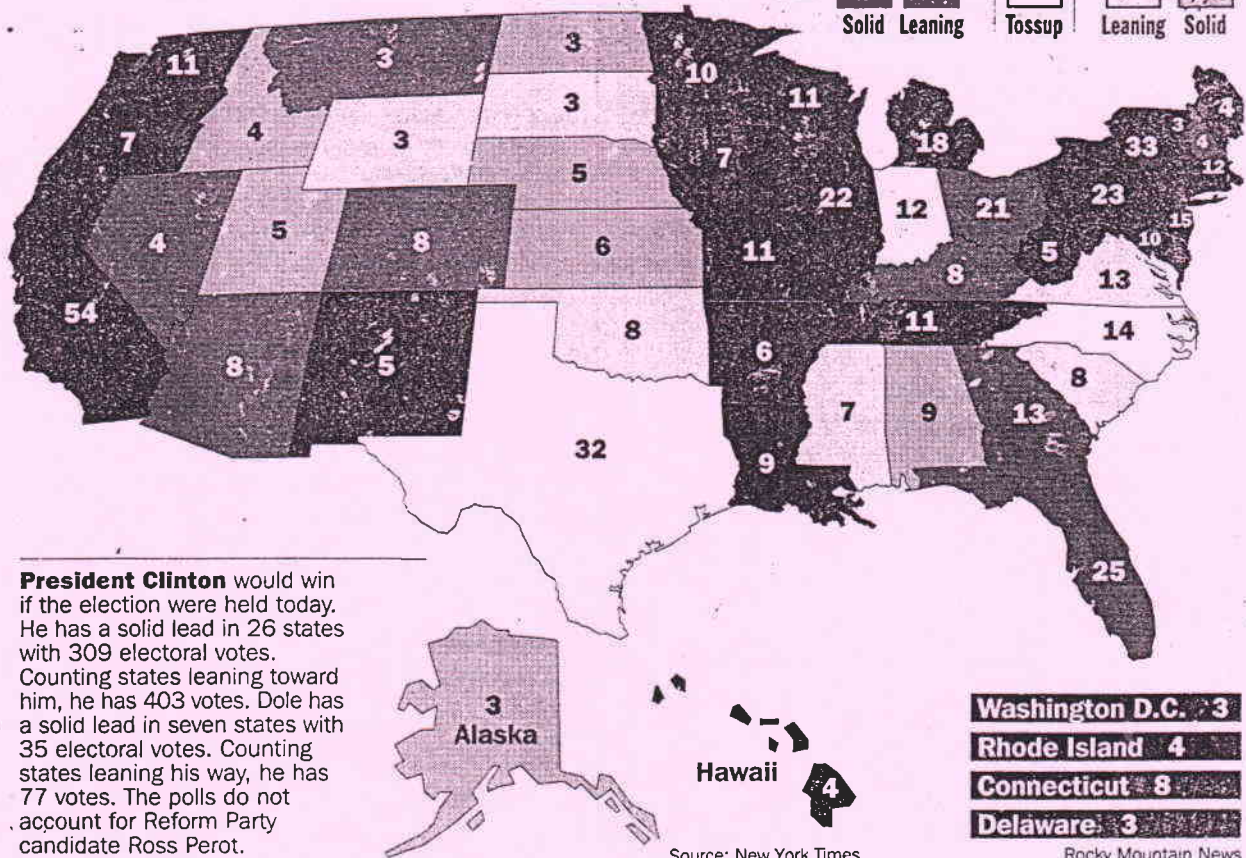
Clinton: 403

Dole: 77

309 **94**
Solid Leaning

58
Tossup

42 **35**
Leaning Solid



President Clinton would win if the election were held today. He has a solid lead in 26 states with 309 electoral votes. Counting states leaning toward him, he has 403 votes. Dole has a solid lead in seven states with 35 electoral votes. Counting states leaning his way, he has 77 votes. The polls do not account for Reform Party candidate Ross Perot.

Washington D.C. 3
Rhode Island 4
Connecticut 8
Delaware 3

Source: New York Times

Rocky Mountain News



27th Annual POWWOW Staff-Student DAY

These prices will ONLY be offered this day ONLY! If purchasing items during Powwow, they will be at the regular price. NO EXCEPTIONS!

Jackets
(Denim w/Khaki Sleeve)
L - XL - 2X - 3 X
\$50.00

Short Sleeve T-Shirts
(White, Khaki, Buckskin)
L - XL - 2X
\$10.00

Long Sleeve T-Shirt
(White, Khaki, Buckskin,
Dusty Blue)
L - XL - 2X
\$15.00

Sweatshirts
(White, Khaki, Buckskin,
Dusty Blue)
L - XL - 2X
\$20.00

Denim Cap
\$15.00

T-Shirt Transfers
(All Years)
\$5.00

**EXCLUSIVE DESIGNED
UNITED TRIBES
POWWOW
LOOM-WOVEN
COVERLETS**
(Black or Maroon)
\$45.00

'96 POWWOW SOUVENIR NOVELTIES

Glass Mug \$6.50
'96 PW Poster Refrigerator Magnet \$1.25
'96 Note Cards (set of 12) \$5.00

OTHER NOVELTIES

'93 - '94 - '95 Transfers \$5.00
'93 - '94 (SOLD OUT) - '95 Note Cards \$5.00
Indian Recipe Book \$5.00
Powwow Question & Answer Book \$3.00
Powwow Cassette Tape \$12.00
Powwow Video Tape \$25.00

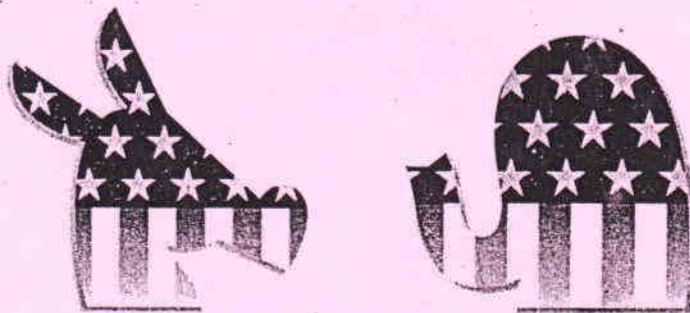
ONE DAY ONLY!
WEDNESDAY, SEPT. 4th -
10 am - 5 pm

**IN
ARROW GRAPHICS**

PRESIDENTIAL RACE

CUTTING *taxes*

Will U.S. presidential candidates' ideas bankrupt government, create accounting nightmares? Even Ph.D.s can't agree



CLINTON'S SIX-YEAR TAX CUT PLAN

- **\$64 billion.** Tax credit for dependent children under 13.
- **\$41 billion.** Deductions for higher education and job training.
- **\$14 billion.** Looser rules for tax-free education and home-buying.
- **\$11 billion.** A half dozen smaller tax-relief measures.

Total \$130 billion

HOW CLINTON WOULD OFFSET COST:

- **\$54 billion.** Close tax loopholes, mostly corporate.
- **\$37 billion.** Reimpose airline ticket tax, excise taxes.
- **\$39 billion.** Auction off public airwaves.

Total \$130 billion

SOURCE: Cox News Service

DOLE'S SIX-YEAR TAX-CUT PLAN

- **\$411 billion.** 15% cut in personal income tax.
- **\$77 billion.** Tax credit for dependent children under 18.
- **\$14 billion.** Cut capital gains tax.
- **\$28.5 billion.** Cuts taxes on Social Security for wealthy.
- **\$5 billion.** Tax credits for charitable donors.
- **\$2.5 billion.** Deduction for employers paying for grad school.
- **\$10 billion.** A dozen smaller tax-relief measures.

Total \$548 billion

HOW DOLE WOULD OFFSET COST:

- **\$287 billion.** Spending restrained, tax loopholes closed.
- **\$147 billion.** Plan stimu' economy to grow faster.
- **\$80 billion.** Assume CBO's revenue estimates are too low.
- **\$34 billion.** Auction off public airwaves.

Total \$548 billion

MAJOR INCOME TAX CHANGES PROMISED BY CLINTON AND DOLE

Taxpayer	Income	Current taxes	Clinton cuts	Dole cuts
Family of 4	\$20,000	-\$833	-\$1,000 (120%)	-\$55 (6%)
Single	\$20,000	\$2,036	0 (0%)	-\$305 (15%)
Family of 4	\$30,000	\$1,965	-\$1,000 (51%)	-\$1,301 (66%)
Single	\$30,000	\$3,398	0 (0%)	-\$517 (15%)
Family of 4	\$50,000	\$4,770	-\$1,000 (21%)	-\$1,738 (36%)
Family of 2	\$50,000	\$5,335	0 (0%)	-\$653 (25%)
Elderly	\$60,000	\$7,009	0 (0%)	-\$1,663 (30%)
Family of 4	\$100,000	\$15,451	0 (0%)	-\$3,906 (25%)
Family of 4	\$250,000	\$58,452	0 (0%)	-\$11,728 (20%)
Clintons	\$311,494	\$73,788	0 (0%)	-\$15,607 (21%)
Doles	\$582,277	\$132,613	0 (0%)	-\$29,146 (22%)

Note: Assumes full phase-in of proposals by Clinton and Dole for family tax credits, and by Dole for rate cuts and reductions in taxes on capital gains and on the Social Security benefits of high-income recipients. Assumes none of the family members are fulltime college or vocational-school students, so they don't qualify for educational tax credits or deductions.

Sources: DeLoitte & Touche used 1995 tax returns for the Clintons and Doles, and IRS statistics for taxpayers with incomes of \$30,000 or more. Cox Newspapers used 1995 IRS 1040A for income of \$20,000, which results in taxes for single filer and refundable earned income credit for family of four.



AMERICANISM EDUCATIONAL LEAGUE

A Patriotic Tax Exempt Foundation Established 1927

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August, 1996

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IMPORTANT ANNOUNCEMENT . . .

AMERICANISM EDUCATIONAL LEAGUE'S 1997 PRIVATE ENTERPRISE ESSAY CONTEST FOR COLLEGE STUDENTS

- Topic - "ILLEGAL IMMIGRATION LAW:
Best Enforced by U.S. AND States?"
- Length - 1,500 words maximum, typed, double-spaced
- Deadline - Postmark by Saturday, March 15, 1997

These are the Awards:

1st Place	-	\$5,000	4th Place	-	\$1,000
2nd Place	-	\$2,500	5th Place	-	\$ 500
3rd Place	-	\$1,500	6th Place	-	\$ 500

And, these are the benefits for your students, your college and you, gained by your participation in this exciting national competition:

- Every student entering an essay will receive a Certificate of Achievement recognizing his/her accomplishment;
- 25 Finalists will receive national recognition for themselves, their instructors and their schools;
- The best essay or essays will be published, in whole or in part, in a tract for widespread circulation in Academia;
- Professors of the three top-winning students will each be awarded a \$500 Honorarium for classroom skill and ability to motivate.

But, for the students, the greatest benefit of all is researching and writing a credible essay on an important and timely topic. Over the past 14 years, our office has received hundreds of comments from students such as: "Your Essay Contest is great. It motivates students to learn about important issues. Thank you for this wonderful opportunity."

The best way to win is to assign the Essay as a course requirement, a term paper or for extra credit.

For your participation in the 1997 Contest, I enclose:

- Entry Form; please duplicate for your students.
- Tract publishing the 1996 1st Place essay.
- List of 25 Finalists in 1996 Contest.
- 1997 Intention to participate card, reply envelope.

Good luck,

Please Contact:
Wanda Walker
Counseling, Ext. 277

Edward S. Rankin
Executive Director

EXPERIENS CORNER

Seven resume myths

By David Caster

Special to Ad/Features

Downsizing, rightsizing, restructuring and re-engineering all equate to one thing — a drastically changed employment environment from the one many of us have grown up in and are familiar with. It means also that many job search techniques once accepted as standards may no longer be appropriate, especially in a re-careering environment. This applies in particular to that old standby, the resume.



David Caster

Libraries and bookstores abound with reference material on resumes and friends and associates are quick to lend advice. Unfortunately, much of what you read and hear may be inappropriate to your particular career change campaign. Here

are seven beliefs or myths which can possibly limit the effectiveness of your resume.

Myth No. 1 — Make sure it's complete

Watch out. This is highly interpretive. Too frequently, mature career changers approach their resumes as glorified job applications, as histories of their working lives. Recent achievements are important. The year you graduated from college may only serve to convey your age. Consider the reader who may be a screener, your next boss or a recruiter. All have time constraints and look for different things. Give them pertinent information, not mere verbiage.

Myth No. 2 — Networking is everything

The importance of networking cannot be overstated, but to play down the importance of any other element of career change is dangerous. Career change is systemic. Each element in the process is critical. Your competition, the current employment market, and the impact of professional resume consultants demands that your resume literally grabs the reader's attention. In a world overloaded with resumes of all sizes and shapes, its importance cannot be overemphasized.

Myth No. 3 — Chronological is the only way

The battle between functional and chronological resumes still continues. In truth, neither one is appropriate in all situations. The key is your background, what you are trying to communicate and the employer's culture. Career changers will, more often than not, be presented best through a

Seven resume myths exposed

functional/achievement approach that clearly addresses their ability to transfer their past achievements and lessons learned to this new challenge.

Myth No. 4 — Experience is your key message

Be careful of this one. Although it is true that experience is indeed a major factor, it may not be applicable in career change. Experience by itself is not the most powerful credential that it once was. Today's focus leans toward achievements, transferable assets, growth, adaptability and flexibility. Keep this in mind. Show how your achievements can help the new employer. Emphasize your "value added," not your longevity.

Myth No. 5 — Keep it to one page

This also depends on the situation. If you have a 20-year background of impressive achievements throughout several careers and fields, that is a strength. Don't hide it. Don't try to cram it onto one page. If, on the other hand, you are a recent graduate or have a background in primarily one field, a one-pager is probably the way to go. Once again, there is no one rule.

Myth No. 6 — Don't state your job objective

The belief here is that by stating a targeted position, you are automatically ruling out other opportunities. This is fine if you are a recent graduate just starting out. For the more seasoned types, though, it merely indicates a lack of decisiveness. Screeners won't

read an entire resume to find out what you are seeking. Transmittal letters help, but frequently don't receive the analysis they should. Your objective (carefully worded and with a thumbnail sketch and/or listing of skills) is your "grabber." If you don't capture the reader's attention up front; forget it, you're history.

Myth No. 7 — One well prepared resume does it

This is simply not true. We live in an era of niche marketing. Resumes, too, must be targeted to specific opportunities, organizational cultures, needs and trends. Keep this in mind when you design your resume. Tweak it to various situations. Be able to prioritize your achievements consistent with the higher objective. Create a flexible document that is clearly focused.

Consider these seven traditional beliefs — in some cases, misconceptions — when preparing your resume or planning it with your consultant. The message here? Consider your reader, the organizational culture, emphasize your achievements and emphasize your future value, not your past.

Good luck in your career change. Go for it.

David Caster leads a state-wide career management initiative for the Epilepsy Foundation of Colorado. He is also a former consultant to Aurora Public Schools, the Department of Education, two outplacement firms and has performed in corporate, entrepreneurial and government environments.