



# W UNITED TRIBES TECHNICAL COLLEGE R WEEKLY NEWSLETTE R

VOL. 3 NO. 14

March 20, 1995

## Weekly Menu

*March 20 to March 24, 1995*

### BREAKFAST

- Mon - Waffles, Saugeage Links, Syrup, Banana, 2% Milk  
Tue - Bacon & Eggs, Hash Browned Potatoes, Toast, Orange Juice, 2% Milk  
Wed - Green Pepper & Ham Omelet, Roll, 1/2 Orange, 2% Milk  
Thr - Canadian Bacon & Eggs, Toast, Orange Juice, 2% Milk  
Fri - Steak & Eggs, Hash Browned Potatoes, Toast, Banana, 2% Milk

### 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  
Thr - Bar-B-Que Beef on a Bun, Frics, Salad Bar, Green Beans, Assorted Fresh Fruit, 2% Milk  
Fri - Chicken Nuggets/Fish Platter, Wild Rice, California Blend Vegetables, Salad Bar, Lemon Bars, 2% Milk

### SUPPER

- Mon - Pork Cutlets, Instant Potatoes, Creamed Style Corn, Salad, Apple Sauce, Dessert, 2% Milk  
Tue - New England Dinner, Boiled Potatoes, Boiled Vegetables, Salad Bar, Dessert, 2% Milk  
Wed - Meat Loaf, Hash Browned Potatoes, Salad, Dessert, 2% Milk  
Thr - Pepper Steak, Spanish Rice, Tossed Salad, Garlic Toast, 2% Milk  
Fri - Chicken Breast on Rice, Au Gratin Potatoes, Salad Bar, Dessert, 2% Milk

## Placement

### JOB ANNOUNCEMENT

MedCenter One is offering a number of positions, it would be wise to start getting ready cover letters and resumes. You can pick up applications at the Human Resource Office in MedCenter One. Also there is a bulletin board by the office door on display 24 hours a day listing these positions and their dates of opening and closing. These positions are as follows:

- Several LPN positions for Mandan Care Center (12-40 hours a week).
- One RN position at the Dickinson Clinic (6 hours a week).
- One LPN position for the Q & R Convenience Clinic (After hours, 12 hours a week).
- One LPN position for the MedCenter One Pediatric Clinic (36 hours a week).
- Several LPN positions for Home Health Aids (on call as needed), If employees prove themselves in these positions they could go full time.

Other positions offered at MedCenter One are as follows:

- Secretary position opened for Medical Staff Services (16 hours a week).
- Library Clerk (11 hours a week on weekends).
- Two Unit Secretary positions (one 32 hours a week and the other 40 hours a week, temporary).
- Two Medical Stenographer position opened (40 hours a week).
- One Maintenance Assistant position at Mandan MedCenter One (10 hours a week).

Most of these positions are for Licensed LPN's but it would be wise to put your applications in anyway. These positions could still be open after you pass your State Boards.

The news letter not only goes out to our 1995 Graduating Students but also past graduates with LPN Licenses...pass the word.

If you want to inquire more about these positions, please feel free to come in and see me. Room 112, Education Building 31. Or call me at Extension 280.

continued on page 2.





**United States Department of Interior  
Bureau of Land Management**

The placement office has recently received a job announcement from the Oregon State Office, Bureau of Land Management. This position is a Federal job under the heading, **STUDENT CAREER EXPERIENCE PROGRAM (COOPERATIVE EDUCATION)**.

Announcement Number: RB-95-10

Opening Date: March 6, 1995

Closing Date: April 10, 1995

Area of consideration: Nationwide

Location: Within Oregon/Washington

**Student Trainee Development Position:**

**Law Enforcement Ranger, Lakeview, Oregon**

The nature of this position is internship under the Cooperative Education program and requires applicants to work within their fields of study. If you need more information about this position look under miscellaneous in the placement folders. The folders are located in the copier room or contact me in Building #31, Rm. 112, Extension 280.

**US Healthcare Employees  
Bismarck, North Dakota**

The following positions start April 10th and are open now. Contact your instructors on procedures/policies on waivers or exams.

**Corporate Health Administrators**

**Claims Service Representative**

Responsible for processing claims, responding to member and provider inquiries, maintaining files and perform related duties as needed. Must have CRT experience, Customer Service abilities, excellent oral and written communication skills. Knowledge of medical terminology is preferred.

**Senior Mail Clerk**

Responsible for providing clerical support to the department as well as mail sorting, collection and distribution. Must be organized and detail oriented, accept rapid changes and challenges. Be able to work with little supervision. Knowledge of PC's and word processing helpful. Must be able to operate various equipment such as photocopier, fax and mail slitter. Prior mail room experience a plus.

**Client Service Representative**

Responsible for processing enrollment information to accurately track eligibility and client billing information. Provide communication with client, members and internal departments, both verbal and written. Must have excellent typing/data entry skills; excellent oral and written communication skills; CRT experience.

A cover letter and resumer are all that are needed to apply. Interviewing will involve a data entry and typing test done on a computer. Applications will be distributed during the course of an interview.

If you need more information on these positions do not hesitate to contact me at my office: Room 112 in the Education Bldg. 31 or call me at extension 280. Thank you. Vince Schanandore, Placement Counselor.

**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.

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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".

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The following students/advisors have been neglectful in turning in their **Graduation Applications** and must turn them in, like now. Thank you for your prompt attention to this request.

- Faith Buffalo - AASPN
- Merrill Catches - AST
- Wanda Fetch - AASPN
- Diane Glatt - AASPN
- Connie Gwyther - AASPN
- Keva Janis - MR Cert.
- Dean Kitto - AST
- Karen Schaner - AASPN
- Vina Snider - AASPN
- Emrick Spotted Horse - Welding
- Joy Toliver - AASPN
- Carol Two Hearts - AASPN
- Julie Urlaub - AASPN
- Marilyn Vetter - AASPN
- Betty Weigand - AASPN

If your name is on the above list and you wish to have it removed, please turn in your **Graduation Application**. You may pick these up from the Registrars/Admissions Office, or check with your advisor. Or if you like to see your name in print, do nothing as these will be printed for the remainder of the year as a reminder.

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**Student Athletes and AIHEC College Bowl Participants Only**...In order to be able to represent UTTC's good name, you must have a good name, namely, you must be in good standing academically (2.00 GPA) at the midterm point...and...have low (not more than 20 hours...0-5 is good) absent hours in your classes.



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**UTTC Students Only...** We are in the last leg of your journey here in pursuit of an education. There are only (6) six weeks left of college. A piece of advise from those who care..."Buckle down and get those nasty grades up to passing, it can be done, Amen".  
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**APPLAUSE, APPLAUSE...**

Congratulations to: Ms. Dana L. Fedorenko - Turtle Mountain, Ms. Karlita A. Knight - Ute Mountain, Ms. Sherry L. Parisien - Turtle Mountain, Ms. Justine M. Parkhurst - Standing Rock, Ms. Marcella J. White Tail - Fort Totten.

These ladies have all been nominated and selected for the Who's Who Among Students in American Junior Colleges. Their names and a biography will appear in the 1995 publication of said name and will receive certificates of membership. They were nominated by TJ McLaughlin, Admissions Counselor. They have been selected as "National Outstanding Campus Leaders, based on academic extracurricular activities and potential for continued success" - Wow!. These ladies join an elite group of students from more than 1800 institutions of higher learning in all 50 states, DC and several foreign nations. The directory was first published in 1934.

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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

### SEXUALLY TRANSMITTED DISEASES (STD's)

"Venereal Diseases"...the words themselves create an uncomfortable feeling in most people. "Sexually Transmitted Diseases" also seem to convey a message of wrongdoing. These terms refer to communicate diseases which are spread through the direct contact with infectious areas. Among the venereal diseases, some are incurable, some have serious complications, while others are simply annoying.

Anyone can get STD's. You can get some more than once, and more than one at a time. If you have any untreated STD and are sexually active, you're increasing your chances of getting HIV (the AIDS virus). Some STD symptoms hurt, itch, or make you uncomfortable. With other STD's you might not even know you have one so you won't know you're infected unless someone you has sex with tells you he/she may be infected. Get regular medical check-ups, especially if you are sexually active. Ask for a STD exam.

Prevention against STD is the key!

1. Limit your sexual partners, it reduces your chance of becoming infected or refrain from having sex at all.
2. Look before you love. Any sore, rash or discharge your lover has may be dangerous to your health.
3. Use a condom. The condom is one of the best preventive measures against these diseases. It provides a barrier and also reduces your chance of becoming pregnant. When put on before any contact and properly removed, it provides good protection.
4. If you have an STD, tell your partner. Don't have sex with anyone until your doctor says it is okay. You and your partner must be treated at the same time or you will reinfect each other.

For your own safety, learn all you can about all of the STD's - how you get one, how you know you have it, how you get rid of it (if you can), and the dangers.

#### NOTICE:

Adult students who have not had a Tetanus Shot within the last 10 years can obtain one at the Student Health Center, Monday - Friday from 8:00 am - 5:00 pm.

DISEASE	FIRST SYMPTOMS USUALLY APPEAR	USUAL SYMPTOMS
<b>AIDS</b> Acquired Immuna Deficiency Syndrome Cause: HIV virus	Several months to several years	Night sweats Swollen glands Unexplained weight loss Persistent cough Fatigue. Chronic diarrhea. Persistent blue and brown skin lesions and oral thrush (white spots in mouth).
<b>GONORRHEA</b> (called dose: clap, dnp) Cause: bacteria	2 - 10 days (up to 30 days)	White or yellow discharge from genitals or anus. Pain on urination or defecation. Pharyngeal infections are usually without symptoms. Women: Low abdominal pain especially after period. May have no symptoms. Men: May have no symptoms
<b>SYPHILIS</b> (called syph. pos. bad blood) Cause: spirochetes	10 - 90 days (usually 3 weeks)	1st STAGE: Chancre (painless pimple, blister or sore) where germs entered body, i.e. genitals, anus, lips, breast, etc. 2nd STAGE: Rash or mucous patches (most are highly infectious), spotty hair loss, sore throat, swollen glands. Symptoms may recur for up to 2 years.
<b>HERPES SIMPLEX</b> (called herpes) Cause: virus	Highly variable	Cluster of tender, painful blisters. Painful urination. Swollen glands and fever. Feeling of malaise.
<b>VAGINITIS</b> TRICHOMONAS VAGINALIS	Varies with causative organism (1-4 weeks)	Heavy, frothy discharge. Intense itching burning and redness.
<b>CANDIDA</b> (yeast infection)		Thick, cheesy discharge. Intense itching and skin irritation.
<b>VAGINOSIS</b> GARDNERELLA		Vaginal discharge with fishy odor.
<b>NON-GONOCOCCAL URETHRITIS</b> CHLAMYDIA UREA PLASMA	7 - 14 days	Watery, white discharge Discomfort while urinating. Women may have bleeding (non-menstrual).
<b>VENEREAL WARTS</b> (called genital warts, condylomata acuminata) Cause: virus	1 - 3 months	Local irritation, itching and wart-like growths usually on the genitals, anus or throat.
<b>MOLLUSCUM CONTAGIOSUM</b> Cause: virus		Small, round, shiny flesh-colored papules
<b>ECTO-PARASITES</b> PEDICULOSIS PUBIS (called crabs, coones) Cause: 6-legged louse <b>SCABIES</b> (called itch mite) Cause: itch mite		4 - 5 weeks

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

Contact: Sandy Poitra

**To Graduating Students!!!**  
You need to see Kathy Aller  
for measurements  
of your Cap & Gown.



## Chemical Health Center

### Myths, Assumptions, and Biases of Alcohol

"Most alcoholics could stop drinking if they really wanted to."

Approximately two-thirds of recovering alcoholics who remain sober for one year recover from alcoholism. They may have an occasional lapse, but for the most part they live as nondrinking alcoholics. Recovery is a slow and very painful process. There can be many false starts, and sometimes the beginnings of recovery look like the worse and most hopeless of times.

Alcoholics don't want to give up the bottle. They seek or accept treatment because they fell desperately miserable, and have the smallest glint of hope. The faintest sense that they don't have to live this way. "But for the grace of God" expresses the wonder and mystery with which many recovering alcoholics explain why they are sober today, and others are not. "You have to hit your bottom" is another way many see it. People can accept varying levels of misery; when alcoholics can accept no more they may look for help and hope. If it comes far enough to meet them they may get better.

Sometimes we want to shake alcoholic by the collar. "What's wrong with you, don't you want to change?" But the disease is denial, despair, and worthlessness. To stop drinking is to let go of the parachute. The wonder is not that so many alcoholics continue to drink, but that so many stop.

"You can't help alcoholics until they ask for help or hit bottom."

We often mistake help for the incident that immediately precedes results. Help is a cumulative and often invisible process. Most of us can remember words or deeds that only became useful years later.

Alcoholics may have to hit bottom, however deep that bottom may be for each individual, before they can ask for or accept help. But there are many ways in which people help alcoholics reach that stage sooner. Recovering alcoholics are justifiably grateful, not only to the friends who brought them to their first meeting, but to all those who commented on their drinking through the years, and were not rebuffed; to the employers who called them on the carpet and ultimately fired them because of their drinking; and to the family members who refused to carry them up to bed each night and clean up their mess. In the end their recovery hinged on their inability to deny the connection between their unhappiness and their drinking. Friends who perpetuate such denial leave alcoholics to get progressively worse, and alcoholism is a fatal illness.

\*Broken Bottles Broken Dreams, by Charles Deutsch

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 22, 1995  
please follow the deadline.  
Send all articles to Wanda at  
Arrow Graphics

## 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.





## Two Worlds United In One Man's Soul

By Rusty Gillette

I often ask myself, who am I? Where do I fit in? I am half Hidatsa, Arikara Indian, and half German. I look white, but consider myself to be Indian. At times I find myself caught in the struggle between two worlds, two cultures.

I've been raised to treat everyone the same no matter what race or religion. I am a member of the Roman Catholic Church and have participated in the Native American religious ceremony called the "Sweat Lodge." I have been confirmed in the church and pray by the smoke of sage and sweet grass. So where do I fit in? Who am I?

I am Rusty Gillette the grass dancer. I am Rusty Gillette the student. I am Rusty Gillette the basketball player. I am realizing that this is a question that I need not answer.

But for those who want answers about what it is like to be one of only an handful of Native Americans at a predominately white college. I will say I've liked it because it's given me the chance to share my culture with those who want to know more about Native Americans.

But it's also been sad because even though the enrollment of the college has steadily increased, the number of Indians has fallen since I was a freshman. There are now less than 35 Native Americans out of a campus enrollment of more than 1,800.

I think Native Americans struggle with racism on campus. People will make racial remarks in front of me, not realizing I'm Indian because of my light complexion. I don't think people realize how big a problem racism is. But I see it firsthand. At times, the reaction I get when I am with Indian friends in public is totally different from the one I get when I am with my white basketball friends.

Racism, though, is a problem seen in all societies, from all sides. It has become a disease. But it's a disease that can be cured through education. Racism exists because people are misunderstood.

Each and every one of us can do our part to eliminate racism around us. One way I do this is by talking about my culture. I talk to all kinds of groups about being both Indian and white. I also keep the customs and values of both worlds. I live out my culture when I grass dance in powwows throughout the United States and Canada.

Powwows are social gatherings of Indians that celebrate life through song and dance. Along with the celebration, there are lessons to be learned. The lessons are endless, but one that you see the most often at powwows is to show respect for elders, for veterans, and nature-everything. We must respect the elders for they are the holders of knowledge. We must respect the veterans for they have fought for life as we know it today. We must respect everything because God is everywhere. He is the land, the air, the water, the animals, so treat nature in a way that God deserves to be treated.

continued on page 7.

## AASPN

### NLN Site-Visit Finalized

The National League for Nursing Site-Visit for the UTTC nursing department has been finalized. The visitors begin their visit on Wednesday morning, March 22. They will be in the nursing department, St. Alexius Medical Center, talking to UTTC administrative staff, students, alumni, nursing and other faculty. Reading the 150 page self-study, various handbooks, minutes of meetings, etc., etc., will keep them further occupied.

The visitors are Dr. Nancy Macbius from the Health Institute of San Antonio, Texas, and Ms. Deborah Knoll, Director of the Council of Practical Nursing Programs, New York.

A schedule of their activities is posted in the library, at the switchboard and in Ann Krafts office. On Friday, March 24 they will present the report of their findings.

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Congratulations to William Backlance on the arrival of River Georgia.

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Have you ever thought of describing yourself as stomach, a kidney, a gland? Students in Liz Miller's course, Anatomy and Physiology are providing interesting answers. Watch for future editions of the campus NEWSLETTER for their answers and become informed.

submitted by S. Kathryn Zimmer, Director, AASPN program

# BINGO

March 22, 1995 - UTTC Cafeteria

Doors Open: 6:30 p.m.

Games Start: 7:00 p.m.

\$75.00 EASY JACKPOT MUST GO

PROGRESSIVE BINGO

53 Numbers for \$160.00

Consolation: \$40.00

Paper Cards: \$3.00

Hard Cards: .25¢ 12 & Under

Dobbers: \$1.50



It is because of living in both cultures that I've been able to think through my value system. Both culture have made me look at myself and what I want from life. So what are my values?

When I talk to kids on reservations I tell them to look at their hands. If you were to look at your hand, what would you see? Fingers, cuts, scrapes or maybe even a hangnail. When I look at mine, I see more. I see my life.

My life is represented by my fingers. The first is God. Like my thumb, God is something I need to function. He is my strength. He gives me direction and he is the cornerstone of my life.

Secondly, I believe you need to work hard for everything, because nothing in this world is handed to you. When you doubt who you are or your beliefs, it's easy to blame and point the finger at someone else.

Thirdly, I believe you need to set goals so you can keep moving in the right direction. My fourth guiding principle is disci-

pline. I think people need to discipline themselves to stay away from drugs and alcohol because it is something that is ripping the Native American people apart. I can proudly say that I have never had a full can of beer in my entire life.

And my last belief is to learn each day. Learning means to look beyond what you see and to look deeper. It means keeping yourself open to people because through them we are taught valuable lessons in life.

I think each person must find five things that are important to them so when a problem arises, you can bring all five fingers, five principles together to make a fist and "knock out" what life throws at you.

That fist should also be ready to open itself when confronted with new ideas, new cultures. It's how we should view the differences between Native Americans and other cultures-openly, honestly, respectfully.

