

# W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 7 NO. 9

November 17, 1997

## Weekly Menu

Nov. 17 to Nov. 21

### DINNER



LeRoi

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

Tue.- Ham Sandwich, Soup, Salad Bar, Dessert, 2% or Skim Milk

Wed.- Chicken Stir-Fry w/Oriental Noodles, Rice, Cranberry Sauce, Salad Bar, Pumpkin Bars, 2% or Skim Milk

Thu.- Bar-B-Que Beef on a Bun, Soup, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk

Fri.- Tuna Salad Sandwich, Soup, Salad Bar, Lemon Bars, 2% or Skim Milk



Rita

Mon.- Goulash, Vegetable, Dinner Bun, Salad Bar, 2% or Skim Milk



Dennis

### SUPPER

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

Tue.- New England Dinner, Boiled Potatoes, Boiled Vegetables, Salad Bar, Dessert, 2% or Skim Milk

Wed.- Chicken Breast on Rice, Vegetable, Salad Bar, Dessert, 2% or Skim Milk

Thu.- Pepper Steak, Rice, Tossed Salad, Garlic Toast, 2% or Skim Milk

Fri.- Roast Pork, Mashed Potatoes & Gravy, Vegetable, Salad Bar, Dessert, 2% or Skim Milk



Bugs

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

## THINK AHEAD

Faculty of the Nursing Department are busy planning for the spring semester and the summer session. The student group is larger than last year so some additional thought is required. And there will again be a few new faces this spring - Faculty appreciate the suggestions coming from student reps, Stephanie Johnson and Mary Rohrich.

The Nursing Student Association now has a president: Tamara Starr, and a secretary: Donna Hall. They are making plans for a joint meeting with first year students by the end of November. And already the second year students are anticipating the Annual Pinning Ceremony which is a 1st year student responsibility.

## Congratulations

- Congratulations to Anne Heid (also to Brian Palacek) for being chosen as UTTC nominees for the Bismarck-Mandan Chamber of Commerce Crystal Apple Award in higher education. Allen Dockter from Bismarck State College was the finalist.

- All best wishes to Mary Halverson -- and family -- for the new arrival, a girl, born on November 11.

Submitted by Sister Kathryn Zimmer,  
Chair, AASPN Program



## Masquerade Powwow A Huge Success

I would like to take this opportunity to thank each and everyone of you that contributed to the huge success of the Masquerade Powwow that was held on Thursday, October 30th at the large gym.

Some of you donated time, money, baskets and encouragement. What ever you donated it came in handy.

We had Masqueraders from Fort Yates, New Town, Bismarck, Cannonball and other areas. We had six (6) drums show up to help us out and we were able to fill up the large gym with many spectators from near and far.

We went into the Powwow with about \$400.00 and with the combination of the Basket Auction, Raffle and Just Say No selling refreshments, raised another \$500.00. The baskets sold for different prices ranging from \$5.00 to \$35.00.

We had the assistance of two (2) fine auctioneers, Mr. Harry Berg and Mr. Tim Lenertz who also volunteered their time to make the event a big success. Thank you gentlemen.

The list of items and the people who donated their time, energy and goods would be to extensive to list, but all know who you are and what you did. You can all be proud to be associated with United Tribes Technical College and our big family.

So, I again want to say thanks to each and everyone of you and all of your help.

Thank you  
Joe McGillis

## RECREATION

- Results of CO-ED Volleyball (11-11-97): UTTC defeated all Vets Clinic - 15-6, 15-9, 15-11
- Womens Volleyball (11-12-97): UTTC defeated American Family Insurance - 15-11, 15-9, 15-12
- Results of YMCA 4 on 4 League (11-12-97): UTTC defeated "The Dukes"

Attention: for those interested in playing basketball for the United Tribes Women's Basketball Team, practices will begin Monday 11-17-97. Any questions call John, Rob or Kevin at the gym. Practice will be from 7:00 pm to 8:30 pm.

Results of the United Tribes Mens Basketball Opener: United Tribes (133) - Valley City JV (91). Jason Logg and Tanner Albers lead the Thunderbirds with 37 and 29 pts. respectively. Lee Logg and Arron Abbey lead with 12 rebounds a piece.

Next Home Game is Tuesday, November 18. UTTC vs UND-Lake Region.

## STUDENT HEALTH CENTER NOTES:

The Student Health Center will be **CLOSED** on Tuesday, December 2nd due to Early Periodic Screening. Only emergency visits will be seen.

Planning for World AIDS Day is underway. World AIDS Day will be held on December 1. Faculty will be sent activities that they can incorporate to the classroom. The planning committee would like campus wide participation. If your classroom is doing something special for the day, please let Sharlene at the Student Health know what is being done.

Monthly head checks at the nursery, preschool and elementary will be held on December 3 & 4th.

Student Health Center has caps and mittens remaining from last year. See SHC during office hours.

### COLD-RELATED ILLNESSES

Frostbite is a cold weather medical emergency. Frostbite is the freezing of body parts exposed to the cold. Severity depends on the air temperature, and the wind. Frostbite can cause the loss of fingers, hands, arms, toes, feet and legs.

The signals of frostbite include the lack of feeling in the affected area and skin that appears waxy, is cold to the touch, or discolored (flushed, white, yellow, or blue).

To care for any frostbite, handle the area gently. Never rub an affected area. Rubbing causes further damage to soft tissues. Instead, warm the area gently by soaking the affected part in water no warmer than 105 degrees F. If you don't have a thermometer, test the water temperature yourself. If the temperature is uncomfortable to your touch, the water is too warm. Keep the frostbitten part in the water until it looks red and feels warm. Loosely bandage the area with a dry, sterile dressing. If fingers or toes are frostbitten, place cotton or gauze between them. Don't break any blisters. Get professional medical attention as soon as possible.

In general, frostbite can be prevented. To prevent frostbite from happening follow these guidelines. 1) avoid being outdoors in the coldest part of the day. 2) Change your activity level according to the temperature. 3) Take frequent breaks. 4) Dress appropriately for environment. 5) Drink large amounts of fluids.

Information for the  
Next Newsletter must be  
submitted to Arrow Graphics  
before 5:00 pm - November 21st.  
Attn: Wanda Swagger

## World Culture and Sports Festival III to hold 'Blessing '97'

World Culture and Sports Festival III will hold a weeklong series of events from November 23-30, 1997 in Washington, D.C. The festival, founded by Reverend and Mrs. Sun Myung Moon, will bring together thousands of scientists, women activities, youth leaders and journalists.

The highlight of the festival will be "Blessing '97", which will be held at RFK Stadium, November 29, 1997 and is expected to attract more than 30,000 world peace. Following the ceremony, featured artists will perform including Grammy Award winning singers Whitney and Jon Secada.

Contact: LaVonic Perryman or Howard Self of World Culture and Sports Festival III, 703-506-8306.

**Arts and Crafts Sale  
State Penitentiary  
Saturday, December 6, 1997  
10:00 am to 4:00 pm**

**(Leather Work, Ceramics,  
Bead Work, Jewelry, Etc.)**

Alcohol is a powerful drug, medically classified as a depressant.

Because it affects the central nervous system, alcohol causes:

**1 ALCOHOL IS ABSORBED QUICKLY INTO THE BLOODSTREAM**

because it doesn't need to be digested.

**2 IT SLOWS THOUGHT PROCESSES IN THE BRAIN,** numbs brain cells, and affects all major organs.

**3 ALCOHOL IS COLLECTED AND PROCESSED SLOWLY** by the liver until it's removed.

**ALCOHOL IS A TOXIC DRUG THAT CAN CREATE:**

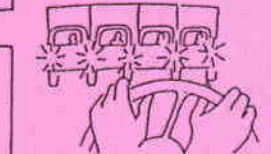
- **TOLERANCE**  
- a need for increasing amounts to feel the same effects
- **DEPENDENCE**  
- a person needs regular doses of alcohol in order to function, mentally and physically
- **WITHDRAWAL SYMPTOMS**  
- mental and physical problems that occur when a person reduces or stops drinking.

**LOSS OF CONCENTRATION**

Drinking can cause drowsiness. When alertness decreases, the chances of a crash increase.

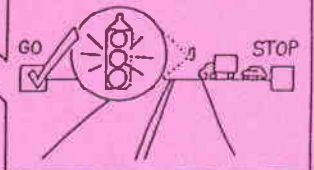
**VISUAL PROBLEMS**

Alcohol can cause double (or multiple) vision and blurring. It also reduces side vision, making it hard to see vehicles approaching from either side.



**POOR JUDGMENT**

Alcohol dulls areas of the brain that enable people to make sensible, safe decisions.



**SLOWER REACTION TIME**

Drinking slows reflexes and interferes with coordination. Drivers who can't react quickly are dangerous to themselves and others.





OPEN HOUSE

CHEMICAL HEALTH CENTER

NOVEMBER 19, 1997

FROM

9:00 A.M. TO 4:00 P.M.

DOOR PRIZES

HAPPY THANKSGIVING  
TO ALL!

FROM

THE CHEMICAL HEALTH CENTER