

UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER

VOL. 8 NO. 3

September 15, 1998

Weekly Menu

Sept. 15 - Sept. 18

DINNER



LeRoi

- Tue.- PICNIC
- Wed.- Turkey Club Sandwich, Soup, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Thu.- Variety Pizzas, Salad Bar, Dessert, 2% or Skim Milk
- Fri. - Tuna Salad Sandwich, Soup, Salad Bar, Dessert, 2% or Skim Milk

Sept. 21

- Mon.- Honey Roasted Turkey Sandwich, Soup, Salad Bar, 2% or Skim Milk



Rita



Dennis

SUPPER

- Tue.- Pork Chops, Rice, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Meatballs over Noodles, Vegetables, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- Grilled Steak, Baked Potato, Garlic Toast, Tossed Salad, Fresh Fruit, 2% or Skim Milk
- Fri.- Lasagna, Garlic Toast, Vegetable, Salad Bar, Dessert, 2% or Skim Milk



Bugs

- Mon.- Baked Ham, Baked Potato Wedges, Vegetable, Salad Bar, 2% or Skim Milk

Minority Enterprise Development Week OPEN HOUSE

September 21, 1998 at 9:00 am to 11:00 am
Building 61, Conference Room
EVERYBODY INVITED
*ND/SD Native American
Business Development Center*

Placement of LPN Grades - Good

Of course, graduates are eager for employment as they complete their Academic requirements.

The Licensed Practical Nursing grads of 1998 have been fortunate. Upon inquiry this is what we learned: four are employed at St. Vincent's Care Center; four at St. Alexius Medical Center; one at a group home; three are pursuing baccalaureate degrees; one is searching for a "right spot".

Hang it there!

Submitted by Sister Kathryn Zimmer
Director, AASPN Program

Attention All UTTC Staff Members:

The YMCA cards are now available for you and your families. The price of these cards is \$2.00 per 24 hours.

For more information call John or Rob at ext. 261 or 377.

**NEXT WEEK NEWSLETTER INFO
DUE September 18, Arrow Graphics**

MONTH September / Recreation YEAR 1998

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|--|---|--|
| | 31 Horseshoe Tourney 6:30 | 1 Womens V-Ball 6-7:30 Tai-Kwon-Do 7-9 Horseshoe League (Singles) Open Gym | 2 CO-ED Softball Clem Kelly Field #7 6:30 | 3 Womens V-Ball 6-7:30 | 4 | 5 |
| 6 | Open Gym 1-10 7 | 8 Horseshoe Singles League Tai-Kwon-Do Volleyball 6-7:30 Open Gym | 9 CO-ED Softball Field #5 8:45 pm | 10 Open Gym Showers for Bow-Wow Campers Open Gym | 11 Open Gym | 12 |
| 13 Gym Closed Wow & Softball Tournament | 14 Labor Day | 15 Horseshoe Singles League Team Meeting for mens B-Ball League (Reoffice) Tai-Kwon-Do Open Gym | 16 CO-ED Softball Field #8 6:30 pm YMCA - Swimming 6:30 | 17 Horseshoe League (Doubles) Open Gym | 18 movie 7-9 pm YMCA - Swimming | 19 |
| 20 | 21 B-Ball League Beginners 6-10 | 22 Womens V-Ball 6-7:30 Tai-Kwon-Do 7-9 Horseshoe League (Laughs) Open Gym | 23 CO-ED Softball 8:45 YMCA - Swimming 6:30 | 24 Volleyball 6-7:30 Horseshoe League (Doubles) Open Gym | 25 movie 7-9 pm YMCA - Swimming | 26 pay week gym closed movie Dinner 1-3 7-9 Cards Available Open Gym |
| 27 Footbalgms shown on lounge TV Popcorn snacks Open Gym | 28 B-Ball League 6-10 Open Gym 1-5 | 29 Volleyball 6-7:30 Horseshoe League Tai-Kwon-Do Open Gym | 30 CO-ED Softball 6:30 pm YMCA - Swimming 6:30 Open Gym | 1 V-Ball 6-7:30 Horseshoe League (Doubles) Open Gym | 2 movie 7-9 YMCA - Swimming 6:30 Open Gym | 3 |

Reminder: Sign up for The Homecoming Flag football Team
practice starts in October



UNITED TRIBES TECHNICAL COLLEGE **INJURY PREVENTION PROGRAM**

EMPOWER OUR CHILDREN ON ALCOHOL AND DRUG ABUSE

Being a role model to our children means; not using alcohol and drugs.

- 75% of all motor vehicle deaths involving Native Americans are alcohol related compared to 49% for all races.

Behavior Modification through education.

ALCOHOL AND DESIGNATED DRIVER

Prevent and reduce alcohol related injury or death by using an Designated Driver.

- Between 600 to 700 Native Americans die annually in motor vehicle crashes.

YEARS OF PRODUCTIVE LIFE LOST

Most adults will work until age 65. If they are killed e.g. in a motor vehicle crash at age 25, 40 years of productive life has been lost.

ACCIDENTS DON'T GIVE WARNINGS

As a driver or rider always **BE PREPARED AND BE RESPONSIBLE**
"PROTECT OUR HERITAGE".

Native Americans motor vehicle injury and death rates are 3 to 7 times the U.S. average.

SEAT BELTS

As a responsible person and role model - always use your seat belt.

- 86% of Native Americans killed in passenger vehicles did not use a seat belt.
- Seat belts have proven to reduce serious injury and death