

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL.4 NO. 3

October 9, 1995

Weekly Menu

Oct. 9 to Oct. 13

DINNER

- Mon Poor Boy Sandwich with Turkey and Ham, Potato Chips, Potato Salad, Assorted Fresh Fruit, 2% Milk
- Tue Taco Salad, Dinner Buns, Assorted Fresh Fruit, 2% Milk
- Wed - Swedish Meatballs over Noodles, Vegetable, Salad, Dessert, 2% Milk
- Thr - French Dip with Au-Jus, Salad Bar, Tossed Salad, Assorted Fresh Fruit, 2% Milk
- Fri - Knoephle Soup, Breaded Chicken Filet, Mashed Potatoes, Creamed Gravy, Dinner Roll, Salad Bar, 2% Milk

Oct 16

- Mon- Chuckwagon Stew, Baking Powder Biscuit, Salad Bar, Fresh Fruit, Relish Tray, 2% Milk

SUPPER

- Mon - Braised Beef over Noodles, Vegetable, Salad, Fresh Fruit, 2% Milk
- Tue - Bar-B-Que Chicken, Baked Potato, Vegetable, Dinner Roll, Salad, Dessert, 2% Milk
- Wed - Hamburger on a Bun, Soup, Salad Bar, Dessert, 2% Milk
- Thr - Swiss Steak, Mashed Potatoes, Vegetable, Salad, Dessert, 2% Milk
- Fri - Spaghetti with Meat Sauce, Vegetable, Salad Bar, Dessert, 2% Milk

Oct 16

- Mon- Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% Milk

APPLAUSE! APPLAUSE!

from the Registrar's Office

Accolades go out to Kathleen (Sue) Big Eagle, Leah Blue Bird, Patricia Herron, and Cleveland Iron Heart, III for receiving a scholarship from the ND Indian Scholarship program for the 1995/96 school year. These scholarships help out with tuition, living expenses, books, etc. The amount awarded to each recipient was \$700.00. Again, Congratulations for the scholarship award!

REMINDER:

To Faculty/staff members, your assistance is requested to identify candidates for the ND Indian Education Association (NDIEA) Scholarship. Requirements are 1. Must be enrolled in a ND tribe w/ at least 1/4 degree Indian blood. 2. Must have graduated from high school or completed a GED in ND during the 94/95 school year. 3. Must now (95/96 school year) be enrolled as a full-time student in an accepted institution of higher learning or vocational school in ND. The deadline date is October 18, 1995.

If you wish to nominate a student, or would like more information please give Amanda, Acting Registrar, a call at ext. 216.

AASPN Activities

Sister Kathryn serves as Chair for the ND Refresher Course Committee for LPN's

A program prepared especially for inactive Licensed Practical Nurses who wish to update their professional skills and return to nursing has just been completed. The North Dakota Nurses Association gives over all direction to this activity.

Sister Kathryn Zimmer, Director of the UTTC Nursing Program, served as chair for the eight member Ad Hoc Committee that revised the refresher course. The course, first developed in 1984 and last revised in 1991, is in great demand throughout the nation.

NSA Meeting, Monday, October 9, 1995

The UTTC Nursing Student Association will hold its next meeting at 3:10 p.m. on Monday, October 9. All nursing students are urged to attend and participate in planning for the 1995-1996 Academic year.

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Nursing Students busy with Clinical Experiences

Students in nursing are being rotated through the several clinical areas at St. Alexius Medical Center including Medical and Surgical Nursing, Home Health Care and Operating Room Nursing. Among many other skills, students are learning to chart on computers. Positive comments made by St. A's staff regarding the performance of UTTC students give a nice boost to their experiences.

Important Dates and Deadlines at United Tribes Fall Semester 1995

| | |
|--------------------------|--|
| Aug. 28-Dec. 20 | Fall Semester |
| Aug. 28 | Fall Semester classes begin |
| Sept. 4 | Labor Day Holiday |
| Sept. 7-10 | United Tribes Inter. Powwow |
| Sept. 12 | 1995 Spring Sem. student Incompletes due |
| Oct. 20 | Midterms |
| Oct. 20 | Fall Sem. App. for Graduation Due to your Academic Advisor |
| Nov. 10 | Veteran's Day Holiday |
| Nov. 10-15 | NIEA Convention, Tucson, Ariz |
| Nov. 18-20 | Pre-Registration for the 1996 Spring Semester |
| Nov. 23-24 | Thanksgiving Holiday |
| Nov. 27 | Classes Resumes/Last Day to Drop a Class |
| Dec. 18-20 | Final Exam. |
| Dec. 20 | Grad. Honoring Ceremony |
| Dec. 21-Jan. 3, 1996 ... | Christmas Holiday |

Students, please pay close attention to the October 20 deadline. MIDTERMS are scheduled for that particular date and that deadline is approaching fast. The midterm grades and your current time and attendance reports will be sent along to each of your funding sources. It is important to buckle down and crack the whip in regards to your academic courses.

The 1995 Fall Semester graduates need to apply for graduation very soon. The Registrar's Office will need the information to check all transcripts to ensure each graduate has fulfilled all their vocational and general/related education requirements.

CHEMICAL HEALTH CENTER HALLOWEEN OPEN HOUSE

Thursday, October 12, 1995

9:00 am TO 4:00 pm

ALL STUDENTS AND STAFF ARE WELCOME!!!

Door Prizes for a few lucky individuals

Refreshments for all

Videos and Handouts

First Ever American Indian Men Calendar Set for Release

The one thing entrepreneur Melinda Castillo-Gilb, owner of Elan Marketing, has learned in this, her third year of producing the highly acclaimed 'American Indian Women' calendar, is "listen to your customers!" In doing so, she has created her first edition of the 'American Indian Men' calendar for 1996!

"Wherever we took the Women's Calendar in the past, the question kept coming up, 'when are you going to do a men's calendar?', says Mel, a full-blooded Navajo. "Contemporary Indian men were much harder to locate than the women, but thanks to their girlfriends and relatives, we were able to find some fantastic guys to work with! It was a long time coming, but as you will see, it was definitely worth the wait!"

Each 10x13 in. calendar features a variety of striking American Indians, complete with biographies, representing many different tribes from coast to coast. Mel's intention is to portray the positive images and roles of Native Americans in today's society. It's a subject Mel feels very strongly about. "The more positive American Indian role models, the better," continues Mel. "We have all seen the negative images in the media and I am trying to focus on our accomplishments and contributions as Native People." Her models range from stuntmen to teachers, med students to rodeo champs, artists, actors, athletes, mathematicians, musicians, etc.

The 1996 'American Indian Women' and 'American Indian Men' calendars are available by sending \$10.95US/ea. (plus \$2.00 shipping) or \$20.00US/per set (1 of each - plus \$4.00 shipping) to: Elan Marketing, 3404 S. McClintock, Suite 905, Tempe, AZ 85282. For additional information call (602) 892-3033. Part of the proceeds will benefit an American Indian Scholarship fund, and all of the models were encouraged to participate in the marketing and distribution of these collector's items. This is a limited edition, so order yours while supplies last.

RED RIVER JIG CLASSES

From the wind-swept and rocky coasts of Brittany, France, came boatloads of emigrants across the Atlantic Ocean to Quebec (now Canada). They came seeking food for their families and a better life. It was the later part of the 1600's and King Louis XIV was encouraging settlement of New France. In the new land they learned to live with people from other parts of France and with the people of the Huron and Iroquois tribes. Their contact with native traders and trappers quickly taught them the rewards of buying furs and selling them to Europe. This began 200 years of the fur trade that lost no time in spreading up the waterways and across the forests to the Upper Midwest. Many tribes were involved in trading with the French (Canadians), in particular the Ojibwe and the Cree. The men of this new business gradually created a new life-style based on long journeys by canoe, the rendez-vous in summer, and survival skills learned from the native tribes. They began to intermarry with the native women. Some returned to Quebec, and many stayed to raise their families - the first Metis children of our area. The Metis nation were excellent traders-knowing several languages and understanding both native and European lifestyles. Their cultural center spread from Pembina (now Minnesota) up to St. Boniface (now Winnipeg). In the late 19th century they fought for political recognition from Canada (then British) and the United States and lost. They dispersed across the Upper Midwestern U.S. and N.W. Canada. Their descendants live here today, still continuing some of the songs, music, language and dance of the Quebec and Breton homeland.

Classes on the Red River Jig will be taught by Sandra A. Poitra, a member of the Turtle Mountain Band of Chippewa and a descendant of Metis culture and heritage. Sandra had learned the Red River Jig when she was around seven years old and continued to learn and perform at local house parties, weddings and later started attending folklife festivals within the region and national level. Sandra has and still performs with Eddie "King" Johnson and his children Brian, Linda and Eddie Jr. on occasions. Sandra received a master artist and apprentice program through the state of North Dakota to teach the "Red River Jig" to Ms. Joetta McLeod, but has open dance classes for those who would like to learn the dance on Wednesday evenings, 7:00 p.m. to 9:00 p.m. at the small gym of the James Henry Auditorium here on the UTTC campus.



Student Health Center

Parents who received letters that their children need either a dental or eye referral should contact Student Health Center to schedule appointments or if the parent scheduled the appointment notify the Student Health Center of date and time.

Parents who asked the Student Health Center to make dental appointments and accompany their children to the dental appointment must return the signed consent form as soon as possible.

HYPERGLYCEMIA
(High Blood Sugar)

CAUSE: Too much food, too little insulin, illness or stress.

ONSET: Gradual, may progress to diabetic coma.

BLOOD SUGAR: Above 200 mg/dl.
Acceptable range: 110-200 mg/dl.

SYMPTOMS

| | | |
|---------------------------|-------------------|---------------|
| | | |
| FREQUENT URINATION | DRY SKIN | HUNGER |
| | | |
| BLURRED VISION | DROWSINESS | NAUSEA |

WHAT CAN YOU DO?

| | |
|-------------------------|--|
| | |
| TEST BLOOD SUGAR | If over 250 mg/dl, be sure to CALL YOUR DOCTOR. |

HYPOGLYCEMIA
(Low Blood Sugar)

CAUSE: Too little food, too much insulin or diabetic medication, or overly exercise.

ONSET: Sudden, may progress to health threat.

BLOOD SUGAR: Below 70 mg/dl.
Normal range: 70-110 mg/dl.

SYMPTOMS

| | | | |
|------------------------|--------------------------|-----------------|-----------------------|
| | | | |
| SWEATING | ANXIOUS | SHAKING | FAST HEARTBEAT |
| | | | |
| IMPAIRED VISION | WEAKNESS, FATIGUE | HEADACHE | IRRITABLE |

WHAT CAN YOU DO?

| | | |
|--|--|--|
| | | |
| Have a meal or enough juice or milk, or eat several hard candies. | TEST BLOOD SUGAR If symptoms don't stop, call your doctor. | Drink 20 ounces (two glasses) of juice, and 2 light meals that's a normal dinner or lunch combined with a half glass of milk. |

News for the next weekly
Newsletter should be turned in
no later than
October 13, 1995

UTTC All Faith Chapel Schedule

*Sunday,, 10:00 am Catholic Mass
Fr. Julian Nix and Fr. Victor Feser*

12:00 Noon Sunday School Assembly of God

*1:00 pm Assembly of God Services
Rodney LaVallie*

*4:00 pm Episcopal Services
Fr. Bruce Caldwell
"Pot Luck First Sunday of each month"*

*Tuesday &
Thursday, 7:00 pm Assembly of God
Bible Study and Prayer Services*

Office Technology Club Meeting Thursday, Oct. 12, 1995

3:00 pm - Room 220, Ed. Bldg.

Agenda:

1. Election of Officers
2. Discussion of homecoming float
3. Fundraisers
4. Other Business - Old or New

This meeting and invitation to join the Office Technology Club is for all Office Technology students both new and returning!!!

Halloween Masquerade Powwow and Carnival

The Powwow Committee would like to keep you abreast of the current events sponsored for the Halloween Masquerade Powwow and Carnival. The following departments/vocations are sponsoring these events/booths:

DRUG KNOCK-DOWN: Just Say No Club
 BOTTLE RING-TOSS: Automotive
 BALLOON / DART GAME: Student Health
 CAKE WALK: Student Support Services & Food Services
 FACE PAINTING: Art Expo
 FISH POND: Criminal Justice
 BASKETBALL TOSS: Mailroom
 TIRE/NERF BALL THROW: Health Information
 PHOTO BOOTH: Administration
 BAKED GOODS: Sakakawea Hall
 DUCK POND: Arrow Graphics
 MILK/BOTTLE KNOCK DOWN: Finance/Personnel
 EGG TOSS: Security
 PINATA GAME: Health Information
 CONCESSIONS: Food Services
 GUESS THE AMOUNT: Arrow Graphics
 GOLF PUTTING: Val & Ann Finley (Educ. & Elem.)
 BINGO: Powwow Committee
 BEST COSTUME: (\$50.00) - Recreation
 FOOD BASKETS: Powwow Committee

LOOK
FOR
FLYERS
ON CAMPUS!

Several persons have already donated materials to the Powwow Committee to use for prizes towards the games, they are as follows:

- Bev Huber • Terry Lewis
- Sheri Baker •

THANK YOU SO MUCH!!!!

Every item helps reduce our costs!

We understand that not all persons can donate merchandise, however, it would be nice if the only donation you give is the attendance of you and/or your family. Let's make this event a great success! Invite your friends, relatives and neighbors.

All Carnival Game personnel/departments contact Arrow Graphics for a final tally of items needed and/or give a run-down of what you are doing with the game before Wednesday, 5:00p.m. Ext. 293 or 351.