

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL.4 NO. 2

October 2, 1995

Weekly Menu

Oct. 2 to Oct. 6

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
- Thr - Hamburger on a Bun, French Fries, Salad Bar, 2% Milk
- Fri - Roast Pork, Mashed Potatoes, Natural Gravy, Vegetable, Salad Bar, Apple Sauce, 2% Milk

Oct 9

- Mon- Poor Boy Sandwich with Turkey and Ham, Potatoe Chips, Salad Bar, Assorted Fresh Fruit, 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
- Thr - Shish-ka-Bob Casserole, Wild Rice, Salad Bar, Dessert, 2% Milk
- Fri - Fish Platter, French Fries, Salad Bar, Dessert, 2% Milk

Oct 9

- Mon- Braised Beef over Noodles, Vegetable, Salad, Oatmeal Raisin Cookies, 2% Milk

AASPN Program Still Cheering

by Sister Kathryn Zimmer, AASPN Program Director

Nursing students and faculty moved into this fall semester with a spirit of rejoicing -- and with good reason. During the May 15, 1995, meeting of the Review Board for the NATIONAL LEAGUE FOR NURSING, Board Members voted unanimously to accredit the AASPN Program at UTTC until the year 2,000. This is the maximum period granted for a first accreditation. Program director, Sister Kathryn Zimmer, was invited to the New York meeting where she responded to questions addressed to her. This meeting was preceded by a comprehensive self-study prepared by the Nursing Department faculty and by a three-day campus site-visit conducted by two NATIONAL LEAGUE FOR NURSING representatives.

And there was yet another reason for rejoicing. Following another self-study and a site visit by the Nurse Consultant for Education and Practice of the North Dakota Board of Nursing, the AASPN Program was granted maximum approval for continuing operation of the program. This decision was reached at the Board of Nursing meeting held on May 18, 1995. Sister Kathryn and Sherry Messmer, faculty member, participated in this meeting.

Both reviews resulted in minor recommendations which the department is addressing.

Now the Nursing Department is assisting in the preparation for a NORTH CENTRAL ASSOCIATION site visit of the entire College that will take place during the spring semester.

And help us welcome Sherry messmer, new faculty member, who is replacing Linda Edin, now employed at Medcenter One College of Nursing. Also, as of October, Kathy Tokach will come on faculty as a full time member rather than half time. Both Sherry and Kathy are master's prepared and we are happy to have them with us.





Chemical Health Center

Domestic Violence is not an
Indian Tradition

Physical Abuse,
There is no
Excuse!

Does your partner or someone you live with...

- explored so easily that you "walk on egg shells"?
- always have to know where you are?
- act jealous for no reason?
- act violent one minute and sweet the next?
- tell you you're the problem?
- drink alcohol or take drugs?
- carry a gun or other weapons?

You don't
deserve to feel...

- Scared
- Powerless
- Isolated
- Desperate

Especially in your own home.

YOU HAVE THE RIGHT TO STOP THE WRONGS

- It is against the law to abuse a person, EVEN IF THAT PERSON IS A MEMBER OF THE FAMILY.
- A person committing a violent act, violating a Domestic Violence Protection Order or a No Contact Order can be subject to MANDATORY ARREST by police.

THERE ARE NO EXCUSES FOR VIOLENT BEHAVIOR

But violence at home will not just go away without help.
IT WILL GET WORSE:

- The FBI reports that every 18 seconds a woman in this country is beaten by her partner.
 - 1/4 of all murders in this country are in the family.
- Half of these are husband wife murders.

GET HELP...

- to protect yourself and your children,
- to find food, clothing and shelter.
- to find free legal assistance
- to learn non-violent ways.
- to FEEL GOOD ABOUT YOURSELF AND YOUR LIFE.

THE WAY OF RESPECT IS AN INDIAN TRADITION

- Stop the Violence
- Help our Children learn the way of Respect.

IF YOU LEAVE HOME PLAN FOR YOUR SAFETY

- Pack a bag in advance and leave it with a friend or neighbor. Remember extra clothes and toys for your children.
- Hide an extra set of car and house keys outside the house so you can leave quickly.
- Keep a list of emergency telephone numbers with you.
- Gather together important papers.
 - birth certificates
 - deed or lease to your residence
 - checkbook, extra checks
 - car registration
 - credit cards
 - medicine for you and your children
 - any court orders or papers
- Set aside any extra money you can save or open a bank account in your name.
- Think about where you can go.

OR...

you can ask the court to order the abuser to leave your home.

A Thank You Note!

A big thank you note from campus LPN students. Leroi & Dennis from the Cafeteria for providing us with nutritious sack lunches for us during our clinical time at St. Alexius. The generous lunches were well appreciated.

Big Steve, Little Steve & Jim from the Security Dept. for giving us rides to St. Alexius at 6:30 in the morning. Those rides were really needed. Thanks Guys!

Red, Ann, Tommy & Frank for picking us up and making special trips for us to get our clinical practice done.

We really appreciate your time for the month of Sept.

Campus LPN Students: Danielle, Shelly & Glenda

• EVENING HOURS •

The Learning Center will be open on
Monday, October 2: 7:00 to 9:00 p.m.
Tuesday, October 3: 7:00 to 9:00 p.m.
Wednesday, October 4: 6:00 to 9:00 p.m.



North Dakota Indian Education Association SCHOLARSHIP ANNOUNCEMENT

We are requesting your assistance to identify candidates for the North Dakota Indian Education Association (NDIEA) Scholarship. NDIEA will be awarding four scholarships (one per reservation/tribe) in the amount of \$100. The eligibility requirements are:

1. Must be an enrolled member of the North Dakota tribe with a least one-fourth (1/4) degree Indian blood quantum.
2. Must have graduated from high school or completed a General Education Development (G.E.D.) degree in North Dakota during the 1994-95 school year.
3. Must now be enrolled as a full-time student for the 1995-96 school year in an accepted institution of higher learning or vocational school in North Dakota.

Deadline Date: The forms must be received by October 18, 1995 to:

Leigh Jeanotte
Native American Programs
Box 8274 University Station
Grand Forks, ND 58202

Your assistance in nominating worthy candidate will truly be appreciated. Recipients of the scholarship will be announced on October 19, 1995 at the annual conference banquet. I thank you in advance for nominating quality students!

**News for the next weekly
Newsletter should be turned in
no later than
October 6, 1995**

Here is the list of Departments which signed up so far to work at the Carnival:

**Paul Scheider - Toss Game
Criminal Justice - Fish Pond
Mailroom - Basketball Game
Support Services - Cake Walk
Sak. Hall - Baking Goods Stand**

We would appreciate more volunteers, this is a good cause. The fundraiser is for the 1996 Powwow. Please help and support this event. Call ext. 293 for Wanda or 327 for Joey, the deadline is October 4, 1995. The Carnival will be held on October 27, 1995.

