

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER R

VOL. 2 NO. 6

November 22, 1993

Cafeteria

NOVEMBER 22-26, 1993

LUNCH:

Mon. - Tator Tot Hot Dish, Vegetable, Salad Bar, Dinner Buns, Dessert, 2% Milk

Tue. - Sloppy Joes, Potato Chips

Wed. - Thanksgiving Dinner

Thu. thru Sun. - Brunch 10:00 a.m. to 12:00 p.m.

November 29, 1993

Mon. - Burritos, Rice, Green Beans, Fruit Salad, 2% Milk

SUPPER:

Mon. - Pork Cutlets, Instant Potatoes, Creamed Style Corn, Salad, Apple Sauce, Sugar Cookies

Tue. - Chili and Hotdogs

Wed. thru Sun. - Meals at 4:00 to 5:00 p.m.

November 29, 1993

Mon. - Meatballs, Fried Potatoes, Natural Gravy, Vegetable, Salad, Dessert



Counseling

THE WAY TO HAVE VITAL ENERGY
A seven-day program for maintaining vitality
by Norman Vincent Peale

Monday

Start by anticipating a great week. The practice of anticipation stimulates zest and the zestful person always has energy going for him.

Tuesday

Energy sags when your thoughts sag. So, on this second day, pull your thoughts up to the enthusiasm level and hold them there. How to do this? Simply act enthusiastic. Act as if you were already enthusiastic, and you will tend to be so.

Wednesday

Today, firmly cope with two attitudes that siphon off energy: worry and frustration. To cancel them out, think faith, practice faith, affirm faith. Replace negative with positive thoughts.

Thursday

Pray away the "gray sickness" -- that half-awake, half-asleep, half-alive, half-dead feeling that sometimes comes to destroy our energy and force. Pray and act upon alive-type prayers of excitement, joy, and gratitude.

Friday

Remind yourself that, as a child of God, you are the constant recipient of boundless life, health, energy and vitality. Visualize yourself as continually being recreated in body, mind, and spirit.

Saturday

Today, practice the art of slowing down. Relax and try getting yourself into the even rhythm of God, who created you. Let life's basic tempo take over. Drop out worry and tension.

Saturday

Go to church. For "they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint."

submitted by Paul S.

(If you can use this program then hang it by your bathroom mirror).

Healthline

TURKEY TALK

According to the National Turkey Federation, 90 percent of Americans, or 225 million people, will eat a total of 45 million turkeys on Thanksgiving. And, according to the United States Department of Agriculture's (USDA) Meat and Poultry Hotline, the most commonly asked food-safety questions called in by consumers concern cooking that Thanksgiving turkey. So if any of you are in doubt as to what to do with your turkey, the following information should help.

The most common mistakes to avoid when preparing the Thanksgiving turkey:

Mistake #1: Defrosting at room temperature. While there are many reasons why consumers find themselves with turkeys defrosted at room temperature, the results are the same—a potentially unsafe turkey.

Bacteria grow rapidly at room temperature. Bacteria will begin to grow on the outside portion of the bird that defrosts first. These surface bacteria can multiply to dangerously high levels that cooking may not destroy.

Do instead: Plan on 1 day of refrigerator defrost time for every five pounds of turkey. A 10-pound turkey will take approximately two days to defrost in the refrigerator, a 15-pound turkey three days, and so on.

Mistake #2: Pre-stuffing a turkey the night before. Stuffing the turkey the night before can be risky business. Inside the cavity of the bird, the stuffing is insulated from the cold temperatures and this can keep the stuffing in a temperature range that encourages bacterial growth.



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Send all news to Arrow Graphics by Wednesday of every week.

Do instead: Prepare dry stuffing ingredients the day before. Tightly cover and leave at room temperature. The perishables—butter or margarine, mushrooms, oysters, cooked celery and onion, and broth—should be refrigerated. Combine the dry and wet ingredients and stuff the bird immediately before the turkey goes into the oven.

Mistake #3: Cooking at low temperatures overnight. Cooking below 325°F is unsafe because low temperatures permit the bird (and the stuffing) to remain in the danger zone (40°F - 140°F) too long. While in this zone, bacteria can grow and some produce heat-resistant toxins.

Do instead: Cook perishable foods at an oven temperature no lower than 325°F.

Mistake #4: Partially cooking the bird the day before. Interrupted cooking can actually increase the possibility of bacterial growth. The turkey may be heated long enough to activate bacterial growth, but not long enough to kill it.

Do instead: Cook the turkey completely in one operation. Several ideas for saving time during cooking include: 1) Using oven cooking bags; 2) Baking stuffing separately from the turkey; 3) Cooking and carving the turkey one to two days before the holiday, and storing it in the refrigerator for reheating on Thanksgiving.

Mistake #5: Cooking a turkey ahead of time and leaving it whole in the refrigerator. Cooking the turkey or two before the holiday in fine, but refrigerating the bird whole without carving is not a good idea. A cooked turkey, stuffed or unstuffed, is too big and dense to cool down quickly and efficiently in a home refrigerator. Therefore, food poisoning bacteria are given time to grow.

Do instead: Roast the turkey one to two days before the holiday. Use a meat thermometer to make sure that the bird reaches 180°F. Remove stuffing immediately after taking the bird from the oven. Allow the turkey to sit for 20 to 30 minutes so that the meat juices can settle.

Carve the bird into appropriate serving slices. Arrange turkey slices in shallow baking pans. Cover and refrigerate. Reheat Thanksgiving Day in a conventional oven or microwave. Make sure that meat and stuffing are reheated to the steamy hot temperature of 165°F.



If all the year were playing,
holidays, to sport would be
as tedious as to work.

William Shakespeare

from Apple Seeds © 1992

Winter Survival



You have no doubt heard of winter survival kits for your car. Things like: tow chain or tow rope, extra blankets or sleeping bag kept dry in a tight plastic bag, jumper cables, tire chains properly sized for your car, flashlights, extra coat, gloves and cap, matches and thick candle, extra scraper and window brush, scoop shovel, gas line anti-freeze, and keeping the gas tank full all help in times of trouble. It is best not to travel during weather extremes but wise to be prepared for winter's worst.

There are also winter "kits" for your home or self that help with the blues of winter. Decreased daylight and spending more time indoors have a psychological effect on a person's well-being. One of the best things to help with winter is to get outside as often as possible. Taking a ten to fifteen minute walk once or twice daily does great good in boosting attitude, adjusting to winter cold and improving health. Increasing light intensity in home and workplace help a great deal. Pick your most popular room and arrange a combination of fluorescent and incandescent lighting. The combination of lighting wavelengths best duplicates natural sunlight and promotes a feeling of comfort and warmth. Having a collection of cheery and enjoyable music boosts the spirit, (this does not include heavy metal

types!), when listened to at low times. Getting together favorite books, projects, crafts, hobbies, and other enjoyables bring pleasure to the indoor time, or outdoor time as well for those that apply there. Gathering together with "warm" friends, family, and other social groups is an all time favorite and the best emotional help. Getting more sleep is a natural reaction well accepted by the body and brain with the decreased level of natural daylight and increased demand on the body adjusting to the cold and reduced physical movement. Sitting around a fireplace is one of the most popular and relaxing winter boosters with a multiple candle arrangement as a better than nothing substitute for those quiet, cold winter night. Whatever you do, the more you do will make winter an enjoyable and festive time of year as well as a time to catch up on yourself, who you are and where you are going.

Have a safe and memorable winter season.

Paul S.

Nursing Students Simulate CAT-NCLEX

Graduating nursing students are involved in preparation for the Computerized Adaptive Test for state licensure as practical nurses. The nursing department wishes to thank Jill Feist, Research Development, Jim Young, Office Technology and Ray Dwelle, Finance for their participation in making this possible.

April of 1994 marks the beginning of computerized testing rather than paper and pencil testing. December graduates will be testing in April. The change provide advantages for the new graduates. The exam has been offered only a few times a year. Students traditionally have anxiously waited up to two months for result. From April on students can take the test at anytime and have the results within two weeks. If failure occurs they can remediate and retake the test at anytime. The test adjusts to assess the individual students to determine the level of safe practice. Some students may answer 70 questions and others 110. The number of questions asked doesn't indicate failure or pass.

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Continued from page 3.

One can pass or fail and still be given only 70 questions. All areas of nursing process and care are addressed.

Dr. Arnett provider of the software review, developed testing of nursing following the new multi-dimensional CAT model as part of her doctoral work. Her company will provide yearly updates for the program. We feel very fortunate to use the office technology Gateway computers and to have the technical assistance needed. Jill and Jim have been most gracious as they have provided a user friendly learning environment.



Students

CDS International, Inc. is now accepting applications for the 1994-95 Congress-Bundestag Youth Exchange Program for Young Professionals, to study and work in Germany for one year. Through this government-sponsored exchange program, American selected participate in two months of intensive German language training, four months of study at a German technical/professional school or university and have an internship with a German organization or business for approximately six months. Internships vary according to professional field and previous work experience. Participants are placed throughout Germany and have the opportunity to reside with a host family. Program duration is late July 1994 to mid July 1995.

The program is designed primarily for career-oriented young adults in business, technical and vocational fields. Candidates in other career fields are also encouraged to apply. Interested applicants must be U.S. citizens between the ages of 18 to 24 at the start of the program and have clear career goals and related practical work experience. German language ability is not required, but is strongly recommended.

Deadline for completed applications is December 31, 1993.

Conceived and supported by members of the United States Congress and the German Bundestag, the program is financially supported the Bureau of Educational and Cultural Affairs of the United States Information Agency (USIA) under the authority of the Fulbright-Hays act of 1961, as amended, as well as the German Bundestag. Program funding provides for international airfare, orientation, mid-year and final seminars, insurance, partial local transportation and partial host family stipends. Participants must provide their own spending money throughout the year.

For more information and an application, contact: Congress-Bundestag Program, CDS International, Inc., 330 Seventh Avenue, New York, NY 10001-5010, (212) 760-1400.

TJES

On Tuesday, Nov. 23 from 9:30-11:00 a.m. the 1st Grade class will go on a field trip to Med Center One and take in the "Let's Play Hospital" program. Remember we want everyone to be here on time to go on this field trip, unlike last time when 1 student missed the boat 'cause they were tardy....

Reminder that Tuesday, Nov. 23 is the 2nd to the last time parents will be able to take advantage of the Chapter 1 Checkout Program for the year as they will not be open during December. So go over and take advantage of them from 4-5:00 p.m.

PICTURE RE-TAKES will be held in the small gym from 8:30-10:00 a.m. ONLY, on Wednesday, Nov. 24th. If you did not like your 1st proofs because you had a bad hair day or you didn't like the shirt and wish to a picture re-take, you must pay a \$3.00 Re-take on the spot, no ifs, ands or buts. If you missed the first sitting or eyes are shut on proofs...you do not have to pay the \$3.00 fee, but you have to bring in your proofs as proof. Got it? If not call Amanda at ext. 304, she knows it all.

For the uninformed only...No school on Thursday and Friday, Nov. 25 & 26 due to the Thanksgiving vacation. There will be school on Monday, Nov. 29th.

TJES Staff wishes everyone a Happy Thanksgiving and take it easy on the turkey & jello.

All extra-curricular activities are cancelled during the vacation (Thursday & Friday) and will resume on Monday, Nov. 29. This means no Children's Support Group, no "Say No" Club, no gymnastics or drill team.

The following poem was submitted by Mrs. Mueller:

Unity

I dreamed I stood in a studio
and watched two sculptors there,
the clay they used was a young child's mind,
and they fashioned it with care.

One was a teacher; the tools he used
were books and music and art;
one a parent with a guiding hand,
and a gentle, loving heart.

Day after day the teacher toiled,
with touch that was deft and sure,
while the parent labored by his side
and polished and smoothed it o'er.

And when at last their task was done,
they were proud of what they had wrought,
for the things they had molded into the child
could neither be sold nor bought.

And each agreed he would have failed
if he had worked alone,
for behind the parent stood the school,
and behind the teacher, the home.

Author Unknown



News Flash

Arrow Graphics still has an assortment of 1993 Powwow Souvenir items for sale to staff and students at a reduced price for the holidays. These items make great X-Mas gifts. Remember, some of the souvenir items will never be sold again with this unique starburst/Dancer design, so if you liked this design, you need to purchase them before they're gone.

Items & quantities available are as follows:

Item:	Color:	Qty.	Available:	Size:	Price:
*Reg. T-Shirts	Black	19		XXL	\$8.00
	Gray	8		XXL	
	Black	7		XL	
	Gray	7		L	
	Black	29		L	
*Pocket T-Shirts	White	24		L	
	Black	7		XXL	\$10.00
	Gray	10		XL	
	Black	1		L	
*Sweatshirts	White	4		L	
	Black	4		L	\$12.00
	Gray	2		L	

* 4" Round Chest Transfer additional 50¢.

* All t-shirts & sweats will be ready for pickup 2 days after ordered. All orders must be either paid for in advance or a Payroll Deduction slip signed before order will be placed.

If you would like to purchase 93' Powwow Black Satin Jackets for the holidays, order must be placed by November 12th in order to assure delivery by X-Mas. Also - since these are special order items, we cannot sell them at a reduced price. Jackets are \$40.00 and are available in Black Flannel Satin only.

Other items available are:

(200) Refrigerator Magnets	@ \$.75 ea. or 2 for \$1.00
(33) Flashlights	@ \$8.00
(82) Fanny Packs	@ \$5.00
(37) Duffel Bags	@ \$10.00
(5) Coffee Mugs	@ \$2.00
(256) Seat Cushions	@ \$7.50

(449) Sipper Cups w/Straw	@ \$2.50
(107) International Powwow Caps	@ \$7.50
(20) Powwow Caps	@ \$5.00
(1M+) Powwow Buttons	@ \$.25¢
Powwow Note Cards w/Env.	@ \$4.00/12 sets
(LIMITED EDITION)	

Small Powwow Poster (11x17)	@ \$.50¢
Small Art Expo Poster (11x17)	@ \$.50¢

Those persons who order t-shirts or sweatshirts, can pick them up Tuesday, November 23 at Arrow Graphics Department.

UTTC Chapel

Sunday 10:00 a.m. - Catholic Mass

Sunday 12:30 p.m. - Assembly of God Services

Sunday 4:00 p.m. - Episcopal Services

Any questions concerning Campus Ministry, contact: Rev. Mr. Edward Johnson, Sr., Chaplain for United Tribes Technical College at 255-3285, Ext. 204.

Recreation

Activities below are weekly and will be held on the date and same times. If times change we will notify staff and students of changes.

WEEKLY ACTIVITIES

Activity	Time	Date	Area
Kids Swimming	7-8:00 p.m.	Mon.	YMCA
Line Dancing	7-9:00 p.m.	Mon.	Small Gym
Noon Ball	12-1:00 p.m.	M.W.F.	Big Gym
Drum Group	12-1:00 p.m.	M.T.W.T.F.	Small Gym
Tae-Kwon-Do			
Lessons	7-8:00 p.m.	Tues.	Small Gym
League Bowling	7-9:30 p.m.	Tues.	Cap. Lanes
Say No Club	6:30-9:00 p.m.	Thurs.	Small Gym
Aerobics	8-9:00 p.m.	Wed.	Small Gym
Elem. Dance	7-9:00 p.m.	Fri.	Small Gym

NOVEMBER 1993

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Lakota Club-7:00 Ed. Bldg. Basement 7-9 Line Dancing- Small Gym	2 4-5 Aerobics-Small Gym 7-8 Karate-Small Gym	3 7:00 - A.A. - Chemical Health Center	4 Wild West Theatre-1:30 Learning Center Women's Support Group 6:30 Sakakawea Hall 6:30-9:00 Coed Volley- ball	5 Noonball - 12:00-Gym	6
7 7-9 Bingo-Small Gym NIEA Conference- Mobile AL, Nov. 7- 11	8 Lakota Club-7:00-Ed. Bldg. Base- ment AIDS workshop - 1-6pm Noonball-12:00-Gym 7-9 Line Dancing-Small Gym 12-1 Parent Rep-Sak. Hall-Sexual Abuse 6th Grade Girls BB-Richolt 4:00	9 4-5 Aerobics-Small Gym 7-8 Karate-Small Gym	10 7:00-AA-Chemical Health Center Noonball-12:00-Gym Office Tech. Bake Sale	11 VETERAN'S DAY Just Say No Club-6:00 War on Drugs Special	12 Noonball-12:00-Gym 6-9 - Movies - Gym Lounge	13
14 AMERICAN EDU- CATION WEEK BEGINS 7-9 Bingo-Small Gym	15 Lakota Club-7:00-Ed. Bldg Basement Noonball-12:00-Gym 7-9 LineDancing-Small Gym 12-1 Parent Rep-Sak. Hall Pressures Facing Youth	16 4-5 Aerobics-Small Gym 7-8 Karate-Small Gym 1994 Spring Pre-Reg- istration Nov. 16-18 7:30 NDSU-Bott vs UTTC-Gym	17 7:00-AA-Chemical Health Center Noonball-12:00-Gym	18 Wild West Theatre-1:30-Learning Center 6:30-9 Coed Valleyball Women's Support Group-6:30 Sak. Hall Let's Play Hospital-Med Center 1- Preschool Just Say No Club-6:00-Bingo Bust Parent Activities Night-Nursery	19 Noonball-12:00-Gym 6-9 - Movies-Gym Lounge Parks & Rec Elem. Jambaree Mens BB-Bismarck State College Tourney	20 AMERICAN EDU- CATION WEEK- ENDS
21 7-9 Bingo-Small Gym	22 Lakota Club-7-Ed Bldg Basement Noonball-12:00-Gym 7-9 Line Dancing-Small Gym 12-1 Parent Rep-Sak Hall-Attention Problems	23 Chemical Health Cen- ter Open House 9-4 pm Faculty Mtg-3:00-Ed 111 4-5 Aerobics-Small Gym 7-8 Karate-Small Gym	24 7:00 AA-Chemical Health Center Noonball-12:00- Small Gym	25 THANKSGIVING DAY BREAK	26 BREAK	27 BREAK
28 BREAK	29 Lakota Club-7:00-Ed Bldg Basement Noonball-12:00-Small Gym 7-9 Line Dancing-Small Gym 12-1 Parent Rep-Sak Hall-Dis- cipline Last Day to Drop Classes Classes Resume	30 4-5 Aerobics -Small Gym 7-8 Karate-Small Gym			For more recreational activities, contact: The Recreation Dept.	