

W **UNITED TRIBES TECHNICAL COLLEGE** WEEKLY NEWSLETTE R

VOL. 2 NO. 21

MARCH 29, 1994

Cafeteria

Mar. 28 to Apr. 1, 1994

Dinner

Mon. - Turkey Sandwich on a Bun, Soup, Potato Chips, Salad Bar, Dessert, Veg., Fruit

Tue. - Pork Chow Mein, Rice, Dinner Bun, Salad Bar, Egg Roll, Fruit Dessert

Wed. - Hamburger on a Bun, French Fries, Salad Bar, Fresh Fruit, Tossed Salad, Veg.

Thu. - Chuck Wagon Stew, Baking Powder Biscuit, Salad Bar, Fresh Fruit, Relish Tray

Fri. - Chicken Strips, Macaroni & Cheese, Dinner Bun, Salad Bar, Fruit, Veg.

Apr. 4, 1994

Dinner

Mon. - Hulipsa Hot Dish, Dinner, Buns, Salad Bar, Fresh Fruit, Veg. Tray

Mar. 28 to Apr. 1, 1994

Supper

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

Tue. - Roast Beef, Mashed Potatoes & Gravy, Veg., Salad Bar, Dessert

Wed. - Bar-B-Que Chicken, Baked Potato, Veg. Dinner Roll, Salad, Dessert

Thu. - Spaghetti, Veg., Salad Bar, Dessert

Fri. - Lasagna, Garlic Toast, Veg., Salad Bar, Dessert

Apr. 1, 1994

Supper

Mon. - Hamburger on a Bun, French Fries, Salad Bar, Dessert



Students

Graduates that are planning to continue their education at any of the following Universities in North Dakota can pick up their Cultural Diversity Tuition Waiver, I.H.S. Scholarships, and the North Dakota Indian Scholarship Applications at the Registrar's Office. The deadline is April 15, 1994.

Dickinson State University
 Minot State University
 North Dakota State University
 University of North Dakota
 Valley City State University

The following student have made the President's List for the 1993 Fall Semester. Each student must maintain between a 3.50 - 4.00, GPA to be eligible.

Eloise Bernhardt
 Kathleen Big Eagle
 Clayton Blue Shield
 Stan Cadotte
 Lisa Catches
 Merrill Catches
 Nancy Desjarlais
 Micki Diserly
 Connie Gwyther
 Margaret Halsey
 Tamera Hein
 Patricia Herron
 Joshua Hewson
 Nathan Ketterling
 Shawn Kenton
 Kendra Kitto
 Karlita Knight

Gary Labatte
 Ardell McDonald
 Prudence McKay
 Mary Malaterre
 Lynn Mann
 Joannie Neumann
 Justine Parkhurst
 Isaac Picket Pin
 Phyllis Prairie Chief
 Wanda Schreiner
 Vern Spoonhunter
 Letitia Stewart
 Rebecca Waupoose
 Yvette Wruck
 John Young
 Juanita Young
 Maxine Young
 Ethel Young Bear

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The following student have made the Vice President's List for the 1993 Fall Semester. Each student must maintain between a 3.00 - 3.49, GPA to be eligible.

Marvin Aragon
Marie Bass
Victoria Belgarde
William Beheler
Corwin Blacksmith
Mary Brown
David C'Hair
Sam Cadotte
Brandon Claymore
Lori Cuch
Donette Eagle
Jovonne Fox
Jacqueline Garnier
Karen Geiger
Theresa Harvie
Lucian Harvey
Shelly Johnson
Emmett Kelly
Bernice Kessler

Dean Kitto
Percival Left Hand Bull
Brenda Lehi
Jeanita Martin
Maryann Preble
Anthony Rowland
Sharlene Schaffer
Dillion Serawop
Anita Stogner
Mervin Stoltz
Jimmy Tiger
Karen Utter
Marilyn Vetter
Diane Wilkinson
Tamera Yellow Earrings
Ruth Yoder
Severt Young Bear

SUMMER JOB AVAILABLE

Fort Araham Lincoln Foundation is looking for a dependable, culturally aware, interpretive summer staff to work at Fort Abraham Lincoln and On-A-Slant Village. They would like your application right away or call 258-0203. Paul Schneider has a limited supply of application forms at Room 114 in the Skill Center. The applicant does not have to be a student or can be any college or high school age. Part of the duties will be: greet visitors and provide orientation for the Park, give tours of the On-A-Slant Village, reenact historic activity, research On-A-Slant Village and Mandan Indians. Indians only apply.



I touch the future. I teach.

from Apple Seeds

STRESS RELIEF

- 1) Practice a relaxing sign. It's the bodies way of releasing tension naturally. Doing this repeatedly as often as necessary can help you relax anytime, anywhere.
- 2) Do something with your hands. Perform a simple, short lived task or hobby activity. This is relaxing and makes you feel good about yourself.
- 3) Eat a comfort food. Choose a snack or meal item from a happy time in the past, such as icecream or homemade soup. You'll feel calmer and happier.
- 4) Sing along with your favorite music when you are at home or in your car. Hum or whistle if you can't sing the words.
- 5) Work up a sweat. Physical activity is a great way to work stress out of your system. Jog, walk, chop wood, clean house, wash the car, etc.
- 6) Take a mental trip to a special spot. Close your eyes and imagine you're in the most peaceful place on earth.
- 7) Avoid life's minor hassles. Leave work before or after rush hour traffic. Do your shopping when the crowds have gone. Keep home life sensible and pleasing, reduce expectations.
- 8) Set up an 8:00 pm curfew on worries. If you take problems to bed you'll have trouble sleeping well if at all and wake up stressed. Read a good book, talk to a friend or something else pleasing to occupy your mind.
- 9) Recall past compliment. Take a break in a nice spot and recall the nicest thing anyone has ever said or done for you. Savor for as long as possible and you'll feel renewed and vital.
- 10) Take short stress busting breaks during the day. Step outside or gaze out a window or daydream for a minute or so.

**Staff and Students:
UTTC Folders now on Sale
for \$1.00 each**

**in Arrow Graphics.
Please contact Terry at Ext. 296
(can be use as Presentation Folders
and/or Class Folders)**

UTTC Chapel Schedule

Sunday 10:00 a.m. - Catholic Mass
Sunday 12:00-1:00 p.m. - Assembly of God-Bible Study
1:00-2:00 p.m. - Assembly of God Services
Sunday 4:00 p.m. - Episcopal Services
Wednesday 7:00 p.m. - Catholic Stations of the Cross
Thursday 7:00 p.m. - Assembly of God Services
Any questions concerning campus ministry, contact:
Rev. Mr. Edward Johnson, Dr., Chaplain for
United Tribes Technical College at 255-3285 ext. 204

Catholic Services United Tribes Chapel

HOLY WEEK

Wednesday, March 30, 1994 - 7:00 pm, Stations of the Cross, conducted by Rev. Ed Johnson Sr.

Thursday, March 31, 1994 - 7:00 pm, conducted by Fr. Julian Nix, OSB

Good Friday, April 1, 1994 - 3:00 pm, Services conducted by Fr. Julian Nix, OSB

Saturday, April 2, 1994 - 7:00 pm, Vigil Services conducted by Fr. Julian Nix, OSB

Sunday, April 3, 1994 - 10:00 am, Easter Sunday, Mass conducted by Fr. Julian Nix, OSB

BAPTISMALS

Saturday, April 2, 1994 - 1:00 pm for Phaden Grant Marcellais, son of Peter & Jolli Marcellais

Sunday, April 3, 1994 - 11:00 am for Sheridan Jole Brunelle, son of Sherman & Theresa Brunelle, conducted by Rev. Mr. Ed Johnson Sr.

Door Prize Winners for
Chemical Health Center
Open House on March 17, 1994
Easter Rabbit Basket (Flopsy)
Carla Wilson
Easter Rabbit Basket (Mopsy)
Kristie Knife
T-Shirt - Roland Young

Women's Softball Meeting
Wednesday, March 30
at 7:00 pm at
Student Lounge in the Gym
all women interested in playing
Softball this summer,
please attend.



ATTENTION ALL GRADUATES

Knutson Photography will be on center in the Financial Aid office April 12, 1994 to take pictures. The cost for this sitting is \$20.00 per pack with the session starting at 10:00 a.m. Payments may be payroll deducted if the student arranges it with the Financial Aid office prior to the session.



CARDIOVASCULAR DISEASE

What is Cardiovascular Disease (CVD)?

It is a disorder of the heart and blood vessels. Two common consequences of untreated CVD are heart attacks and strokes.

CVD can begin to develop years before symptoms occur. It may be the result of:

1. Arteriosclerosis- a condition in which artery walls thicken and lose their elasticity - a major cause of CVD.
2. Birth defects - which can often be corrected by surgery.
3. Infection - often rheumatic fever, which can be prevented.

Who is at risk of developing cardiovascular disease?

The people at highest risk are those who:

- Smoke Cigarettes
- Have high blood pressure
- Have a high cholesterol level

Other factors include:

- heredity - stress - age
- diet - gender - diabetes
- weight - lack of exercise

Cigarette smoking increases your chances of high blood pressure, heart attack and stroke.

How smoking hurts your heart

- **NICOTINE** makes the heart work harder, beat faster and require more oxygen
- **CARBON MONOXIDE** in smoke reduces the amount of oxygen in the blood.
- **BLOOD VESSELS NARROW** when you inhale, making it harder for blood to flow.

Risk Factors

Smokers take big changes. They have:

- at least twice the risk of having a heart attack or stroke as nonsmokers.
- less chance of surviving a heart attack than nonsmokers.

Recreation Weekly Activities

Monday: Weekly Pool Tournament - 7:00 pm - TV Lounge; Swimming - YMCA - 7:00-8:00 pm, the Bus leaves at 6:30 pm

Tuesday: Bowling League - Capital Lanes - 7:00-9:00 pm, Bus leaves at 6:30 pm from gym; Aerobic - 12:00 pm Small gym; Intramural B.B. - 6:30-10:00 pm, check for games at Recreation Dept.

Wednesday: Women's League Volleyball - check your schedules or call Recreation at ext. 261 or 361 for game times. Swimming - YMCA 7:00-8:00 pm, the Bus leaves at 6:30 pm.; Aerobics - 6:00-7:00 pm in the small gym.

Thursday: SAY NO CLUB - Check for activity on SAY NO Posters, or call Paul at ext. 313 and Recreation at ext. 261 or 361.; Men's Basketball - at the State Pen, Bus leaves at 4:45 pm from the gym, all students are welcome to participate.

Friday: Gymnastics - Will be held every Friday from 7:00-8:00 pm, Bus will leave at 6:30 pm., for more info. call Recreation ext. 261 or 361.

Saturday: OPEN GYM!!! 1:00 to 10:00 pm

Sunday: JACK-POT BINGO - This activity will be on student Payday weekends, from 7:00 to 8:00 pm in small gym. Jack-pot at \$66.00 with 55 numbers. (blackout); Women's Basketball League - Check your schedules or call Recreation at ext. 261 or 361; Free Student Bowling - This activity will be held on non-payday weekends only. There will be a 3 game maximum.

Benefits of Quitting

The risk of heart attack decreases as soon as you stop smoking.

- Within 1 year of quitting, men under 65 cut their risk by 25%.
- 10 years after quitting, a person's risk of heart attack is equal to that of someone who never smoked.

Hypertension (high blood pressure) forces that heart to work harder at pumping blood.

Left untreated, hypertension can:

- strain and damage artery walls
- lead to heart attack, stroke, blindness or kidney failure
- double the risk of heart disease
- be present for years without symptoms

You can help control high blood pressure if you

- have regular physical checkups
- maintain proper weight
- exercise regularly
- eat a balanced diet and cut down on or avoid alcohol and caffeine
- take medication if it is prescribed
- quit smoking

It pays to have your blood pressure checked regularly!

Cholesterol is essential to human life. But, too much can be harmful.

The cholesterol in our bodies is:

- mostly made by the liver; only 1/3 come from food we eat
- a major ingredient of plaque in arteries
- carried throughout the body in the blood

Blood cholesterol levels may be influenced by:

- diet - smoking
- heredity - weight

A person's blood cholesterol can be measured by a simple blood test.

You may be able to control your cholesterol level with diet, exercise and, if prescribed, drugs. For every 1% you lower your blood cholesterol, you reduce the risk of heart attack by 2%.

So do all you can to prevent cardiovascular disease.

- Know the risk factors of CVD.
- Have regular physical checkups.
- Take steps to lead a healthier life.

Help YOUR heart to health!

JUST SAY NO CLUB

Those enjoying the activities and lessons of the club are saying YES to healthy alternatives for fun and recreation, family interaction, good surprises, stimulation of the mind and body, and the important concept that "SAYING NO" can be and is rewarding in many ways. There are some events coming up that you'll want to participate in so the schedule here will serve as a reminder if it gets pinned up by calendar.

MARCH

31st - 6:00 p.m.: Easter Events

APRIL

6th - 6:00 p.m.: Circus (optional) (bus)

7th - 6:00 p.m.: Education -N- Entertainment

14th - 6:00 p.m.: Earth Day (Memorial Planting) (bus)

28th - 6:00 p.m.: River Walk -N- Picnic (Awards)

