

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER R

VOL. 8 NO. 10

November 2, 1998

Weekly Menu

Nov. 2 - Nov. 6

DINNER



LeRoi

- Mon.- Chuckwagon Stew, Baking Powder Biscuit, Salad Bar, Fresh Fruit, Relish Tray, 2% or Skim Milk
- Tue.- Ham Sandwich, Soup, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Chicken Stir-Fry w/Oriental Noodles, Rice, Cranberry Sauce, Salad Bar, Pumpkin Bars, 2% or Skim Milk
- Thu.- Bar-B-Que Beef on a Bun, Soup, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Fri.- Tuna Salad Sandwich, Soup, Salad Bar, Lemon Bars, 2% or Skim Milk



Rita

Nov. 9

- Mon.- Goulash, Vegetable, Dinner Bun, Salad Bar, 2% or Skim Milk



Dennis

SUPPER

- Mon.- BBQ Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% or Skim Milk
- Tue.- New England Dinner, Boiled Potatoes, Boiled Vegetables, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Pepper Steak, Rice Pilaf, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- Chicken Breasts, Rice, Tossed Salad, Garlic Toast, 2% or Skim Milk
- Fri.- Roast Pork, Mashed Potatoes & Gravy, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Mon.- Hamburger on a Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies, 2% or Skim Milk



Jeff

Yearbook 1998-1999

There was a meeting held at Kateri Hall at 7:00 pm on Wednesday, October 2, 1998. President Dave Gipp was our special guest.

An organizational meeting was held on October 21, 1998 where we continued to meet there on Wednesday night same time.

Our officers were elected:

- Deloris Diegal - Editor
- Kate Cess Pooch - Treasurer
- Constance S. Mzare - Secretary

Advisors are:

- Anne Kuyper
- Barb West
- Sandy Erickson & Arrow Graphics Staff

We cordially invite our students to participate and give us the insight on your ideas, advise, and helping us out.

This is your yearbook that will be out for the 2nd time at United Tribes Technical College.

Deloris Diegal
Editor of the Yearbook

Nursing Looks to Resource Help

Two week ago, Sherry Messmer and Sister Kathryn Zimmer had the privilege of hearing Dr. Terry Tafoya, a psychotherapist and healer. He gets his messages across through story telling. Living your life correctly, he says, is really a dance -- a path of balance and harmony. He believes we have to be willing to change, adjust, adapt. There can be a better way. Through it all there must be a spirit of connectedness -- of community, healing and wholeness.

Continued on page 2.



Continued from front page....

On October 21 Sister Kathryn in response to an invitation from the North Dakota Medical Association participated in a meeting of about 50 people representing several health care and welfare groups. The purpose of the meeting was to gather input for a state-wide Robert Wood Johnson Foundation grant proposal pertaining to end-of-life care in North Dakota. It was exciting to observe the efforts at working together among the several organization representatives. This endeavor will proceed on a continuing basis with as much grass roots involvement as possible.

Nursing faculty and some interested others gathered on October 29 to hear Steve Schanandore, Director of Support Services, University of Mary. He shared his years of experience in identification of learning problems among students. In addition he spoke of the place of tutors, testing, counseling in helping students attain success.

Submitted by Sister Kathryn Zimmer,
Director, AASPN Program

Native American Scholarship Fund, Inc.

• Albuquerque: The Native American Scholarship Fund (NASF) will award a prize of \$500 for a winning logo design for its new name, it was announced today.

The NASF is going to change its name to the National Indian Education and Scholarship Center (NIESC) in the first half of 1999, announced Board President Rosa Winfree.

"We are looking for someone to create a design which captures the heart of what we are doing with Indian students," Mrs. Winfree went on. "We are opening the doors of higher education fully to them."

"We encourage art and graphics students to enter this competition," she went on. "The winning design will be used on all our envelopes, letterhead, brochures, business cards, posters, newsletters, advertisements, television ads, and billboards. It will symbolize excellence in Indian education, and will stand for the new NIESC."

Anyone can enter the competition, she went on. All entries will become the property of NASF/NIESC. The Board of Directors will make the final decision on the winner.

Persons desiring to apply for the prize should contact NASF for precise specifications, she concluded.



Δ The Native American Scholarship Fund (NASF) announced today a new program of block grants to school districts to increase the number of Indian teachers.

"We have found that the United States is only producing 350 new Indian teachers a year," stated Dr. Dean Chavers, NASF Director. "At the same time, the number of new teachers hired in Indian schools each year is 17,000."

"There is a huge discrepancy between the very low number of new Indian teachers and huge demand for teachers," he went on. "We need to produce many thousand more new Indian teachers. This project is one element in adding new teachers."

"This project is open to any school district in the United States which has a program already in place to produce Indian teachers," he continued. "The block grants we offer them will let them add to the number of future teachers in college."

The application has to be made on a form to be provided by NASF for an application form.

"The deadline for receipt of applications is November 15," he concluded.

**Information for the
Next Newsletter must be
submitted to
Arrow Graphics
No later than Nov. 6
Attn: Wanda Swagger**

JUST A REMINDER TO ALL UTTC FACULTY, STAFF & STUDENTS FROM THE PLACEMENT OFFICE

The selection process for the Crystal Apple Award will be complete November 2, 1998. The recipient will make an appearance at the Crystal Apple Award Luncheon held at the Bismarck Municipal Country Club November 19, 1998.

If you have any question about the Crystal Apple Award fill free to visit or call me.

Students who are looking for Local employment will be please to know that the Bismarck Tribune is distributing a separate Job Service flyer for subscribers. This Monday issue can be found in the Learning Center in it's own self contained rack. The Library will have these on hand as well.

Thank you
Vince Schanandore
Placement Counselor



Cocaine & Crack

What is cocaine?

Cocaine in its pure form is a white crystalline powder extracted from the leaves of the South American coca plant. Cocaine sold on the street is a mixture of the pure substance (cocaine hydrochloride) and various adulterants added to increase the quantity for the sellers' profit.

How is cocaine taken?

Most users snort cocaine, inhaling the powdered mixture into the nose. Cocaine may also be converted to be smoked as freebase, an especially dangerous practice. Crack is another form of cocaine which is smoked. Cocaine may also be injected.

Which type of use is most dangerous?

Cocaine use is physically risky in all forms; overdose can result in heart failure and death.

Even small amounts of cocaine may cause convulsions, heart and respiratory failure, and death. This is true even for physically healthy persons. Sensitivity can also develop in those

who have use the drug before, so prior use is no guarantee that a person is not sensitive.

In addition to overdose risk, regular use can produce weight loss, chronic runny nose with damage to the nose and sinus, lowered resistance to infections and disease, high blood pressure, and seizures.

Smoking cocaine or crack brings increased overdose risks because very large doses reach the brain within seconds. Injecting cocaine also delivers a large dose quickly with the resulting risk of overdose. It also carries the additional hazards of infection with AIDS or hepatitis, and adverse reactions to impurities.

What is crack?

Crack is a crystallize form of cocaine that is suitable for smoking. When smoked, crack delivers cocaine in very high concentrations to the small blood vessels of the lungs, producing an effect comparable to intravenous injection.

A high percentage of crack users become addicted to the drug. Many people who intend to use it only once or twice become addicted quickly.

Who uses cocaine?

Cocaine use occurs in all levels of our society and in ages from teen through adult.

Crack cocaine use is most prevalent in urban areas, but is certainly not limited to those areas; it also occurs in many rural areas and small towns.

Do the compounds used to dilute cocaine increase the risk in use?

Yes. Cocaine adulterants and cocaine substitutes increase the hazards of an already risky drug. Cocaine purity ranges from 30% to 90%, so a user cannot monitor the dosage taken. Some of the adulterants themselves are dangerous as well.

Can people become dependent on cocaine?

Yes. Cocaine is an addictive drug. Researchers have found that an addicted animal will prefer cocaine to food, even if starving. Some people, who have been using the drug over a period of time, continue to use it just to feel normal or to avoid the severe depression and fatigue that occur when they try to stop using the drug. Virtually no one who becomes addicted to cocaine ever thought he or she would.

What are the immediate effects of cocaine?

The immediate effects include dilated pupils and increases in blood pressure, heart rate, breathing rate, and both temperature. The user usually feels a sense of exhilaration and well-being and may feel more energetic or alert.

When cocaine is snorted, the effects begin in a few minutes,

Continued on page 4



Continued from page 3 - Cocaine

peak in 15 to 20 minutes, and disappear within an hour. When injected or smoked, cocaine effects occur faster and diminish sooner.

Does cocaine get rid of depression?

No. Actually, using cocaine creates a form of depression. Once the effects of the drug wear off, users are likely to feel more down and depressed than when they started. This low is sometimes called coke blues. Users often take more cocaine to counter the low, and may begin to need more and more of the drug to feel normal.

Does cocaine improve concentration and performance?

No. Users often feel while under the influence that this occurs, but studies show that cocaine use actually reduces performance. The cocaine has changed the users' perceptions so that they feel that they did better when, in fact, they didn't.

Moreover, cocaine is a short-acting drug, and within an hour a user feels less alert, more anxious, and more depressed than before.

Does cocaine enhance sexual pleasure?

Cocaine may initially seem to act as an aphrodisiac, probably because of its initial psychological effects and its actions on the nervous system. However, when used regularly, cocaine can produce complete sexual dysfunction. Regular users are generally more interested in their cocaine use than in sex.

What are the long-term psychological effects?

Early signs of trouble include increased irritability, short temper, and paranoia. Some users have difficulty concentrating or remembering things, lose interest in sex, or have panic attacks. After weeks or months of regular binging, depression can become chronic, and hallucinations and signs of psychosis may appear.

How does cocaine affect the heart?

A large dose, or a moderate dose under some conditions, can overtax even a healthy heart and may be fatal. Regular use of cocaine can cause heart palpitations, angina, arrhythmia, and heart attacks.

What are the effects of cocaine on the brain?

Cocaine use stimulates a release of the neurotransmitter dopamine in the brain. Dopamine affects behavior and mood; its release caused the drug's effects.

Regular cocaine use causes a depletion of dopamine, which brings the depression and other effects described above.

Is it dangerous to use cocaine in combination with other drugs?

Yes, whether used simultaneously or consecutively. Alcohol and marijuana used with cocaine may lead to alcohol or cocaine overdose since judgment will be impaired. Combining cocaine with heroin, barbiturates, or sedatives, as in a cocaine-heroin speedball, may result in the build-up of either drug to toxic levels. Since cocaine is a stimulant, combining it with other stimulants can be especially dangerous.

Finally, using cocaine regularly in combination with other drugs can result in cross-addiction, or addiction to several drugs simultaneously.

Do withdrawal symptoms occur when people stop using cocaine?

Yes. Withdrawal effects from stopping cocaine are not as easy to see as heroin or alcohol withdrawal symptoms, but they are just as real. Symptoms of cocaine withdrawal include exhaustion, irritability, sleepiness, loss of energy, depression, and an intense craving for more cocaine.

Is there a cure for cocaine dependence?

Treatment of cocaine dependence is available, and most dependent cocaine users require this help in order to stop using cocaine. Cocaine dependence is a persistent and devastating experience. No one can predict which cocaine users will run into serious trouble. Users may be unaware or deny the negative effects of the drug because they are addicted. Treatment can be difficult, prolonged, and costly; craving may persist for long periods. Most people enter treatment due to financial and family problems.



How much does a cocaine habit cost?

A cocaine habit can cost from hundreds to thousands of dollars weekly. Even a crack habit is costly; a single dose is relatively inexpensive, but most regular crack users eventually begin to use many times a day.

How can you help?

For information and guidance, contact your physician or the nearest drug treatment or mental health facility, or look under "Drug Abuse & Addiction," "Family Counselors," or "Mental Health Services" in the Yellow Pages of your telephone directory.

In many areas, help is available through your school district's student assistance program or the employee assistance program where you work.

Prevention Resource Center
1839 E. Capitol Avenue
Bismarck, ND 58501-2152
(800) 642-6722 (In State)

Thank You

To: UTTC Staff & Students

Thank you for the beautiful large, real pumpkin floral bouquet and the card with many good wishes.

To: UTTC Faculty & Staff

The ceramic pumpkin bouquet and balloons as well as the reading and craft magazines are much appreciated.

To: Everyone

Thank you for the cards, phone calls and visits while I was in the hospital. I thank you for the blessings of friendship and prayers. All the get well wishes and caring are part of my recovery.

My sincere thanks to all of you.

Ann Kraft

Powwow Souvenirs Available in Arrow Graphics.

STAFF & STUDENTS:

**Plan for Christmas Now - Do Payroll Deductions
Before the Season is Here!**

T-Shirts: \$8.00 - Magnets: \$1.00

Coffee Cups: \$6.00 - Clear Mugs - \$10.00

Piggy Banks: \$10.00 - Note Cards: \$5.00/12

**Powwow Blankets: \$40.00 - Windshirts:
\$30.00**

Selling Every Friday After 2:00 p.m. - Bldg. 51

FOR SALE

**1982 BIG BLACK BEAUTIFUL
Lincoln Continental Mark VI
302 V8 Fuel Injected
Automatic/Overdrive
97K Actual Miles
New Tires, Exhaust, Battery,
and Rear Shocks. GREAT SHAPE!
Runs Perfect.
\$3,250.00 or Best Offer**

**ALSO - GOLD WEDDING BAND
LOST ON CAMPUS - IF FOUND
OR FOR MORE INFORMATION
ON VEHICLE CONTACT:**

Terry at Extension 296



Chemical Health Center

United Tribes Technical College recognizes chemical dependency as a treatable illness. Chemical problems often interfere with academic/job performance of the individual, UTTC and other outside agencies share in the responsibility to assist individuals experiencing alcohol/drug related problems into achieving their professional/academic goals. UTTC supports the following three major components through the Chemical Health Center.

1. Alcohol and drug education and the promotion of wise choices concerning the Individual's health.

2. An early intervention in the abuse process for the purpose of identification, evaluation and when appropriate referral for treatment.

3. A supportive school environment for students who have been harmfully involved with drugs and/or alcohol, including those whose families are disrupted by chemical abuse.

Open House

We has a very good turn out at our Open House! The staff here at Chemical Health Center would like to thank everyone for coming over and having cake, cookies, coffee and juice with us!

The winners of the door prizes were:

- * *First Place: Mary Ankerpont*
- * *Second Place: Linda Anderson*
- * *Third Place: Carl Hohenstein*

Recreation Stuff

Monday night Basketball Results:

The Bombers best the Urban Warriors 102-77. True Clown and Gerald Bagola had 24 a piece to lead the Bombers, Milt Grassrope and George Goodleft had 22 and 21 pts for the Warriors.

The Hoosiers won by forfeit over the Sitting Bull "Suns".

The Dakota Redmen won by forfeit over the Criminal Justice boy's.

Women's Volleyball UTTC spanked the Broken Oar 15-2, 15-11, 15-8. The women's team is leading their Wednesday league, Good Job Girls!!!

Reminder: For those interested in Pool or Foos-ba' come to the gym on Tuesday at 6:30 pm. We will be having Jackpot Tournaments weekly.



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.

maybe you should ask yourself: do I feel lucky?

when you have sex with one person, you

have sex with all their past partners, too.

Do you know their HIV status?

Do you know yours?

free, confidential testing is available

in North Dakota.

for information call 1-800-472-2180.

hiv. once is all it takes.





VOTE

**Make Your Vote
Count
November 3rd**

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1	2 B-Ball League 6:30pm YMCA - Swimming Mary College practice 5:00-6:30	3 Tai-Kwon-Do 7:00pm pool & Foot ball Tournament Mary College practice 9:00-11:30pm	4 Women's Volleyball pioneer gym 7:15pm YMCA - Swimming 6:30pm Mary College practice 9:00-11:30pm	5 CO-ED Volleyball 8:45pm " " " " Open Gym	6 Movie 6:30pm YMCA - Swimming 6:30pm	7 Men's Basketball vs Powell Wyoming 3:00pm (H)
8	9 B-Ball League 6:30pm YMCA - Swimming	10 Tai-Kwon-Do 7:00pm pool & Foot ball Tournament 6:30pm	11 Women's Volleyball pioneer gym 8:45pm YMCA - Swimming 6:30pm " " Open Gym	12 CO-ED Volleyball 7:30pm Women's Basketball vs Salem/Cannon ball 6:00pm Mon-Dak Basketball Tournament	13 Movie 6:30pm YMCA - Swimming 6:30pm open Gym	14 Independant B-ball Tournament Gym closed Milho City MT
Gym closed Independant 15 B-ball Tournament Gym closed	16 B-Ball League Tournament YMCA - Swimming Men's Basketball vs Lake Region (A)	17 Tai-Kwon-Do 7:00pm pool & Foot ball 6:30pm Open Gym	18 Women's Volleyball 6:30pm YMCA - Swimming	19 CO-ED Volleyball 9:30pm Men's Basketball vs MSU - Battineau 7:30pm (H)	20 Movie 6:30pm YMCA - Swimming 6:30pm Open Gym	21 Grade School Tournament Women's Basketball vs Moorhead St. 4:00pm (H)
22	23 B-Ball League Tournament YMCA - Swimming	24 Men's Basketball vs Mary College J.V. 7:30pm (H) Women's Basketball vs Sitting Bull College Tai-Kwon-Do 7:00pm	25 No Volleyball due to Holiday Gym closed	26 Thanksgiving No classes	27	28 gym closed Men's Basketball Huron College Tournament
Gym closed 29	30	Open Gym	time is subject to change due to men's & women's B-Ball practice			
Gym closed						

You can personalize and SEND this Page!
 Courtesy of Blue Mountain Arts

Native American Geography Quiz



Did you know that "Texas" is a Native American word meaning "friend"? The Twenty-five other U. S. states (as shown) also are derived from Native American names. Can you name them? answers.

26 U.S. State Names of Native American Origin

Alabama	Kentucky	Ohio
Alaska	Massachusetts	Oklahoma
Arizona	Michigan	South Dakota
Arkansas	Minnesota	Tennessee
Connecticut	Mississippi	Texas
Idaho	Missouri	Utah
Illinois	Nebraska	Wisconsin
Iowa	New Mexico	Wyoming
Kansas	North Dakota	

BOWLING AT CAPITAL LANES



A van will leave from the U.T.T.C. Cafeteria at 5:30 PM

Thursday

November 5, 1998

Bowling starts at 6:00 PM

Family Club Policy

- 1. Parents must attend with their children.*
- 2. There are no fees or dues.*
- 3. Be on time for a ride.*
- 4. Alternate activities will be held if weather cancels outdoor activities.*
- 5. Events include a message or information on drug abuse prevention.*
- 6. All families of TJES are eligible to participate.*

The purpose of the Family Club/"Just say NO" Club is to encourage healthy, fun, educational, family/community activities; to promote healthy family relationships; and to promote a drug free lifestyle.



A Family Club/"Just Say No" Club Activity

THINGS TO KNOW ABOUT TRANSFERRING TO A 4-YEAR COLLEGE

1. If you're a sophomore at UTTC, you should be thinking about life after graduation. Are you going to get a job or are you going to transfer to a 4-year college? If you're thinking about transferring, right now is the best time to get started.
2. First, contact the college and request a catalog. This will explain the programs and costs. Also request an application (most institutions will require a one-time application fee of \$25.00). Complete the application and return it right away. The college will then let you know how to proceed.
3. Contact your higher Ed office and let them know you are considering continuing your education. There will be paperwork to complete. They will also be in contact with your chosen college. Keep in touch with Bob Parisien for financial aid information and application forms for 1999-2000 (available in January). These completed forms will decide your budget and met and unmet needs.
4. Contact Joey McLeod, UTTC's Registrar, and request an official transcript be sent to the college for evaluation. Depending on what field of study you choose, some credits may transfer; however, all colleges have their specific graduation requirements. Also, grades below "C" 2.00, do not transfer.
5. Understand that your transcript is important to your future! It will follow you wherever you go! Most employers want to see your transcript before you're hired, so do your best while in school.
6. Finally, after acceptance to the college of your choice, arrange a campus visit and get to know the area where you will be living for the next two to three years.

This Request

*The thought occurred to me the other
day, that I am stuck with myself in
every way.*

*No matter how much blame or credit to
others that I try to give, it's really up
to me — the type of life I shall live.*

*I, for one, don't want to stand at the
setting sun, and hate myself for the
things left undone.*

*But most of all — now — in the present,
with undetermined time to go, I want
to learn, what all wise men already
know*

*That I can never hide myself from me,
for I see what others may never see.*

So good Lord, I make this request.

*Help me to improve my life, and never
be satisfied with less than my best.*



PARENT TIPS

by Elizabeth Pantley, author of *Kid Cooperation* and *Perfect Parenting* pantley.com/elizabeth

How Good is Your Parenting Plan?



I looked for one word to describe the parenting job. I settled on "intricate" when I read

Webster's definition: *something hard to understand because it's full of puzzling parts and details.* I can think of no other job that requires you to be more flexible and open-minded, or demands that you stay alert and focused day after day.



But as intricate and complicated as the job is, not enough people spend time creating a parenting plan. The first step to this process is to

find out where your strengths and weakness are. This quiz will help you see yourself more clearly.

Find a quiet corner and take this quiz. Be honest and thoughtful. The answers may surprise or even embarrass you, but reviewing them can help you analyze and improve your parenting style.



Are each of these statements Usually True or Usually False?

- 1** Throughout the day, I give my child choices, instead of giving orders.
- 2** Our house is a gathering place for the neighborhood kids.
- 3** My children have daily chores.

4 My kids are in bed at about the same time every night.

5 My kids use "Please" and "Thank you" when they talk to me.

6 I use "Please" and "Thank you" when I talk to my kids.

7 My instructions tend to be brief and specific (I don't lecture.)

8 I don't give in to a child's nagging, whining and pleading.

9 We have specific family rules.

10 When I say it I mean it. My kids know this and they do as I ask.

11 My kids clean up their own messes.

12 Our family eats dinner together.

13 I trust my children.

14 I am consistent in the things that I say "no" or "yes" to.

15 When a problem occurs, we address it, and then it's over.

16 I compliment my children twice as often as I criticize them.

17 I'm involved in PTA or other school activities.

18 The last words I say to my children at night are pleasant and loving.

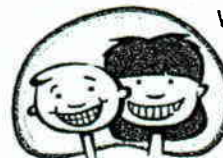
19 I learn about parenting by reading books and articles or by taking classes.

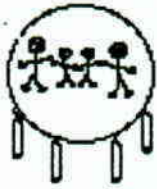


These statements reflect parenting skills that together create a strong parenting plan. The best answer to each of these questions is "Usually True". Take some time to ponder any statement to which you have answered "Usually False". Ask yourself why the preferred answer is True. Determine what changes you can make in your family to better reflect the concepts presented in each statement.



Sometimes the decisions we make when parenting our children are not really decisions at all – but more like knee-jerk reactions. It takes time and effort to create and follow a good parenting plan. It's well worth the effort, since a good plan will make your daily decisions easier and help you be more consistent with your kids. The end result is: calmer parents and well-behaved children.





Barbara Danks, School Counselor
Theodore Jamerson Elementary School
Bldg. 51, 255-3285 Ext. 236
bdanks@sendit.nodak.edu

October 27, 1998

To UTTC Staff and Parents,

Theodore Jamerson Elementary School, through a share grant with Standing Rock School, is implementing the Boys Town Social Skills Program. The entire staff is being trained to teach these Social Skills, Sam Azure is being trained to use it in his administration duties, and I have been trained as a Parent Trainer. When Parents and the School work together to improve the children's social skills, more positive changes can be made.

The first training for Parents will start November, 9. It is a 6 week program, 2 hours each week. A book is provided for Parents.

Common Sense Parenting

"A proven, step-by-step program for raising responsible kids and building happy families."

Nov. 9, 16, 23, 30, Dec. 7, & 14 (6 Mondays)

Time: 6 to 8 PM

Place: Gr. 7&8 Classroom in Bldg. 51

To Register:

Contact the Elementary Office in person or call ext 304.

A registration form will be sent to Parents.

Registration can be done at the first meeting also.

Parents are encouraged to register ahead of time, to help planning.

Another training will be offered, starting

Jan. 10, 1999, 2 - 4 PM.

If this appears to be a poor time, it can be changed.

You can also pre register for this one.

Sincerely,

Boys Town Skills Taught:

- **Parents as Teachers**
- **Effective Praise** - How to change behaviors
- **Preventive Teaching** Before an event, teach how to act. (Eg. in the mall)
- **Corrective Teaching** What to say and do when a child is misbehaving
- **Teaching Self Control** What to do and say when a child continues to misbehave.

Substance Abuse

Be Clear & Firm About Your Family Position on Drugs



A recent study by the National Center on Addiction and Substance Abuse found that about 25 percent of the 12-year-olds surveyed knew a peer who had tried drugs like cocaine and heroine.

This figure is up from the year before, when only 10 percent said they knew peers using drugs.

The actual number of preteens who have tried marijuana doubled in the past year. And "binge" drinking by eighth-graders rose from 13 percent to 16 percent.

Officials say the study results are "another wake-up call" for parents and others to do more to prevent youth drug abuse.

One thing parents must do, say experts—is to establish a *clear family position* on drugs.

Say something like, "We don't allow any drug use, and children in this family are not allowed to drink alcohol."

With 10 to 12-year-olds, it's also important to give drug-specific information. For instance, explain what drugs look like, state their street names and describe how they affect the body.

And don't be afraid to "talk tough." You can say, "Drugs are very dangerous and illegal drugs that can kill you even if you try them just once."

Sources: Bradley Stertz, "Hard drug use among preteens more than doubles," Aug. 14, 1997, *The Detroit News*; and *Talking With Kids About Tough Issues*, 1996 (Children Now Campaign, 800/CHILD-44).

In Next Month's Issue:

- Ways to Make Middle Schoolers Feel More Powerful
- Things Parents Do That Drive Middle Schoolers Crazy

Discipline

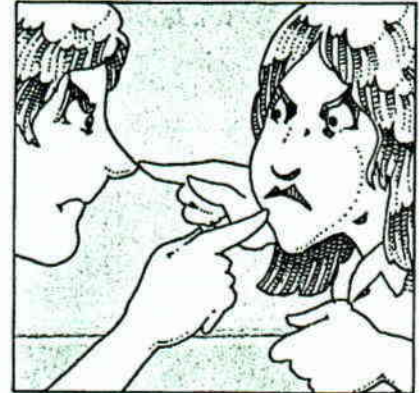
Research Says Parents Should 'Step In' When Children Argue

What do you do when your children argue? Like many parents, you may stay out of it. That's what parents are often told to do. Now a recent study shows there may be a better approach.

Researchers at the University of Waterloo in Ontario say stepping in can reduce verbal and physical assaults among siblings. When you intervene, keep two things in mind:

1. **Help your children** see each other's point of view.
2. **Discourage behavior** that could worsen the argument.

These are steps toward keeping a more peaceful household.



Source: Gail Rosenblum, "Solving Sibling Squabbles," *Sesame Street Parents*, June 1998, Children's Television Workshop, One Lincoln Plaza, New York, NY 10023, 800/678-0613.

Peer Pressure

Help Preteens Stay Strong When Peers Put Pressure On



Peer pressure is a real concern for parents, and it should be.

Two-thirds of preteens in a recent study said that—if pressured by friends, they would do something they wouldn't normally do.

To help kids withstand peer pressure and do the "right" thing, parents can:

- **Listen compassionately** without judging. When children get picked on, they need to vent their feelings without being put down or told the event isn't worth getting upset about.
- **Don't back down** on your values. When peers insist it's cool to smoke or be disrespectful of adults, your child is likely to test these behaviors and attitudes on you. Reinforcing your values—through your words and deeds—provides children the continued moral guidance they need.

- **Show children** how to stand up for themselves. When there's a problem with a peer, don't try to solve it. Help your child figure out how to handle the problem himself.
- **Encourage your child's** self-esteem. If someone puts her down, acknowledge her hurt feelings. But then urge her to evaluate the situation beyond her feelings. You might say, "I know what they said hurts. But are those girls people whom you really admire? Do you think you can trust them to be good friends when times are tough?"
- **Praise children for doing** the right thing. Say things like, "Going against the crowd takes guts. I'm proud of you."

Advice from: Nancy Samalin, "Best Ways To Help Your Kids Handle Peer Pressure," August 1, 1997, *Bottom Line Personal*, Boardroom Inc., Box 2614, Greenwich, CT 06836.