

UNITED TRIBES

On-Campus News

VOL. 10, NO. 4

January 31, 2000

STUDENT OF THE MONTH

Here are the selections of the Student of the Month for January, 2000.

Roxanne Conger-Stricker
Health Information Technology

&
Michael R. Haas
Nursing

Congratulations Roxanne and Michael! Each of the winners will receive 2 dinner passes and 2 tickets to a movie of their choice. The Student of the Month is sponsored by the United Tribes Student Senate who would like to recognize those students who exemplify the positive characteristics of a successful student, exhibits leadership, and participates in making UTTC a better community.

Roxanne Conger-Stricker

Born: February 27, 1967

Birthplace: Wagner, SD

Education: Health Information

Career Goals: To continue on to Madison, SD, Dakota State University and receive a B.A. degree.

Activities: Treasurer for HIT Club

Personal: Married with two boys, Chaz will be two and Angelo is seven months.

Hobbies: I like to do crafts when I have time and go on outings with my family.

Favorite TV Show: E.R.

Favorite Movie: Titanic

Favorite Kind of Music: All kinds from R & B to Country

Favorite Foods: Chinese and Italian

Comments about your program, field of study, future plans: When I first came to Health Information, my thoughts were that I would be entering patients information into the computer. Basically, yes that would be part of it. But, after completing my first semester, I have learned so much from my instructors and enjoyed it. It makes you feel good to know that you are accomplishing something.

Health Information is not only knowing the clerical aspects. It's having the knowledge of understanding diagnoses and what different procedures are for and how to code them so that your facility can be paid.

I am glad I am a part of the Health Information Technology Program. I plan to continue my education at Dakota State University.

continued on page 2.

ON THE INSIDE...

Hello from the Head Start
Free Screening for UTTC Staff & Students
UTTC Food and Fitness Program
OPEN HOUSE - Chemical Health Center
Recreation's February's Scheduled



Weekly Menu

(Each meal served includes
2% or Skim Milk, Coffee or Tea)

DINNER

January 31 - February 4

- Mon.- Goulash, Vegetable, Dinner Bun, Salad Bar
- Tue.- Bean Soup, Fry Bread, Salad, Assorted Fresh Fruit
- Wed.- Turkey Club Sandwich, Soup, Salad bar, Assorted Fresh Fruit
- Thu.- Variety Pizzas, Salad Bar, Dessert
- Fri.- BLT, Soup, Salad Bar, Dessert

February 7

- Mon.- Honey Roasted Turkey Sandwich, Soup, Salad Bar

SUPPER

January 31 - February 4

- Mon.- Hamburger on a Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies
- Tue.- Pork Chops, Rice, Vegetable, Salad Bar, Dessert
- Wed.- Meatballs over Noodles, Vegetable, Salad Bar, Dessert
- Thu.- Grilled Steak, Baked Potato, Garlic Toast, Tossed Salad, Fresh Fruit
- Fri.- Lasagna, Garlic Toast, Vegetable, Salad Bar, Dessert

February 7

- Mon.- Baked Ham, Baked Potato Wedges, Vegetable, Salad Bar

Continued from front page...

Michael R. Haas

Born: January 31, 1949

Birthplace: Portland, OR

Education: Fourteen

Career Goals: LPN

Activities: Organizes and helps with study groups, active in the Nursing Dept. Committee, works in IVN Room for Native American Studies class.

Personal: Single

Hobbies: Art, biking, wood carving

Favorite TV Show: West End

Favorite Movie: Charlie

Favorite Kind of Music: Most anything except country rock

Favorite Foods: Fruit, chicken, turkey

UTTC Indian Club News . . .

The United Tribes Indian Club would like to invite new members to join. All students and staff are encouraged to join us at our regular club meetings. Our regular meetings will be held every Wednesday at 6:30 pm at the small gym. Notices will be posted every week to remind you. Officers for this newly formed club are:

President: Gerald Packineau

Vice President: David Strange Owl

Secretary: Harriet Broken Nose

Treasurer: Mary Eagle Shield

Our future plans include:

- February 4, 2000: Indian Taco Sale, 50/50 Raffle and Bake Sale
- February 12, 2000: Social Night
- March 11, 2000: Handgame Tournament
- May 5 & 6, 2000: Graduation Powwow

We would like to encourage anyone who can sing to come join our group. We usually need singers for the Handgames and also the Social Night we have planned.

For more information you may contact any of the officers.

Mitakuye Oyasin, (We are all related)

Harriet Broken Nose, Secretary

United Tribes Technical College Indian Club

Chemical Health Center

Alcohol and Other Drug Survey

1. Do you drink to relax? Yes___ No___
2. Do you drink to feel better about yourself? Yes___
No___
3. Do you drink to fit in with a peer group? Yes ___
No___
4. Do you drink alone? Yes___ No___
5. Do you have relatives who drink? Yes___ No___
6. Have you ever been cited for public intoxications?
Yes___ No___
7. Have you ever received a D.U.I.? Yes___ No___
8. Has drinking created education problems? Yes ___
No___
9. Has drinking created family problems? Yes___
No___
10. Has drinking created employment problems?
Yes___ No___
11. Have you been hospitalized for alcohol incidents?
Yes___ No___
12. Have you ever stop using drugs and could not?
Yes___ No___
13. Have you ever tried to quit drinking? Yes___
No___

If you have a **yes** answer to any of the questions this may indicate early stages of chemical abuse.

If you have any questions on chemical abuse come on into the Chemical Health Center, appointments are not necessary.

**Information for the Next Newsletter must
be submitted to Arrow Graphics
no later than 12:00 NOON!
Friday, February 4.
Attn: Sandy Erickson**

PLEASE FOLLOW DEADLINE !

*I would like to thank the staff of
United Tribes Technical College
or the flowers, cards, memorials
and wonderful support extended to me
during the recent loss of my mother.
It was so very helpful.
Thank You.*

Glenna Mueller, TJS

REMINDER • REMINDER • REMINDER

THE UTTC FINANCE OFFICE IS CLOSED FRIDAY
AFTERNOONS AND THE LAST BUSINESS DAY OF
EACH MONTH.

Thought For The Day . . .

- Mon:** • The earth is like a tiny grain of sand - only much, much heavier.
- Tue:** • Nothing is impossible for those who don't have to do it.
- Wed:** • everybody has a photographic memory - some just don't have film.
- Thu:** • Its not the length of the wand - its the magic in the stick.
- Fri:** • Experience is a wonderful thing. It enables you to recognzie a mistake when you make it a second time.
- Sat:** • Those who live by the sword get shot by those who don't.
- Sun:** • The easiest way to find something lost around the house is to buy a replacement.

HELLO AND HAPPY NEW YEAR FROM HEAD START!

Newly located on the United Tribes Technical College Campus
in the CDC building this 99-00 school year is our Head Start Classroom.

Head Start is a federally funded program.

Our program is free to families with children ages 3-5 years,
who meet the required income guidelines.

We focus on education, health, parent involvement,
family literacy and social services.

We are a part of the BECEP Head Start program in town.

We currently have a full classroom of 18 students and
two teachers, Denise and Jennie. Who are both currently
part time students at the College.

Our Head Start day runs from 7:45 am - 12:00 pm,
when the children transition to daycare.

The neat part about our program is that the children do not even
have to leave the building to go to daycare-it's right downstairs!

We have been having a great time growing and learning everyday together.

Some of the themes we have had fun learning about are:

Colors, Shapes, Winter, (those snowball cookies were delicious)

Fire Safety, Family, Germs, Apples, I Am Special, plus many more!

We have been on some field trips too, including

Storytime at the Public Library, a Dental office, MedCenter One, and the Pumpkin Patch.

Some fun things we have done in our room include:

Playdough, "Glurch", "Goop", Shaving Cream Play, and many more.

We have also been lucky enough to join in on the L.E.A.P. project.

And our children who are Kindergarten age eligible next year
are working on Kindergarten readiness skills.

We are growing and learning together through play everyday.

So, if we have now peeked your curiosity, stop in and see us and say Hi!

We would love to show you our stuff!



HEAD START
WHERE EVERYBODY IS SOMEBODY!

PICTURES OF OUR HEAD START CLASS IN ACTION!



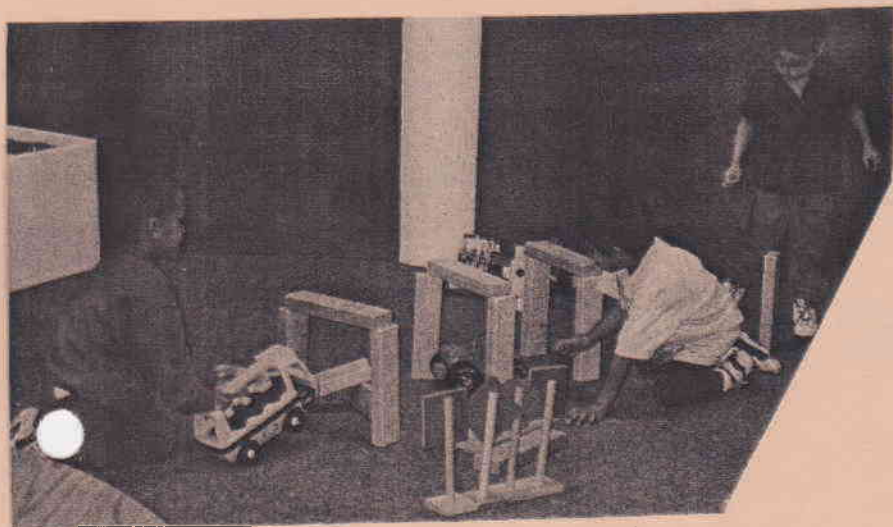
Pumpkin Patch Field Trip



Story
Time



Pudding
Painting
Day



Building with Blocks



Shaving
Cream

OPEN HOUSE

Chemical Health Center

Building #68

February 11, 2000

9:00 am to 4:00 pm

Come Visit Our Program

Door Prizes • Goodies

**CEAP PARENT MEETING
FEBRUARY 2, 2000 4:00pm**

The LAKOTA/ENGLISH
ACQUISITION PROJECT will
be having a meeting in the
Education Building, Rm. 111.
Parent(s) of children attending
the Infant/Toddler and
Preschool are urged to attend.

CHILD CARE and REFRESHMENTS

WILL BE PROVIDED.

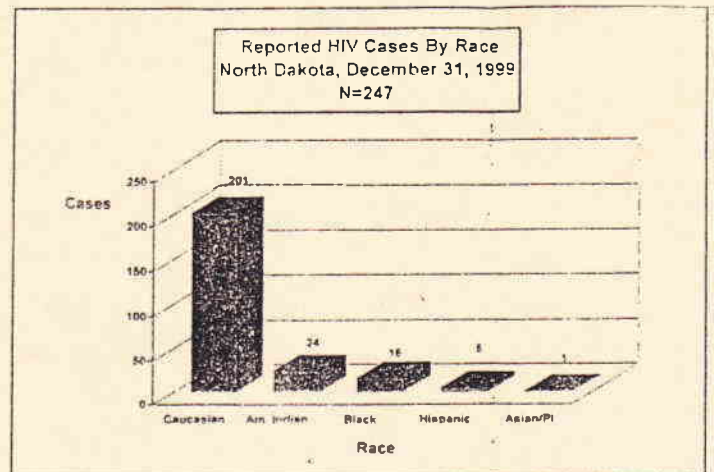
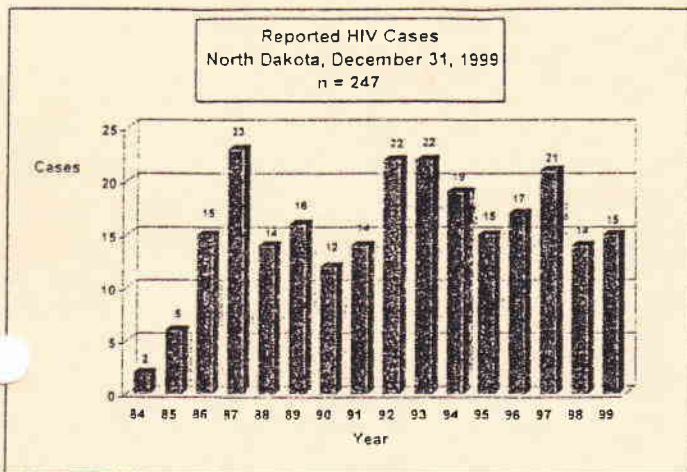
Student Health Center Notes:

Emergency Services - What's Appropriate?

An emergency is a medical condition which most non-medical people think is life threatening or could cause death or severe, permanent damage or injury to a person or unborn baby if not treated immediately. If you need Emergency Care go to the nearest doctor or hospital. You need emergency care if your health could be permanently damaged because you are not treated right away. **Some examples of what would be considered an emergency and should be treated in an emergency room are:** Severe difficulty breathing, sever wounds, severe or unusual bleeding, severe pain, severe abdominal pain (except for constipation/menstrual cramps), severe burns, suspected heart attack, poisoning, inability to swallow, sudden onset of paralysis, unconsciousness.

Some examples of what **would not be considered an emergency, but need urgent care**, and could be treated in either an emergency room or clinic or doctor's office are: sprains (ankle, wrist), convulsions, dehydration, fever under 101 degrees, most broken bones, cuts requiring stitches.

Some examples of what **would not** be considered an emergency and should be treated **only** in a clinic or doctor's office are: missing a clinic appointment, not having a clinic appointment, most headaches, constipation, flu, earaches, urinary tract infections and menstrual cramps.



SMOKE SIGNALS

from the Recreation Department

EXTENSION 261 or 361


John T-Hawk is in the hospital, give him a call at 530-3406.

The Winter Basketball League is up and running with six teams. Playing on Monday nites starting at 6:30 pm and we have a girls team in the City League on Sunday nites, we need more girls to show up.

We started a Minor League Basketball Nite on Thursday, it was a good turn out this past Thursday, so if anybody wants to jump in, the next one

will be February 10, 00 at 8:00 pm. They will be alternating with the Campus Volleyball League, we need your volleyball rosters in the office by February 1, 00.

The staff people that have YMCA cards out yet, we need them back, or you will be charged the full price, once again, failure to check the card in on time will result in a suspension of card privileges.



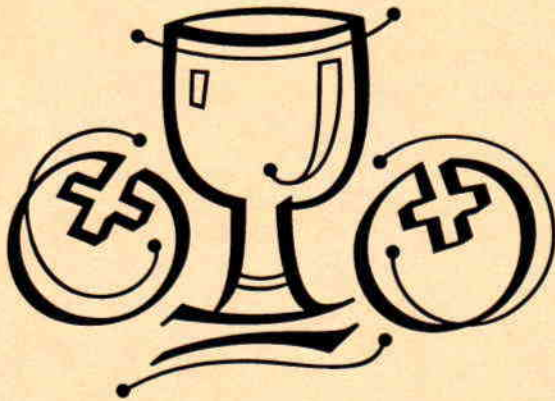
Good news for North Dakota

by Sister Kathryn Zimmer, Director, AASPN Program

The Robert Wood Foundation has awarded a \$375,000 grant to North Dakota. "The Matters of Life and Death" Project has received approval for implementation funding to improve End-Of-Life Care for the people of North Dakota. This announcement was made at a press conference held at the Radisson Inn on January 26, 2000.

About 50 organizations/individuals were involved in putting the proposal together. Sister Kathryn represented United Tribes.

A search for a coordinator of the program has begun. The program will be largely educational in nature and will reach out to various publics in North Dakota.



**First Holy Communion Classes
Starting February 16th.**

**Children must be at least 7
years of age or older.**

**To Register, Contact:
Julie Cain, Ext. 272**

**Please get all your newsletter info before
NOON on Friday's. This enables us
to bring you the newsletter in a more
timely fashion.**

Thanks!

- Holes in a Fence -

There one was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence.

The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered gradually dwindled down.

He discovered it was easier to hold his temper than to drive those nails into the fence ... Finally the day came when the boy didn't lose his temper at all. He told his Father about it and the Father suggested that the boy now pull out one nail for each day that he was able to hold his temper.

The days passed and the young boy was finally able to tell his Father that all the nails were gone. The Father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. This fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say 'I'm Sorry', the wound is still there."

A verbal wound is as bad as a physical one. Friends are a very rare jewel indeed. They make you smile and encourage you to succeed. They lend an ear, they share words of praise and they always want to open their hearts to you. Show your friends how much they mean to you, and forgive those who have left a hole in your fence.

MONTH FEBRUARY

YEAR 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Trinity Bible (H) 5:30 + 7:30 TAE-Kwon-DO 7pm Co-Ed Volley ball 8 p.m.	2 BB practice men 4-5 TJES 5-6 Girls 6-7 Swimming 6:30	3 TJES VS SOLEN (H) 3 pm pool Tourney 7pm Voc Volleyball 7pm	4 Open Gym	5 Concordia (A) 1 + 3 p.m.
6 Women City league 5 pm	7 BSC (H) 5:30 + 7:30 NO League Games	8 TJES VS ROCK CREEK 2 pm (H) TAE-Kwon-do 7 pm Co-Ed Volley ball 7:15	9 TJES VS TWIN BUTTES 1:30 (H) Swimming 6:30	10 Minor League 8pm	11 mikes city (A) 6 + 8 p.m. Open Gym	12 Indian Club social 2pm
13 Women city league 5 p.m.	14 TJES VS FT YATES (H) 2 pm Leagues 6:30 Swimming 6:30	15 TJES VS TWIN BUTTES (H) 2 pm BOTTINEAU (H) 5:30 + 7:30 Co-Ed Volley ball 6:30	16 BB practice men 4-5 TJES 5-6 Girls 6-7 Swimming 6:30	17 Girls pool Tourney Voc Volleyball 7pm	18 Open Gym	19 NDSCS (A) 2 + 4 p.m.
OPEN Gym	20 Women City league 7:15 PM Swimming 6:30	21 Williston (A) 6 + 8 pm TJES practice 4:30 League games 6:30 Swimming 6:30	22 Co-Ed Volley ball 8:45	23 TJES practice 4:30-5:30 Swimming 6:30	24 open Gym BSC (A) 5:30 + 7:30 Minor League 8pm	25 Open Gym
27 Women City league 5 pm Open Gym	28 BB practice men 3:30-4:30 TJES 4:30-5:30 Girls 5:30-6:30 league games 6:30 Swimming 6:30	29 Co-Ed Volley ball 8 P.m.				

NutriNews

Fitting Chocolate into a Healthy Lifestyle



**By: Kim Hinnenkamp
UTTC Food and Nutrition Program**

With Valentine's Day upon us, most people will start shopping for their sweethearts. The traditional flowers and chocolates are still bought by most for the perfect gift. Since a lot of you will be buying and eating chocolate, it is helpful for you to know how to fit this favorite food into a healthy eating plan.

What many people don't realize is that chocolate can fit into any healthy eating pattern. Even though most people associate chocolate as a "bad" food, no food especially chocolate is "bad". By already following a healthy eating plan of a variety of fruits and vegetables, dairy products, meats, and grains, an occasional piece of chocolate can be incorporated.

One of the biggest concerns with chocolate is the fat content. Most chocolates are high in fat and calories especially if there are also nuts, caramel, etc. added to the chocolates. If you love chocolate and think that you can't make it through the day without some, you will have to cut back the fat in other areas of your eating pattern. For example, try using reduced-fat or fat-free salad dressing, sour cream, cheese, or milk, so that you can fit some chocolate into your day. It is a balancing act. But by making some simple changes in your eating pattern, you don't have to cut out your favorite foods. That is the key to healthy eating. By using balance and moderation, all foods can fit into your personalized nutrition plan.

Here is a recipe from the American Dietetic Association that you could make for or with your sweetheart on Valentine's Day. It is low in fat and calories. These cookies will satisfy any chocolate craving. Enjoy and have a happy Valentine's Day!

Chocolate Candy Bar Meringues

3 1/2 tbsp. unsweetened cocoa powder
2/3-cup confectioners sugar
1/2 tbsp. cornstarch
1/2-cup egg whites (about 3 to 4)
1/3-cup sugar
1 tsp. vanilla extract
4 ounces chocolate-covered candy bars, cut into small pieces (about 3/4 to 1 cup)

Preheat oven to 275° F. Line two baking sheets with aluminum foil. In small bowl, sift together cocoa powder, confectioners sugar, and cornstarch. Set aside. In large bowl, beat egg whites at medium speed until soft peaks are formed. Gradually add sugar and continue beating until whites are stiff and glossy and sugar is dissolved, about 2 to 3 minutes. Add vanilla extract and mix well. Gently fold in cocoa mixture and candy pieces. Drop batter by heaping teaspoons onto prepared baking sheets, and bake in oven about 1 hour or until almost firm to touch.

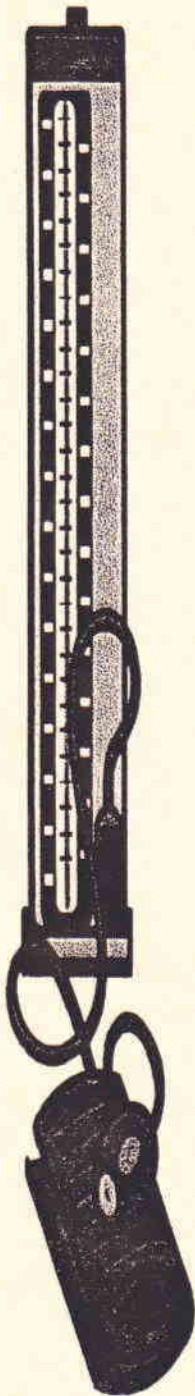
Reverse position of pans after 30 minutes to ensure even baking. Cool cookies completely before removing from baking sheet, and store in airtight container.

Makes 24 cookies

Nutrition Information per cookie (using chocolate-covered candy bars with nougat and caramel center): 49 calories, 0 milligrams cholesterol, 1 gram total fat, less than 1 gram saturated fat

Source: The American Dietetic Association. For the Love of Chocolate. URL: <http://www.eatright.org/nfs40.html>

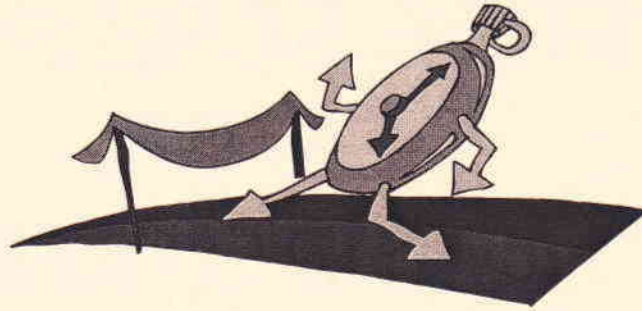
**FREE SCREENING
FOR
UTTC STAFF &
STUDENTS**



- BLOOD PRESSURE
- HEMOGLOBIN
- BLOOD SUGAR
- CHOLESTEROL

**WED. FEB. 2 &
THURS. FEB 3
DAILY 9-12 NOON AT
STUDENT HEALTH**

**SNACKS SERVED
DOOR PRIZES**



ATTENTION UTTC STUDENTS, FACULTY, AND STAFF! LAST CHANCE TO SIGN UP!

The UTTC Food and Fitness Program would like to remind you to stop by the cafeteria **THIS WEDNESDAY, February 2** from 12-12:45 PM to sign up for our physical activity program. (Hopefully you already have signed up!) Prizes will be awarded at the end of the program for participants who finish. Remember that the students will be given different prizes than the faculty and staff. Gather all of your friends and come on down to sign up. You can also sign up with Kim Hinnenkamp (Ext. 397). Her office is in the Skills Center room 119D. The deadline to sign-up is Friday, February 4.