



UNITED TRIBES

on-Campus News



Volume 17 No.9

UNITED TRIBES TECHNICAL COLLEGE • BISMARCK, ND

November 19, 2001

UTTC honors military veterans

by Phil Baird

During special ceremonies on November 14th, United Tribes Technical College honored those military veterans who now are employees and students at UTTC.

"We take this opportunity to honor our veterans, and to offer our sincere thanks for their sacrifices," said Julie Cain, chair of the UTTC Culture Committee that organized the ceremonies. The theme of the event was "Native Americans Coming Together in Unity to Honor All Veterans." After the opening prayer by Chemical Health director Russell Gillette and the flag song by the Cannon Ball Singers, Julie introduced the evening's keynote speaker, Standing Rock Sioux Tribal Vice President Tom Iron of Fort Yates.

"As soldiers, we saw things in military service that changed us forever," commented Iron, who enlisted in the U.S. Marine Corps and fought in Vietnam. "For those events that happened in September in New York City, people got a small glimpse of what we veterans live with every day of our lives."

He thanked UTTC and those who helped coordinate the ceremonies. He acknowledged that although he struggles with challenges of post-military life, he is



proud of his service and strives to help his people because of what he and other veterans committed to.

In another activity, Student Services & Campus Life Dean Russell Swagger accepted an American flag from the Culture Committee on behalf of UTTC President David Gipp, who was returning from a business trip in New York.

"Dr. Gipp, himself having military service, represents the true warrior spirit by venturing out to New York after the 911 events," remarked Swagger. "He represents

all of us very well, and we appreciate his efforts."

The ceremonies concluded with an honoring song for those UTTC employees and students having military service. A meal representing the traditional Turtle Mountain Chippewa culture was provided to all in attendance.

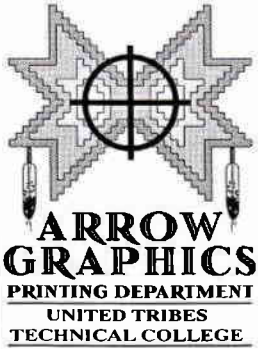
Those UTTC veterans recognized during the ceremonies included:

Vern Anderson	Air Force
Russell Gillette	Air Force
Ron Newman	Air Force
Tom Young	Air Force
Terry Moericke	Air Force

Bud Anderson	Army
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(continued on page 3)





Newsletter Guidelines

Below are a few guidelines for submitting articles for the newsletter. We would appreciate it if you could follow these guidelines as it makes the newsletter more interesting and more timely for all concerned.

1. **All copy submitted** should relate to UTTC, its students, faculty or staff - or be directly beneficial to the the functions/daily operations of UTTC.

2. **PLEASE, EDIT YOUR COPY** before sending it over for publications. This is a "Newsletter" not a newspaper. Limit your article to what is necessary and informative. Also, limit all **posters** to 8 1/2" x 5 1/2". It is not necessary to use the full sheet. Posters or advertisements can be just as effective when half the size.

3. If contact persons are required with your article, please make sure you list that person's name and where they can be reached.

4. If submitting photos, please submit them either on disk or zip or email directly to the newsletter e-mail site as a **JPEG, TIFF, or EPS** or **submit the actual photo**. Do not send over photos that have been preprinted on your computer printer. This are not clear and do not reproduce well. Also, if submitting an article needing photos make sure they are attached.

5. **All articles should be submitted ONE WEEK IN ADVANCE.** All articles submitted for the newsletter should be in Arrow Graphics the preceding Monday before the next newsletter is due. (1 week in advance.) Any late article will be included in the following week's newsletter.

We receive a lot of articles and it takes 2-3 days to type all of the articles. **PLEASE** adhere to the deadline and policy. The newsletter is distributed by Monday.

6. If you are sending your articles through e-mail, please send them to **nduttnews@hotmail.com**.

SEND ARTICLES AS "TEXT FILES" AND PHOTOS AS EPS, TIFF, OR JPEG., TO ABOVE EMAIL ADDRESS.

Our newsletter is sent all over the nation, so other colleges and organizations can see how we are progressing. Let's show our UTTC spirit with great news articles.

Dennis Lucier's ~UTTC DINER~ WEEKLY MENU

(Each meal served includes 2% or Skim Milk, Coffee or Tea and Salad Bar or Assorted Fresh Fruits/Vegetables)

DINNER

Nov.19- Nov. 23

M Pork Cutlet, Mashed Potatoes, Gravy

T Oriental Chicken Stir Fry, Rice

W *Thanksgiving Dinner:*

Roast Turkey w/Sage Dressing
Mashed Potatoes/Gravy/Rolls
Beverage

Baked Ham, Sweet Potatoes,
Vegetables

Dessert: Apple, Cherry,
Pumpkin Pie

T-F *No Dinners Will Be Served*

Nov. 26

M Steak Sandwich, Baked Beans

SUPPER

Nov. 19- Nov. 23

M Meat Loaf, Oven Browned Potatoes

T Buffalo Beef Sausage, Baked Beans

W Baked Chicken, American Fries

T Swiss Steak, Mashed Potatoes w/Gravy

F Fish Platter w/ Lemon Wedge and Tatar Sauce, Wild Rice

Nov. 26

M Roast Pork, Mashed Potatoes w/Gravy



(Continued from Front Page)

Al Eckroth	Army
Larry Moser	Army
Al Stockert	Army
Garrett McArther	Army
Martin Gipp	Army
Steve Dotseth	Army
Allan Follows the Road	Army

Rhondeena Hamilton	Army
David Gipp	Army
Ron Wilke	Army
Misty Delgado	Army
Lavetta Ochoa	Army
Frank Badten	Army
Peter Two Bulls	Army
Donald Cain	Former

Mark Anderson	Army
Margaret Red Shirt	Army
Joe Walker	Army
Jan Two Shields	Army
Carl Hohenstein	Army

Dennis Lucier	Marines
Fred Poitra	Marines
and Army Reserve	

Joe Many Bears	Marines
Louis (Buster)Laundreaux	Marines
Bill St. Clair	Marines
Vince Schanandore	Marines
Harold Harlan	Marines
Don Cadotte	deceased

Bill Lord	Navy Submarine
Tom Weist	Navy
Marcel Gierszewski	Navy
Dave Bruining	Navy
Marvin Bald Eagle Young Man	Navy
Victor Meza	Navy

Disposal of home-generated insulin syringes and needles

by Sharlene Gjermundson



Home-generated needles and syringes are medical items used at home to inject medications. Diabetics who inject insulin can carry disease-causing germs such as those that cause hepatitis or AIDS. These germs can enter body if the skin is punctured. It is important to clean and dispose of home-generated syringes and needles to avoid injury.

If you find a syringe or needle, do not pick it up with your bare hands. Use a towel, shovel, and/or dustpan to pick it up. Home-generated needles must be disposed of in one the following ways:

1) Take them to the Student Health Center for proper disposal; 2) Take them to a pharmacy that provides a program to dispose of syringe and needle waste; 3) Dispose of the syringe and needle into a " sharps

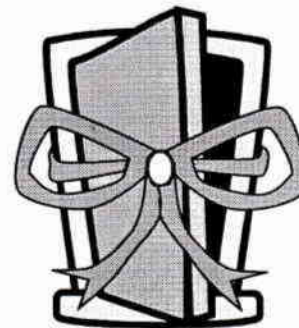
container". The containers are available upon request at the Student Health Center; 4) Throw them in the household garbage only after preparing them in either of the following ways;

1. Clip the needles off its syringe by purchasing a needle-clipping device from the pharmacy. Dispose of the syringe without the needle in the household garbage. Dispose of the syringe without the needle-clipping device in the garbage.

2. Put the needle and the syringe in a two-liter size, clear P.E.T. plastic bottle with cap. These bottles are commonly used as soft drink containers. Tightly cap the bottle. Tape the cap to secure it to the bottle. Write on

the bottle: "WARNING: Syringe, Do Not Recycle."

Dispose of the bottle in the household garbage.



Congratulations!

WINNERS for Door Prizes
HIT Department Celebration Week!

Charlene Weis
Sherri Toman
Sharlene Gjermundson
Jeff McDowell
Marge Palaniuk
Deb LaVallie
Marlin Dickinson
Dina McClusick
Lisa Shaw
Margeaux Walking Elk
Crystal Belgarde
Kerry Cadotte
Brian Palecek

\$\$\$ WANNA EARN \$45.00 AN HOUR???? \$\$\$

A recent meeting in the Bismarck-Mandan Area focused on the critical shortage of skilled workers available for the different energy and utility companies in the state.

UTTC administrators Phil Baird and Dr. John Derby attended the meeting, gathering information about the current industry problem in hiring boilermakers, welders, pipefitters, power plant technicians, and other specialized workers. Many of these occupations pay \$25.00 to \$45.00 per hour.

"Simply put, the state of North Dakota does not have enough skilled workers to take care of our needs," said David Farnsworth, moderator for the meeting. "The current workforce is aging and retiring within the next ten years, and we don't have younger people coming up to take their places."

Representatives from nearly two dozen energy and utility businesses discussed their plans for maintenance, environmental updates, and expansion during the next three years. They emphasized the challenge of finding certified workers and having to search out of state for the skilled talent.

There are at least three primary North Dakota postsecondary schools providing voc-tech programs that can begin addressing this problem - Bismarck State College, N.D. School of Science, and UTTC.

"As an immediate follow-up, we plan on getting the three schools together with industry representatives to look at approaches to this workforce problem," said Dr. Derby. "We'll look at how UTTC can tailor its programs to fit industry requirements and needs, and possibly collaborate with the other institutions."

The follow-up meeting, which will be attended by Baird and WIA director Sherman Brunelle, is scheduled November 20th at Bismarck State College.



Traditional ways of respect

Respect, honor, and relatives are important to all Tribes. Elders and veterans had high values and a deep sense of spirituality through the use of traditional ceremonies.

In today's society it is easy to learn to be disrespectful. It becomes normal because everyone does it.

What do these statements mean to you?

1. Being close to the Great Spirit.
2. Show respect to all people.
3. Give help and kindness wherever there is a need.
4. Be truthful and trustworthy at all times.
5. Take responsibility for your own actions.
6. Work together for the benefits of all mankind.

Should you need an explanation of these statements, come to the Chemical Health Center at Bldg. 66.

From the Chemical Health Center staff to all of you, have a safe and Happy Thanksgiving!!

Tribes gather to discuss new BIA restructuring plan

by Phil Baird

Indian Tribes of the northern Great Plains met Thursday, November 15th on the UTTC campus to begin assessing a U.S. Department of Interior plan taking away the federal government's trust responsibilities from the Bureau of Indian Affairs (BIA).

According to a federal agency news release, Interior Secretary Gale Norton announced plans to reorganize and consolidate Indian trust asset management functions under a new federal agency with a new assistant secretary reporting directly to her office. The plan calls for this transition to be completed within a year.

"This plan has come out so suddenly that Tribes need to carefully scrutinize how the plan will impact Tribal land and human resources," said Charles W. Murphy, chair of the United Tribes of North Dakota that called for the intertribal meeting in Bismarck.

"We are basically talking about someone else overseeing the federal government's trust responsibilities for Indian People," remarked Greg Borland, chairman of the Cheyenne River Sioux Tribe. "This is a dramatic shift from past practice."

The new Bureau of Indian Trust Assets Management will focus on four areas - trust reform, performance and program management, beneficiary services, and trust asset and investment strategy devel-

opment.

With limited information available to them, Tribal representatives raised a number of issues about the proposed Interior plan. Legal precedents, Congressional concurrence, national security interests, Bush Administration plans for energy development, and consultations with Tribes were some of the concerns discussed.

According to Chairman Murphy, Indian Tribes are expected to gather more information and develop position papers among their respective Tribal legislatures. The Tribes will reconvene on December 1st in Bismarck to determine how Tribes will respond to the Interior's proposal.

Thought for the day

If everything is coming at you all at once - you're in the wrong lane.

"Hang on a minute." The importance of this time frame is determined by which side of the bathroom door you're on.

Honesty is the key to a relationship. If you can fake that, you're in.

The only people who listen to both sides of an argument are the neighbors.

When you don't know what you're doing, somebody else does.



HIT celebration cake

Celebrate good times, come on

by Shawna Zastoupil, RHIT



Health Information Technology group picture

National Health Information Week was celebrated at United Tribes Technical College. The Week started off with a bang. The first of the five days of celebration was designated to be pajama day. One of the staff members took this to the extreme. She wore silk Pajamas with a blue and white lace, silk robe. The talk of the campus was "why is that teacher wearing her pajamas to work?" With the students' help, educating the other departments about HIT was easier after a question of this sort. What a wonderful way to make the people talk!

The week progressed with an open house at the HIT department, balloons, cake and door surprises. The attitude was light, fun and re-

continued on page 6.

(continued from page 5)

Sick child daycare inclusion & exclusion criteria

by Sharlene Gjermundson

The following inclusion & exclusion criteria has been reviewed and approved by Dr. Biron Baker. Dr. Baker is the medical consultant for the Student Health Center.

Inclusion:

1. Children who have symptoms & signs of a noncontagious illness that exclude them from regular daycare.
2. Child is not able to participate within the regular daycare setting.
3. Child does not compromise the health & safety of other children within the daycare.
4. Illness results in a greater care need than the regular childcare staff can provide without compromising the health and safety of other children.
5. A child with/without a fever who has symptoms of mild or moderate severity associated with the common cold, sore throat, croup, bronchitis, pneumonia, or otitis media.

Exclusion:

1. A child with symptoms of possible severe illness (such as

unusual lethargy, uncontrolled coughing, irritability, persistent crying, difficult breathing, wheezing, or other unusual signs) - until medical evaluation allows inclusion.

2. Uncontrolled diarrhea. Increased number of stools, increased watery stool, and/or decreased form that is not contained by the diaper - until diarrhea stops or is confirmed noncontagious by a physician. Diarrhea due to shigella, e-coli, salmonella, campylobacter, or giardia may be readmitted after treatment (3 complete doses of medication) has been initiated if cleared by a Student Health nurse.

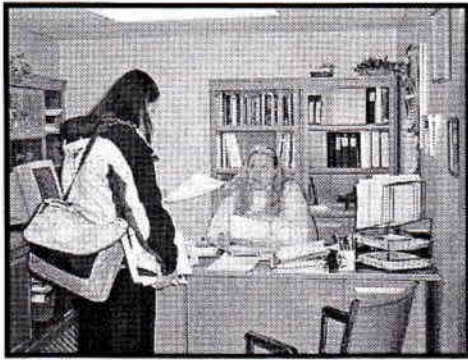
3. Vomiting illness. Until vomiting resolves or until a physician determines the illness to be noncommunicable and the child is not in danger of dehydration.

4. Mouth sores with drooling, unless a physician determines the condition is noninfectious.

5. Rash with fever or behavior change, until a physician determines that these symptoms do not indicate a communicable disease.

6. Purulent conjunctivitis, until treatment has been initiated. (Three doses of medication).

7. Scabies, head lice, or other infestation, until treatment has been initiated.



Karla Baxter, director of HIT, helping student.

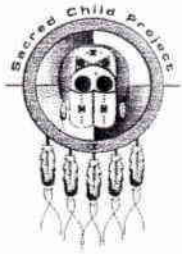
refreshing after a long hall in the studying arena this fall. Next came the T-shirt day. All students and staff were requested to wear a HIT shirt. Our logo being "Celebrate, Educate and Innovate." I definitely believed the students have the Celebration down Pat. The education part of our logo came evident in the answers to questions, "what is Health Information Technology?" Included with the education process was a scavenger hunt for medical terms. This was a fun and innovative way to incorporate all in the college to participate. We had fun with the days to follow, as a Funny Hat day, and Sub-luck day.

In summation, the HIT department would like to thank all of the people who planned this week and made it possible.



"Hat day" Health Information Technology Instructors, Shawna Z., Karla B. and Rondeena H.





Helping Children COPE WITH FEAR & ANXIETY



Whether tragic events touch your family personally or are brought into your home via newspapers and television, you can help children cope with the anxiety that violence, death and disasters can cause.

The Caring for Every Child's Mental Health Campaign offers these pointers for parents and other caregivers:

- **ENCOURAGE CHILDREN TO ASK QUESTIONS.** Listen to what they say. Provide comfort and assurance that address their specific fears. It's okay to admit you can't answer all of their questions.
- **TALK ON THEIR LEVEL.** Communicate with your children in a way they can understand. Don't get too technical or complicated.
- **BE HONEST.** Tell them exactly what has happened. For example, don't say that someone who has died has "gone to sleep;" children may become afraid of going to bed.
- **FIND OUT WHAT FRIGHTENS THEM.** Encourage your children to talk about fears they may have. They may worry that someone will harm them at school or that someone will try to hurt you.
- **FOCUS ON THE POSITIVE.** Reinforce the fact that most people are kind and caring. Remind your child of the heroic actions taken by ordinary people to help victims of tragedy.
- **PAY ATTENTION.** Your children's play and drawings may give you a glimpse into their questions or concerns. Ask them to tell you what is going on in the game or the picture. It's an opportunity to clarify any misconceptions, answer questions and give reassurance.
- **DEVELOP A PLAN.** Establish a family emergency plan for the future, such as a meeting place where everyone should gather if something unexpected happens in your family or neighborhood. It can help you and your child feel safer.

If you are concerned about your child's reaction to stress or trauma, call your physician or a community mental health center.

To learn more about children's mental health:

Call toll free: 1.800.789.2647

TTY: 301.443.9006

Web site: www.mentalhealth.org/child

Comprehensive Community Mental Health Services
for Children and Their Families Programs
Child, Adolescent and Family Branch
Center for Mental Health Services
Substance Abuse and Mental Health Services Administration
U.S. Department of Health and Human Services





Helping Children COPE WITH FEAR & ANXIETY



When your child has a fear or anxiety, it's important to help them understand their feelings and learn to manage them. You can help them by being patient, supportive, and encouraging.

The Center for Early Childhood Mental Health Care offers free support for parents and other caregivers.

FOCUS ON THE POSITIVE. Encourage the child to talk about things they like and are good at. Praise your child for the things they do well at. This helps them feel confident and happy.

PAY ATTENTION. Your child may be afraid of something because you are afraid of it. Let them know you are not afraid. This helps them feel safe and secure.

ENCOURAGE CHILDREN TO ASK QUESTIONS. Children who ask questions are curious and interested. Encourage them to ask you questions about their fears. This helps them understand their feelings better.

TALK ON THE SAME LEVEL. Children who talk to you on the same level as you are more likely to listen. Use simple words and short sentences. This helps them understand what you are saying.

BE HONEST. Tell your child the truth about their fears. Don't tell them that their fears are silly or that you will protect them. This helps them feel respected and understood.

FIND OUT WHAT PROBLEMS THEY HAVE. Encourage your child to tell you about their fears. This helps you understand what they are afraid of and how you can help them.

If you are concerned about your child's behavior, please contact your physician or a mental health professional.

For more information, please contact the Center for Early Childhood Mental Health Care. Call 701.224.2000 or visit our website at www.tribes.edu.



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