

# UNITED TRIBES

## On-Campus News

VOL. 9, NO. 8

October 11, 1999

### United Tribes New Faculty...

#### *Kaye Bell*

#### *Prep English/Tutor Coordinator*

*Born: February 16th, 1948*

*Birth Place: Minot, ND*

**Education:** St. Michaels High, St. Michaels, Arizona, 1966; University of Mary, Bismarck, 1988; Major: Health and Recreation and Minor in Art.

**Career:** Cook and Activity Aid at Mandan Villa Nursing Home in Mandan, ND 1980-1985; Cook and Chemical Abuse Tech at Heartview Treatment Center 1990-1994; Tutor at Mary Stark School in Mandan, ND 1995-1998.

**Personal:** Enrolled member of the Fort Berthold Reservation, New Town, ND, Arikara Tribe. I was married 26 years to Bruce C. Bell Sr. until his death in 1994. We have five children, 4 boys and 1 girl. Jason is 31 years old and enrolled in the School of Medicine at UND Grand Forks; Julian is 30 years old, married and has an adopted daughter, Mattie who is 2 1/2 years old. He is a disjockey at K102 radio station in Eagan, Minnesota (his radio name is Dakota Morgan); Bruce Jr. is 26 years old and lives in Fargo where he is a concrete and construction worker; Anthony is 19 years old and works at Pride Inc. in the morning and Houlihans Restaurant in the evening; My daughter is 17 years old, a senior at Mandan High in Mandan, ND, she is busy with band, swimming and homework.

**Hobbies:** Arts and crafts, reading, cooking, occasionally throwing away money at Bingo or the Casinos.

**Favorite TV Show:** Golden Girls and Designing Women

**Favorite Movie:** Ghost and Its a Wonderful Life

**Kind of Music:** Oldies but Goodies, Country and some Folk Songs

### **Chemical Awareness Class**

To all students taking Chemical Awareness Class from Joe McGillis. The second (8) eight weeks course will start on October 19th, 1999. It will be held on Tuesdays and Thursdays at 1:00 pm in the Skill Center Room #107-B

If you have any questions please call me at extension 274 or see me at the Chemical Health Center building 68.

***The Sword and Spirit  
Ministry Pastor Weyland  
American Horse welcomes all  
to attend weekly services***

***Tuesday 7:30 Prayer Service  
Friday 7:30 Bible Study  
Sundays 4:00 Sunday Service  
At the Campus Chapel***

***Catholic Services  
Every Sunday at the  
Chapel - 10:00 AM***



# Weekly Menu

## DINNER

### October 11-15

- Mon.- Honey Roasted Turkey Sandwich, Soup, Salad Bar, 2% or Skim Milk
- Tue.- Tortolla Hot Dish, Spanish Rice, Salad Bar, 2% or Skim Milk
- Wed.- Oven Baked Chicken, Rice, Vegetable, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Thu.- Hamburger on a Bun, Baked Fries, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Fri.- Chicken Strips, Macaroni & Cheese, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk

### October 18

- Mon.- Croissant Sandwich with Turkey or Ham, Potato Salad, Salad Bar, 2% or Skim Milk

## SUPPER

### October 11-15

- Mon.- Baked Ham, Baked Potato Wedges, Vegetable, Salad Bar, 2% or Skim Milk
- Tue.- New England Dinner, Boiled Potatoes, Boiled Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Meat Loaf, Rice Pilaf, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- Shish-ka-bob Casserole, Wild Rice, Salad Bar, Dessert, 2% or Skim Milk
- Fri.- Fish Platter, Oven Baked Potato Wedges, Salad Bar, Dessert, 2% or Skim Milk

### October 18

- Mon.- Braised Beef over Noodles, Vegetable, Salad, Fresh Fruit, 2% or Skim Milk

## Campus Contractor

### Deeken Means

Small jobs, good work, reliable, friendly

Does all carpentry work: doors, shelves, doghouses, etc.

Sheetrock: repair & installation

Plumbing: residential, repair & installation

If you need any of these things done right the first time. Get a hold of me after 8:00 pm at either 250-7119.

Or E-mail me at means2@hotmail.com

## *Congratulations, Nursing Class of 1999*

Reasons to Rejoice for nursing grads of 1999: All who took their licensure exams have passed. One who had a Health Information major, in addition to nursing, has chosen to work in the health information area. One graduate has moved to South Dakota and probably has not taken the exam.

All the grads are employed or are pursuing baccalaureate study toward becoming Registered Nurses. One grad has only part time work.

We are proud of you and of your faculty too!

Submitted by Sister Kathryn Zimmer,  
Director, AASPN Program

**ATTENTION EVERYONE**  
**SKILL CENTER**  
**COMPUTER LAB (SC111C)**  
**WILL BE OPENED ON**  
**MONDAY AND WEDNESDAY**  
**FROM 5-8 PM.**

**BALA**

## Student Senate Election Results

The United Tribes Technical College Student Senate elections were held on Tuesday, October 5, 1999 at the United Tribes Skill Center. Student voted from 3:00 - 5:00 pm to determine which student would represent the student body for the 1999-2000 academic year. The following students were chosen as a result of voting:

<u>Office:</u>	<u>Student</u>	<u>Vocation</u>	<u>Votes</u>
President	Katy Beheler	AAM	22
Vice-Pres.	David Derby	CJ	37
Treasurer	Erin Slides Off	ECE	40
Secretary	Bridgett Derby	IP	40
Parliament.	Virgil Chase, Jr.	WELD	35

We extend a big thanks to all of the candidates participating in this year's student elections and congratulate those that were chosen.

## **Thank You**

We would like to thank everyone who voted on September 22, 1999 and on October 5, 1999. We would also like to apologize to everyone who may have been confused about the re-election of the Student Senate nominees.

We are asking all students for their support and suggestions, and encourage all students to be involved in any way possible. We need you, too, to make this academic year a prosperous one. Again, thanks to everyone who supports us in our quest for a chance to make a difference.

Respectfully,  
Dave and Bridgett Derby  
Vice-Pres. and Secretary  
Student Senate

## *Felt with the Heart* ♥

*The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.*

*May you find serenity and tranquility in a world you may not always understand, may the pain you have known and the conflict you have experienced give you the strength to walk through life facing each new situation with courage and optimism.*

*Always know that there are those whose love and understanding will always be there, even when you feel most alone.*

*May a kind word, a reassuring touch, and a warm smile be yours every day of your life, and may you give these gifts as well as receive them.*

*May the teachings of those you admire become part of you, so that you may call upon them. Remember, those whose lives you have touched and who have touched yours are always a part of you, even if the encounters were less than you would have wished. It is the content of the encounter that is more important than its form.*

*May you not become too concerned with material matters, but instead place immeasurable value of the goodness of your heart. Find time in each day to see beauty and love in the world around you. Realize that what you feel, you lack in one regard. You may be more than compensated for in another. What you feel you lack, in the present may become one of your strengths in the future.*

*May you see your future as one filled with promise and possibility. Learn to view everything as a worthwhile experience. May you find enough inner strength to determine your own worth by yourself, and not be dependent on another's judgement of your accomplishments.*

*Author Unknown  
Presented by Rhonda Yankton  
HIT Student*

## STUDENT HEALTH CENTER NOTES:

### INFLUENZA VACCINE:

Influenza is a serious disease. It is caused by a virus that spreads from infected persons to the nose or throat of others. The "influenza season" in the U.S. is from November to March or April each year. Influenza can cause: fever, cough, chills, sore throat, headaches & muscle aches. People of any age can get influenza. Most people are ill with influenza for only a few days, but some get much sicker and may need to be hospitalized. Influenza causes thousands of deaths each year, mostly among the elderly. Influenza vaccine can prevent influenza.

The viruses that cause influenza change often. Because of this, influenza vaccine is updated each year by replacing at least one of the vaccine viruses with a newer one. This is done to make sure that influenza vaccine is as up-to-date as possible. Protection develops about 2 weeks after the shot and may last up to a year.

People at risk for getting a serious case of influenza or complications - or people in close contact with them - should get the vaccine. These include:

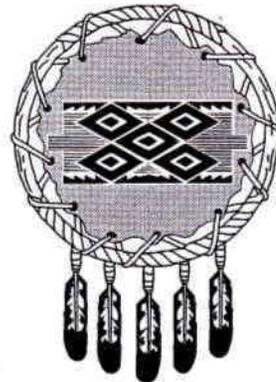
- Everyone 65 years of age and older.
- Residents of long term facilities housing persons with chronic medical conditions.
- Anyone who has a serious long-term health problems with: heart disease, lung disease, asthma, kidney disease, metabolic disease such as diabetes, anemia and other blood disorders.
- Anyone whose immune system is weakened because of: HIV/AIDS or other diseases that affect the immune system, long term treatment with drugs such as steroids, cancer treatment with x-rays or drugs.
- Anyone 6 months to 18 years of age on long-term aspirin treatment.
- Women who will be past the 3rd month of pregnancy during influenza season.
- Physicians, nurses, family member, or anyone else coming in close contact with people at risk of serious influenza.
- Others who should consider getting the flu vaccine include: People who provide essential community ser-

vices, travelers to the Southern Hemisphere, students and staff at schools and colleges to prevent outbreaks, anyone who wants to reduce their chance of catching influenza.

The best time to get influenza vaccine is between September and December. A new shot is needed each year.

**Student Health Center nursing staff will be administering the flu vaccine on October 26 thru October 29 during regular office hours. Native American staff and students are welcome. Free!**

**Non-Native staff and students can obtain the flu vaccine by calling City Nursing at 222-6525. You may need to schedule an appointment and there may also be a fee.**



**Information for the  
Next Newsletter  
must be  
submitted to  
Arrow Graphics  
no later  
then October 15  
Attn: Wanda Swagger**



OPEN HOUSE  
AT THE  
CHEMICAL HEALTH CENTER  
OCTOBER 26, 1999  
RED RIBBON WEEK  
FROM 9:00 AM. TO 4:00 P.M.

Come join us for fun, goodies, door prizes, and we will be giving out Red Ribbons for Red Ribbon Week.

**Red Ribbon History**

A United States Drug Enforcement agent was kidnapped and murdered in Mexico, by those involved in supplying illegal drugs to the United States.

On March 9, 1995, hundreds of law enforcement officers gathered in Calexico, CA. To pay their last respects to a fellow officer. Students at his former High School outraged at the idea of Camarena's murder, displayed red ribbons in honor of his dedication and courage. Shortly after, the first parent groups began displaying Red Ribbons in honor of his dedication and courage shortly after the first parent groups began to displaying Red Ribbons annually in his honor and as a sign of intolerance to drugs.

October 1988 the first Red Ribbon campaign was held in North Dakota, 20,000 ribbons were distributed through out the state in 1995 over 290,000 were given out during the Red Ribbon week.

It is great for the increased participation. Lets all join in this celebration. The United Tribes Technical College family will be demonstrating their support for a Drug Free College.

From this day, when ever a student or staff wears a Red Ribbon it is a symbol of unity, to have a Drug Free College.