



W UNITED TRIBES TECHNICAL COLLEGE R WEEKLY NEWSLETTE

VOL. 6 NO. 12

March 24, 1997

Weekly Menu

Mar. 24 to Mar. 28

DINNER

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

March 31

- Mon.- Goulash, Vegetable, Dinner Bun, Salad Bar, Assorted Fruit, Assorted Vegetable Tray, 2% Milk

SUPPER

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

Mon.- Hamburger on a Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies, 2% Milk

TRIVIA

What color is Steam?

- A. Grey
- B. White
- C. Colorless

*The correct answer for last week was Bamboo.
Winners were: Nelda Schrupp - Art, Verna Koch
- Supply, & Jamie Begay - Mailroom*

Group Pictures

Vocational Group Pictures
at the Cafeteria

Thursday, March 27, 1997

8:00 - 10:30

Schedule will be Posted

Exit T.A.B.E. Testing For All The Graduating Students

*This test is required before you can
Graduate in May*

April 1, 1997 through April 4, 1997

Skill Center Rooms 113 & 115

All Day...8:00 a.m. till 5:00 p.m.

Evening...5:00 p.m. till 8:00 p.m.

*If any question or concerns contact
Vivian at ext. 234 or stop by my office.*

Financial Aid Reminders

- American Indian Scholarship Fund (AICF) applications for Summer School can be picked up at the Financial Aid Office, the deadline to apply is April 25th.
- Indian Health Scholarships can be picked up at James Steen's Office for the 1997-98 school year, the deadline to apply is April 1st. Hurry!!!
- 1997-1998 Applicants - just a Reminder to get your Pell processed ASAP.
- Thank you - UTTC Cafeteria for the Caramel Rolls and Coffee for our recent meeting.

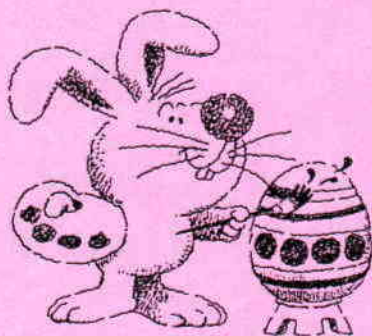


To Parents & Families

Having a Easter Egg Hunt and Potluck Dinner, March 30, 1997 @1:00 pm for the families that will be staying on campus during Easter.

There will be a sign-up sheet in the mailroom for those families that will be staying. Please include number of children.

There will be prizes for the Easter Egg Hunt. Also bring a Hotdish to share.



Becoming Real Nurses

Dawn Grosz has called to say she passed the LPN Licensure exam. Dawn completed the UTTC nursing program December, 1996, and will be returning for the formal graduation on May 8. She continues to be employed at the Baptist Nursing Home in Bismarck. Congratulations, Dawn!

Second year nursing students participated in the day-long Nursing Conference, sponsored by St. Alexius Medical Center and held at the Radisson Inn on Thursday, March 20. The speakers, nationally known nurses, gave stimulating presentations. Associating with the more than 600 nurses in attendance made the students feel as if they were really finalizing their goal of becoming REAL NURSES.

submitted by Sister Kathryn Zimmer,
Director, AASPN Program

Learning Center Evening Hours for the week of March 24-28

Tuesday, March 25th: 4-8 pm
Wednesday, March 26th: 4-8 pm
**Thursday, March 27th: Closed
after 4:00 pm (Easter Break)**

**Tutors: John Robertson, Elton
Spotted Horse & Marshall
Demarce available as scheduled**

**Information for the
Next Newsletter
no later than March 28
to Arrow Graphics
Attn: Wanda Swagger**



HOW CAN INSTRUCTORS DEVELOP SELF-ESTEEM IN ADULTS WITH LEARNING DISABILITIES?

- Establish a learning environment that is flexible, spontaneous and relaxed.
- Reduce the emphasis on competition and perfection.
- Emphasize the student's best work.
- Emphasize learning strengths: de-emphasize learning weaknesses.
- Provide immediate feedback within a positive framework.
- Select materials that are age/stage appropriate and present them in a corresponding appropriate manner.
- When appropriate, design assignments to be open-ended, allowing for creative individual approaches to task completion.
- Provide opportunities for the learner to report through the means that tap individual strengths; computer, verbal, written, graphic/pictorial.
- Create learning situations in which attributes not generally measured on tests can be developed: goal setting, ingenuity, drive and determination, resourcefulness and effective interpersonal skills.
- Eliminate the use of a red pen, a color that denotes errors or mistakes.
- When possible, allow extra time for completing tasks, and do so without making the student self-conscious.
- Break assignments into small segments, establishing a more immediate sense of accomplishment.
- Pair off learners so that each takes responsibility in event of the other's absence.

Source: National Adult Literacy and Learning Disabilities Center



THE CHEMICAL HEALTH CENTER

Hi from all the staff at the Chemical Health Center, we are so happy it is Spring!!

This week we encourage smokers to think twice about their health, when lighting up. Ninety percent of Americans believe that smoking is hazardous to health; 84% believe that something should be done about it. Most smokers know that smoking can cause disease and death and would like to quit. Here is a matching test that can tell you some of the effects and hazards of smoking:

Match the following statements with the correct answers:

- | | |
|---|--|
| 1. Cigarettes are dangerous if they have any of these two substances. | A. cancer, heart problems, and other serious ailments. |
| 2. You will not find this information on the side of a cigarette package. | B. <i>carbon monoxide</i> -the same gas that is in car and bus exhaust! |
| 3. This is something the cigarette companies will never tell you: if you breathe other people's smoke.. | C. get sick more often than people who don't live with smokers! |
| 4. This is an easy one. Cigarette smoking causes..... | D. <i>tar and nicotine</i> -even if the cigarette has very small amounts of them. |
| 5. Cigarette companies probably want young people to begin smoking because..... | E. nicotine is a poison and was used by farmers as a pesticide! But it was too strong and the U.S. government banned it. |
| 6. Cigarette companies don't want you to know this about <i>nicotine</i> | F. any of the chemicals added to tobacco when cigarettes are made. There are over 300 things added! |
| 7. One of the gasses that comes from a cigarette is..... | G. have a much greater chance of dying--40% greater chance! |
| 8. The cigarette companies will never tell you this one about pregnant mothers who smoke..... | H. the rest of the tar gets stuck to your to your lungs and stays there for a very long time. |
| 9. This one is surprising! People who live with smokers..... | I. a woman who is pregnant can badly harm her unborn baby by smoking. |
| 10. Although cigarette filters catch some of the tar.... | J. it's almost like you're smoking too! |
| 11. It hurts when you begin to smoke because..... | K. you are <i>burning</i> the inside of your throat, and lungs |
| 12. Hardly anyone knows this. People who smoke and have a heart attack... | L. if you get hooked when you are young, the cigarette companies will get a lot of your money! |

ANSWERS: THE FIRST FIVE (5) PEOPLE THAT COME TO THE CHEMICAL HEALTH CENTER WITH THE CORRECT ANSWERS WILL RECEIVE A LITER OF POP!!!

GOOD LUCK ALL!!!

**ATTENTION
GRADUATING
STUDENTS**

MEETING

APRIL 1, 1997

3:00 PM

BUILDING # 61

BE THERE !!!

**DISCUSSION AND FINAL APPROVAL FOR
GRADUATION.**

4th Annual INTERTRIBAL COUNCIL OF HAWAI'I INC.

WARRIOR SOCIETY POW-WOW

May 24 & 25, 1997

(stay for Maui's first powwow, May 31, Saturday)

Special Guests:

**Chief Oliver Red Cloud and
Native American Actor Steve Reeves**

**Head Man
Tom Cain**

**Head Woman
Vivian Delgado**

**Host Drum
Haystack**



**M.C.
Tom Phillips**

**Arena Director
Sammy Houseberg**

**All Drums, Dancers &
Crafters
WELCOME**

For Vendor, Travel, or Host Family info. please call:

**Intertribal Council of Hawai'i
1541 S. Beretania St. #303
Honolulu, Hawai'i 96826
Ph. (808) 947-3306**

**Mary & Carol Travel
1541 S. Beretania St. #302
Honolulu, Hawai'i 96826
Ph. (808) 941-5033**

NO DRUGS OR ALCOHOL ALLOWED

Visit our webpage: <http://glrain.cic.net/hawapw.htm>