UNITED TRIBES TECHNICAL COLLEGE EEKLY NEWSLETTE

VOL. 7 NO. 12

December 8, 1997

Weekly Menu Dec. 8 to Dec. 12

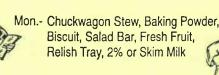
Ion. - Croissant Sandwich with Turkey or Ham, Potato Salad, Salad Bar, 2% or Skim Milk

Tue. - Taco Salad, Baked Chips, Assorted Fresh

Wed.- Spaghetti with Meat Sauce, Vegetable, Salad Bar, Dessert, 2% or Skim Milk

Thu.- French Dip with Au-Jus, Salad Bar, Assorted

Whole Wheat, Salad Bar, 2% or Skim Milk



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

Wed.- Hamburger Hotdish, Salad Bar, Dessert, 2% or Skim Milk

Swiss Steak, Baked Potato, Vegetable, Salad Thu.-Bar, Dessert, 2% or Skim Milk

Meatballs over Noodles, Vegetable, Salad, Dessert, 2% or Skim Milk

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

Dennis

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.

We in the

Nursing Department are Grateful

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

sessions with faculty as they prepare for final exam week.

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

now we say THANKS THANKS for the great experiences

were the vacation days -- and thanks for these.

plus the improved street conditions on campus.

Thoughts turn to "thankfulness and praise" at

Nursing students are also grateful for the review

Wonderful was the telephone call from Rhonda

Good weather - is another welcome happening --

Of course, some of us must face challenges but for

Submitted by Sister Kathryn Zimmer,

Director, AASPN Program

THIS NEEDS TO BE FINISHED BEFORE YOU GRADUATE !!!

Amos American Horse Molly McDonald Valerie Serawop

Chastity Clausen Jov Romero Gilma Stands

Eric Watson

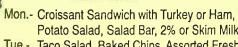
Licensure Exam.

we are enjoying.

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

THANK YOU

DINNER



Fruit, 2% or Skim Milk

Fresh Fruit, 2% or Skim Milk

Fri. - Knoephle Soup, Chicken Salad Sandwich on







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

TJES Christmas Program

Chem. II 106 (4 Credits): 1:00-2:00 MTWR

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 it 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

Student Health Center Notes:

Students who are returning to home agency during Christmas break are encouraged to schedule dental and medical appointments ahead to 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.





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

Sis Catches

Mike Red Tomahawk

Linda Heck

Mickey Held

Valentina Shevehenko

Calculator

Book Bag

MCI Bag

T-Shirt

Mug

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

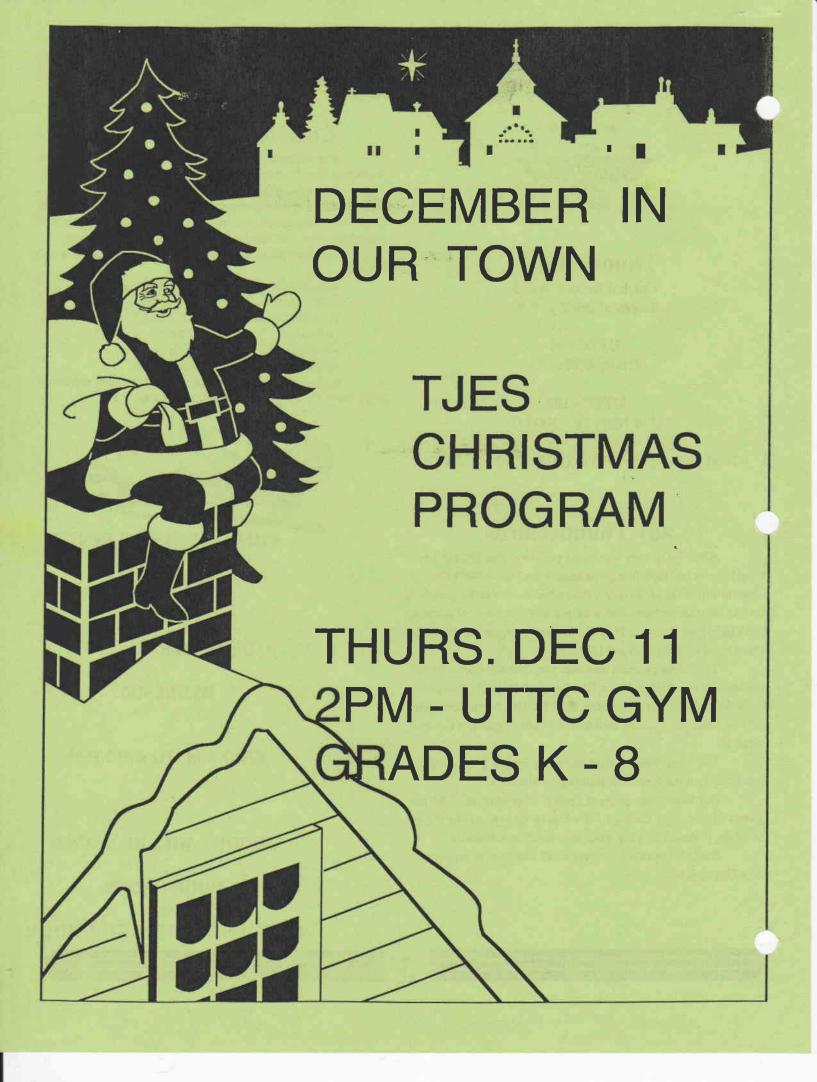
WEDNESDAY

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

GOODIES WILL BE SERVED

DOOR PRIZES

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



______YEAR __97

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CATURDAY
		2 men's B. Ball	3 > League	4 Meris B-Ball	5	SATURDAY
		7:30 (AWMY)	9:30 (East gym)	5:30 (Away)	2	6 Grade school
		Trinity Bible	women's Valleyball	Mary College JV		
1		CO-ED Volleyball	8:00 pm			
	YMCA , Swimming	3:00 bw	Nine A.A. C. S. washing			
	Open Gym	Open Grm 1-10	Open Grm 1-10			
7	8	9 CO-ED Volleyball	10 Mens B-Ball	Open Gyn, 1-10	12 mens 8-Ball	Gymclosid
Tournament		6:30 pm	UNO-Lake Region	- 0- Dall	Jamestown St.	13 7th and 9th
			7:30pm (Away)	Pool Technament	JV 7:30 (Home)	Grade Tournament
			Y-League		women's B. Ball	
	YMCA, Sw. mming		6:30 pm (west Gym)		5: Hing Buil 5:30 pm (Home)	
Gymchesed	Doen Eym 1-10	Open Gym 1-10	The first county	0	G.Jopine (Tione)	
14 7th and 3th	15	16 CO-EO Volleyball	17 Women's Volleyball	18 Open Gym 1-10	In last	Grm Closed
GradeTournament		8:45 pm	7:15 pm	101	19	20
			2.5	. x 1 - 1	Saunders Be	arstail
(6)	Finals Week-					
	mcA, Swimming		YMCA, Swimming			
6xm Closed	Open Grm 1-10	Open Cym 1-10		open Gym 1-10		
21	22	23	24		26	
Memorial		*	,	~	<u>ze</u>	27
Basketball	CARIST MAS V	ACATION				→
Tournament						
(Daniel		For Those interes	red in playing in the	United Tribus Mens	Basketball League	2 2 Somester
02						
<u>⊗</u> 1	29	30	31	1	2	3
Contact Johns.	Robat Recreation					\rightarrow
ex 261 or	377					