

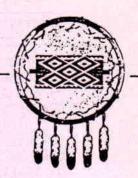
UNITED TRIBES TECHNICAL COLLEGE 3315 UNIVERSITY DRIVE BISMARCK, NORTH DAKOTA 58504 PHONE 701-255-3285

staff/student

NEWSLETTER

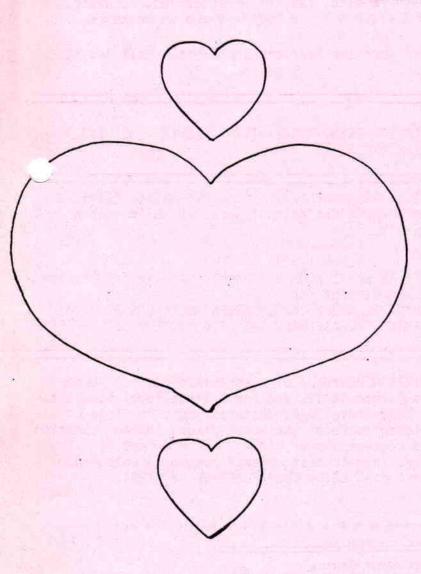
NO. 18. VOL. 13.

DATE: FEBRUARY 18, 1991



FEBRUARY IS "BIG HEART" MONTH AT UTTC

AND THESE ARE THIS WEEK'S WINNERS OF THE "BIG HEART" AWARD AT UTTC



ISN'T NICE TO KNOW THAT IN THIS WORLD, DESPITE THE MEAN-SPIRITED PEOPLE WHO ARE ALWAYS "IN THERE" TO KNOCK SOMEONE, THAT THERE ARE STILL KIND, BIG-HEARTED PEOPLE AROUND!?

BUD ANDERSON AT MAINTENANCE WINS A "BIG HEART" AWARD because I just happen to know that Bud has done a number of kind things for families in Bismarck/Mandan; these families needed help, and Bud gave help.

An Anonymous Friend

TO TERRY LEWIS FROM MARY LEMCKE... "YOU DESERVE THE "BIG HEART" AWARD, Terry, because you're always patient and goodhumored! THANK YOU!

BENNETT YELLOW BIRD deserves the "BIG HEART" AWARD because he's a very supportive Supervisor.

from Two of His "Supervisees"

To PAM CARLASCIO: You're a person who always listens and understands. You should get the "BIG HEART" AWARD for February.

A Friend

To: MR. DAVE GIPP: We think you should get the "BIG HEART" AWARD for February because your GENUINE concern shows through when you ask about our families. from Friends We appreciate that.

Cafeteria Noon Menu:

FEBRUARY 18 to FEBRUARY 22 Dates:

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Mon- PRESIDENTS' DAY HOLIDAY

Tues .- Burritos

Wed.- Baked Chicken

Thus. Hamburger-on-a-Bun Fit. Lasagna Hot Dish

TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA!

The winners of last week's Trivia Question about the Indians' use of "Quina Quina" (Quinine) long before modern medicine discovered its properties was answered correctly by DON CADOTTE, Staff Member, and DONETTE TWO SHIELDS, a Medical Records student. CONGRATULATIONS, WINNERS!

This week's Trivia Question is about one of the Faculty at United Tribes Technical College (!) The first person who calls with this correct answer will win a 6-pack of Coke or Pepsi (the choice is yours): WHAT MEMBER OF THE UTTC FACULTY RECENTLY APPEARED ON TELEVISION ON E.S.P.N.? (No kidding!) The faculty member is ineligible to answer this question, incidentally!

Quickly, now----show everyone how aware you all are about our celebrity faculty! Call Lois Lane NOW at EXT. 227 with your answer!

NEWSLETTER CLASSIFIED! BARGAINS! FOR SALE! MISCELLANEOUS! CHEAP! DEALS! ETC.

ANDERSON TAX SERVICE will do your tax preparation this year more reasonably and more effeciently than you can get it done anywhere else. We are computerized, accurate, and we deliver quickly. Call: 222-0800 after 6 PM on weekdays and on weekends.

FOR SALE: Fine quality turquoise jewelry from the American Southwest. Call Bev at EXT. 294.

DO YOU THINK SOMEONE DESERVES RECOGNITION FOR BEING NICE? THEN CALL EXT. 227 AND PUT A "BIG HEART" AWARD INTO THE NEXT NEWSLETTER.

Just a reminder.....FEBRUARY IS NATIONAL HEART MONTH.....and Mid-Dakota Clinic and St. Alexius Medical Center are offering FREE Cholesterol Screening Clincs each Wednesday in February. These remaining dates are:

> February 20 February 27

The FREE CLINICS will he held from 8 AM until NOON on those days. to the clinics will be provided to students without cars.

FOR MORE INFORMATION ON THE FEBRUARY FREE CHOLESTEROL SCREENING CLINCS AT MID-DAKOTA CLINIC AND ST. ALEXIUS MEDICAL CENTER, PLEASE CALL THE UTTC STUDENT HEALTH CENTER.

The NORTH DAKOTA INDIAN EDUCATION ASSOCIATION Board of Directors is hosting a "Logo Contest" for students enrolled in Grades 9 through 12, and for college level students. The logo will be printed on NDIEA letterhead, envelopes, posters, etc. The logo entries should be art work which is representative of the North Dakota Indian Education Association's organization, and the logo contest winner will be awarded \$100.00.

For a hand-out on the details for the logo contest, please contact: Lois Lane at EXT. 227. The art work must be submitted NO LATER THAN FEBRUARY 28, 1991.



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The following Health Hints have been contributed to the NEWSLETTER by DONETTE TWO SHIELDS, a student in the UTTC Medical Records Vocation. Special thanks to Donette for this material!

Dry Skin or "Winter Itch"

-is a complaint of every healthy person at some time in life. The problem gets worse the older you get and for those who live in overhheated homes in cold, dry climates and take too many long, hot baths. The skin on the lower arms and legs can get so dry that it resembles an alligator's hide or the bottom of a dry lake.

Dryness results from a lack of water-not-oilin the thin top layer of skin. The parts of the skin that contain lots of oil glands-namely, the scalp, face, back, chest and upper arms-don't have this problem because one of the functions of skin oil is to form a water-retaining layer on the surface of the top layer of skin. If your skin doesn't hold water or if you have underactive sweat glands, you're a sitting duck for dry skin.

Here are some recommendations on dealing with dry skin:*

- 1. Bathe or shower only as often as necessary, using a mild or superfatted soap or no soap at all in areas where you are especially dry. Deodorant soaps are not really beneficial to your skin.
- 2. After bathing/showering, pat self dry (try not to rub) and immediately apply a moisturizer. This will trap the water that was absorbed into the skin during bathing/showering. Apply moisturizers or creams several other times during the day, too, but make the application after bathing/showering, a must!
- 3. If you have dry skin, you don't need expensive products to rid yourself of the problem. Vegetable oils, such as sunflower oil and the hydrogenated oils used for cooking, such as solid Crisco can be used. These oils are cheap, effective, safe and pure skin lubricants. If you want something more glamorous, cold cream is an acceptable alternative.
- 4. If you want to have hands that love to be touched, stop repeated exposures to detergents, cleansers and solvents. Avoid washing dishes if you (doctor's orders) but protect your hands with rubber gloves if you can't. To achieve the best protection, you should wear white, cotton gloves under rubber gloves.
- 5. Apply lotion to your hands whenever they have been in water.
- 6. Finally, you should raise the humidity in your home by attaching a humidifier to the furnace or adding moisture to each room by resting pans of water on radiators or attaching a trough of water to room hot-hair vents. Moisture from houseplants will also evaporate into the air and help humidify your home.

*Bernard Kirschbaum, M.D., Clinical professor of dermatology, Medical College, Pittsburgh, PA.-"Listen to your body".

The following article appeared in the <u>Bismarck Tribune</u> on February 15, 1991 and is reprinted with permission.

Friday, February 15, 1991

Jobless rate for Indians understated,

☐ The Bismarck Tribune ☐ Page 7A

report says

DENVER (AP) — American Indians are severely undercounted in unemployment figures because they give up and drop out of the workforce, according to the authors of a report on Indian unemployment.

The report said American Indian unemployment in some areas is 20 times higher than Labor Department figures, which don't include "discouraged workers" — those who believe job-hunting is futile.

The undercounts "result in less funding for government programs which attempt to alleviate these high rates of unemployment," the study contends

study contends.
The study, "Native American Unemployment: Statistical Games and Cover-ups," was done by George Tinker, assistant professor of cross-cultural ministry at the

NATION/WORLD

Iliff School of Theology in Denver, and University of Denver graduate student Loring Bush.

The study compared unemployment figures provided by the Labor Department, the Bureau of Indian Affairs and in a 1985 "First Friday Report."

The First Friday Report, a study by the Lutheran Council U.S.A. Office for Government Affairs and two other groups, used figures on "discouraged workers" included in the Bureau of Indian Affairs report.

the Bureau of Indian Affairs report.
The study's authors say their findings reflect a racist attitude toward Indians by government officials and corporations through hiring practices.

"It is not an explicit racism," says Bush. "It's an unconscious racism; there is nothing in it that is outright bigoted, but it is protecting white prerogatives."

According to the study, the First Friday Report gives an 87 percent rate of unemployment for the Pine Ridge reservation in South Dakota in 1985. The Bureau of Indian Affairs estimates 78 percent of the Pine Ridge work force was unemployed as of late 1989.

But the South Dakota Labor Market Information Center reported far lower figures for the two counties that make up the entire Pine Ridge reservation. It reported Jackson County had an overall 3.2 percent unemployment rate in December 1989, and Shannon County had an overall 4.5 percent unemployment

Noting the differences in the years for the statistics, the study's authors said unemployment rates for American Indians have been relatively constant.

relatively constant.

Loren Harms, an economic analyst for the South Dakota Department of Labor, said Thursday his department uses standard methodology set down by the Bureau of Labor Statistics in Washington, in determining unemployment rates.

unemployment rates.

To be counted "a person must have actively sought work in the past four months, is currently available for work, and must not have a job.

At Pine Ridge, there are 3,000 full-time jobs available for a potential labor force of about 10,000, according to John Tibbitts, Tribal Economic Development Planner

for the Oglala Sioux Economic Development Office on the South Dakota reservation.

"If you don't go to the job service and look for work, you're not counted, completely," said Tibbitts. "If you live on a reservation and you went (to the job service) a lot of times and there is no job, you just quit going."

Similar, but less dramatic differences are shown in studies of American Indians in Arizona and Minnesota, Tinker says.