

UNITED TRIBES

On-Campus News

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October 2, 2000

Good news all around for Nursing

All of us like to hear good news. Perhaps the best news of all is the report from the National League for Nursing with the announcement that the UTTC nursing department was awarded an eight year accreditation following presentation of its self study, review by two site-visitors and further evaluation by two league panel levels. Eight years is the maximum award available from the National League for Nursing Accreditation Commission.

Thanks go to UTTC administration, nursing faculty and students, various co-workers and others who assisted in any way to bring all this to reality.

There is more good news: The eight graduates who have taken the National Licensure Examination passed and can proudly claim their title of Licensed Practical Nurses. Three or four of the grads are enrolled in baccalaureate degree granting programs busy in becoming Registered Nurses.

And we were delighted to see alum, Marcella Deputy, a 1992 graduate, who has been working as an LPN in the Billings area office over these years. She was granted a full scholarship to work on her baccalaureate degree at the University of Mary. Marcella was in the last group of UTTC nursing students who took part of their program at Bismarck State College.

For all of these good bits of news we say, THANKS BE TO GOD.

submitted by Sister Kathryn Zimmer,
Director, AASPN Program

Fore scholarships recognize academic excellence and promote lifelong learning

The American Health Information Management Association's (AHIMA) Foundation of Research and Education (FORE) has recently awarded Debra Selland from North Dakota with a St. Anthony Publishing (Julia LeBlond Memorial) Scholarship. Selland is pursuing a degree in Health Information Technology (HIT) at United Tribes Technical College.

AHIMA and FORE are committed to providing HIM professionals with the resources they need to increase their skills and knowledge in the HIM field. FORE's Annual Scholarship Awards provide students pursuing careers in HIM and health information technology (HIT) with financial assistance to attain their degrees. These annual awards also encourage and support members who are working to advance the HIM and HIT profession through continuing education at the graduate level.

FORE received over 120 applications from students qualified to receive graduate and undergraduate scholarships. This is a 25% increase from the qualified applications received in 1999. In 2000, a record number of scholarships were awarded - 9 graduate and 27 undergraduate.

Created in 1962, FORE is a separately incorporated affiliate organization founded and managed by AHIMA. FORE provides an infrastructure of knowledge, research, and education in the field of HIM. This year's FORE Scholarships were underwritten by generous grants from Aspen Systems Corporation, Barbara Thomas Enterprises, Inc., The Esther Mayo Sherard Foundation, DVI, The FORE Foundation, MC Strategies, Inc., MedQuist Inc., St. Anthony Publishing, and Smart Corporation.



WEEKLY MENU

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

October 2 - 6

DINNER

- Mon.: Spaghetti w/Meat Sauce, Garlic Toast, Assorted Fresh Fruit, Assorted Vegetable Tray
- Tues.: Steak Sandwich, Oven Browned Potatoes, Garlic Toast, Assorted Fresh Fruit, Assorted Vegetable Tray
- Wed.: Oven Baked Chicken, Mashed Potatoes, Gravy, Vegetable, Assorted Fresh Fruit
- Thu.: Hamburger on a Bun, French Fries, Salad Bar, Fresh Fruit
- Fri.: Grilled Cheese Sandwich, Old Fashioned Tomato Soup, Potato Chips, Assorted Fresh Fruit, Assorted Vegetable Tray

SUPPER

- Mon.: Baked Ham, Au-Gratin Potatoes, Vegetable, Salad Bar
- Tues.: New England Dinner, Boiled Potatoes, Boiled Vegetable, Salad Bar, Dessert
- Wed.: Salisbury Steak, Hash Browned Potatoes, Salad Bar, Dessert
- Thu.: Shish-ka-bob Casserole, Wild Rice, Salad Bar, Dessert
- Fri.: Fish Platter, Oven Baked Potato Wedges, Salad Bar, Dessert

October 9

Mon.: Hulipsa Hotdish, Dinner Bun, Salad Bar

Mon.: Braised Beef over Noodles, Vegetable, Salad, Fresh Fruit

Injury Prevention Program "Recent Highlights"

The Injury Prevention Program held their student officers election on September 21, 2000 elected to represent the Injury Prevention Program for the 2000-2001 school year.

President - Natosha NoHeart, 2nd year student, Standing Rock Sioux Tribe

Vice-President - Nicole Jacobs, 2nd year student, Oglala Sioux Tribes

Secretary - Vanessa Frank, 1st year student, Three Affiliated Tribe

Treasurer - Penny St. Clair, 2nd year student, Spirit Lake Sioux Tribe

These students will be a great asset to the Injury Prevention Program with many positive activities planned for this year.

CONGRATULATIONS!

Catholic Mass every Sunday at 10:00 am

OPEN HOUSE



CHEMICAL HEALTH CENTER
(BUILDING 68)

OCTOBER 23, 2000
MONDAY

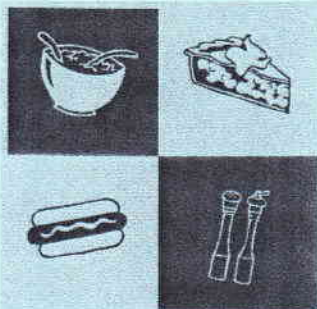
9:00 A.M. TO 4:00 P.M.

Come pickup your red ribbons for
Red Ribbon Week
October 23-27, 2000
(Stop Drug and Alcohol Abuse Across the Land)

Door Prizes!
Goodies!
Fun!



Information for the Next Newsletter must
be submitted to Arrow Graphics
no later than **12:00 NOON!**
Friday, October 6.
PLEASE FOLLOW DEADLINE!



NutriNews

TRY THE BEST DIET: "THE PORTION CONTROL PLAN"

- **Protein Power Plan**
- **Carbohydrate Addict's Plan**
- **The Zone Plan**
- **Sugar Busters**
- **Dr. Atkins New Diet Revolution**

These are just a few of the new diets that many people are trying across the country today. People are looking for a quick fix; something that is easier than eating nutritious food and exercising. Well here is some new diet advice that has been around for years and is recommended by dietitians. This is the Portion Control Plan. In short, this plan lets you

eat a variety of foods from all groups in the Food Guide Pyramid. The key to the plan is portion control and moderation. That means watching the serving sizes of the foods that you eat. By controlling your portion sizes and incorporating moderate physical activity, you will be able to maintain a healthy weight for your life not just a couple of weeks.

Sounds simple? Here are some easy ways to help you visualize the serving sizes appropriate for people to consume based on the Food Guide Pyramid.

- 3 ounces of meat is about the size and

thickness of a deck of playing cards.

- A medium apple or peach is about the size of a tennis ball.
- 1 ounce of cheese is about the size of 4 stacked dice.
- 1 cup of mashed potatoes or broccoli is about the size of your fist.
- 1 teaspoon of butter is about the size of the tip of your thumb.
- 1/2 cup of ice cream is about the size of a racquetball or tennis ball.

*Source: National Dairy Council, Seven Ways to Size up Your Servings, 1996.

Recommended Servings from the Food Guide Pyramid

- ♦ *6-11 Servings from the Bread, Cereal, Rice, and Pasta Group*
- ♦ *3-5 Servings from the Vegetable Group*
- ♦ *2-4 Servings from the Fruit Group*
- ♦ *2-3 Servings from the Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group*
- ♦ *2-3 Servings from the Milk, Yogurt, and Cheese Group*
- ♦ *Fats and Sweets Eat in Moderation.*

What is a serving?

Now you are wondering what counts as a serving in the Food Guide Pyramid.

- Bread, Cereal, Rice, & Pasta Group: 1 slice of bread, 1/2 cup cereal, rice, or pasta, 1/2 bun or bagel
- Vegetable Group: 1/2 cup raw or cooked vegetables, 1 cup leafy raw vegetables, or 3/4 cup vegetable juice
- Fruit Group: 3/4 cup juice, 1 medium apple (etc.), 1/2 cup berries, 1/2 cup canned fruit
- Milk, Cheese, & Yogurt Group: 1 cup milk or yogurt, 2

ounces processed cheese food, or 1 1/2 ounces cheese

- Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group: 2 to 3 ounces lean, cooked meat, poultry, or fish, 1 egg, 1/2 cup cooked legumes, or 2 tablespoons peanut butter

