

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 3 NO. 13

March 13, 1995

Weekly Menu

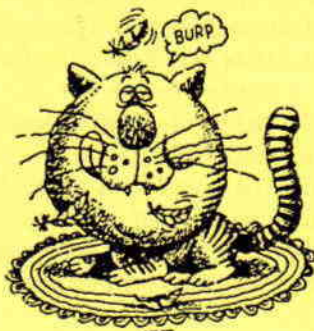
March 13 to March 17, 1995

DINNER:

- MON - Poor Boy Sandwich with Turkey and Ham, Potato Chips, Salad Bar, Assorted Fresh Fruit, 2% Milk
TUE - Taco Salad, Dinner Bun, Assorted Fresh Fruit, 2% Milk
WED - Roast Pork, Mashed Potatoes, Natural Gravy, Vegetable, Salad Bar, Apple Sauce, 2% Milk
THU - French Dip with Au-Jus, Potato Chips, Salad Bar, Tossed Salad, Assorted Fresh Fruit, 2% Milk
FRI - Corned Beef & Cabbage, Mashed Potatoes, Gravy, Vegetable, Salad Bar, Dessert, 2% Milk

SUPPER:

- MON - Braised Beef over Noodles, Vegetable, Salad, Oatmeal Raisin Cookies, 2% Milk
TUE - Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% Milk
WED - Lasagna, Garlic Toast, Salad Bar, Brownies, 2% Milk
THU - Swiss Steak, Mashed Potatoes, Vegetable, Salad, Dessert, 2% Milk
FRI - BLT on Toast, Soup, Salad, 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 r 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.

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Those students needing extra \$\$ while attending school should apply for to the following scholarship programs and BIA/Tribal Education Programs at this time. If you have any questions at all regarding procedures, or wanting an application please stop by my office or give me a call at ext. 216. You may write to the addresses listed however I do have the applications for each scholarship/program on file. Listed below are the scholarship programs and BIA/Tribal Education Programs available:

Adolph Van Pelt Scholarship
c/o Olga Patterson
Fargo Lane
Irvington, NY 10533

American Indian Graduate Center
4520 Montgomery Blvd. NE Suite 1-B
Albuquerque, NM 87109
(Masters or Doctorate Level)

Arrow, Inc.
1000 Connecticut Avenue NW Suite 401
Washington, DC 20036
(Emergency Aid)

Association on American Indian Affairs
95 Madison Avenue
New York, NY 10016
(Emergency Aid)

Daughters of American Revolution
National Chairman American Indian Committee
5414 Richin Backer
Alexandria, VA 22034

International Order of the King's Daughters and Sons
13 Boardman St.
Middlebury, VT 05753

Lee Elder Scholarship Fund
1725 K Street NW Suite 1112
Washington, DC 20006

Higher Education Grant Program
Three Affiliated Tribes
HCR 3-Box 2
New Town, ND 58763

Little Hoop Community College
Allen McKay, Vocational Training or Employment Assist.
Box 269
Fort Totten, ND 58335

Standing Rock College
Mary Alice Brown Otter, AVT Program Director
HC1-Box 4
Fort Yates, ND 58538

Anson A. Baker Memorial Scholarship
P.O. Box 878
New Town, ND 58763

Karen Colbenson, Chair
Helen Gough Scholarship Foundation
Mountrail Co. Superintendent of Schools
Stanley, ND 58784-0069

ND University System
ND Indian Scholarship Program
10th Floor State Capitol
600 E. Blvd. Avenue
Bismarck, ND 58505-0230

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Midterm Grades as of 3/3/95 can be picked up in the Admissions Office anytime. They will not be mailed out individually but will be mailed to your funding agency. Come & Get'em!

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ATTENTION STAFF AND STUDENTS: Anyone interested in summer school, please contact the Admission Office as soon as possible.

Student Health Center

WHAT YOU SHOULD KNOW ABOUT FEVER

What is a fever?

In general, a temperature over 100 degrees F represents a temperature higher than normal. A fever is considered a "high fever" when the temperature is above 104 degrees F.

What causes a fever?

Fever can be a sign of infection, a reaction to certain immunizations, the result of too much clothing, or over-exertion or dehydration. Often fever may be present 1-5 days before the type and location can be found. Many high fevers in small children may be caused by infections that are not serious. It is important to consider how sick the child seems to be with the fever, and whether she/he is alert and playing. High fevers can cause increased fluid loss, so children should be given more to drink to prevent dehydration. Encourage children to drink as much clear fluid as possible to replace fluid lost by the fever. Examples: 7-up, weak tea with sugar, apple juice, gelatin (jello) water, broth, etc.

Remove the child's clothing to expose as much body surface as possible. Excess clothing and coverage hold in body heat and cause temperature to rise. Keep the room at a comfortable temperature for you. Do not overheat a room.

Is there any permanent damage when a child runs a very high fever and has convulsions?

The situation is always very frightening to parent and caregivers, but there are one or two facts you should know. First, these febrile convulsions are much more common than most people realize. It has been estimated that 2% to 4% of all children will have one or more episodes by the age of seven.

The second most important fact is that febrile convulsions are probably not associated with damage to the nervous system.

Finally, it may help to know that children "outgrow" febrile convulsions. They are not unheard of beyond age five, but they are very uncommon.

When should a nurse or doctor be called?

Consider how sick the child seems and what other symptoms are present. If she/he is active, playing normally and does not seem very sick, then there is no need to call. A mild cold or some vomiting or diarrhea is also not alarming. The following are situations when a nurse or doctor

should be called:

- a fever present more than 48 hours.
- fever over 104 degrees F which does not come down or goes up again after a dose of Acetaminophen (Tylenol).
- fever plus earache or other localized pain.
- fever plus urinary symptoms (such as pain with urination or lack of urination).
- fever plus persistent vomiting or diarrhea, especially in an infant.
- fever plus a stiff neck.
- fever in a child who seems to be very sick.
- fever in an infant under three months of age.

When in doubt about whether to call, go ahead and call.

FOR SALE
Beaded Moccasins
and
Silver Jewelry
at the
Cultural Arts
Department

Contact: Sandy Poitra

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.

Chemical Health Center

What's there to do besides drink??? LOTS!!!

For Example, you can:

- ...Take a stroll around All Nations Circle...
- ...Play a game or Bingo with family & friends...
 - ...Go to a Powwow...
- ...Break away to the Chemical Health Center...
 - ...Find a Yard Sale or local auction...
 - ...Earn some money with a part-time job...
 - ...Curl up with a good book...
- ...Spend some time with someone special...
 - ...Do some baking...
- ...Get involved with some casual sports, like volleyball or softball...
- ...Learn a new craft like beading/making dream catchers...
 - ...Go on a picnic in the Lone Star Arena...
 - ...and more!!!

Just remember,

THE CHOICE IS YOURS...
...YOU DO HAVE A CHOICE!!!

CHAPLAINS CORNER

Church Services

Catholic Mass - 10:00 a.m. each Sunday
Assembly of God Services - 1:00 p.m. each Sunday
Episcopal Services - 4:00 p.m. each Sunday

Special Services

Assembly of God Prayer Services
Tuesday evenings 7:00 p.m.

Assembly of God Bible Services
Thursday evenings 7:00 p.m.

Catholic Stations of the Cross during Lent
Wednesday evenings 7:00 p.m.

First Communion Classes

March 11, March 25, April 8th, 1995.
First Communion will be on Easter Sunday,
April 16, at 10:00 a.m.

If you have any questions call Rev. Ed Johnson, UTTC
Chaplain at 255-3285 ext. 204.

FOR SALE

Like New

Panasonic Word Processor
w/diskette and instruction book.

\$200.00

for more information call 663-
2074 anytime or leave a message.

**Next deadline for news for the
Weekly Newsletter is
March 15, 1995
please follow the deadline.
Send all articles to Wanda at
Arrow Graphics**

