



W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 6 NO. 3
1997

February 3, 1997

Weekly Menu

Feb. 3rd thru 7th

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, Saltine Crackers, Assorted Fresh Fruit, 2% Milk
Wed.- Roast Beef and Mashed Potatoes, Gravy, Vegetable, Salad Bar, Dinner Roll, Assorted Fresh Fruit, 2% Milk
Thu.- German Style Sausage and Beans or Kraut, Salad Bar, Dinner Bun, Dessert, 2% Milk
Fri.- Fishwich and Chips, Tartar Sauce, Lettuce, Cheese, Tomatoes, Dessert, 2% Milk

February 6th

- Mon.- Spaghetti w/Meat Sauce, Garlic Toast, Salad Bar, Assorted Fresh Fruit, Assorted Fresh Fruit, 2% Milk

SUPPER

Jan. 3rd thru 7th

- Mon.- Hamburger On A Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies, 2% Milk
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, Sour Cream, Fresh Fruit, 2% Milk
Fri.- Lasagna, Garlic Toast, Vegetable, Salad Bar, Dessert, 2% Milk

Jan. 27th

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

ACADEMIC DEAN

GRADUATING STUDENTS THAT WISH TO VISIT THE UNIVERSITY OF NORTH DAKOTA CAMPUS

For many students the decision has been made to transfer to another institution, however, others are still at the deciding stage. This transition is a continual process.

The University of North Dakota in Grand Forks can help. On February 22, 1997, they will host their first "Transfer Open House." They will hold the event in the Clifford Haugen Lecture Hall, Room 1360, at the School of Medicine & Health Sciences on Columbia Road, beginning at 1:30 p.m. They have planned for an informative and exciting day. Faculty will be available to visit with students regarding their programs of study, and they will offer a variety of sessions that include credit evaluation, financial aid, housing, student advisement, career services and cooperative education. The day will conclude with a tour of the Campus, and free admission to a UND Hockey or Basketball game.

I encourage all students interested in transferring to attend. Please sign up at the Academic Dean's Office, located in the Education Building. If we have enough students signed up we will take a van for the trip and return on the same day, very late.

REMINDER: Any students that are planning to attend Minot State University for the Fall Semester 1997 must remember the priority deadline for the Diversity Tuition Waiver is fast approaching. Please get your institutional financial aid application in right away.

If you need any further information, please give me a call at Ext. 283.



STUDENT HEALTH

FREE caps and mittens are available at the Student Health Center for all ages.

New students who have not filled out medical forms for the Student Health Center must do so as soon as possible.

CHICKENPOX

WHAT IS CHICKENPOX? Chickenpox is a highly contagious, acute and generalized disease caused by the varicella virus.

WHO GETS CHICKENPOX? Almost everyone gets chickenpox. It usually occurs at two to eight years of age. Epidemics are seen in three-four year cycles, mainly from January to May.

RECOMMENDATIONS:

- DO NOT use aspirin.
- Keep child home from school until all lesions are crusted, usually about seven days.
- Keep nails trimmed. Put gloves on children if scratching is a problem.
- Encourage fluids.
- May use Aveeno baths for itching: mix one cup Aveeno with 2 cups cold water. Shake until mixed, then pour in tub of warm water.
- Call physician immediately if child develops cough, shortness of breath, chest pain, high fever, stiff neck, headache, listlessness or hyper irritability.

HOW IS CHICKENPOX SPREAD? Chickenpox is transmitted to others by direct person-to-person contact, by droplet or airborne spread if discharge or secretions from an infected person's nose and mouth or directly through articles freshly soiled by discharges or secretions from the infected person's lesions. The scabs themselves are considered infectious.

WHAT ARE THE SYMPTOMS OF CHICKENPOX? Initial symptoms include sudden onset of slight fever and feeling tired and weak. These are soon followed by an itchy blister-like rash. The blisters eventually dry, crust over and form scabs. The blisters tend to be more common on covered than exposed parts of the body. They may appear on the scalp, armpits, trunk, and even on the eyelids and in the mouth. Mild or in apparent infections occasionally occur in children. The disease is usually more serious in adults than in children.

HOW SOON AFTER EXPOSURE DO THE SYMPTOMS APPEAR? Symptoms commonly appear 14-16 days exposure

with a range of 11-21 days after exposure.

WHEN AND FOR HOW LONG IS A PERSON ABLE TO SPREAD CHICKENPOX? A person is usually able to transmit chickenpox from one to two days before the onset of the rash through the first four to five days or until lesions have formed crust. Contagiousness may be prolonged in people with lowered resistance.

WHAT CAN A PERSON OR COMMUNITY DO TO PREVENT THE SPREAD OF CHICKENPOX? The best method to prevent further spread of chickenpox is for people infected with the disease to remain home and avoid exposing others who are susceptible. Infected person should remain home until 5 to 7 days after the skin eruption began or until the lesions become dry and avoid contact with pregnant women and newborns. A vaccine to prevent chickenpox is available through your private physician or local health department.

WIC PROGRAM

Standing Rock WIC Program will be on campus Monday, February 10th and Thursday, February 13th beginning approximately 10:00 a.m. at UTTC Building 61.

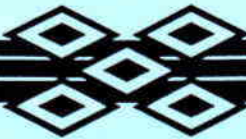


... FOR SALE ...

Young Man's Traditional Dance Bustle.

If interested call: Joe McGillis at
Ext. 274 or after 5 pm: 667-2056

Information for the
Next Newsletter
no later than January 23rd
to Arrow Graphics
Attn: Sandy Erickson



LEARNING CENTER

ATTENTION UTTC STUDENTS!

DID YOU KNOW

- the **Learning Center** is now open three nights a week? Tuesday, Wednesday, and Thursday evenings from 4 - 8 pm. **TUTORS** are Elton Spotted Horse and John Robertson.
 - the **Office Technology** lab area is open Tuesday and Wednesday evenings from 4 - 8 pm and Marshal Demarce is available for **Tutoring** there.
 - we prefer that you leave your children at home with proper care.
 - that we appreciate your signing in and out! It helps us show we are needed!
- that you will find the **Learning Center** provides computer access plus a quiet study place every day. Jackie Montgomery, our Work Study Student, is available or **Tutoring** during the day. Jane, Monica, or Jennifer are also available when you need additional help. Their offices are in the **Learning Center**.

LET US HELP YOU ... MAKE THIS YOUR BEST SEMESTER, YET!!

LearningCenter
Evening Hours
for the week of
February 3-7

Tuesday, Feb. 4th: 4 to 8 pm
Wednesday, Feb., 5th: 4 to 8 pm
Thursday, Feb. 6th: 4 to 8 pm

Tutoring Available

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

REBEKAH BENSON: Health Assessment and Maternal Child Nursing **Friday's** in the **Nursing Area** and by **appointment**.

MARSHALL DEMARCE: Office Technology Classes, Intro to Computers, English for Careers **Tuesday & Wednesday evening 4-8 pm** in the **Office Technology area**.

JOHN ROBERTSON: Math 106 and 090, Int. Algebra, Chemistry, Print Reading, Materials & Estimating **Wednesday, 4-8 pm** and every **Thursday, 5-8 pm** in the **Learning Center**.

ELTON SPOTTED HORSE: Math 106 & 090, Intro to Computers **Tuesday and Thursday, 4-8 pm** in the **Learning Center**.

Three additional students are completing their training requirements and will be available for tutoring in the subjects listed: **Jacqueline Lee in Chemistry and Math 090 by appointment, A.V. Fire Thunder in Automotive Service Technology by appointment and Jacqueline Montgomery in Health Information Technology plus general studies available in the Learning Center during Work Study hours.**

UTTC Instructors are also available for tutoring by appointment. Instructor-led study groups may be scheduled upon demand.

Anatomy & Physiology II students please note that Instructor, **Liz Miller, is holding a study group every Tuesday from 9-10 AM in Room 108 at the Skills Center.**

Remember . . . tutoring is available to any UTTC student who is experiencing difficulty with course material. Tutoring is not to be misused by students who are regularly absent from scheduled classes and need help "catching up" on assigned work. If interested in receiving tutoring services please contact your advisor or counselor and have them fill out the necessary referral form. If you are having trouble scheduling tutoring sessions, please contact the Tutor Coordinator, Jane Hilsendager in the Learning Center or at Ext. 203. Take advantage of these opportunities starting today!



THEODORE JAMERSON ELEMENTARY

Theodore Jamerson Elementary School students, parents, and staff will have the experience of entering and viewing a portable STARLAB planetarium. The planetarium will be at the elementary school the **first week of February**. Classrooms will be able to participate in astronomy activities and experience the portable planetarium daily. There will be three evenings that parents, staff members and the United Tribes Technical College community members will be invited to planetarium presentations also. The STARLAB planetarium is a portable, dome-shaped, planetarium made of nylon fabric. Participants enter through a front tube while air is forced in through the back tube. The unit is equipped with 10 cylinders that create images on the dome ceiling with the use of a special projector. A variety of projection cylinders include constellations, American Indian figures and folklore, traditional Greek mythological constellations, a geography cylinder, biological cells, and a Plate Tectonics cylinder, among others. We look forward to a wonderful astronomy experience!!!

– IRS NEWS RELEASE –

You can shop by phone or bank by phone, and now you can even do your taxes by phone.

Last year, the IRS introduced its new *TeleFile* system, and over 8,000 North Dakotans, many of them students, discovered that filing a return can be as easy as dialing a telephone. Some 99% of TeleFile users surveyed said they liked filing by phone and would do it again.

Doing your taxes doesn't get any easier than this, the IRS says. Filing by phone is fast; it doesn't cost anything; and best of all, it's completely paperless. There are no forms to send in. You don't even have to sign your name.

Married couples as well as single people with basic returns will be eligible to use TeleFile this year. High school and college students and wage-earners with no dependents are most likely to qualify.

Only people who receive specially-marked TeleFile tax packages in the mail from the IRS can use TeleFile. That's because each package contains a PIN-like *Customer Service Number* for each recipient. This number takes the place of the traditional taxpayer signature.

If you used TeleFile or filed the 1040EZ short form last year, and still live at the same address, you'll probably receive one of these packages, the IRS says. Look for the

distinctive purple TeleFile logo on the cover. If you get one, be sure to hold on to it. Unfortunately, the IRS cannot replace lost TeleFile packages.

The TeleFile phone lines are open 24 hours a day, 7 days a week. To reach TeleFile, dial toll-free 1-800-829-5166 from any touch tone phone. A typical TeleFile call takes only about ten minutes. A in the TeleFile package can help you make sure you have everything you need at your fingertips before you call.

When you call, a recorded voice will guide you step by step telling you when to enter each piece of information using your touch-tone keypad. At the end of the call, TeleFile will give you a confirmation number. According to the IRS, your return isn't done until you get this number.

TeleFile will figure your tax while you're on the phone. If you're due a refund, it will tell you how much it is. In most cases, you'll receive your refund within three weeks; sooner if you choose to have it deposited directly into your checking or savings account. If you owe the government money, TeleFile will tell you how much to send.

The IRS has a recorded message that can tell you more about TeleFile. Any times, day or night, call 1-800-829-4477 and ask for tape number 255.



BISMARCK AREA CRIME STOPPERS, INC.

Bismarck Police Department

Ten years ago this month, a special phone rang for the first time in the Bismarck Police Department. The first call ushered in a bold, new approach to police/community/media relations. It marked the beginning of the Bismarck Area Crime Stoppers.

The Bismarck Area Crime Stoppers program serves all of the Burleigh and Morton County region. Since its inception in January of 1987, the program has helped law enforcement solve 222 cases. To date, the total recoveries of stolen property and narcotics amounts to over \$202,000. In the cases solved by arrests, the number of persons tried was 113, with 112 convictions, yielding a 99% success rate.

Crime Stopper coordinator Sgt. Mark Bushena says that in almost case, there is usually someone else beside the criminal who knows who committed the crime. But often people don't come forward with this information because of fear or apathy.

Crime Stoppers addresses people's fear of being involved or possible retaliation, by taking the information anonymously. And - Crime Stoppers deals with people's apathy by offering cash rewards, up to \$1,000, for information that leads to arrest or recovery of stolen property or illegal drugs.

"Crime Stoppers is not law enforcement's program," Bushena said. "Crime Stoppers is the Community's program." The Bismarck Area Crime Stoppers is administered by a civilian board, consisting of 15 Burleigh and Morton County residents. The board has authorized and paid out \$9,750 in rewards over the years for information from confidential informants. No tax money is used for rewards - reward funds are donated by fraternal organizations and local businesses.

Crime Stoppers makes use of three groups within the community for its success. The news media keeps the Crime Stopper name and number before the public by publicizing the Crime Stopper Crime of the Month. Crime Stoppers relies on the citizens to call the line with tips, and to make donations for rewards. Law enforcement is needed to process the information and investigate the leads.

If you have information about criminal activity, call Crime Stoppers at 224-TIPS (224-8477). Information is taken anonymously, and you may be eligible for a cash reward if the information leads to an arrest.

DRIVER'S LICENSE REQUIRED FOR SNOWMOBILING ON PUBLIC LAND

North Dakota Parks & Recreation Department

The North Dakota Parks and Recreation Department reminds all snowmobilers that they **must have** in their possession a valid driver's license or driver's permit when operating their snowmobile on state trails, road ditches or other public land.

Youngsters ages 12-15 must have a certificate showing they have successfully completed a state snowmobile safety training course. The home study course is available from the North Dakota Parks and Recreation Department, 1835 Bismarck Expressway, Bismarck, ND 58504, at a cost of \$10.00

For more information about snowmobile trails, regulations and safety, contact the North Dakota Parks and Recreation Department at 328-5357.

Editor's Note: A recent wire on pending legislation carried by some newspapers incorrectly indicated that snowmobilers were not required to have valid driver's licenses.

STUDENT SENATE

OUR STUDENT SENATE PRESIDENT RICHARD GREENWALD WILL BE ATTENDING THE 1997 AIHEC STUDENT CONGRESS MEETING TO BE HELD FEBRUARY 1, 1997 THROUGH FEBRUARY 6, 1997 IN WASHINGTON, D.C.

WE WOULD LIKE TO WISH YOU THE BEST OF LUCK AND HAVE A GREAT TIME!!!

VICE PRESIDENT - LISA WALLOWING BULL
TREASURER - COLLEEN AMERICAN HORSE
SECRETARY - SANDY FLYE
PARLIAMENTARIAN - LISA CONDON





VALENTINE'S POWWOW

**Thursday Evening • February 13, 1997
6:00 pm to 9:00 pm
UTTC Small Gym**

**Host Drum:
Cannonball Singers**

**All Dancers Are Welcome
Intertribals, Kahmoni's, Round Dancing,
and Other Specials**

**RAFFLES • DOOR PRIZES • AND
FUN! FUN! FUN!**

**THIS POWWOW IS FOR OUR FAMILIES, FACULTY AND
STAFF OF UTTC. WE INVITE EACH AND EVERYONE
OF YOU TO COME AND JOIN US FOR A FUN FILLED
EVENING. YOU WILL ALSO BE SUPPORTING OUR
CHILDREN IN THIS DANCE. THANK YOU!**

Staff of Just Say No Club



ELEMENTARY SCHOOL

SUCCESSFUL PARENTING

Sponsored by UTTC and TJES

EACH THURSDAY • 3 to 4 pm • EDUCATION BLDG. - B14

Weekly Topics

FEB. 6th: Structure and Discipline (continued)

FEB. 13th: Structure and Discipline (continued)

FEB. 20th: Behavior Management

"How to Teach Your Children to
Do the Right Thing"

FEB. 27th: Behavior Management (continued)

These classes are held every Thursday and are open for any and all interested persons. For those who need to leave before 4, to pick up your children, come early - 2:45. Taking the class for 1 credit is an option. Instructor: Barb Danks

1. 2:45 to 3:00 and 3:45 to 4:00 will be used to address current concerns or questions about Parenting. You can present your question or problem and we will brainstorm for solutions.
2. 3:00 to 3:45 will be class presentations, activities and discussion. Handouts will be available for all classes. If you have questions, contact Barb Danks at Ext. 236 or 304.

Family Club is

Thursday, February 6, 1997

6-8 pm in the Cafeteria.

Making Crafts / Dance Regalia

Any volunteers to bring cookies to decorate or other refreshments?

The school cannot provide all the supplies, so we need donations, or bring your own supplies to work with. (Yarn, feathers, beads, fabric pieces, fringe materials, ribbon, needles, thread bells, anything that can be used by creative children and parents.) The idea is for us to have fun making outfits and planning a little powwow for our children. The more people who get involved, the more fun. If anyone has a portable sewing machine, do bring it. Also, if anyone has outgrown shawls, dresses, or other things, to give away or sell, do bring them.

TJES SCIENCE FAIR

February 12th • UTTC Small Gym

Judging at 10:00 am

• Open to the Public •

Staff and Students are Invited

1:00 pm -2:30 pm

Awards Ceremony - 2:30 pm

FINANCIAL AID

Attention!

**Just a few reminders to write on
your calendar ...**

FEDERAL STUDENT AID for 1997-98 - January 1, 1997 to June 30, 1998. You should apply as early as possible but not before January 1, 1997. Mailing in your form is only the first step in applying for Student Aid.

STATE STUDENT AID: The deadline for State Student Aid is April 15, 1997. This means your Pell Application needs have been processed by the U.S. Department of Education before April 15, 1997.

COLLEGE AID: United Tribes Financial Aid Office offers a few different institutional scholarships, and has information on others. These scholarships all have different deadlines, contact the Financial Aids Office at Ext. 209, or 211 for more information.

SCHOLARSHIP INFORMATION:

- Scholarships are available to students of all backgrounds, abilities and levels. They are not limited to freshman entering college, students with high academic averages, or those who can demonstrate financial need.
- The time to start researching scholarships is now! Check the World Wide Web, our campus library, the local public library, counselor offices, civic organizations and the United Tribes Financial Aid Office. There are all kinds of resources. Get started now!

NURSING DEPARTMENT INVOLVED IN POLITICAL PROCESS

In North Dakota this a legislative year. Nursing faculty and students have become involved.

Ann Heid, Sherry Messmer and Charleen Laschkewitsch participated in the Health Care Issues Seminar held on January 28. They learned about the health care issues coming before the legislators.

On the following day, Wednesday, January 29, Sister Kathryn Zimmer, Ann Heid, and student, Jolene German, were at the Human Resources Committee meeting. A number of health care workers, particularly in the rural areas, believe education requirements for nurses should be reduced. They hope this would help make more nurses available to the rural areas.

Most of the nurses and nursing students in attendance disagreed with this position. Some testified against the proposed bill and explained that reducing education requirements would not be a solution to the problem.

Jolene German, second year nursing student at UTTC, presented her testimony, also advising defeat of the bill.

On January 30, a bulletin board display of pictures of UTTC Nursing students, was placed in the Great Hall of the Capitol to be viewed by legislators. Students, Valdon St. John, Billie Jo Greenwald, and Vicki Platero, made themselves available to answer questions about the program.

Submitted by Sister Kathryn Zimmer, Director, AASPN Program

FACT . . .

DO YOU, OR SOMEONE YOU KNOW, HAVE A HAND GUN IN YOUR HOME OR IN YOUR GLOVE COMPARTMENT OF YOUR CAR TO PROTECT YOURSELF AGAINST ASSAULT OR BURGLARY? IF THE ANSWER IS YES, HERE IS JUST ONE "SMALL" FACT FOR YOU TO CONSIDER

In 1976 approximately 25,000 Americans were murdered by guns. To put that figure in its proper context, here's another way to look at it. During our ten-year involvement in the Vietnam War, over twice as many Americans were murdered by guns at home than were killed in that war! Makes you wonder what that figure reads today?

FOR YOUR INFO . . .

taken from "The Ann Landers Encyclopedia"

How To Get Along With Others

- 1) Keep skid chains on your tongue. Say less than you think. Cultivate a pleasant voice. How you *say it* is often more important than *what you say*.
- 2) Make few promises and keep them faithfully, no matter what the cost.
- 3) Never let an opportunity pass to give a well-deserved compliment.
- 4) If criticism is needed, do it tactfully. Don't use a sledgehammer when a fly swatter will do the job.
- 5) Be interested in others – their work, their homes and families. Let everyone you meet feel that you regard him/her as a person of importance.
- 6) Don't burden or depress those around you by dwelling on your minor aches and pains and small disappointments. Everyone has something in his/her life that is not exactly as they would like it to be.
- 7) Discuss, don't argue. It is a mark of a superior mind to be able to disagree without being disagreeable.
- 8) Let your virtues, if you have any, speak for themselves. Be constructive. Don't indulge in gossip. It is a waste of time and can be destructive. People who throw mudballs always manage to end up getting a little on themselves.
- 9) Be respectful of the feelings of others. Wit and humor at the expense of a friend is rarely worth the small laugh, and it may hurt more than you know.
- 10) Pay no attention to derogatory remarks about you. The person who carried the message may not be the world's most accurate reporter. Simply live so that nobody will believe him/her. Insecurity is often at the root of most backbiting.
- 11) Do your best to forget about the "rewards." If you deserve credit someone will "remember." Success is much sweeter that way.
- 12) Keep in mind that the true measure of an individual is how he treats a person who can do him absolutely no good.

CHEMICAL HEALTH CENTER

MY DEAREST BELOVED ALCOHOL

Where should I begin? Perhaps the day when I first fell in love with you. It was like a blind date and I didn't know what to expect of you. My first taste of you was bitter sweet. I should not have dated you again, but I did. Seeping through my blood like true love itself, you were sweet and cold at the same time and touching the very bottom of my soul. I was young and you did not hold me like you wished you could. Life as I remember was good without you. Little did I know you would wait for me like a true lover does. When I got to college, stress started to creep up on me, and you gave me another chance and I went out with you. You were quick, sly and very sweet.

You held me and even started to hurt me and kick me when I was down. I started missing classes, but you said "don't worry Clyde", "I'll always love you and take care of you". I went back to the mountains to enjoy life and get away from you, but being the true love that you were, followed me, dancing around me when I was working, reminding me how much you loved me with whispers of endearment coming through the trees like you were there with me.

You made me want to rush home to see you, and I couldn't get there fast enough. By now I knew I was getting hopelessly in love with you. But Clyde still had a little control about things to do in life. The war in Viet Nam was going on and I joined the army, but you somehow found out I wasn't going to ship out to Viet Nam because I was the only son, and your brother "DEATH" had no need for me, and I was in love with his sister "ALCOHOL". After changing orders 3 times, I was finally shipped to Hanoi where we fell in love forever. Not to be out done, you had your 3 sisters Heroin, Morphine and Speed visit me, and they loved me more than you did for awhile. Your twin sisters Heroin and Morphine mixed kept me numb from reality. Your sister Speed made me look good at work by helping me work fast and appear to be efficient. They were not my true lovers, not like you. You knew I would be back to kiss and hold you as I socialized with my human companions. None of them knew you, and would ask who my date was and I would smile because I was there with you. We argued a lot by this time and your sisters knew I was finished with them because I loved you most of all. I missed 3 more wars because of you and was finally discharged from the army before I was asked to leave.

We went on many journeys together because I loved the feeling you gave me. I still sorrow today because of the friendship of companions I lost because they took time out of their lives to tell me you were NO GOOD, but I would not listen. From mission tramp to bum, I finally started to see you as you really were. I fought you many times but you always won. You knew me too well. I finally met a human companion who cared for me as I did for her. You eventually took over and made my marriage a shambles. Today, September 24th, 1996 at 11: 30 P.M. I write this Dear Jane letter to say that your sisters or yourself are no longer welcome in my house, heart or soul. Dearest Alcohol, Today you lose, and I win. Lights out.

Good-bye!! You are no longer a friend of mine.

CLYDE JOHNSON BANKS JR.