

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER R

VOL. 5 NO. 16

December 9, 1996

Weekly Menu

Dec. 2 thru Dec. 6

DINNER

Mon.-Poor Boy Sandwich w/Turkey and Ham, Home-made Soup, Potato Chips, Potato Salad, Assorted Fresh Fruit, 2% Milk

Tue.- Taco Salad, Hamburger, Shredded Lettuce, Cheese, Tomatoes, Onions, Taco Sauce, Dinner Buns, Assorted Fresh Fruit, 2% Milk

Wed.- Swedish Meatballs over Noodles, Vegetable, Salad, Dessert, 2% Milk

Thu.- French Dip with Au-Jus, Salad Bar, Tossed Salad, Assorted Fresh Fruit, 2% Milk

Fri.- Homemade Soup, Breaded Chicken Filet, Mashed Potatoes, Creamed Gravy, Crackers, Dinner Roll, Salad Bar, 2% Milk

Mon.- Chuckwagon Stew, Baking Powder Biscuit, Salad Bar, Fresh Fruit, Relish Tray, 2% Milk

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 w/Meat Sauce, Vegetable, Salad Bar, Dessert, 2% Milk

Mon.- Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% Milk

STUDENT SUPPORT SERVICES

DECEMBER GRADUATING

STUDENTS:

Graduation Date:

Thursday, December 19th
2:00 p.m. - Cafeteria



ALL GRADUATING STUDENTS WILL NEED TO TAKE AN EXIT T.A.B.E. TEST (DECEMBER 2th THRU 6th) BEFORE YOU GRADUATE.

Please contact Andy at Ext. 239 or Vivian at Ext. 234 to make and appointment. Thank You!

December Graduating Students ONLY!!!!!!

If you are planning on coming back in May for the Graduation Ceremonies, please contact Vivian Gillette at Ext. 234, or stop by Room 115 in the Skill Center for cap and gown measurements. They will also need a count for the quantity of graduation invites preferred and an exact spelling of how you prefer your name to be written on the invites.

Thank You For Your Cooperation!

Student Senate Meeting

December 16th

4:00 PM

Russell Hawkins Conference Rm.



TUTORING AVAILABLE

The following students are participating in the UTTC Tutoring Program and have completed or partially completed the training requirements. They are available to help tutor students in the areas listed:

REBEKAH BENSON: Adult Health Nursing, Nutrition

CHRIS CADOTTE: Chemistry, Algebra, Math 090 & 106V

MARSHALL DEMARCE: Office Technology, Intro to Computers, English for Careers

DONNA HALL: Chemistry, Anatomy & Physiology

LEAH RED FOX: Intro Small Business Management, Retailing, Accounting

JOHN ROBERTSON: Print Reading, Math 090 & 106V

ELTON SPOTTED HORSE: Math 090 & 106V, Intro to Computers

In addition to these peer tutors, there are instructors available for tutoring:

LIZ MILLER: Anatomy, Physiology study session
Wednesday's at 10 AM and 2 PM

JENNIFER RANDAZZO: Chemistry
Wednesday's at 8 AM in the LC

All UTTC instructors are available for tutoring with appointments to fit their schedules. If you are having trouble scheduling tutoring sessions please contact the Tutor Coordinator, Jane Hilsendager at Ext. 203. If you are interested in being a Peer Tutor for the Spring Semester please contact your advisor or the Tutor Coordinator. Use these opportunities to prepare for rapidly approaching finals.

NEWS RELEASE FROM THE I.R.S.

TeleFile Packages Coming Soon!

ST. PAUL, MN – While you're home on the holiday break, watch for a colorful tax package mailed to you by the Internal Revenue Service. Look for the word "TeleFile" and you'll be getting a fast, easy and totally paperless way to do your taxes. But you'll need the purple-colored tax package in order to use this system.

Tele-File lets you do your taxes on the phone in about 10 minutes. So, as soon as you get your W-2's, you can file your return and get your refund all in about 3 weeks. But you need this specially marked tax package to use this service.

Almost 9000 people in North Dakota filed their federal taxes by phone last year, and many were students just like you.

The Tele-File is toll free and available 24 hours a day. You don't send any paper documents to the IRS and the math is done automatically by the computer.

Although you won't need any tax forms with Tele-File, the IRS home page at www.irs.ustreas.gov is a quick and easy way for people to get information, forms and publications they need.

ATTENTION ALL UTTC STAFF AND EMPLOYEES!

Classes Offered Just For You!

KEYBOARDING II - Monday & Wednesday: 2:30 pm to 4:00 pm

WORD PROCESSING-WORD PERFECT 6.0 - Monday & Wednesday: 2:30 pm to 4:00 pm

Each class is 3 credit hours. These classes are ONLY for staff and employees of UTTC!!! This is your opportunity to learn Word Perfect 6.0 or improve your Keyboarding Skills. Classes Begin: Monday, January 13, 1997. Contact the Office Technology Department: Lynn at Ext. 358 or Sheri at Ext. 285. PLEASE REGISTER BEFORE THE END OF THE FALL TERM!

LEARNING CENTER EVENING HOURS

Tuesday & Wednesday
December 10-11
4:00 pm to 8:00 pm

IVN PROGRAM

Reprinted from "FROM A DISTANCE" Newsletter
North Dakota University System Distance Education
Volume 4, No. 1 - Fall 1996
Grand Forks, ND

North Dakota Tribal Colleges Share Classes

The five Tribal Colleges in North Dakota began sharing credit courses on IVN during the 1996 spring semester – representing the accomplishment of a major goal of these community colleges. During the current fall semester, four courses are being shared among the Tribal Colleges. The Tribal Colleges received grant funding to purchase equipment for a two-way interactive video classroom on each campus. These rooms were connected to the ND IVN in the fall of 1995 with the assistance of IVN and Information Services Division (ISD) personnel.

A computer course and physical science course were taught by Sitting Bull College, Ft. Yates, and two math courses were taught by Ft. Berthold Community College, New Town, to the other four colleges during spring 1996. Courses shared among the colleges in the fall of 1996 were: Computer Programming I from FBCC; Pathology of Disease from United Tribes Technical College, Bismarck, taught by Site Coordinator/Instructor, Liz Miller, and Trigonometry, and Statistics from FBCC. Students at the Tribal Colleges also enrolled in courses taught by NDUS faculty. Wildlife Conservation and Linguistics for TESOL were taught by UND, while Introduction to Intercultural Communication was offered by NDSU to several Tribal College sites during the spring semester. Water Resource Conservation and Teaching English as a Second Language were offered by UND in the fall of 1996.

A revised Memorandum of Agreement was signed by offi-

cials representing the Tribal Colleges, NDUS and ISD for the operation of the NDIVN effective September 1, 1996. The Tribal Colleges interactive video classrooms can be connected as a network or they can be connected to any IVN classrooms or other interactive video facilities outside North Dakota.

Val Finley of UTTC is the Chair of the Tribal College Dean's Committee regarding IVN Academic Scholarship Scheduling and issues.

1997 Spring Semester Interactive Network (IVN) Courses All in Room 112 - Skill Center

25200 - 0 Math 103	College Algebra	Credits: 4
Host Campus: FBCC (IVN)	10 MTWR	SC 112
25000 - 0 Bio 201	Biology II	Credits: 4
Host Campus: FBCC (IVN)	11 MWF	SC 112
25100 - 0 Comm 106	Speech	Credits: 3
Host Campus: TMCC (IVN)	12-1:20 MW	SC 112
25300 - 0 Psy 211	Psychology	Credits: 3
Host Campus: TMCC (IVN)	12:30-2 TR	SC 112
25600 - 0 Soc 200	Special Topics: Women & The Earth	Credits: 3
Host Campus: UND (IVN)	2-3:30 TR	SC 112
25400 - 0 Sci 102	Physical Science	Credits: 4
Host Campus: SBCC (IVN)	9 MWF	SC 112

UTTC Staff Person's Art Displayed at Local Gallery

YOU ARE INVITED TO AN
ART SHOW:

featuring

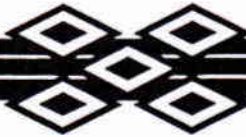
Nelda Schrupp "TRIBALESCEMENT" Metalwork
Schafer Hall • Bismarck State College

OPENING RECEPTION:

Tuesday, December 10, 1996
Refreshments will be held in the
Elsa Forde Gallery/Schafer Hall

The show will run from
December 10, 1996 to January 17, 1996.

Information for the
Next Newsletter
no later than December 6
to Arrow Graphics
Attn: Sandy Erickson



NEWS FROM AASPN PROGRAM

*submitted by Sister Kathryn Zimmer,
Director, AASPN Program*

The Nursing Student Association expresses **THANKS TO ALL** who helped make the recent Bake Sale (sponsored by the Association) a fine success.

A **Holiday Luncheon Gathering** is now being planned for all nursing students during the first week of the new semester. This will make it possible to meet any new students transferring in at that time.

And – **there's another piece of good news!** Marille Byington has now passed the State Licensure Examination! Another Licensed Practical Nurse to add to the list – and the **pass rate for the Class of 1996 remains at 100%!**

NEWS FROM NATIVE AMERICAN INJURY PREVENTION PROGRAM

"What the Medical Examiner Saw"

The Native American Injury Prevention Coalition will have Richard Malone, Senior Medical Investigator, Gallup, NM, give a one-hour slide presentation during the All Indian Nations Basketball Tournament. Mr. Malone's presentation will take place on Saturday, December 28, 1996 at 10:00 a.m. Mr. Malone's presentation will address the necessity of wearing seat belts and the hazards of drinking and driving. Nationally, motor vehicle crashes account for 28 percent of all teen deaths, more than any other single event, and the numbers are even higher throughout Indian Country.

Mr. Malone's slide presentation is a very powerful and lasting impression of the evils of drinking and driving. These are actual/real pictures of motor vehicle crashes. A lot of them occurred on the Navajo Reservation. This presentation is for the students attending the All Nations Indian Basketball Tournament, however, if you have the time, please feel free to attend. This means UTTC staff and students. If you have any questions, please feel free to call Dennis Renville at Extension 374.

UTTC UPGRADING ITS MATH AND SCIENCE PROGRAMS

High Plains Rural Systematic Initiative Program Office, Turtle Mountain Community College – Math and Science professions are evident throughout our communities whether it be doctors and nurses, bookkeepers and accountants, wildlife and park officers, natural resource managers, and others. Our reservations have the need for qualified computer programmers, pharmacists, and engineers. All of these professions require strong math and science backgrounds.

The effort needed to prepare this generation to be our math and science professionals of tomorrow is a grand undertaking. It cannot be accomplished by one organization alone. It takes the guidance and input from our tribal elders, parents, teachers, students and community members. The efforts can best be accomplished through a concerted effort of all interested persons.

To this end, tribal members from North Dakota, South Dakota, Nebraska, Montana and Wyoming, staff of tribal colleges, staff of other National Science Foundation funded projects, and interested persons shared information about education in local areas and gained consensus on science, mathematics, engineering, and technology education.

Their vision: "... a time when all schools and colleges that enroll significant numbers of Indian children will teach mathematics and science in ways that are consistent with the cultural needs of students and based on real requirements for the development of the regions. Whole systems will be changed so that communities, including parents, tribal governments, the private sector, and others will work together to determine these needs and requirements and teachers will be rewarded for teaching to them. All children will have access to electronic communication technologies so that they will be assured of learning high quality, challenging science and mathematics at the learning high quality, challenging science and mathematics at the same time as they learn the meaning of principles of science and mathematics in the context of their own, unique cultures."

We formed the High Plains Rural Systematic Initiative (HPRSI) and wrote a proposal that was funded by the National Science Foundation. The grant is renewable for up to \$2 million until the year 2000 for science, math, engineering, and technology education. We serve over twenty tribes in five states through programs administered by the tribal colleges and/or local school systems.

The HPRSI fosters strong math and science programs in schools from kindergarten through grade 14, provides training for teachers in innovative teaching and assessment methods, and assists with summer and extracurricular programs concentrating in math and science.

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High Plains Rural Systematic Initiative
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Local control is the key to making positive changes that affect our communities. Each reservation is unique in its resources, government, culture, needs and opportunities. HPRSI understands this. While there is a small regional staff to coordinate HPRSI's efforts, each area has a community member called a site coordinator who organizes local educational efforts based on community needs. Also, the site coordinator establishes a teaching and learning center for math, science, engineering and technology education that all schools and colleges in the area may use. In most cases, the site coordinator is hired by the tribal college.

Plans are underway to connect tribal colleges and school systems technologically so that remote schools with minimal funding may share resources and improve educational and instructional opportunities for our students and teachers. HPRSI will support efforts underway by other organizations making sure that these efforts reflect the goals for electronic communication of the schools and colleges involved. Technology efforts include: increasing the number of teaching the world wide web, increasing the number of data and video networking, and encouraging the use of technology as a teaching tool.

HPRSI commissions studies researching certain facets of Indian education, instructional methodology and other areas with the intent of sharing findings to improve the overall education of our Indian students. Findings will be disseminated in print and electronic formats.

United Tribes' Initiative has been well underway since September, 1996. During this time, the United Tribes RSI staff has been busy collecting existing Science and Math curriculum, scheduling training and planning sessions, establishing an advisory committee, and creating public awareness. Future plans are to have a hands-on community math/science day, conduct a technology assessment, create math/science assessment tools, and review math/science curriculum to meet our student needs.

This is a very exciting project that requires great attention from all members of the community. If you have an interest in your child's future or are interested in your future in the math/science field, please call Russell Swagger, RSI Site Coordinator, or Vida Claymore, RSI Secretary, at Extension 327 or 349.

**DON'T FORGET TO PURCHASE
YOUR HOLIDAY
GREETING CARDS AND
CHRISTMAS LETTERS IN
ARROW GRAPHICS.
Not Many Left!**

1996 POWWOW NOVELTY SOUVENIRS CHRISTMAS SALE!!!

JACKETS - \$25.00

SWEATHSIRTS - \$15.00

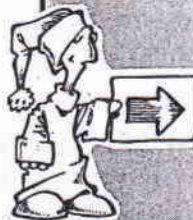
LONG SLEEVE T'S - \$7.50

CAPS - \$5.00

MUGS - \$3.00

MAGNETS - 50¢

POSTERS - 50¢



**GET YOUR POWWOW
CHRISTMAS GIFTS
NOW - WHILE
SUPPLIES LAST
- IN THE -
UTTC BOOKSTORE!**

(PRICES GO BACK UP AFTER THE HOLIDAY!)

NEWS FROM THE CHEMICAL HEALTH CENTER

Although the holidays are suppose to be a time full of joy, good cheer and optimistic hopes for a new year, many people experience seasonal "blues". 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 excessive stress and anxiety once the holidays have passed. This post-holiday let down after January 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":



1. 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 spent too much time preparing for just one day (Christmas).
2. 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.
3. Let go of the past! Don't be disappointed if your holidays are not like they use 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.
4. Do something for someone else. It is an old remedy, but it can help. Try volunteering some time to help others.
5. Enjoy holiday activities that are free such as driving around to look at Christmas decorations. Go window shopping without buying anything.
6. Don't drink too much. Excessive drinking will only make you feel more depressed.



7. Don't be afraid to try something new. Celebrate the holidays in a way you have not done before.
8. Spend time with people who are supportive and care about you. Make new friends. Contact someone you have lost touch with.
9. Find time for yourself! Don't spend all your time providing activities for your friends or family.

Holiday CHEER!