

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 5 NO. 14

November 25, 1996

Weekly Menu

Nov. 25 to Nov.29

DINNER

- Mon.- Goulash, Vegetable, Dinner Bun, Salad Bar, Assorted Fruit, Assorted Vegetable Tray, 2% Milk
Tue.- Bean Soup, Ham Sandwich on a Bun, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk
Wed.- Thanksgiving Dinner
Thu.- HOLIDAY
Fri.- HOLIDAY

Dec. 2

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

SUPPER

- Mon.- Hamburger on a Bun, French Fries or Potato Chips, Soup, Brownies, 2% Milk
Tues.- Pork Chops, Rice, Vegetable, Salad Bar, Dessert, 2% Milk
Wed.- Swedish Meatballs over Noodles, Vegetable, Salad Bar, Dessert, 2% Milk
Thu.- HOLIDAY
Fri.- HOLIDAY

- Mon.- Baked Ham, Au-Gratin Potatoes, Vegetable, Salad Bar, 2% Milk



HOLIDAY SHOWCASE

Bismarck Civic Center
December 7 & 8, 1996

Dec. 7, 1996: 10:00 am to 6:00 pm

Dec. 8, 1996: Noon - 5:00 pm

United Tribes Technical College has purchased a booth space at the Holiday Showcase, which is sponsored by the North Dakota Department of Agriculture.

Artist/crafts people are always looking to market their products. United Tribes has purchased a booth space for the United Tribes Staff, Faculty and Students to sell their products. This will give you all an opportunity to market and network with potential buyers at the Holiday Showcase, where you will have hundreds of people coming in to purchase from various vendors. This is open to all UTTC employees and students.

Stipulations will be that: 1) It is up to the artists/crafts people to be at the UTTC booth on both days to sell their own goods/ or if you are unable to be there you need to make your own arrangements regarding the sale of your products 2) UTTC is asking that if you sell arts and crafts at the booth, you donate \$10.00 back to the school

Let Julie Cain, ext. 272 or myself know if you are interested in sharing the booth space. Again, this will be a great opportunity for you to market your work and have a great time. If you have questions regarding the Holiday Showcase, you can call Sandy Poitra at the Cultural Arts Center/Gallery, ext. 331.

State Prison Arts and Craft Sale

The state prison will be having a arts and crafts sale on December 7, 1996, from 10:00 am to 4:00 pm in the front lobby. Everyone is invited to go and check out the great leatherwork, beadwork, ceramics, quillwork.

For more information call Sandy Poitra, ext. 331.

Bismarck Arts and Galleries

Is looking for artists to place their artwork in their Gift Shop. For more information, please call Ms. Jan Webb, 223-5986 for details or call Sandy Poitra at ext. 331.



News from TJES Counselor's Corner

The PSC (Parent - School - Community Organization) met Wed. Noon at Russell Hawkins. Officers were elected. Committees set up were: Lunch, Policy & Publicity. The group decided their first project would be to work on organizing more supervised activities for children in the evenings and on weekends. Ideas included movies, gym time, and other activities. A meeting is in the process of being scheduled for Monday, 3:00 pm at Russell Hawkins for all interested persons. We hope to plan some specific times and appropriate supervision for such activities. A Notice will be posted Friday.

Winter Clothing Drive

Again, there are people who have good clothing they have "out-grown". We are in the process of planning a Clothing "Give-Away" for the week after Thanksgiving. It will be an opportunity to clean out your closets and spruce up your wardrobes. Posters will go up next week announcing where to drop off good clothing and when the giveaway will be. A Bake Sale by PSC is also a possibility. Again, watch for a poster. Winter Boots, gloves, coats, etc., are all welcome. We also invite donations of games, or a sports equipment for a possible Family Activity Center. People interested in practicing their Community Spirit, are invited to volunteer setting up, organizing, etc., Contact B. Danks at ext. 236 or 304. Thanks and have a Peaceful Thanksgiving.

Nov. 27 - 1:30 Dismissal for Thanksgiving
December 2 - Back to School

4 Sale:
Konica 35mm Camera
Valued at \$130.00
Now at \$80.00
Call Terry, Ext. 296

Information for the
Next Newsletter
no later than December 2
to Arrow Graphics
Attn: Wanda Swagger

NURSING STUDENT ASSOCIATION MOVES ALONG

The Nursing Student Association now has a full roster of officers: Vicki Platero and Rebekah Benson as Co-Presidents; Eric Engavo, Vice-President; Kathy Sedlacek, Secretary; Denee Bettleyoun, Treasurer; Darlene Metcalf and Sheri Schock, Senate Representatives. May the Spirit be your guide in your leadership roles!

A Bake Sale is planned for Tuesday, November 26, 8:30 - 2:00, in the Skills Center. Your support is appreciated.

And congratulations to Nikki Volz, 1996 grade, who has also passed the State Licensure Examination -- the 100% passing rate continues.

Submitted by Sister Kathryn Zimmer,
Director, AASPN Program

Did You Know:

Did you know that first full-blooded American Indian to receive a Commission in the U.S. Military was Charles Watson McGilberry, Choctaw, 1893-1960. He was commissioned a 2nd Lt. in the Army in May 1917. After World War II, Mr. McGilberry taught in the Oklahoma public school system and then with the BIA from 1931-1953 in Albuquerque, Santa Fe, and Picuris Pueblo, NM, and St. Thompson, and Pine Ridge, SD. He may have been your teacher or a teacher of your parents. (Source: U.S. Army records and his grandson Denis West, Director of Financial Management, Oklahoma Area IHS and formerly the Executive Officer of the Albuquerque Area.)

The Fourteenth Amendment to the Constitution, ratified in 1868, guaranteed equal protection under the law and defined citizenship; and specifically states that American Indians do not have the right to vote. The right to vote was gradually restored in many states but it was not until almost 100 years later, in 1965, that the Voting Rights Act gave full protection to all minorities, including American Indians.

Around A.D. 1150 a group of Pueblo Indians built the town of Oraibi in what is now Arizona. The town has a unique status in American History; it is the oldest continuously occupied town in the United States.

Did you know that two American Indian inventions still in use today in snowy climates around the world are the toboggan and the snowshoe? (Source: The Native American History Quiz Book, page 12)

Did you know the Navajo Community College was the first four-year college on a reservation. It was founded in 1968. (Source: The Native American History Quiz Book, page 174)

continued on page 3



Continued from page 2.

Did you know that the Chiefs of three tribes were used in the composite portrait on the reverse side of the famous Buffalo Head nickel issued by the U.S. Mint in 1913? The three were Chiefs of the Cheyenne, The Seneca, and the Sioux. (Source: The Native American History Quiz Book, page 164)

By the President of the United States of America A Proclamation

Throughout our history, American Indian and Alaska Native people have been an integral part of the American character. Against the odds, America's first peoples have endured, and they remain a vital cultural, political, social, and moral presence. Tribal America has brought to this great country certain values and ideas that have become ingrained in the American spirit: the knowledge that humans can thrive and prosper without destroying the natural environment; the understanding that people from very different backgrounds, cultures, religions, and traditions can come together to build a great country; and the awareness that diversity can be a source of strength rather than division.

As we celebrate American Indian Heritage Month this year, we take note of the injustices that have been suffered by American Indian people. Even today, few enjoy that full bounty of America's prosperity. But even as we look to the past, we must also look to the future. Along with other Americans, American Indians and Alaska Natives will face new challenges in the coming century. We can ill afford to leave any of our people behind. Tribal America must figure as prominently in our future as it has in our past.

Let us rededicate ourselves to the principle that all Americans have the tools to make the most of their God-given potential. For Indian tribes and tribal members, this means that the authority of tribal governments must be accorded the respect and support to which they are entitled under the law. It means that American Indian children and youth must be provided a solid education and the opportunity to go on to college. It means that more must be provided a solid education and the opportunity to go on to college. It means that more must be done to stimulate tribal economies, create jobs, and increase economic opportunities. Our bridge to the 21st century will rest upon the foundation we build today. We must teach our children about our past -- both the good and the bad -- so that they may learn from our successes and mistakes. We must provide our children with the knowledge and skills to permit them to surpass our own achievements and create a stronger, more united American community. We must provide them greater opportunity. It was the Iroquois who taught that in every deliberation we should consider the impact of our decisions on the next 7 generations. In recognition of the important contributions of American Indian and Alaska Native people to our country and in light of the special legal relationship between the tribes and the Government of the United States, and obligations pursuant thereto, we celebrate National American Indian Heritage Month.

Now, Therefore, I, William J. Clinton, President of the United States, by virtue of the authority vested in me by the Constitution and laws of the United State, do hereby proclaim November 1996 as National American

Indian Heritage Month. I urge all Americans, as well as their elected representatives at the Federal, State, local, and tribal levels, to observe this month with appropriate programs, ceremonies, and activities.

In Witness Whereof, I have here unto set my hand this twenty-ninth day of October, in the year of our Lord nineteen hundred and ninety-six, and of the Independence of the United States of America the two hundred and twenty-first.

William J. Clinton

The Chemical Health Center

The Bald Eagle represents the best in all of us as it flies strong, free and proud. It is the symbol of our American strength and spirit. Lives journey from one experience to the next is filled with peaks and valleys that each of us must endure.

We as the Baby Bald Eagle need to be push sometimes to go from the nest and fly strong and free and proud.

The message to each of us that we all ultimately determine our own success or failure.

We at the Chemical Health Center wish you all Success in Lives Journey. Happy Thanksgiving!!!

Pryor Seminar on Business Writing

Fred Pryor Seminars will be in Bismarck, February 13, 1997, at the Ramada Inn to conduct a seminar entitled "Business Writing for Results."

According to the promotional material, in just one day you can learn how to:

- * Make every document user-friendly
- * Sell anything in writing
- * Build your credibility through powerful written communication
- * Avoid 10 common business writing pitfalls.

Cost of the seminar is \$99. For more information, contact Bev Huber at ext. 294.

Join our nation's capital in a unified observance of World AIDS Day

On December 1, as in years past, the White House is planning to dim its lights for fifteen minutes from 7:45 to 8:00 pm (eastern standard time) to commemorate World AIDS Day and to offer a tribute to those infected and affected by HIV/AIDS. Villages, towns and cities across the country are encourage to join the White House in dimming their lights as a visual demonstration expressing the worldwide commitment to stop the spread of HIV/AIDS.

World AIDS Day is a community effort but the first step begins with the individual. There are various activities that each person can initiate and continue throughout the year.

After Thanksgiving Tips of Shopping

The day after Thanksgiving traditionally is one of the business shopping days of the year, and kicks off the start of the official Christmas Shopping Season. Bismarck Police Crime Prevention Sergeant Mark Buschena offers these Holiday Reminders:

When shopping this year, take only enough cash to pay for your purchases. Better than cash, are checks and credit cards, in case they are lost or stolen.

PURSES - Stores will be crowded this time of year. That means opportunities for thieves. Pay attention to where your purse is at all times. Don't set it down to look at something. It might not be there when you turn back to it. Be especially careful of your purse in restrooms and fitting rooms.

Why not consider a fanny pack instead of a purse? Only wear it with the pack in front, like a belly pack. They are much safer and more convenient than a purse, and it will allow you to have both hands free to check out those bargains.

CHILDREN - If you have to take small children shopping with you, remind them of a few safety tips before you leave home. Tell them that if you get separated, to stay in whatever store you are in. Tell them not to leave the store or the mall, and especially don't go out in to the parking lot to wait for you. They are too vulnerable out there to cold and traffic. Make a plan that if you get separated, you'll meet at a certain place. Make it something simple, like by the ice-cream counter - they should be able to remember that!

PACKAGES - Be careful where you set your packages down when shopping. When you get an armload of packages, take them out to your car. Even though you may be in a rush, lock them securely in the trunk, not in the front or back seat. They're too easily ripped off there. Or take them home, and come back for another load. Don't give a thief the opportunity to go "dashing through the snow" with your gifts.

TRAFFIC - Streets will be jammed with drivers hustling around for those great buys. Remember that streets get icy this time of year, and stopping distances increase. Allow yourself a little extra time to get where ever you're going, and slow down. Also, remember, that the mall lots will be busy with drivers racing to get that parking spot. Keep an eye out for the other guy. That parking spot isn't worth wrecking your car over. Happy Holidays!



10 THINGS YOU NEED TO KNOW ABOUT HIV/AIDS

1. The AIDS pandemic has left no continent untouched. As of July 1996, the Joint United Nations Programme on HIV/AIDS (UNAIDS) estimated that 21.8 million men, women and children worldwide were living with HIV/AIDS and over 5.8 million people had already died as a result of the infection.

2. AIDS (acquired immunodeficiency syndrome) results from the late stage of infection with HIV (human immunodeficiency virus). In some adults, AIDS can take more than 10 years to develop. Thus, a person infected with HIV may look and feel healthy for many years, but he or she can still transmit the virus to someone else, which is why it is very important for individuals to get tested.

3. HIV is found in the following types of fluid:

- semen (and pre-ejaculate fluid)
- vaginal secretion
- blood
- breast milk

4. HIV does not survive long outside the body, and therefore can only be transmitted when certain types of body fluid (see above) of an infected individual enters an uninfected individual. Examples include:

- **having unprotected sex** (vaginal, anal or oral) with someone infected with HIV
- **sharing needles** to inject illegal and other drugs including steroids, or for body piercing or tattooing, with someone infected with HIV (HIV-infected blood is passed directly into your blood from needles or syringes)
- **from an infected mother to her child** during pregnancy or delivery, or in infancy through breastfeeding

5. Sexual transmission of HIV can be prevented. Sexual intercourse, whether heterosexual or homosexual, is the major route of transmission of HIV.

You can **prevent** the sexual transmission of the virus by:

- abstaining from sexual intercourse (this is the only 100% safe and effective way to avoid the risk of becoming infected with HIV.)
- practicing mutual monogamy (having sex with only one partner who has sex only with you) with an uninfected partner

You can **significantly reduce** the risk of spreading HIV through sexual intercourse by:

- using latex condoms correctly from start to finish with each act of vaginal or anal intercourse
- using a condom cut open, dental dam, or household non-microwavable plastic wrap while performing each act of oral sex on a woman

- using a latex condom correctly from start to finish while performing each act of oral sex on a man
- engaging in safer sex practices that involve no penetration such as dry kissing, massaging, hugging, touching, body-rubbing, and masturbation

6. Infection through blood can be stopped. Blood for transfusion can be tested for HIV infection and discarded if contaminated. Needles, syringes, and other skin-piercing instruments should be sterilized or discarded after each use and *should never be shared*. When a person uses these instruments, some of the individual's blood remains, and if other people use the same instrument, they could be shooting HIV directly into their bloodstream.

7. You *do not* get HIV from:

- donating blood
- mosquito bites and other bug bites
- sharing cups and utensils
- sneezes or coughs
- hugging, touching, or dry kissing a person with HIV
- sharing telephones, computers or coffee pots
- going to any public place with HIV infected people (pools, movies, etc.)
- drinking fountains or toilet seats

8. Discrimination against people with HIV/AIDS — or those thought to be at risk of infection — violates individual human rights and endangers public health. It gives people outside the stigmatized group a sense that the threat of infection, and thus the need for personal precautions, has been removed. It also drives the AIDS problem underground, making all efforts at prevention and care much more difficult.

9. AIDS affects EVERYONE— EDUCATE YOURSELF AND OTHERS. Every day, according to UNAIDS, over 8,500 people worldwide are newly infected with HIV. Be aware of the trends of the disease and the behaviors that could put you at risk. HIV/AIDS affects people of all geographic locations, ages, races, ethnicities, social classes and sexual orientations. Education is crucial in both helping to prevent the spread of HIV/AIDS and ensuring compassion for those affected by and infected with HIV/AIDS.

10. YOU can help stop the spread of HIV/AIDS! Get involved in community efforts. World AIDS Day is a special opportunity every year to focus attention on this urgent challenge that affects us all. It is marked around the world by thousands of different events designed to increase awareness and to express solidarity and compassion. This World AIDS Day — and everyday — join the worldwide effort to stop the spread of HIV/AIDS.

HOLIDAY DEPRESSION AND STRESS

Information On Depression

The National Mental Health Association developed this factsheet as an introductory overview of depression. Please feel free to photocopy it and share it with others.

Although the holidays are supposed to be a time full of joy, good cheer and optimistic hopes for a new year, many people experience seasonal "blues." The holiday season is a time full of parties and family gatherings, but for many people, it is also a time of self-evaluation, loneliness, reflection on past "failures" and anxiety about an uncertain future.

The "holiday blues" can be caused by many factors: increased stress and fatigue, unrealistic expectations, over-commercialization and the inability to be with one's family. The increased demands of shopping, parties, family reunions and house guests also contribute to these feelings of tension. Even people who do not become depressed can develop other stress reactions during the holidays such as headaches, excessive drinking, over-eating and difficulty sleeping.

Although many people become depressed during the holiday season, even more respond to the excessive stress and anxiety once the holidays have passed. This post-holiday let down after January 1 can be the result of emotional disappointments experienced during the preceding months as well as the physical reactions caused by excess fatigue and stress.

Below are several ways to identify potential sources of holiday depression that can help individuals cope with the seasonal "blues":

- Keep expectations for the holiday season manageable by not trying to make the holiday "the best ever." Try to set realistic goals for yourself. Pace yourself. Organize your time. Make a list and prioritize the most important activities. Be realistic about what you can and cannot do. Do not spend too much time preparing for just one day (Christmas).
- Remember that the holiday season does not automatically banish reasons for feeling sad or lonely; there is room for these feelings to be present, even if the person chooses not to express them.
- Let go of the past! Don't be disappointed if your holidays are not like they used to be. Life brings

changes. Each holiday season is different and can be enjoyed in its own way. You set yourself up for sadness if everything has to be just like the "good old days." Look toward the future.

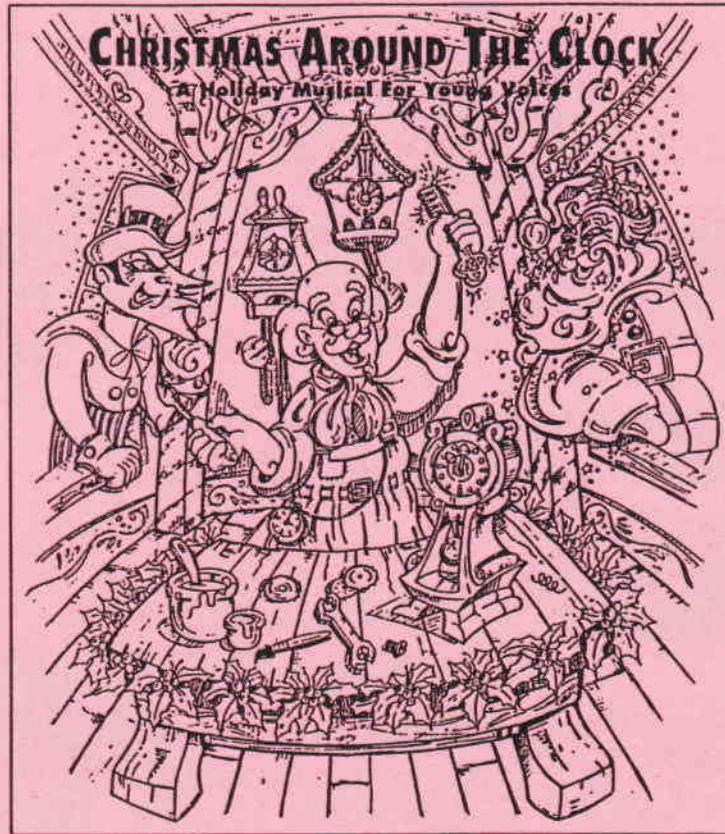
- Do something for someone else. It is an old remedy, but it can help. Try volunteering some time to help others.
- Enjoy holiday activities that are free such as driving around to look at Christmas decorations. Go window shopping without buying anything.
- Don't drink too much. Excessive drinking will only make you more depressed.
- Don't be afraid to try something new. Celebrate the holidays in a way you have not done before.
- Spend time with people who are supportive and care about you. Make new friends if you are alone during special times. Contact someone you have lost touch with.
- Find time for yourself! Don't spend all your time providing activities for your family and friends.

Recent studies have shown that there are also environmental factors which can contribute to feelings of depression around the holidays. Some people suffer from seasonal affective disorder (SAD) which can result from fewer hours of sunlight as the days grow shorter during the winter months. Researchers have found, however, that phototherapy, a treatment involving a few hours of exposure to intense light, is effective in relieving depressive symptoms in patients with SAD.

Other studies on the benefits of phototherapy found that exposure to early morning sunlight was effective in relieving seasonal depression. Recent findings, however, suggest that patients respond equally well to phototherapy whether it is scheduled in the early morning or early afternoon. This finding about the usefulness of midday light has practical applications for antidepressant treatment since it allows the use of phototherapy in the workplace as well as at home.

For information on the resources available in your community, call

1-800-472-2911



THEODORE JAMERSON ELEMENTARY SCHOOL

CHRISTMAS PROGRAM

THURSDAY, DECEMBER 12, 1996

2PM - UTTC GYM

Do you want to get in the mood for Christmas? All the students, staff and faculty are invited to the elementary school Christmas program. There will be songs and poems by the Kindergarten and 1st grade students and a puppet show by Grades 2-4. A group of 5-8 graders will serve as puppeteers as we present the show "CHRISTMAS AROUND THE CLOCK". The children work hard to learn their parts and it means so much to them to have the support of family and friends in the audience. Please plan to attend now.

UTTC NURSING ASSOCIATION

FOR the convenience and ready reference of the student, a summary of the processes described in **NOV. THANKSGIVING 26**

BAKE

SUN

Ultimate Physical Atom

Vitality Globule

SALE FROM

8:00

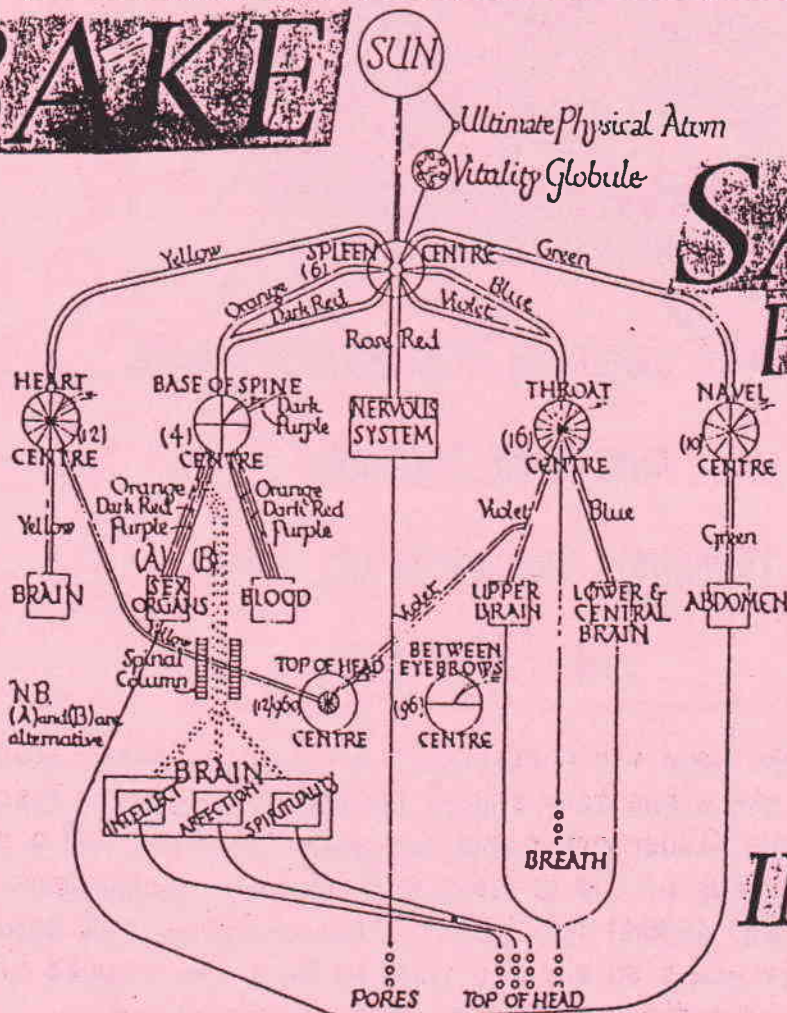
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TO

2:00

pm

IN THE



SKILLS

EXCRETORY ORGANS

CENTER EXHIBIT HALL

**HOLIDAY FOOD
DRIVE FOR UTTC
FAMILIES**

Please donate a non-perishable
food item or money for
a food disbursement
to UTTC families on Dec. 17th.

Food or money will be accepted
at the Counseling Dept. located
in the basement of the
Education Bldg.

TIS THE SEASON OF GIVING!