



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

VOL. 3 NO. 12

March 6, 1995

Weekly Menu

March 6 to March 10, 1995

DINNER:

- MON** - Spaghetti with Meat Sauce, Garlic Toast, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk
- TUE** - Steak Sandwich, Au-Gratin Potatoes, Garlic Toast, Tossed Salad, Assorted Fresh Fruit, 2% Milk
- WED** - Oven Baked Chicken, Rice, Vegetable, Salad Bar, Assorted Fresh Fruit, 2% Milk
- THU** - Hamburger on a Bun, French Fries, Salad Bar, 2% Milk
- FRI** - Roast Pork, Mashed Potatoes, Natural Gravy, Vegetable, Salad Bar, Apple Sauce, 2% Milk

SUPPER:

- MON** - Baked Ham, Au-Gratin Potatoes, Vegetable, Salad Bar, 2% Milk
- TUE** - New England Dinner, Boiled Potatoes, Boiled Vegetable, Salad Bar, Dessert, 2% Milk
- WED** - Salisbury Steak, American Fries, Salad Bar, Dessert, 2% Milk
- THU** - Shish-ka-Bob Casserole, Wild Rice, Salad Bar, Dessert, 2% Milk
- FRI** - Fish Platter, French Fries, Salad Bar, Dessert, 2% Milk

Arrow Graphics
now has a new, large
selection of professional
Graduation Announcements in
different colors, designs, etc., that can
be "special ordered."

Stop by and check out our new book,
and get all specs on pricing and
billing information.

(Orders "must be" placed at least
2-3 weeks in advance,
so please order your
announcements now.)

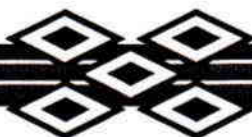
**American Indian Higher Education Consortium
Fourteenth Annual Conference on Indian Education
April 9-12, 1995
Duluth Entertainment and Convention Center**

College Student of the Year Award Nomination Criteria

To be considered for the "Tribal College Student of the Year" awards, college student candidates must:

1. Be enrolled as a full-time student by his/her institution.
2. Have maintained a minimum of a cumulative 3.25 grade point average (GPA) with a written verification provided by the college's registrar.
3. Submit written nominations with at least two (2) letters of recommendation by college administrators, faculty, and/or by local Student Services personnel and student organizational representatives.

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Selection of the student recipients will be based upon:

* Degree of participation in local student organizations, clubs, and extra-curricular activities.

* Involvement in other Tribal college events and institution activities.

* Level of involvement with reservation communities and Tribal organizations on a volunteer basis.

* Achievement of personal and professional goals.

* Types of achievement and recognition honors.

Complete Tribal college student award nominations will include:

a. Nomination with appropriate information.

b. Two (2) letters of recommendation.

c. Written verification of student status and cumulative GPA verified by the college's registrar.

d. Any other supporting documentation, as appropriate.

Nomination and support documentation must be submitted (by mail or hand-delivered) by March 17, 1995 to: Ken Hall - Recreation Director, Paul Schneider - Counselor or Student Senate.

American Indian Higher Education Consortium 1995 AIHEC Man & Woman of the Year Contestant Rules

QUALIFICATIONS:

1. No age limit.
2. Must be enrolled (6 or more credits) in a Tribally-Controlled Community College.
3. Maintaining a grade point average of 2.0 (C) or better.
4. Must possess knowledge of Tribal Tradition.

CRITERIA:

1. A College student must be nominated by a College employee (submit nomination form with proof of college enrollment).
2. Student must submit essay on "How Has Attending Tribal College Changed Your Life?".
3. Student must submit 2 letters of recommendation from sources who are familiar with his/her traditional contributions.
4. Student must submit a personal profile.
5. Student must be available for private interview during AIHEC 1995 Conference.

The AIHEC Man and Woman of the Year will represent students from all Tribal Colleges and will serve as goodwill ambassadors to all people in Indian Country.

The AIHEC Man and Woman of the Year will be announced at the Student Awards Breakfast to be held on April 12, 1995, as a part of the 1995 AIHEC Conference in Duluth, MN.

Send letter of application, essay, and two letters of recommendations to: Business Office, Attn: AIHEC, Fond du Lac Tribal & Community College, 2101 14th Street, Cloquet, MN 55720, aihec1995@mail.fdl.cc.mn.us. Deadline: March 22, 1995. Applications available from Paul Schneider or Student Senate.

Volleyball Tournament Student Activities Committee

February 17th and 24th, the Activities Committee sponsored a volleyball tournament for campus students and staff. The turnout was successful. Attitudes and moral were greatly appreciated. The object of the tournament was mainly for enjoyment, socializing, and an activity in which all could participate. We would like to thank the persons who made the tournament possible, those who donated or sponsored prizes, and the persons who provided the food. Tournament winners were: February 17th, first-Dave's Team (Royal Fork Passes); second-Telemarketing (Movie Passes; third-Aces (2 cases of pop). February 24th, first-Bulls (Royal Fork Passes); second-Aces (Movie Passes); third-JCs (2 cases of pop).

The next tournament will be in march, flyers will be posted. Again, we would like to thank all who participated and supporters

REGISTRAR'S NOTES

The Cultural Diversity Applications have been received in our office from the Minot State University, Valley City, and Dickinson State College for those students wishing to apply to their halls of higher learning. The deadlines are nearing quickly...April 15, 1995.

Also those students needing to apply for the Fort Berthold Higher Education Program should do so now as their deadline is fast approaching

If anyone has any questions on either of the above or would like help in applying to another college please contact Val Finley, Registrar, at ext. 216 or stop in the office for the personal touch.

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A reminder...the last day to drop a class is March 28, 1995. You are not automatically dropped from a class if you just quit showing up for it. You must fill out an add/drop form which can be picked up from my office. If you do not do fill out this form and are not attending the class you originally registered for, you will receive whatever grade the instructor gives you...in most cases an "F".



Still have not received tentative 1995 Fall Semester class offerings from some of the instructors. Please turn in only if you have not done so as of yet...you know who you are. A list of the slackers will be published in the next newsletter. Thanks a bunch to those diligent instructors who have already turned in their fall class offerings.

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Still anxiously awaiting some graduation applications from some of the vocations as well. Please turn these in also if you plan on graduating in May and have not done so as of yet.

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AIHEC will hold a basketball tourney from March 23-25, 1995. Details will be available at a later date.

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Pre-registration for classes for next fall, August 1995, will be April 4-6, 1995. Specifics will be available at a later date.

Native Americans in History

March 4th - Pipestone National Monument: quarry from which Indians obtained materials for making calumets (peace Pipes); 116 acres established in Minnesota, 1937.

March 6th - Kiowa names for the white man: bedaapago...meaning "hairy mouths", referring to their mustaches; ta-'Ka-i ... meaning "his ears stick out".

March 7th - Approx. 477,000 Indians live on 263 reservations; more than 300,000 more are non-reservation urban dwellers, 1970.

March 8th - Toledo v. Pueblo de Jemez (119 F. Supp. 429) upheld right of self-government for Indians, 1954.

March 9th - Indians taught Plymouth colonists how to plant, grind, and cook corn, 1623. Indian terminology passed into English: hominy, samp, pone, succotash.

March 10th - William Penn purchased south-eastern Pennsylvania from the Delaware Indians by terms of the Treaty of Shackamaaxon, 1683.

March 11th - About 200 separate communities comprised the Powhatan Confederacy of Algonquian nations, 1607. Jamestown, first permanent white colony in U.S., owed its early survival to Confederacy assistance.

March 13th - President Grover Cleveland issued a proclamation warning people not to settle on Oklahoma Indian lands. 1885. They didn't listen.

March 15th - Sioux rebellions in Minnesota and Iowa in March and April, 1857.

March 16th - Samoset, the first Indian to visit Plymouth Colony, said; "Welcome, Englishmen." 1621.

March 17th - Warwick and Providence, Mass. destroyed by Indians. 1676.

Chemical Health Center

BUILDING A HABIT:

There are many different reasons for drinking. How did drinking come to play such an important part in your life? Let us take a closer look:

1. Drinking is a learned behavior
 - You learned to drink
 - Drinking alcohol is not a natural act
 - Did you get sick or nauseated at first
 - Through practice and desire to learn you did learn to drink
 - Your perseverance conditioned your body to expect the assault of alcohol
2. Drinking to fill a special need
 - You felt out of place in a crowd who drank
 - You drank to get courage
 - In time you became conditioned to using alcohol
 - Each time you drank you strengthened your habit
 - * You didn't think about it, you were not aware of any reason for it, you just did it.
3. As time passed your drinking was adapted to other situations
 - To relieve tension or anxiety
 - Each time you drink in one of these situations you strengthened your habit
4. Drinking is a triggered behavior
 - The thing to notice about this drinking habit is that it does not function in and of itself. The trigger may be:
 - Being happy or sad, tired
 - Celebration of an event - party situation
 - Anger, family crisis
 - * Triggers can be any number of things, and bad feelings
 - different people have different triggers.
5. Drinking is an automatic behavior
 - Drinking can be very automatic
 - You may open a can of beer and have one already open
 - You might stop at a liquor store to get booze, and yet have a stockpile at home
 - You may be offered a drink, without thinking reach for it

**Found a ND Plates
Number DYT 453
See Security for more
information**



Student Health Center

The following information was submitted due to the increase number of diagnosed cases of "Pinkeye" or conjunctivitis on campus.

Conjunctivitis is the infection or inflammation of the thin membrane which covers the eyeball and lines the inside of the eyelid. Conjunctivitis is more commonly known as "pinkeye".

The most common causes of conjunctivitis are bacterial, viral or allergies. Generally, only bacterial or viral conjunctivitis are contagious. Conjunctivitis or "pinkeye" spreads easily among children and families.

The common symptoms of pinkeye are:

- mucus like or clear discharge from the eyes
- redness and swelling around the edges of the eyelids
- itching, soreness, and/or a feeling that something is in the eye
- eyelids stuck together ... especially upon waking.

The sticky discharge on the eyelashes/eyelids needs to be washed off. Use lukewarm tap water. Use a fresh cotton ball each time you wipe. Wipe gently from the inner corner of the eye (nearest the nose) to the outer corner of the eye to avoid spread of infection. Do not rub, wipe gently.

For the toddler and baby, wiping the drainage away frequently will help. Remember to wash your hands also to prevent the spread to other family members. Keep the child's hands clean and fingernails short. Remind the child not to rub eyes. For the small child, put clean white socks or mitts on hands at night.

Pinkeye is highly contagious. Try to reduce the contact of infected children with others. Change wash cloths, towels and pillowcases daily. Towels and other objects used by the infected child should not be shared with others until the infection has cleared up. Keep the child out of school until the eye drainage has subsided. Good hygiene is a most important part of caring for the child with pinkeye.

If your child has any of the symptoms mentioned above, please seek medical attention for the child. The earlier the child is treated with medication, the earlier he can return to daycare or elementary school. Pinkeye will usually clear up in 10-14 days, sooner with medication. Medication such as Neosporin or Gentamycin drops or ointment may be prescribed.

NOTE: Daycare, Elementary & Nursery policy states that a child diagnosed with pinkeye or conjunctivitis is not allowed to return to school until the child has been on medication for 24 hours.

The Sick Child daycare does not allow children diagnosed with conjunctivitis or pinkeye until the child has been on medication for 24 hours due to the possible spread of conjunctivitis to the child who is already ill.

FOR SALE

1977 Dodge Van, 360 Engine, has been rebuilt. Excellent tires, fully carpeted top to bottom, tinted conversion windows, good body. Can be seen at the Administration parking lot, \$1,500.00 - Call Ed at 255-3285 ext 204

FOR SALE

**Beaded Moccasins
and
Silver Jewelry
at the
Cultural Arts
Department**

Contact: Sandy Poitra

Anyone wanting to place
news in the Newsletter.

Please do so by
March 8, 1995

Attn: Wanda Swagger