

UTTC staffers active in local human relations effort

by Dennis J. Neumann

United Tribes Technical College staff members were closely involved in the process that led to creation of a human relations committee for the City of Bismarck. The City Commission created the committee on October 8, making it the third North Dakota city to do so.

UTTC President Dr. David M. Gipp and Phil Baird, Dean of Institutional Development, testified on the measure during a two-hour public hearing prior to adoption.

The Bismarck Human Relations Committee's purpose is to advise the city commission about promoting "acceptance and respect for diversity" and discouraging all forms of discrimination, including violations of law. The committee's approach, according to the ordinance, is to use "education and compliance" as its strategy. The city commission reserved "final authority" for itself in human relations matters.

Although changes were made prior to adoption, some wording in the ordinance comes from the strategic plan of the Bismarck Human Relations Coalition. The group is made up of five-dozen community members who initiated the effort to create a human relations commission. North Dakota does not have

continued on page 9.

Student Senate Officers chosen



New officers of the UTTC Student Senate took the oath of office following their election on September 23. From left they are Parliamentarian Alan Iron Eyes, Treasurer Sonya Marie Cain, Vice President Nadine Vasquez, and President Lavetta "Sissy" Fox. The officers serve for the entire academic year.

Homecoming parade winner



First place in the UTTC Homecoming parade was awarded to the entry from Early Childhood Education.

INSIDE:

More Homecoming photos
Halloween Safety Tips
Student Health Center News



~ Dennis Lucier's UTTC Diner ~ Bi-Weekly Menu



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

OCT. 28-Nov. 1

Nov. 4 - 8

DINNER

SUPPER

DINNER

SUPPER

M Goulash
T Bean Soup, Ham Sandwich
W Roast Beef, Mashed Potatoes, Gravy
T German Style Sausage, Kraut
F Fish Sandwich, Potato Salad

M Hamburger Steak, Mashed Potatoes
T Pork Chops, Rice
W Lasagna, Garlic Toast
T Grilled Steak, Baked Potato
F Hotdogs On A Bun, Glorified Rice

M Spaghetti w/ Meat Sauce, Garlic Toast
T Steak Sandwich, Macaroni Salad
W Oven Baked Chicken, Bread Dressing
T Buffalo Burger On A Bun, French Fries
F Grilled Cheese Sandwich, Tomato Soup

M Baked Ham, Au-Gratin Potatoes
T New England Clam Chowder Dinner, Biscuit
W Salisbury Steak, Boiled Potatoes
T Shish-ka-bob Casserole, Wild Rice
F Fish Fillet, Oven Baked Potato Wedges

Menu subject to change.



Newsletter Guidelines

The UTTC newsletter comes out every other week on Friday.

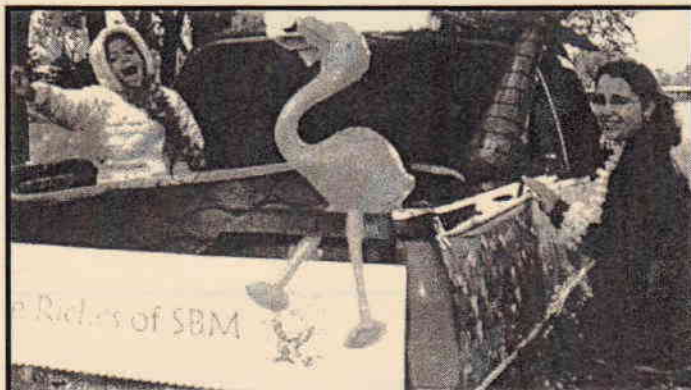
- ◆ COPY should be about UTTC, the campus family, or something related to the college.
- ◆ Copy and photo deadline is 5 p.m. on the Monday of the week of distribution. Look below for the next deadline.
- ◆ Send articles through e-mail to campusnews@uttc.edu
- ◆ Copy can only be submitted in MS WORD, TEXT (txt) format.
- ◆ Submit photos either on disk or zip or e-mail directly to the newsletter e-mail site as a JPEG, TIFF, OR EPS. Do not send PDF files. All photos should be 300 resolution.
- ◆ PLEASE EDIT AND PROOF. Do not count on the production staff to clean up your copy.
- ◆ Please do not submit "HARD COPY"— that must be keyed in.
- ◆ Posters or ads and announcement will run at half-page 8 1/2" x 5 1/2" or quarter page 3 3/4" x 5". It's not necessary to use the full sheet.
- ◆ List a contact person and phone number with your article.
- ◆ If submitting an article needing photos make sure these are attached.
- ◆ Keep in mind that the newsletter is sent nationwide. Let's show our UTTC spirit with great news articles.

The UTTC Newsletter is published by United Tribes Technical College 3315 University Drive Bismarck, ND 58504 Phone: (701) 255-3285 or campusnew@uttc.edu and printing at Arrow Graphics Jan Whiteman (701) 255-3285 Ext 296.

Deadline for next issue is: 5:00 pm - November 4, 2002

Homecoming

Continued from page 1.



A great float with pink flamingo to try to warm up the chilly but nice day



Elementary float, trying their hand in the competition.

Homecoming photos show great spirit

Homecoming was a great time, all vocations got involved and created some great looking floats. But of course our judges would have liked to had given a prize to each float, they picked 1st, 2nd, and 3rd places. First place goes to Early Childhood Education, with their cute school bus, 2nd to Construction Tech, with their haunted worksite, and 3rd to Food and Nutrition with all those vegetables. Homecoming King, Cameron Smith and Queen, Tonya Mendoza were crowned early that afternoon and led our Homecoming parade. United Tribes football team beat Sitting Bull College in a 24 to 18 win.

Halloween is coming up and we hope all students and faculty will get involved with the Halloween carnival and dance on Wednesday Oct 30. The carnival will be from 5:00-7:00 and dance will be from 7:00 -11:00. The carnival will include, face painting, cupcake decorating, cupcake walk and other fun activities for kids and their families. Prizes will be awards for Parent-children costumes, scariest, funniest and most original costumes. Please attend for a old-fashion, safe Halloween party!!



Third place winner is Nutrition and Foodservices with the walking vegetables



2002-2003 school year new "Homecoming King and Queen"



Russell Swagger, Dean of Student & Campus Services, along with housing, maintenance and other support services departments that help at UTTC. Everyone enjoying the parade and activities.



Second place winner is Construction Tech



Tribal Management Float, showing our native American culture from young to old.

Halloween Safety

Tips

By Sharlene Gjermundson



A few safety tips from the U.S. Consumer Product Safety Commission can protect children who plan to go trick-or-treating this Halloween.

Treats: Warn children not to eat any treats before an adult has carefully examined them for evidence of tampering.

Flame Resistance Costumes: When purchasing a costume, masks, beards, and wigs, look for the label Flame Resistant. Although this label does not mean these items won't catch fire, it does indicate that items will resist burning and should extinguish quickly one removed from the ignition source.

Pedestrian Safety: Young children should always be accompanied by an adult or an older, responsible child. All children should walk, not run from house to house and use the sidewalk if available, rather than walk on the street. Children should be cautioned against running out from between parked cars, or across lawns and yards where ornaments, furniture or clotheslines present dangers.

Choosing Safe Houses: Children should only go to homes where the residents are known and have outside lights on as a sign of welcome.



For further information on product safety, you may call the U.S. Consumer Product Safety Commission toll-free hotline on (800) 638-2772.



Staff and Students interested in playing in the UTTC fall basketball league, please sign up at the Recreation Office.

The league will begin November 11, 2002. There will be a \$5.00 player fee that must be paid before any player is allowed to play in the league. Games will begin at 6:00 p.m. sharp each Monday. There will be no grace period. Game time is forfeit time.

UTTC has put in a new wood floor, so all players will be required to carry in their games shoes. No one will be allowed to wear his game shoes on to the floor when coming in from outdoors. NCAA rules will be used. A copy of the rules will be forthcoming.

Results of the October 2, 2002, pool tournament. The winner was Derek Tybo.

We are still having horseshoe tournaments every Thursday at 6:30 p.m. These will continue until the snow flies.

Movies are held every Wednesday in the small gym at 7:00 p.m. "Free Popcorn". If you have any movie request call Lonnie at Ext. 372.

Tuesday are pool tournament nights. Prizes Awarded!!!!!!

The big gym floor is under construction until October 28th, but the fitness room is available for workouts. The pool room is also open. The outside basketball court is usable weather permitting.

The gym will be open every weekend this year so feel to come in and work out on weekends.

Student Health Center News:

Custer Family Planning Outreach clinic will be on Campus November 6th. Women who are in need of ob/gyn services such as pap smears, STD testing, HIB testing, pregnancy testing, and contraceptives should make an appointment with Student Health Center staff.

Immunization Clinics for the month of November will be held on the 14th & 15th from 1-4 p.m. at the Student Health Center. Please bring a copy of the most current immunization record with you. A parent or legal guardian must accompany each child.

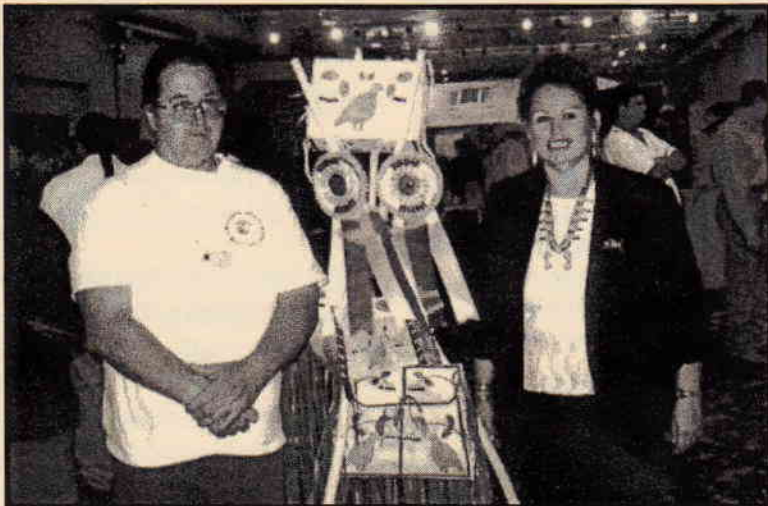
November head lice screenings for the Child Development Center, Infant/Toddler Center & TJES will be held on November 7 & 8th beginning at 9 a.m. If your child is found to be positive, he/she will be required to leave school until he/she has been treated and all nits have been removed. Shampoo is available at the Student Health Center. **Parents must accompany the child to the Student Health Center and the child must be re-checked by Student Health Center staff before he/she is allowed to return to daycare or TJEs.**

**Reminder:
Newsletter
has new
email address
for articles**
campusnews@uttc.edu

Congratulations Donald Cain

by Julie Cain

Donald Cain, a local Artist and former student of United Tribes Technical College traveled to Sioux Falls, SD to enter in the Northern Plains Tribal Art Show on September 26 - 29, 2002. Cain took top honors in the Juried Art Show with winning the "Best of Tribal Arts 2002", also Cain took first in Division XVI: Traditional Paintings with the same piece of Art. The winning piece of Art is titled "Tribute to the Black Haw". We at United Tribes are proud of you!!



Don and Julie standing by Art piece "Tribute to Black Haw" just before the Judging contest took place. This is the art piece that placed first for Donald Cain at the Northern Plains Art Show.

Great Goin'

UTTC!

by David L. Raymo,
Property & Supply
Manager



I collected in excess of our \$500 goal for the March of Dimes. A big THANK YOU for those brave soles that stood with me in the dark, cold and wind to sell doughnuts and cookies. This experience was very inspiring and rewarding. It really wasn't that difficult working because it was for a very worth while cause. THANKS AGAIN!



News from the Walking Circle

by Mark L. Mindt

It's official. The UTTC Wellness Circle Walking Circle has taken it's first steps. We are taking responsibility for our health with over twenty students/staff/faculty signed up. Don't worry. It's not too late to join. Contact: Mark Mindt, Physical Activities Coordinator @ ext. 239 for your packet today!

Walking Circle Tips

by Mark L. Mindt

Taking Care of your feet is just as important as wanting to walk. You can prevent foot problems by:

- * Checking your feet each day for cuts or sores,
- * Keeping your feet clean,
- * Wearing cotton or wool socks and shoes that fit, and
- * Never going barefoot.

By keeping these tips in mind, you will help ensure walking success. Keep on moving!

HIT Corner of Events!

Hi Again! Here is some news from the Health Information Department....

Homecoming Parade was a BLAST! A blast of wind, that shattered our float and made the ball game tough!

All in all, we had a fun time. Our department wanted to congratulate our students on the effort to put on a float, that almost "floated away" in the wind. Here is a picture of Laurie Laundreaux and HIT's duct-taped haunted house. Hope everyone enjoyed!



News From The Mailroom

by Cheryl Wilkie

The Mailroom has undergone a few changes this fall. We are very proud to announce we have installed 180 new mailboxes and have plenty of room for all students. Our mailroom has also grown. We have a new addition which gives us more room to move around and more space so we can serve the United Tribes Community better. I would also like to take this time to remind any student that hasn't come in and signed up for a mailbox to please do so. All students, whether or not they live on campus, need to get a mailbox. At this time we have a lot of mail for students that don't have a mailbox. Please drop by and see our new and improved Mailroom, also any suggestions on how we can serve the campus better are appreciated.

Institute Focuses on American Indians and Lewis and Clark

by Cindy Balliet

Sixty educators from North Dakota, South Dakota, Minnesota, and Wisconsin attended the Fourth Annual Summer Teacher Institute held at United Tribes Technical College from July 15-19, 2002. The theme for this year's institute was "American Indians Along the Lewis and Clark Trail: Bringing Our Legacy Into the Classroom."

Presenters/speakers included Dr. David Gipp, Phil Baird, and other UTTC staff/faculty, well-known educators from North and South Dakota, and guest keynote speakers such as Dr. Sandra

Fox, a nationally renowned educational consultant; Dr. Richard Little Bear, president of Chief Dull Knife College, Lame Deer, Montana; and Amy Mossett, Director of Tourism for the Three Affiliated Tribes, New Town, North Dakota.

A wide range of presentations related to the theme; field trips to Ft. Lincoln and the On-a-Slant Indian Village, Mandan, ND, and to The Lewis and Clark Interpretive Center at Washburn, ND; and a reception featuring the Spirit of the Plains Center were featured on the program.

Cindy Balliet coordinated the Institute assisted by committee members: Karen Paetz, Marsha Azure, Andrew Rendon, and John Beheler and with additional help from other UTTC faculty members.

Is Online Education right for you?

by Leah Woodke, Director of
Distance & Continuing Education

United Tribes Technical College is expanding its online course offering. There are several reasons people give for taking online courses:

- Learners like the convenience of working on their courses at any time of the day or night, whatever works best with their schedule.
- Learners can take courses without leaving their homes.
- Coursemates can come from all over the country.

■ Online courses are an alternative when campus courses don't fit into the learner's schedule.

- Taking courses online is fun.

On the other hand, some people find that online coursework is not the best situation for them. Reasons they give include:

- I don't have steady and reliable access to the Internet.
- I am not very good at manag-

ing my time.

■ I have many commitments and have little personal time to commit to doing the required coursework.

■ I am uncomfortable with online Discussion activities.

■ I prefer the traditional classroom environment where I can ask questions and get an immediate response.

We invite you to take the self-assessment provided below. When you have finished, add up your score. The chart will help you decide if online learning is right for you.

Student Self-Assessment United Tribes Technical College Online

Directions: Read each statement. Rate yourself according to the scale below each statement. Be honest with yourself.

1. I am able to work independently.

5	4	3	2	1
---	---	---	---	---

Strongly Agree Agree Unsure Disagree
Strongly Disagree

2. I am willing to spend personal time in order to complete assignments and readings.

5	4	3	2	1
---	---	---	---	---

Strongly Agree Agree Unsure Disagree
Strongly Disagree

3. I am able to write clearly and put my thoughts into words in a coherent manner.

5	4	3	2	1
---	---	---	---	---

Strongly Agree Agree Unsure Disagree
Strongly Disagree

4. I am able to effectively manage my time and meet deadlines.

5	4	3	2	1
---	---	---	---	---

Strongly Agree Agree Unsure Disagree
Strongly Disagree

5. I have strong study skills.

5	4	3	2	1
---	---	---	---	---

Strongly Agree Agree Unsure Disagree
Strongly Disagree

continued on page 7.

6. I am able to speak up in a group and assert my position.

5 4 3 2 1
Strongly Agree Agree Unsure Dis-
agree Strongly Disagree

7. I am a self-starter.

5 4 3 2 1
Strongly Agree Agree Unsure Dis-
agree Strongly Disagree

8. I am able to understand materials without an instructor providing a direct lecture.

5 4 3 2 1
Strongly Agree Agree Unsure Dis-
agree Strongly Disagree

9. I am able to share personal views and am open to others' views.

5 4 3 2 1
Strongly Agree Agree Unsure Dis-
agree Strongly Disagree

10. I am comfortable using a computer for a variety of purposes (word processing, emailing attachments, conducting web searches, etc.)

5 4 3 2 1
Strongly Agree Agree Unsure Dis-
agree Strongly Disagree

Total the numbers that you marked for each question. Compare your total with the chart below:

10 - 19
You are probably not a good candidate for the online learning format at this time. You may be a stronger candidate for classroom learning because the instructor is directly available to you to provide encouragement and support. In a face-to-face environment, you will not need to rely on a computer as your method of communication.
20-29
You may do well in online courses, but your score indicates that you may prefer classroom learning. Should you choose to enroll in a UTTC online course of study, you may need to consider increasing your skill level in the areas you marked at a 1 or 2.

30-40
You will probably do well with online courses. You may be unsure or unconfident in some of your skills or abilities. It may help to remember that most people beginning new adventures experience self-doubt and are hesitant. Use the support system at UTTC and your own support system in the process.

41-50
You are probably a very strong candidate for the online learning environment. In fact, you may find that you prefer the convenience and the challenge of an online course to the traditional classroom.

*Regardless of your score, this survey is a brief self-assessment and can give you an indication of what skills you may need to increase in order to be a successful online learner. We encourage you to explore the United Tribes Technical College website as well as contact Online Learner Support for more information about online learning.

If you would like more information about the programs offering courses online at United Tribes Technical College, contact any of the following program Chairs:

Early Childhood Education
Lisa Azure
lazure@uttc.edu
701-255-3285 ext. 407

Health Information Technology
Karla Baxter
kbaxter@uttc.edu
701-255-3285 ext. 245

Injury Prevention
Dennis Renville
drenville@uttc.edu
701-255-3285 ext. 374

Criminal Justice
Gary Will
gwill@uttc.edu
701-255-3285 ext. 434

*Teachers open the door, but you must enter by yourself.
—Chinese Proverb*

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 parents groups began displaying Red Ribbons in honor of his dedication and courage, now display 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 throughout the state in 1995 over 290,000 were given out during the Red Ribbon week.

It is great for the increased participation. Let 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.

<h3>Volunteers needed to help with Holiday</h3> <p>Volunteers are needed by the local organization that puts on free Thanksgiving and Christmas Dinners and sponsor the Christmas Tree Gift Program.</p> <p>AID, Inc. is seeking help for the holiday season or donations. AID also helps with the Community Care and Share Program, which provides baskets containing food and non-food items to Morton County residents during the holiday season.</p> <p>To volunteer, call the AID Self Help Center at 663-1274 or 223-9150.</p>

"A DAY JUST FOR MEN"

WEDNESDAY, NOVEMBER 20TH

9 a.m. to Noon - View booths in the Ed.

Bldg. (Nursing Dept.) Topics: Body Mass Index & Weight, Diabetes & Men, Testicular Cancer, Cholesterol, Depression, Tobacco Use & BP, BS & other health topics.

1:00 - 4:00 p.m. - Weight Room at GYM

Set up your own exercise regimen & learn how to use weight machines correctly.

All men are invited to:

- Register for door prizes.
- Visit booths to receive health information.
- Enjoy snacks & refreshments.

For more information or if you would like to set up a booth, contact Student Health Center.



FLU SHOTS

When: *October 22
October 23 &
October 24th
9 a.m. to 4 p.m. Daily*

Where: *Student Health Center*

Cost: *Native American Students FREE!
Non-Indian Students & Staff \$5.00*



"A Day Just for Women"

Wednesday, November 6th

9:00 a.m. to 4p.m. at the Education Bldg.

Staff & students are invited!

A Health Care provider will be available for free annual services (pap smears, pelvic exams, & clinical breast exams) to women who meet income guidelines for Women's Way program. Receive a FREE gift after enrolling in Women's Way program and completing your annual services!

All women are invited to:

- Register for prizes
- Visit booths to receive health information

• Enjoy snacks & refreshments For more information contact the Student Health Center.



Free food and prizes

WHAT: FACTS ABOUT...

- Exercise
- Eating Less Fat and Sugar
- Helping Persons with Diabetes
- Goal Setting



United Tribes Technical College Extension Program

Is diabetes a concern in your family?

Your invitation to a series of four diabetes education sessions.



WHO: STUDENTS, FACULTY, AND STAFF
(Administrative leave will be given for faculty and staff.)

WHEN: TUESDAY, NOVEMBER 5, 12, 19, 26 FROM 10 AM -12 NOON

WHERE: LAND GRANT RESOURCE ROOM (Skills Center next to Room 111F-Food Lab)

Call Kim Hinnenkamp at Ext. 397 TODAY to enroll!

"A Strong in Body and Spirit Project"

Email Alert

by David Taylor

There is an email circulating that tells people that they need to delete

certain files on their computer, please do not delete any files on your computer without checking with IT first. This email, and any others like it, are a scam intended to trick you into damaging your system.



UTTC Staffers effort

continued from page 1.

statewide human rights legislation; two other cities, Fargo and Dickinson, had adopted their own ordinances.

Those serving on the Bismarck coalition who work at or are associated with United Tribes are Shirley Bordeaux, Tom Disselhorst, Brenda Dvorak, David M. Gipp, Wes Long Feather, J. Kurt Luger, Tina Morningstar, and Deborah Painte. Cheryl Long Feather facilitated work on the group's strategic plan. The coalition's coordinator is Amy Schauer Nelson of Bismarck.

The new ordinance requires Bismarck Mayor John Warford to appoint nine people to serve on the committee and that he should consider recommendations from the coalition. The mayor has indicated he would welcome the suggestions.

Although he said there was a "sense of urgency" about making the appointments, he wouldn't make them without going through the proper protocol. He said he wanted input from respected community leaders including those at UTTC and others on the coalition.

According to the mayor, the ordinance is a "huge step forward." "I hope we can make a difference in addressing problems promptly and effectively," said Warford.

Financial Aid News

by Bob Parisien

From UTTC Financial Aid Office and the Rocky Mountain Association of Financial Aid Administrators. I would like to say, "Thank You" to Phil Baird, Art Marketing Vocation, Karen Paetz, Julie Cain and all those who participated in the Native American Dance Performance during this year's RMA SFAA conference held this year in Bismarck. I heard and received many great compliments about the performance and exhibit. Thank you for representing our culture and our school at the event.

Please stop by the Financial Aid Office and check out our scholarship

rack, there may be a scholarship that fits your needs.

Cross your fingers, and hope that AICF scholarship awards to be out before the end of the month.

Parenting sessions include free lunch

By Dennis J. Neumann

Do you know what your style is as a parent? Maybe you didn't even know there are different parenting styles.

Perhaps that's why the fall series of parenting classes titled "Lunch-N-Learn" has become popular with UTTC students and staff. There's so much to learn about being a parent and there's no job quite like it.

The new Infant Toddler Enrichment Program offers the classes, along with a free lunch, each Tuesday at 12 noon in room B102 of the Education Building. Each session lasts 50 minutes and is conducted by Stacy Castleman, Director of Partners in Parenting of Bismarck. The six-week series was designed and implemented by Pam Emmil, Infant Toddler Coordinator.

A brief video presentation at the start

of each session is followed by informal discussion about what works for parents. "I like people to ask questions, be comfortable and have fun," said Castleman. Drawings for door prizes close each session.

Classes remaining cover understanding your child on Tuesday, October 29, teaching responsibility on Tuesday, November 5, communication and cooperation on Tuesday, November 12, and learning how to conduct a family meeting on Tuesday, November 19.

Incidentally, the three main parenting styles are permissive, authoritarian and democratic. According to Castleman, you want to try to become more democratic, if you aren't already, to help your child learn how to learn for him or herself. A handy questionnaire with in the Fall Parenting Classes packet can help you identify your style.

Thoughts of the Day

When you say, "I'm sorry", look the person in the eye.

Remember the three "R's":
Respect for self;
Respect for others;
Responsibility for all your actions.

UTTC observed 9/11 along with nation



Dean of Institutional Development and Intertribal Programs Phil Baird led the United Tribes observance on September 11th. The campus-based program was held in-the-round with 80 people attending. Each person stood on the perimeter of the campus medicine wheel adjacent to the administration building.



The Lifesaver

September 30, 2002

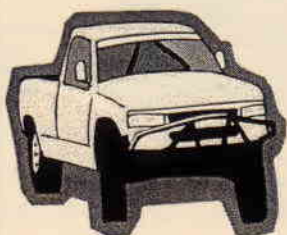
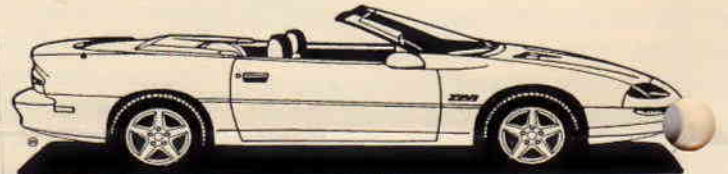
Seatbelt Survey

by Injury Prevention 101 Class

Injury Prevention class 101 did a survey on wearing seatbelts on campus here at beautiful United Tribes. 195 vehicles were surveyed on Friday the 20th of September. The following is a breakdown of our results for the front gate:

Male Drivers	70% Yes	30% No
Female Drivers	70% Yes	30% No
Male Passengers	50% Yes	50% No
Female Passengers	50% Yes	50% No

Back gate statistics were somewhat lower.



Avery Thompson

(Spirit Lake Tribe)
Injury Prevention
Student of the Month

Students Prepare meals as learning activities

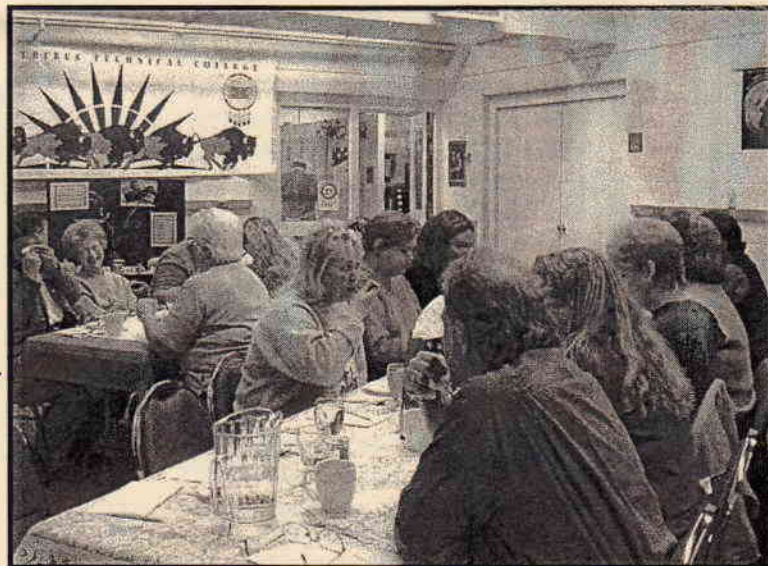
by Wanda Agnew, Instructor

Six Nutrition and Foodservice students are using the information learned from books and lectures as they offer meals to staff and students at UTTC. The first meal was titled an "All American Meal" and was planned by Tona Oliver. Students take turns planning the menus, marketing the meal, purchasing the food and even writing job descriptions for fellow classmates and supervising the entire production. After the meal students evaluate the meal for quality and cost. They use information they learned in class to complete a profit or loss statement using food costs and calculating in the cost if workers were paid. Students complete a kitchen sanitation inspection after the meal is served and actually evaluate the performance of each classmate. The experience is as close to the real thing as possible.



Dusty Olson, Three Affiliated Tribes - Cooking at the first meal.

Tona Olson, Rosebud Tribe - Cook of the first meal.



Student and staff enjoying the meal served at the Land Grant Resource Room in the Skills Center.



Attention Students
All midterms grades can be picked up from
advisors



OCTOBER is
DOMESTIC VIOLENCE
AWARENESS MONTH

It IS Your Business!

Battering is Not Traditional!



MALE PRIVILEGE

Treats her like a servant.
Makes all the big decisions. Acts like the "king of the castle."
Defines men's and women's roles.

ISOLATION

Controls what she does, who she sees and talks to, what she reads. Limits her outside involvement. Uses jealousy to justify actions.

INTIMIDATION

Makes her afraid by using looks, actions, gestures. Smashes things. Destroys her property. Abuses pets. Displays weapons.

EMOTIONAL ABUSE

Puts her down. Makes her feel bad about herself. Calls her names. Makes her think she's crazy. Plays mind games. Humiliates her. Makes her feel guilty.

MINIMIZE, LIE AND BLAME

Makes light of the abuse and doesn't take her concerns seriously. Says the abuse didn't happen. Shifts responsibility for abusive behavior. Says she caused it.

USING CHILDREN

Makes her feel guilty about the children. Uses the children to relay messages. Uses visitation to harass her. Threatens to take away the children.

ECONOMIC ABUSE

Prevents her from working. Makes her ask for money. Gives her an allowance. Takes her money. Doesn't let her know about or access family income.

COERCION AND THREATS

Makes and/or carries out threats to do something to hurt her. Threatens to leave her, to commit suicide, to report her to welfare. Makes her drop charges. Makes her do illegal things.

CULTURAL ABUSE

Competes over "Indianness." Misinterprets culture to prove male superiority/female submission. Uses relatives to beat her up. Buys into "blood quantum" competitions.

RITUAL ABUSE

Prays against her. Defines spirituality as masculine. Stops her from practicing her ways. Uses religion as a threat. "God doesn't allow divorce." Says her period makes her "dirty."

UNNATURAL POWER & CONTROL

NutriNews

Sugar Myths—A Trick or Treat?

Does sugar...

- ◆ Cause diabetes?
- ◆ Trigger hypoglycemia (low blood sugar)?
- ◆ Make you fat?
- ◆ Cause hyperactivity?

If you thought yes, think again!

Sugars really have no direct relationship to any health problem except for their role in tooth decay. After careful review of scientific studies, that's the conclusion of nutrition and health experts. However, sugar myths are still widespread.

Here's the real scoop on four common misconceptions about

sugar.

Causes Diabetes

About 20 years ago, scientists debunked this myth. But, many still believe sugar causes diabetes. In diabetes, the body can't use sugar normally. And the causes are complex and are yet to be fully known. Genetics plays a role, but illness, obesity, or simply getting older also may trigger diabetes. Moderate amounts of sugar can be a part of a well-balanced diet for people with diabetes, according to the American Diabetes Association.

Makes you fat

Eating too many calories causes your body to produce extra pounds of body fat—not sugar!

Over time, too many calories from any source, whether it's carbohydrate (Sugar is a carbohydrate.), fat or protein, can lead to weight gain.

Linked to hyperactivity

Kids may be "wired up" after an afternoon of sweet snacks, friends, and active play, but don't blame the candy, cakes or sweet drinks! There is no scientific evidence to support a link between sugar intake and hyperactivity or attention deficit-hyperactive disorder. Pay attention to your child's overall environment. The excitement of a party or special event may be the reason for the unruly behavior.

Does "sugar-free" mean "calorie-free"?

Not necessarily. A sugar free-food may not contain sugar, but many contain calories from other carbohydrates, fat and protein. Read the Nutrition Facts panel on the food label to find the amount of calories and total sugars in

one serving of any packaged food.

The Final Say on Sugar

Sugars, starches, and fiber are in the nutrient energy category called carbohydrates and are your body's main source of fuel. Some sugars occur in food naturally, while others are added.

Regardless of the source, your body can't tell the difference. Sugars, in moderation, are part of a healthful diet. Naturally-occurring or added sugars can make nutritious food more appealing by adding taste, aroma, texture and color.

Trick or Low-Fat Treats

Try something different this year—
Hand out low-fat goodies!

- ◆ Cereal Boxes (single serving)
- ◆ Pretzels or Baked Chips
- ◆ Dried Fruit
- ◆ Sugar-free Gum
- ◆ Lifesavers or Lollipops
- ◆ Fortune Cookies
- ◆ Licorice
- ◆ Jelly Beans
- ◆ Gum Drops or Jelly Candies
- ◆ Low-fat Cookies (single servings)
- ◆ Low-fat Granola or Cereal Bars





**CHEMICAL HEALTH CENTER
WILL BE RECOGNIZING RED RIBBON
WEEK OCTOBER 23RD TO OCTOBER 31ST 2002.**

**WE WOULD LIKE TO INVITE YOU TO COME IN THE
WEEK OF OCTOBER 28TH TO 31ST TO PICK UP YOUR
RED RIBBON.**

**CHEMICAL HEALTH CENTER WILL BE GIVING OUT
PRIZES TO THOSE THAT FILL OUT A SURVEY OF OUR
SERVICES WHEN THEY PICK UP THEIR RED RIBBON.**



November 2002

TJES School Calendar 9/03/02

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Homework Center Science Club 3:15-4:15	5 Homework Center Computer Club 3:15-4:15	6 TJES Staff Meeting 3:30	7 Homework Center Computer Club 3:15-4:15	8	9
10	11 Veteran's Day NO SCHOOL	12 Homework Center Computer Club 3:15-4:15	13 TJES Parent Teacher Breakfast UTTC Cafeteria 7:45-8:15	14 Homework Center Computer Club 3:15-4:15	15	16
17	18 Homework Center Science Club 3:15-4:15	19 Homework Center Computer Club 3:15-4:15	20 TJES Staff Meeting 3:30	21 Homework Center Computer Club 3:15-4:15	22	23 Saturday Literacy Club at TJES 10:30-12:30
24	25 Homework Center Science Club 3:15-4:15	26 Homework Center Computer Club 3:15-4:15	27	28	29	30 TJES Thanksgiving Break NO SCHOOL November 28 & 29

If you have any questions or concerns please phone TJES (255-3285 #304-305).

PLEASE watch for notes or notices concerning your child.

Parent Support Group (Noon Hour)
November 5, 12, 26. and December 3

Mr. Dennis Luefer of Cafeteria and his float



UTC's flag football team who played against Sitting Bull College. A score of 24 to 18 UTC won by.



Injury prevention float



United Tribes Technical College
OFFICE OF ADMINISTRATION
3315 University Drive
Bismarck, North Dakota 58504



Dennis J. Newmann
1165 102 Street
Fort Yates, ND
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