

# W UNITED TRIBES TECHNICAL COLLEGE R WEEKLY NEWSLETTE

VOL. 7 NO. 12

December 8, 1997

## Weekly Menu

Dec. 8 to Dec. 12

### DINNER



LeRol

- Mon.- Croissant Sandwich with Turkey or Ham, Potato Salad, Salad Bar, 2% or Skim Milk
- Tue.- Taco Salad, Baked Chips, Assorted Fresh Fruit, 2% or Skim Milk
- Wed.- Spaghetti with Meat Sauce, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- French Dip with Au-Jus, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Fri. - Knoephle Soup, Chicken Salad Sandwich on Whole Wheat, Salad Bar, 2% or Skim Milk



Rita

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



Dennis

### SUPPER

- Mon.- Braised Beef over Noodles, Vegetable, Salad, Fresh Fruit, 2% or Skim Milk
- Tue.- Bar-B-Que Chicken, Baked Potato, Vegetable, Dinner Roll, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Hamburger Hotdish, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- Swiss Steak, Baked Potato, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Fri.- Meatballs over Noodles, Vegetable, Salad, Dessert, 2% or Skim Milk



Bugs

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

## We in the Nursing Department are Grateful

Thoughts turn to "thankfulness and praise" at Thanksgiving dinner at UTTC on Wednesday calls for a special thanks to all who made the dinner possible. There was good food, good sharing, families and friends gathering with faculty and staff in happy conversation. And then there were the vacation days -- and thanks for these.

Nursing students are also grateful for the review sessions with faculty as they prepare for final exam week.

Wonderful was the telephone call from Rhonda Taken Alive with the good news that she passed the State Licensure Exam as a first time taker, and the conversation with her supervisor (Mobridge Nursing Home) giving high praise to Rhonda's performance and to those other UTTC grads who have been employed there. Congratulations to go to Marilyn Vetter, also a first time taker, who passed the Licensure Exam.

Good weather - is another welcome happening -- plus the improved street conditions on campus.

Of course, some of us must face challenges but for now we say THANKS THANKS for the great experiences we are enjoying.

Submitted by Sister Kathryn Zimmer,  
Director, AASPN Program

## Attention Graduating Students

Graduation is just around the corner. Remember I gave you each a memo to contact me to come in and take your EXIT T.A.B.E. TEST as soon as possible.

THIS NEEDS TO BE FINISHED BEFORE YOU GRADUATE !!!

Amos American Horse	Chastity Clausen
Molly McDonald	Joy Romero
Valerie Serawop	Gilma Stands
Eric Watson	

Come to my office Room 115 or call me at Ext. 234 to get this test completed.

THANK YOU



## Spring IVN Schedule UND - Room 112

### All Classes - Starts Monday 12th

- BIO II Biology (3 Credits): 10:00 MWF*
- Ag Science - Sptop 199: 11:00 - 12:00 MWF*
- Soc. 220 Aspects of Multicultural Aging (2 Credits): 9:00 MW*
- Hum. Into. to NA Studies Coop (3 Credits): 4:00-7:00 R*
- Hum. 206 Survey of Am. Literature (3 Credits): 2:00-4:30 W*
- SpTop. 199 Library Science Research (2 Credits): 2-2:50 TR*
- Eco. 101 Macroeconomic (3 Credits): 4:30-6:00 MW*
- BIO 250-Nut 250 (3 Credits): 3:00-4:00 MTR*
- Chem. II 106 (4 Credits): 1:00-2:00 MTWR*

## Student Health Center Notes:

Students who are returning to home agency during Christmas break are encouraged to schedule dental and medical appointments ahead of time to ensure you get the medical attention that you need. Student Health Center can assist you in scheduling these appointments.

World AIDS Day wasn't as successful as we hoped it would be, but we would like to thank all of those who participated in the activities.

Transportation to Ft. Yates IHS is available on Wednesdays for those students in need of medical attention that the Student Health Center does not provide. Arrangements must be made with a Student Health Center nurse.

### Do I Need Antibiotics?

Sometimes you can't be sure if you have a viral or bacterial infection. But it is important to get the antibiotic treatment when it's needed. So when in doubt, call or speak with a health care provider.

Call or speak with your health care provider if....

A cut becomes swollen, tender, hot or red..

Any injury develops red streaks extending from it, or gives you a fever.

You get a puncture wound or very deep or dirty cut, especially if you have not had a tetanus booster shot in 5 or more years.

An illness that seems to start as a cold or flu develops these symptoms:

- A cough with pain in the chest, shortness of breath while doing activities that normally do not make you feel out of breath, or a severe cough that is not improving after 7 days.
- A fever over 101 degrees F that persists for more than 2 days, or is accompanied by shaking or chills.
- A sore throat that lasts more than 3 days, especially if your throat is red, or you have a fever, or it occurs without a runny or stuffy nose.
- Sinus pressure with green or dark mucus that doesn't begin to improve within 5 days.
- Ear pain that worsens or lasts more than a few days.
- Severe headache with fever.
- Symptoms take a turn for the worse after starting to get better.

## TJES Christmas Program

*Thursday, December 11  
2:00 pm - GYM*

*Do you want to get in the mood for Christmas? All the UTTC students, staff and faculty are invited to the elementary school Christmas program. The kindergarten will perform Christmas songs and poems and Grades 1-8 will present the program "Christmas in our Town". It is a program about many different kinds of customs you see in December. The 7/8 graders will serve as puppeteers and the 5/6 graders have been working on a multimedia presentation to present. Even if you don't have a child enrolled at TJES, please come and get in the mood for Christmas. The children have worked very hard to learn their parts and the support of family and friends is very important to them. Please plan to attend now.*

**Information for the  
Next Newsletter must be  
submitted to Arrow Graphics  
No later then December 12  
Attn: Wanda Swagger**



## Thunderbirds

Current Record: 6 & 5  
Scores of last 2 games:

UTTC - 88  
Trinity Bible - 75

UTTC - 108  
U of Mary JV - 100 OT

Next home game FRIDAY, DECEMBER 12th

## Lady Thunderbirds

After only two weeks of practice, the UTTC Lady Thunderbirds had their first game against the Trinity Bible College Lions in Ellendale on Tuesday, December 2. "I'm really proud of the way the team performed after having only two weeks of practice, said Coach Bob Bucholz. They fought hard but were defeated with a final score of Trinity 56 and UTTC 51.

The following team members played in the season opener in Ellendale: Lisa Yellow Horse, Kim Lambert, Michelle Provancial, Reida Whiteshield, Geri Whiteman, Rory Tendore, Norma Two Bulls and Lisa Enno. Lisa Yellow Bird scored 24 points and Kim Lambert added 15.

The Lady T-Birds start their city league game Sunday, December 7, at the Memorial Building in Bismarck.

Our next home game is Friday, December 12, 5:30 pm against Sitting Bull College. "If we play as hard as we did in Ellendale, it should be a fun game to watch," says Bucholz.

Bucholz hopes that everyone will come out to support the Lady Thunderbirds.

## Chemical Health Center

The Chemical Health Center was part of the World Aids Awareness Day December 1, 1997.

We would like to thank all the people for coming to learn more about Aids. It truly opens our eyes to the problems of Aids. We all know one person who died or has HIV. We all need to take a stand and reach out to educate our selves more about Aids.

The winners of the Door Prizes for the Adults are as follows:

Skyla Marks	Calculator
Sis Catches	Book Bag
Mike Red Tomahawk	MCI Bag
Linda Heck	T-Shirt
Mickey Held	Mug
Valentina Shevehenko	Can Holder

If you did not pick up your prize at the Aids workshop please come by the Chemical Health Center to do so.



## CHEMICAL HEALTH CENTER CHRISTMAS OPEN HOUSE

**DECEMBER 10, 1997**

**WEDNESDAY**

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

**GOODIES WILL BE SERVED**

**DOOR PRIZES**

**COME JOIN THE FUN!!!!!!!!!!!!!!!!!!!!**

A black and white illustration on a light green background. On the left, Santa Claus is shown from the waist up, wearing his traditional suit and hat, sitting on a brick chimney. Behind him is a large, decorated Christmas tree. In the background, a silhouette of a town with various buildings and a star in the sky is visible against a dark background. The entire scene is framed by a thin black border.

DECEMBER IN  
OUR TOWN

TJES  
CHRISTMAS  
PROGRAM

THURS. DEC 11  
2PM - UTTC GYM  
GRADES K - 8

MONTH December

YEAR 97

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 YMCA, Swimming Open Gym	2 Men's B-Ball 7:30 (Away) Trinity Bible CO-ED Volleyball 8:00 pm Open Gym 1-10	3 Y-League 9:30 (East gym) Women's Volleyball 8:00 pm YMCA, Swimming Open Gym 1-10	4 Men's B-Ball 5:30 (Away) Mary College TV Open Gym 1-10	5 Open Gym 1-10	6 Grade school Gym Closed
7 Tournament  Gym Closed	8 YMCA, Swimming Open Gym 1-10	9 CO-ED Volleyball 6:30 pm Open Gym 1-10	10 Men's B-Ball UNO-Lake Region 7:30 pm (Away) Y-League 6:30 pm (West Gym)	11 8-Ball Pool Tournament Open Gym 1-10	12 Men's B-Ball Jamestown St. JV 7:30 (Home) Women's B-Ball vs sitting Bull 5:30 pm (Home)	13 7 <sup>th</sup> and 9 <sup>th</sup> Grade Tournament Gym Closed
14 7 <sup>th</sup> and 8 <sup>th</sup> Grade Tournament  Gym Closed	15 <u>Finals Week</u> YMCA, Swimming Open Gym 1-10	16 CO-ED Volleyball 8:45 pm Open Gym 1-10	17 Women's Volleyball 7:15 pm YMCA, Swimming Open Gym 1-10	18 Open Gym 1-10	19 Saunders Bearstail	20 Gym Closed
21 Memorial Basketball Tournament	22 CHRISTMAS VACATION	23 Open Gym 1-10	24 Open Gym 1-10	25 Open Gym 1-10	26 United Tribes Men's Basketball League 2 <sup>nd</sup> semester	27
28 Contact John ex 261 or 377	29 Robot Recreation	30	31	1	2	3