

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 3 NO. 3

December 8, 1994

Weekly Menu

December 19 - December 23, 1994

DINNER:

- MON - Tater Tot Hotdish, Salad Bar, Dinner Buns
Dessert, 2% Milk
- TUE - Baked Ham, Mashed Potatoes, Salad Bar
Vegetable Relish Tray, Dessert - 2% Milk
- WED - Turkey-Ala-King, Baking Powder Biscuit, Rice,
Cranberry Sauce, Salad Bar, Pumpkin Bars, 2% Milk
- THU - Bar-B-Que Beef On A Bun, Fries, Salad Bar, Green Beans,
Assorted Fresh Fruit, 2% Milk
- FRI - Chicken Nuggets/Fish Platter, Wild Rice, California
Blend Vegetables, Salad Bar, Lemon Wedge, Tartar Sauce,
Lemon Bars, 2% Milk

SUPPER:

- MON - Pork Cutlets, Instant Potatoes, Creamed Style Corn,
Salad, Applesauce, Dessert, 2% Milk
- TUE - New England Dinner, Boiled Potatoes, Boiled Vegetables,
Salad Bar, Dessert, 2% Milk
- WED - Meat Loaf, Has Browned Potatoes, Salad, Dessert,
2% Milk
- THU - Pepper Steak, Spanish Rice, Tossed Salad, Garlic Toast,
Heinz 57 & A-1 Steak Sauce, 2% Milk
- FRI - Chicken Breast on Rice, Au Gratin Potatoes, Salad Bar,
Dessert, 2% Milk



The hours of operation for the serving of meals shall be as follows:

Breakfast M-F (Everyone):	7:00 am to 7:45 am
Breakfast M-F (Elementary):	7:45 am to 8:15 am
Lunch M-F (Elementary):	11:00 am to 11:30 am
Lunch M-F (Vocation Students):	11:50 am to 12:15 pm
Lunch M-F (Staff):	12:15 pm to 12:30 pm
Brunch (Sat, Sun, Holidays):	10:00 am to 12:00 pm
Dinner M-F (Everyone):	5:00 pm to 6:00 pm
Dinner (Sat, Sun, Holidays):	4:00 pm to 5:00 pm

All departments will notify the Cafeteria of special food requests by submitting a written request. A (3) day notice is required for groups of less, and (1) week notice for groups of 25 or more people.

The telephone in the Cafeteria is to be used for emergencies only with a **three minute limit** on each call. There will be no calls (outgoing or incoming) during the hours of 11:00 am to 12:00 pm.

† Chaplain's Corner

The following is a schedule of hours for Christmas weekend:

CHRISTMAS EVE: 12:00 Midnight Mass – Fr. Julian Nix

CHRISTMAS DAY: 10:00 AM - Catholic Mass – Fr. Julian Nix
1:00 PM - Assembly of God –
Pastor Rodney LaVallie
4:00 PM - Episcopal Services -
Rev. Bruce Caldwell

CATHOLIC FIRST COMMUNION CLASSES:

First Communion Classes will begin on January 10, 1995 at 7:00 PM. The child should be at least in the 3rd Grade. Bring their birth certificates with them. Classes will last for one hour, every Tuesday night. First Communion on Sunday, April 16, 1995 "Easter Sunday."

Any questions or any needs that you may have contact Rev. Edward Johnson, Chaplain, UTTC at 255-3285 Ext. 204 or 314.

Student Health News

Influenza (flu) season is just around the corner.

Influenza is a viral infection of the nose, throat, trachea, and bronchi that occurs in epidemics every 3 to 4 years. The main symptoms are a stuffy nose, sore throat, chills, and nagging cough. There may be more muscle pain and fever than the usual cold.

HOME TREATMENT

The treatment of influenza depends on the person's main symptoms and is no different from the treatment for other viral respiratory infections.

A. **FEVER or ACHES** – Use Tylenol every 4 to 6 hours. Dose varies according to age. Aspirin should be avoided in children and adolescents with suspected influenza because of the possible link with Reye's Syndrome.

B. **COUGH or HOARSENESS** – Give your child cough medication appropriate to age.

C. **SORE THROAT** – Salt water gargles and diet of soft foods will soothe a sore throat.

D. **STUFFY NOSE** – Saline nose drops and suction will open most blocked noses.

The Influenza vaccine gives protection for only 1 to 2 years. In addition, the vaccine itself can cause fever in 20% of the people who get shots and a sore injection site in 10%. The vaccine is not recommended for healthy children. Only children with chronic diseases such as asthma, etc. need to get yearly influenza boosters. Adults with chronic disease such as diabetes, asthma, etc., should also get vaccinated.

NCA Campus Community Self Study

REMINDER . . . There will be an open forum on January 19, 1995 at 3:00 PM in Ed 111. Come with your suggestions, opinions, and questions. The committee will give an update on where we are in the process and the next steps in this important task.

Criterion 2 is due on January 27, 1995.

Chemical Health Center

On December 8, 1994, the Chemical Health Center hosted its "Christmas" Open House. We had 43 individuals who won door prizes. Christmas "goodies" and coffee and juice were served. All who attended had a good time.

On December 13, 1994, the Chemical Health Center hosted a Christmas Carol Sing-Along at the Cafeteria. Al Stockert and Ed Johnson supplied the music and the rest of us sang along. The Cafeteria had an impressive array of "goodies" for us. Many songs were sung and all had a good time. There was a lot of fun and laughter by all. Suggestions were given to help make next year's event better. Thanks to Al Stockert, Ed Johnson, Sandy Poitra-Conley, and the Cafeteria gang for helping us have an excellent Sing-Along. Thanks to all the students and staff who attended and helped make this Christmas Carol Sing-Along a success. A special thanks to President Dave Gipp for his support and participation.

DID YOU KNOW !

* A projected 259,000 students think that wine coolers or beer wine cannot get you drunk, cannot make you sick, or cannot do as much harm as other alcoholic beverages.

* Daughters of alcoholics expect they won't repeat their parents' mistakes. However, even those who control their own drinking often find themselves in a relationship similar to their parents'. A recent University of California study found that daughters of alcoholics who weren't problem drinkers often wound up married to men who were – twice as often as did daughters of nonalcoholics.

* In 1992, 30,300 new cases oral cancer were diagnosed in America. About 75% of these are attributed to chewing tobacco use. On the average, half of these have only a five year survival rate.

* Despite new rehabilitation programs and approaches over the past 20 years, 80% of those treated end up returning to drug or alcohol use.

* It has been noted that when the first use of alcohol is delayed beyond childhood and adolescence, the risk of alcohol and other drug problems is reduced.

Taken from Listen, January 1995



TJES NEWS

- SCHOOL BOARD MEETING on Monday, December 12, 4:00 PM, 2nd Grade Room.
 - 5-8 Grades Girls and Boys Basketball Games on Tuesday, the 13th, at 4:00 PM in the big gym. They will be playing against Rock Creek. Come and cheer for your favorite team... US!
 - Don't forget about the Parent Breakfast on Wednesday, the 14th, at 7:45 AM. Please attend and show support for children's education.
 - The TJES Christmas Program will be held on Tuesday, the 15th, in the small gym, beginning at 3:00 PM. Please see the "ad" for this most important event enclosed within.
 - The American Legion Lloyd Spetz Post No. 1 Bismarck invites our students and children to their annual Children's Christmas Party at the Post Club building. The Party will be held on December 17 starting at 2:00 PM at 324 N. 3rd Street. Make plans to attend!
- Reminder!!! We will be in school December 19, 20 and 21st, and will let out at 1:30 PM all three days. School will resume on Tuesday, January 3rd, 8:30 AM.



*Happy Birthday to my
Darling Boys
Billy Joe Falcon, Jr.
January 6th
and
Blake James Falcon
January 2nd!

Love – Mom!*

Nursing News

UTTC & U of Mary Discuss Articulation

At a luncheon meeting on December 12, the UTTC Nursing Department hosted nursing faculty from the University of Mary to discuss articulation possibilities between the two programs.

Sometimes U-Mary students transfer to UTTC to become Licensed Practical Nurses and sometimes graduates from the UTTC Nursing Program wish to further their education at U of Mary to become baccalaureate prepared Registered nurses.

The programs of both were compared and found to articulate well. In some small ways all this might be made easier; for example, it would be helpful if UTTC offered a course in Organic Chemistry. This will be explored further.

The luncheon was held at the Russell Hawkins Conference Center on the UTTC Campus. There were 11 nursing faculty from U-Mary and 5 from UTTC. President Gipp and his guest, newly elected Tribal Chairman Robert Mason from New Town, were also in attendance. Vice President Yellowbird stopped in briefly.

A grant available at UTTC to further articulation efforts made this event possible. Faculty from the Med Center One College of Nursing have been invited to a similar function on January 20.

UTTC Nursing students are eagerly waiting for a report from the two gatherings to help them in planning for their future education endeavors.

Congratulations to Karen Schaner who is completing her Nursing Program this semester. All best wishes as you move into your future!

Submitted by Sister Kathryn Zimmer
Director, AASPN Program

**NEXT
DEADLINE FOR NEWS IS
Wednesday, Jan.4th
12:00 p.m.**

December Graduates

A REMINDER . . .

DECEMBER GRADUATES must fill out an application for graduation right now . . . today, as graduation recognition is set for December 16, 1994. Currently, there are 14 graduates, only ONE has filled out this application. Students see your Vocational Advisors to fill out the application. Vocational Advisors see your students to have them fill out this application. Failure to do so will result in unhappy faces in the Registrar's Office.

Thank You!

Also-ALL INSTRUCTORS need to turn in their Spring '85 Syllabuses as soon as possible. There are still some missing in action. Please turn them in as soon as possible, sometime before next year would be nice.

ANYONE who has not pre-registered for the '95 Spring Semester, please contact your vocational advisor to do so. By pre-registering NOW your class schedule will be ready for you when you return in January. This will save everyone a lot of time and help us out in the Registrar's Office as we will be busy taking care of the new students.



*Merry Christmas
and
Happy New Year!*

A Teddy Bear Christmas



A Musical Play For Young Voices
By Teresa Jennings

Jenson
Publications
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Jenson Publishing Corporation

Puppet play by Grades 2-3-4
Songs and Poems by
Kindergarten and Grade 1
Thursday - Dec 15
3 pm
Small Gym

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INTERESTED IN STARTING A BUSINESS?

"SMALL BUSINESS MANAGEMENT"

AAM 190

**WILL BE OFFERED
SPRING SEMESTER**

TIME & PLACE TBA

**FOR INFORMATION
SEE**

JIM YOUNG

EDUC. BLDG. RM B13

OR CALL EXT.283

SMALL BUSINESS EXPERTS AVAILABLE!

