



W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 4 NO. 12

December 11, 1995

Weekly Menu

Dec. 11 to Dec. 15

DINNER

- Mon- Chuckwagon Stew w/Baking Powder Biscuit
- Tue- Baked Ham & Mashed Potatoes
- Wed- Turkey-Ala-King w/Baking Powder Biscuit
- Thu.- Bar-B-Que Beef On A Bun w/Fries
- Fri.- Chicken Nuggets/Fish Platter w/Wild Rice

SUPPER

- Mon.-Bar-B-Que Ribs w/Baked Potato
- Tue.- New England Dinner w/Boiled Potatoes
- Wed.-Chicken Breast On Rice
- Thu.- Pepper Steak w/Spanish Rice
- Fri.- Roast Pork w/Mashed Potatoes & Gravy

Dec. 18 to Dec. 22

DINNER

- Mon.- Goulash
- Tue.- Bean Soup & Ham Sandwich
- Wed.- Roast Beef w/Mashed Potatoes
- Thu.- German Style Sausage w/Beans or Kraut
- Fri.- Fishwich & Chips

SUPPER

- Mon.- Hamburger on a Bun
- Tue.- Pork Chops & Rice
- Wed.- Swedish Meatballs over Noodles
- Thu.- Grilled Steak & Baked Potato
- Fri.- Lasagna & Garlic Toast

GRADUATING STUDENTS

Graduating students are required to take an Exiting TABE Test and a Exit Survey before graduation.

Please make contact with the Student Support Service Office at the Skill Center. (Andy ext. 239 or Vivian ext. 313). Please set up an appointment. We can test you anytime during the day or evening before Dec. 20, 1995.

Student Senate

Date: Friday, December 15, 1995 at 5:00 pm

What: There will be a "Christmas Social" held for all students and staff.

Where: UTTC Gymnasium

Time: 5:00 o' clock

Candy Bags and Santa Clause will be available for the children.

Pizza and Pop for everyone.

Sponsored by the Student Senate and representatives.

Have a Safe and Merry Christmas!!!





**TJES Christmas
Program
Thursday, Dec. 14
2:30 pm
UTTC Small Gym**

Do you want to get in the mood for Christmas? All students, staff and faculty are invited to the elementary school Christmas program. There will be songs and poems by the Kindergarten and 1st grade students and a puppet performance by grades 2, 3, and 4. A group of 5th through 8th graders will serve as puppeteers as we present the show, "Cookin' up Christmas". The children work hard to learn their parts and it means so much to them to have the support of family and friends in the audience. Please plan to attend now.



**Curtis & Associates Jobs Program
UTTC Students**

The following is the scheduled date and time for you to update your jobs employability plan. You are **required** to attend this meeting.

When: Friday, December 29, 1995 at 1:00 pm

Where: Curtis & Associates, Inc. Office
600 S. 2nd Street, Suite #3B, Bismarck

Also you are **required** to bring with you a copy of your class schedule and your grades (if already received) for the last semester/quarter. If you do not bring them, your jobs employability plan **will not** be approved.



Holiday Craft Show

The following individuals have agreed to sell at the craft show on December 13th from 2:30 - 5:00 at the Exhibit Hall.

Mike Provancial

Rodney Sam

Todd George

Julie & Don Cain

Dan Howell

Greg Penning Jack

Raymond Pine

Alanzo Leisholm

Donna Hollow Horn Bear

This will be a great opportunity to do some Christmas Shopping.



BATTLING THE ELEMENTS



Exposure to extreme cold may make a person seriously ill. The likelihood depends on factors such as physical activity, The likelihood of illness also depends on factors such as physical activity, clothing, wind, humidity, working and living conditions, and a person's age and state of health. In the past, we depended entirely on nature for clothing. Animal skins, furs, and feathers protected us from freezing temperatures. As long as seasonal changes and cold climates exist, preventing cold related illnesses, such as hypothermia, remains important when we work or play outside. Although natural fibers, such as wool and down, are still very useful, a whole family of synthetic fibers is now used to make clothing. Being outdoors has become a lot more comfortable. The best way to use outdoor fabrics is to layer them. This creates warmth by trapping warm air between layers to insulate the body. Layering is an old concept: wear several layers of clothing when it's cold: take clothes off when warm and put them back on if you get cold. This enables you to regulate your body temperature and deal with changes in the environment. Start off with an underwear layer. Commonly called long underwear. It should supply you with basic insulation and pull moisture away from your skin--damp sweaty skin can chill you when you slow down or stop. Next add one or more insulating layers such as a wool sweater or a down jacket, depending on the temperature. Don't forget your legs. Finish with a windproof, and preferably waterproof, shell layer. This will repel wind and rain but allow your perspiration to pass through the fabric so that you stay dry and warmer. Check your shell for wind seals at the waist, neck, wrists and ankles and make sure it is big enough to fit several layers of clothing underneath. A hat is vital to staying truly warm. Gloves, insulating socks neck "gaiter," and headbands all protect you from the cold.

Learning Center Evening Hours

for the week of Dec. 11 - Dec. 15.

Monday, Dec. 11th: 7-9 p.m.

Tuesday, Dec. 12th: 7-9 p.m.

Wednesday, Dec. 13th: 6-9 p.m.

Thursday, Dec. 14th: 6-9 p.m.

News for the next weekly
Newsletter should be turned in
no later than
December 15, 1995.

IF YOU FIND MISTAKES
in this publication, please
consider that they are there
for a purpose. We publish
something for everyone, and
some people are always
looking for mistakes!





STUDENTS

AASPN STUDENTS

DISTANCE LEARNING via INTERACTIVE VIDEO NETWORK will be available on UTTC Campus during the spring, 1996 semester. (See the Dec. 4, 1995 Newsletter.)

Three AASPN students, Pierre Berger, Marilee Byington and Rhonda Taken Alive have enrolled in the IVN Statistics course. Congratulations for being adventuresome!

Liz Miller, UTTC faculty member, will be serving as Site Coordinator for the system at UTTC. She is willing to arrange for video-taping should students find it impossible to attend a particular class session.

GOOD LUCK TO ALL! We'll be wanting to hear all about this mode of learning.

Sister Kathryn Zimmer

GRADUATION RECEPTION

The Graduation Honoring Reception will be held on December 18, 1995 at 4:00 PM at the Cafeteria.

Everyone is invited to attend the reception.

Student Affairs Committee

Come Check Out the Bookstore

The United Tribes Technical College Bookstore has a variety of school supplies for sale. We have calculators, book bags, mechanical pencils, hi-liters, report covers, notebooks, binders in a variety of colors, and computer disks, just to name a few things. We have other items as well, such as brushes, cosmetic cases, mugs, and some art supplies. (Looking for a gift?)

We do have some Powwow items left such as long-sleeved shirts and t-shirts. We now have hooded sweat jackets in black. There are a few black or blue denim jackets left, also. Get yours now!

If you want a UTTC or Powwow logo stamped onto your favorite t-shirt, sweatshirt, or denim jacket, bring it in, and we'll fix you right up.

We also sell the "Bismarck Tribune" and "Indian Country Today". Oh, did I mention that we now have gift-wrapping available at reasonable prices?

Come see us down at the Bookstore. Feel free to look around. And by the way, have a very Merry Christmas and a joyous New Year!

HEALTH INFORMATION TECHNOLOGY

Student Association Update

Health Information Technology (formerly Medical Records) has been reorganized and going strong since the beginning of school year 95-96. Rita Moran, Pattie Herron - President elect, Letitia Stewart, Elizabeth Good Shield started off the August term as the executive board. The returning students got busy with fund-raising projects. We got permission from the Student senate to operate the concession stand during the annual UTTC Powwow in September.

A meeting was held with the new students for introductions and more planning for our concessions. Volunteers were requested to work at the concession. Some students volunteered to assist in food preparation, while others actually volunteered to cook at home some of the items. Along with our instructors James Steen and Eileen Ereth the fund-raiser was a HUGE success. Thanks to all that contributed their time and effort.

Pattie Herron - President called a meeting to elect new officers. The following people were elected to office. Jackie Montgomery - President elect, Lani Migual - Secretary, Jennifer Lambert - Treasurer, Charles Longtree - Parliamentarian. Congratulations and good luck to the new officers. Letitia Stewart was appointed to represent HIT on the Student Senate, alternate is Lynn Mann.

HIT students attended of the N.D. State Chapter of American Health Information Management Association (AHIMA) which was held at the Kelly Inn, October 5-6, 1995. Nancy Schwindt of Medcenter One is the President of the ND Chapter. We got a taste of what the state meetings consist of and how the meetings were conducted. Very informative, met new people, saw the latest technology. The meeting was good experience for us.

On October 9, 1995, we attended the HIV/AIDS workshop at the Holiday Inn. Great speakers, nursing students from U of M, Medcenter One, various educators attended the sessions. Saw former nursing instructors Linda Edin, Glenda Reemts with their students. This workshop provided us with very important information, statistics that we do not think is serious. The bottom line is that HIV/AIDS is out there, close to home and we the students need to get educated and also educated our children who are our future leaders. Any student that might have any questions or concerns on HIV/AIDS can contact Sharlene Gjermundson or Suzanne Cadotte at the Student Health Center here on campus.

For the Fall Festival, October 20, 1995, the student put together a float for the parade. Good job students! We also opened the concession stand for the homecoming game. The HIT Student Association set up a booth to assist the Powwow Committee in the fundraising efforts. Roxanne Webster won 1st prize in the masquerade powwow in the UTTC student division (spooky!)

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CURRENT ACTIVITIES

Currently, the HIT Student Association is selling RAFFLE TICKETS - DRAWING DECEMBER 12, 1995, 3:00 P.M. - GRAND PRIZE: STAR QUILT, 2ND PRIZE: \$100.00 CASH, 3RD PRIZE: BEADWORK, 4TH PRIZE: FILLED PINATA. GET YOUR TICKETS FROM ANY HIT STUDENTS FOR YOUR CHANCE ON A GREAT PRIZE. Thanks to the ones have already purchased tickets for our raffle.

Plans are underway for a Christmas party and gift exchange on December 11, 1995 at 4:00 p.m.

FUTURE ACTIVITIES

We are planning to go on several field trips during the spring semester, to Jamestown State Hospital, St. Alexius Hospital, ND State Pen to tour their various medical records department.

On December 14 & 15, 1995, the HIT Department, we will have two visitors. Dr. David Gale, Eastern Kentucky University and Donna Wilde, RRA of Shoreline Community College will be conducting a site visit for accreditation. These two people will be visiting with various departments on campus that have any association with the HIT students. The graduating student and new students will be meeting with them on Thursday, Dec. 14. So HIT students, "LETS GET OUT THERE AND IMPRESS OUR VISITORS".

GOOD LUCK ON YOUR FINALS!

Submitted by Letitia Stewart, HIT Student

*The Library will be open
6 - 9 pm, Thursday, Dec. 14
and
6 - 8 pm, Monday, Dec. 18*

Thank You

This is a big thank you to all those who were there for use this semester while doing our clinicals at St. Alexius. To Leroi, Dennis & Rita for making us lunches. Those lunches were greatly appreciated and kept us going. Some staff at the hospital thought it was very thoughtful of you.

To Big Steve, Jim & Little Steve from the Security Dept. Thank you for taking us to St. Alexius on our clinical days. We knew we would always be on time and never needed to worry. We could always count on you guys. Thanks.

To the fantastic four at Transportation, we thank you guys for picking us up at the hospital and taking us to our Home Health Care clinicals. For going a little out of your bus route to get us to the hospital and kindly waiting for us when we ran over time.

You all helped us make it through this semester. We would like to say thank you and it would have been a hard time without you guys.

Shelly, Danielle & Glenda
Campus Nursing Students

P.S. Thanks to Charlene from the Library for searching for information for my case study and presentation this semester. (from sjogren's syndrome)

*The
Education Association
is having a
Christmas Party
Tues. December 12
3:00 pm in Cafeteria
Snacks served
Exchange of gifts will
take place.
Bring a gift to
participate*

