

# UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 8 NO. 8

October 19, 1998

## Weekly Menu

Oct. 19 - Oct. 23

### DINNER



LeRoi

- Mon.- Honey Roasted Turkey Sandwich, Soup, Salad Bar, 2% or Skim Milk
- Tue.- Mexican Rollup, Spanish Rice, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Wed.- Oven Baked Chicken, Rice, Vegetable, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Thu.- Hamburger on a Bun, Baked Fries, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Fri. - Old Fashioned Tomato Soup, Egg Salad Sandwich on Whole Wheat, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk

Oct. 26



Rita

- Mon.- Croissant Sandwich with Turkey or Ham, Potato Salad, Salad Bar, 2% or Skim Milk



Dennis

### SUPPER

- Mon.- Baked Ham, Baked Potato Wedges, Vegetable, Salad Bar, 2% or Skim Milk
- Tue.- New England Dinner, Boiled Potatoes, Boiled Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Salisbury Steak, Rice Pilaf, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- Shish-ka-bob Casserole, Wild Rice, Salad Bar, Dessert, 2% or Skim Milk
- Fri.- Fish Platter, Oven Baked Potato Wedges, Salad Bar, Dessert, 2% or Skim Milk



Jeff

- Mon.- Braised Beef over Noodles, Vegetable, Salad, Fresh Fruit, 2% or Skim Milk

## Bookstore News

- All books for Fall Semester are in. The last day for charging books and supplies will be Friday, October 30, 1998.
- I have received the list for students on payroll. If you have a jacket on hold. Please come in to pick it up. Any jackets that are not picked up by October 30 will be put back on selling floor.

### BOOKSTORE HOURS:

Monday thru Friday

8:00 - 12:00

1:00 - 5:00

at Ext. 357

## Model Rockets

RSI is hosting the Model Rockets activity at the Skill Center on the United Tribes Campus on October 27, 1998 from 5 to 8 p.m. This has been rescheduled from October 13. Rockets will be made at that time and launched on a different date. Students from grades 4 to college are invited to participate. Those who attended the last activity know how much fun it is.

Parents **MUST** accompany their child. If a child's parent is not in attendance, the child will not be able to participate. So plan to attend.

Pre-registration is required. Each student must have his/her own registration form. Feel free to make copies or pick up a form.

For Registration forms, see:

Dorvin Froseth, Ext. 382 or  
Linda Fool Bear, Building 35, Ext. 349



In healthy relationships, men and women are partners, equals. They respect and like the things about the other that are different. The Equality Wheel shows the special conditions in a relationship that are non-violent and healthy.

In healthy relationships, men and women make decisions thoughtfully, together and communicate with each other without fear. When they disagree, they talk about their differences. They listen to the other's viewpoints and feelings. When they have a conflict, they find a way to compromise, so they both get what they need. When one of them gets angry or loses their temper, they take a time out. They wait until they are both ready to talk calmly.

If one feels hurt by the other, they can talk about it. They can apologize without feeling humiliated, put-down or afraid. If one feels like having time alone, or wants to do things separately, their partner accepts it.

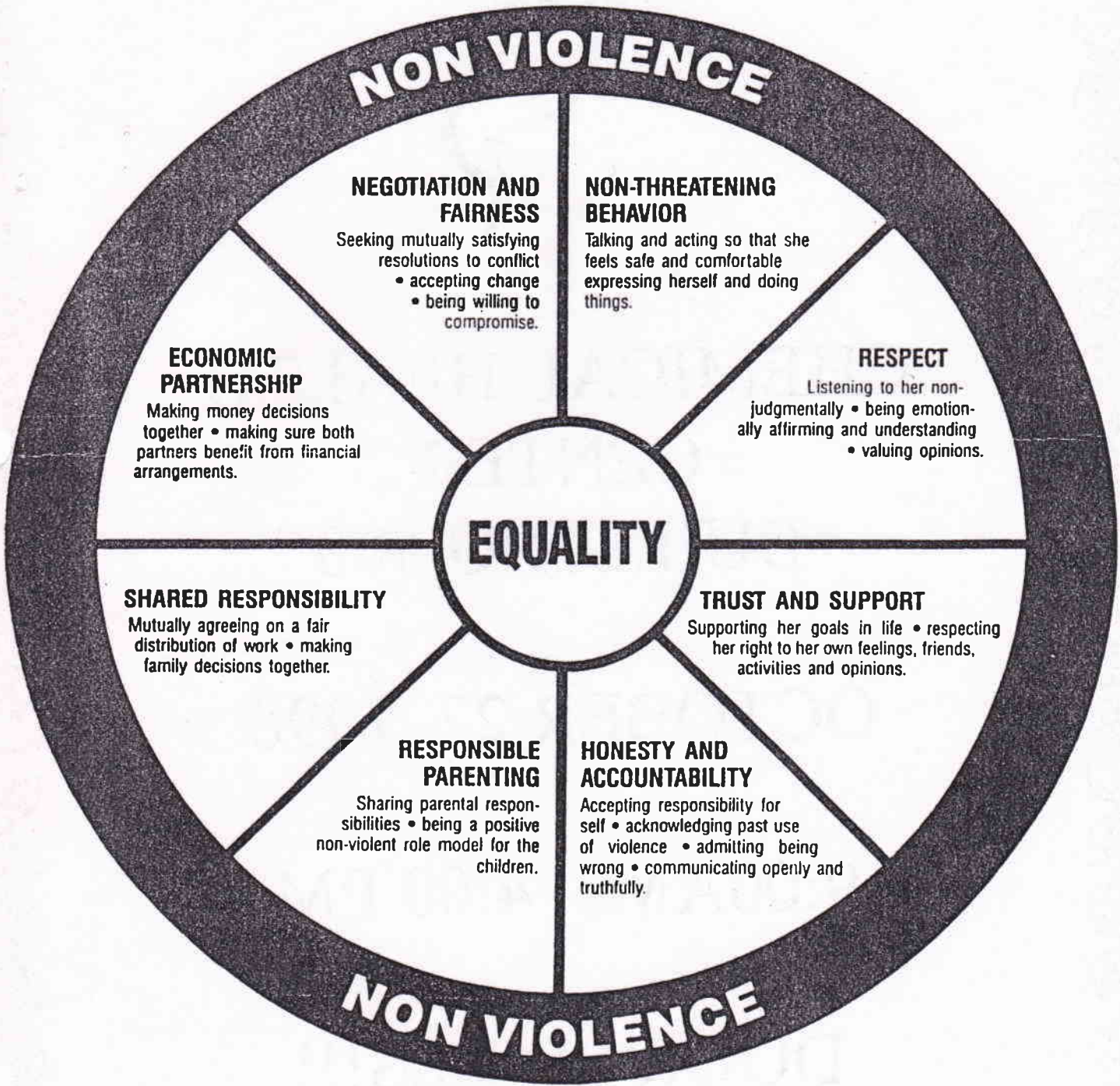
If either one approaches the other to have sex and one doesn't want to, they stop. They both understand that "no" or silence, means "no" and respect it. Or they may talk about it and change what they were doing so that both of them are comfortable.

There is no room for fear in a non-violent relationship. Each person trusts the other. They can enjoy each other's successes at school, sports and other activities. They are happy when the other has lots of friends, interests and dreams for the future. They know caring about someone doesn't mean they can be and do everything for the other. They both need friends.

They know jealousy is not a sign of love, but of control and a result of seeing a person as property. Their partner gives support but is not responsible for making the other feel better about who they are.

Anger is a normal part of a relationship; violence is not. Partners don't try to restrict or control the other. They don't stop their partner from doing what they want because of their own fears. Partners encourage and support one another.

## What Is A Healthy Relationship?





# **OPEN HOUSE**



**CHEMICAL HEALTH  
CENTER  
BUILDING #68**

**OCTOBER 27, 1998**

**9:00AM – 4:00 PM**

**DOOR PRIZES!!!**



# PARENT TIPS

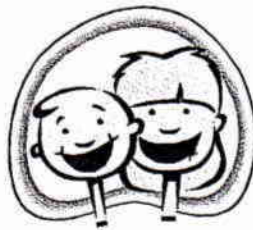
by Elizabeth Pantley, author of *Kid Cooperation* and *Perfect Parenting* [pantley.com/elizabeth](http://pantley.com/elizabeth)

## The Power of Words

The seemingly simple things we say to our kids can affect the way they respond to us. When we repeat certain things over and over they gain the power to change our children's lives. Take a close at these two lists. Make sure that you're frequently using words that build and avoiding words that destroy.

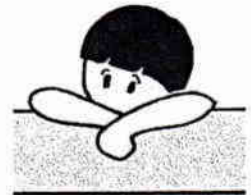
### One-liners that Build

- ♥ I'm proud of you.
- ♥ Way to go!
- ♥ What do you think?
- ♥ Good job!
- ♥ I know you can do it.
- ♥ I'm glad you're my kid.
- ♥ You're a joy to be around.
- ♥ Thank you.
- ♥ I believe in you.
- ♥ Do you want to tell me about it?
- ♥ You're very important to me.
- ♥ You're good at that.
- ♥ You are special.
- ♥ To me you're perfect.
- ♥ You make me smile.
- ♥ I like being with you.
- ♥ I love you.



### ONE-LINERS THAT DESTROY

- 💣 What is the matter with you?
- 💣 Can't you ever listen to me?
- 💣 You did that wrong.
- 💣 How many times do I have to tell you?
- 💣 Go away, you're being a pest.
- 💣 Why can't you be more like your brother?
- 💣 Shut up!
- 💣 Why did you do that?
- 💣 You are so lazy.
- 💣 You make me so mad!
- 💣 Can't you two ever get along?
- 💣 You're lying.
- 💣 Don't act like a wild animal.
- 💣 You ALWAYS . . .
- 💣 You NEVER . . .
- 💣 It's all your fault.
- 💣 I'm sorry you were ever born.



# RECREATION STUFF

Women's Volleyball Results 10-7-98, UTTC defeated Woodmansee's 6-15, 15-0, 15-5. Players of the game: Deanna Roberts, Norma Two Bulls.

Co-Ed Volleyball Results, UTTC defeated Miller Light 15-1, 15-6, 15-9. Players of the game Leah Allen and Brandt Teran.

Women's Volleyball results 10-14. United Tribes spanked Pony Express Conoco 15-4, 15-6, 15-13. UTTC is leading the Wednesday night league. Player of the game: Norma Two Bulls.

Co-Ed Volleyball 10-15. Smith Barney defeated UTTC 15-6, 15-9, 15-10. Players of the game Leah Allen and Brandt Teran.

## Monday Basketball Standings:

Hoosiers	3-0
SS Bombers	2-2
Dakota Redman	2-2
SB "Suns"	1-1
Urban Warriors	1-2
CJ Boys	1-2

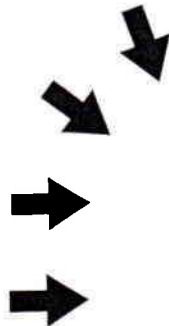
## Results of games Monday 10-12.

The Dakota Redmen defeated the Urban Warriors 65-67. The Redmen were led Chris Blackbird's 29 pts. and Valden Kills Small had 22. The Warriors were placed by Don Blevins 19.

The Hoosiers beat the SS-Bombers 84-81. Robert Webster bombed in 36 pts. for the Hoosiers. Eli Feather Earring had 36 for the Bombers.

The Sitting Bull "Suns" defeated the CJ Boys by forfeit.

**TRIVIA:  
WHO IS THIS  
CHEERLEADER**



## REMINDER:

Volleyball players. If you are signed up for Co-Ed of Women's Leagues you must start showing up for these games. If you need a schedule see John at Rec Dept.



## RELIGIOUS NOTE CARDS

*10 Cards with Envelopes*

*\$12.00 Per Set of 10*

*(Blank Inside)*

*Please Contact Rick Mascarenas  
Education Building  
Extension #357*

## FOR SALE

1982 Lincoln Continental Mark VI  
302 V8 Fuel Injected  
Automatic/Overdrive  
97 K Actual Miles  
New Tires, Exhaust, Battery  
and Rear Shocks  
\$3,250.00 or Best Offer  
Contact Terry Lewis  
Printing - Ext. 296

Information for the  
Next Newsletter must be  
submitted to  
Arrow Graphics  
No later then Oct. 23rd  
Attn: Wanda Swagger

## Artwork for 1999 Powwow Poster

The Powwow Committee is once again looking for artwork for the 1999 International Powwow Poster.

If you are interested and would like to submit artwork for this year's poster, please call Sandy at Arrow Graphics - Ext. 293 for rules, specifications and entry forms.

Deadline for completed entries is January 8th.