

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 8 NO. 11

November 9, 1998

Weekly Menu

Nov. 9 - Nov. 13

DINNER



LeRoi

- Mon.- Goulash, Vegetable, Dinner Bun, Salad Bar, 2% or Skim Milk
- Tue.- Bean Soup, Fry Bread, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- 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

Nov. 16



Rita

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



Dennis

SUPPER



Jeff

- Mon.- Hamburger on a Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies, 2% or Skim Milk
- Tue.- Pork Chops, Rice, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Meatballs over Noodles, Vegetable, 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
- Mon.- Baked Ham, Baked Potato Wedges, Vegetable, Salad Bar, 2% or Skim Milk

ALL STUDENTS

There will be classes on Wednesday November 11, 1998 and we will observe Friday November 13, 1998 as the holiday.

Students may pick up their payroll checks. Thursday, November 12th, at 4:00 pm. No earlier than 4:00 p.m.

North Dakota Vocational Industrial Clubs of America State Leadership Conference

The North Dakota VICA (Vocational Industrial Clubs of America) State Leadership Conference was held November 1 & 2 in Jamestown. The highlight of the first days meeting was the election of new state officers. Deeken Means from Construction Technology was elected as the new state Secretary.

The second days events found the students involved in the main purpose of the meeting, which was the development of leadership abilities. These activities resulted in the awarding of many first, second or third place certificates to the students. The following sixteen students attended the event.

Construction Technology:

- Lonnie Waters* - 1st Place Promotional Bulletin Board & Statesman Award
- Richard Stands On Top* - 1st Place Promotional Bulletin Board, 3rd Place Extemporaneous Speaking
- William DeMarce* - 2nd Place Prepared Speech Procedures & Statesman Award

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Continued from Front Page.

Wilfred Wind Jr. - 2nd Place Business Procedures & Statesman Award

Deeken Means - **New State Secretary**, 2nd Place Business Procedures & Statesman Award

Criminal Justice:

Clarence Poorman - Statesman Award

Natasha No Heart - 1st Place Prepared Speech & Statesman Award

Lonelle Rising Sun - 3rd Place Opening & Closing & Statesman Award

Welding Technology:

Tanya Richford - 1st Place Job Interview & Statesman Award

Automotive Technology:

Dale Vivier - 2nd Place Business Procedures & Statesman Award

Dance & Drum
Practice
Tuesday & Thursday
at 4:00 - 5:00 pm

Student Health Center Notes:

- Monthly head checks for the elementary school and CDC will be held November 18 & 19.
- The next transport to Fort Yates is scheduled for November 12. Students who are in need of a dental or medical appointment must see Student Health to make arrangements.
- We gave about 100 flue shots to UTTC staff and students. Many of those who received the shot experienced minimal side effects. The flu season is upon us and those who received shots will be prepared.

Diabetic Neuropathy: The Nerve Damage of Diabetes

Diabetic neuropathy is a nerve disorder caused by diabetes. Symptoms of neuropathy include numbness and sometimes pain in the hands, feet, or legs. Nerve damage caused by diabetes can also lead to problems with internal organs such as the digestive tract, heart, and sexual organs causing indigestion, diarrhea, or constipation, dizziness, bladder infections, and impotence. In some cases, neuropathy can flare up suddenly causing weakness and weight loss. Depression may follow. While some treatments are available, a great deal of research is still needed to understand how diabetes affects the nerves and to find more effective treatment for this complication.

Diabetic neuropathy can affect virtually every part of the body

Diffuse (Peripheral) Neuropathy - Most common and nerves on both sides of the body are affected. Damages the nerves of the limbs, especially the feet.

Diffuse (Autonomic) Neuropathy - It affects the nerves that serve the heart and internal organs and produces changes in many processes and systems. Heart, digestive system, sexual organs, urinary tract and sweat glands.

Focal Neuropathy - Occasionally, diabetics neuropathy appears suddenly and affects specific nerves, most often in the torso, leg or head. Eyes, facial muscles, hearing, pelvis and lower back, thigh and abdomen.

**Information for the
Next Newsletter must be
submitted to
Arrow Graphics
No later then Nov. 13
Attn: Wanda Swagger**



Thank You

I would like to thank all friends & relatives who sent cards, flowers and made phone calls to give our family support do to the recent loss of our Mother, Wanelda McGillis.

I would also like to thank the people who attend the Funeral Services which were held in Williston, ND.

Chemical Health Center The Twelve Steps of Alcoholics Anonymous

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked him to remove our shortcomings.
8. Made a list of all persons we had harmed, and become willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood him, praying only for knowledge of his will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

*God, grant me the Serenity
to accept the things I
cannot change,
the courage to change
the things I can,
and the Wisdom
to know the difference*

Recreation Stuff...

Monday Night B-ball League
Hoosiers defeated The Dakota Redmen 104-96.
Mendoza and Royce Irwin led the Hoosiers with 37 and 26 pts. Chris Blackbird and Valden Kills Small each had 31 for the Redmen.

The Sitting Bull "Suns" Spanked the SS-Bombers 105-84. The "Suns" were led by Terry Brown Otter 25 pts. and Teddy Doggskin and Jason Thunderhawk had 23 a piece.

In a very close game the Urban Warriors defeated the CJ Boys 90-88. Don Blevins had 26 for the Warriors, Dustin Davis gunned in 34 and Derrick Bartlett added 24 for the Boys.

Team Standings:

Hoosiers	6-0
SS-Bombers	3-3
D-Redmen	2-4
SB "Suns"	2-3
Urban Warriors	2-3
CJ "Boys"	1-4

Scoring Leaders:

Mendoza-Hoosiers	38ppg
Webster-Hoosiers	31ppg
Doggskin-"Suns"	29ppg
Blackbird-Redmen	27.6ppg

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Continued from page 3.

Bartlette-CJ "Boys"	27.6ppg
Kuntz-"Suns"	26.6ppg
F Earring-Bombers	25.2ppg
Clown-Bombers	22.2ppg
Davis-CJ "Boys"	22ppg
Killsmall-Redmen	21.6ppg

Volleyball Results:

Women's League 11-4-98 The Women lost by forfeit
 CO-ED League 11-5-98 UTTC defeated Frey Insurance.
 Attention: For those Women who are still interested in
 Wednesday Volleyball league, please inquire at the Rec
 Office. We are in need of players!
 For anyone interested in playing in a pool league or tour-
 naments. Tuesday at 6:30 pm show up at gym.
 The Fall B-Ball league tourney will begin Wednesday
 11-7 at 6:30 pm.

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.

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.

~~\$3,300.00~~ or Best Offer
\$2,250.00

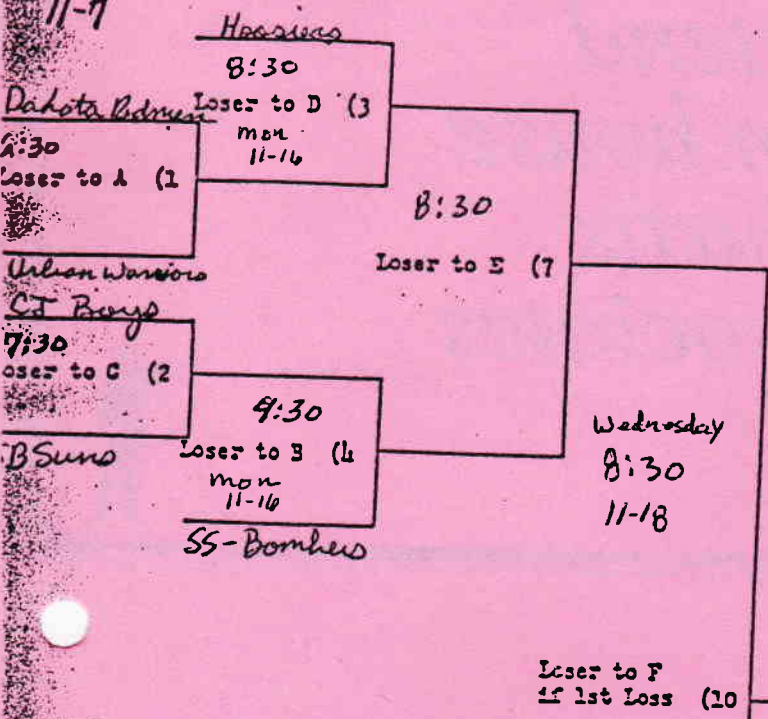
ALSO - GOLD WEDDING BAND
LOST ON CAMPUS - IF FOUND
OR FOR MORE INFORMATION
ON VEHICLE CONTACT:

Terry at Extension 296

INTRAMURAL B-BALL LEAGUE TOURNAMENT

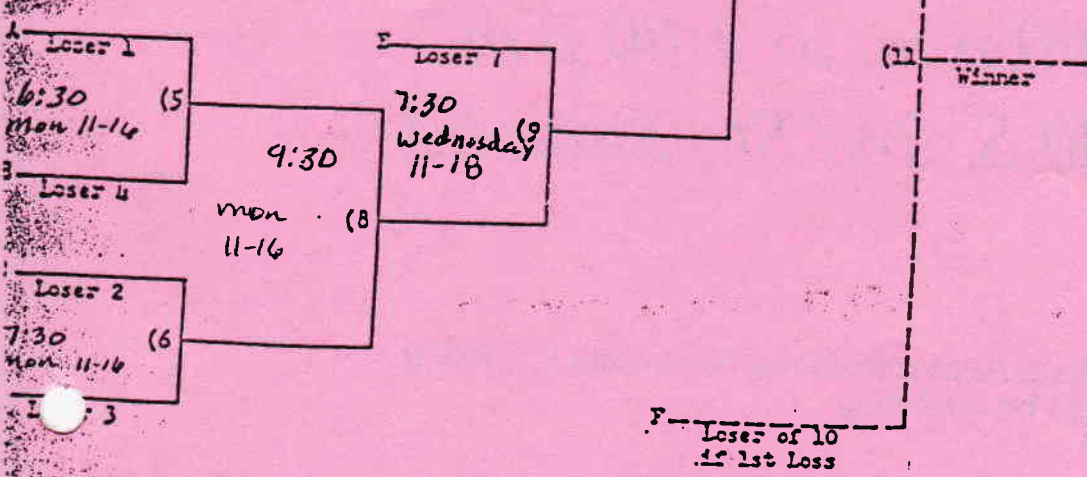
Winners' Bracket





Wednesday
11-7



Loser's Bracket

Monday
11-16





*You are
cordially invited
to attend
an open house
at Curtis
and Associates*

Who: All faculty & staff

Date: November 13, 1998

Time: 2:00 p.m. to 4:00 p.m.

Place: 600 S. 2nd St., Suite 6A

Please contact Barbara Archambault by November 9, 1998 to inform her if you will be attending

Star McGillis Saw Open Prairies Teeming With Buffalo Before Whites Invaded Area

THURSDAY, OCTOBER 9, 1941

Death Takes One Of Last Old Time Buffalo Hunters



OLD STAR MCGILLIS whose death recently occurred was one of the few remaining men who hunted buffalo on the western plains. He was born in a buffalo hunting camp near Dog Den Hill southeast of the present city of Minot, and walked with a crutch most of his life as a result of a buffalo hunting injury. Star McGillis had lived in the St. John community 59 years, and was about 96 years old.

The death on Sept. 21 of Hector "Star" McGillis, who had lived for almost 60 years on the banks of "McGillis" coulee north of St. John, ended the career of one of the last of the people who actually hunted the buffalo on the open prairie ranges. He was believed to be at least 96 years old.

Old "Star" McGillis' life spanned the period in northwest history when the state was transformed from an Indian owned and occupied country to a completely civilized white-dominated state.

Visit From Governor

When Governor John Moses was a guest at the C. M. Bryant home late this summer, and went on a tour of water conservation projects in the area, he stopped in to see McGillis, whose home is on the lake formed by the Izaak Walton dam north of St. John. With the aid of Dana Wright of the State Historical Society, who knows more about "Star" than anyone else, the governor carried on quite a conversation with this old buffalo hunter. "Star" was in fairly good health at that time, but has been gradually sinking and entered the Belcourt hospital about a week before his death, which was caused by nothing but old age.

Funeral services were conducted from St. John's Catholic church, of which the deceased was a member, on Tuesday, Sept. 23, the Rev. Fr. J. E. Ouellet officiating. Burial was in the St. John Catholic cemetery.

Surviving are one daughter, Mrs. Melena LaFrewaine, Sidney, Mont.; and four sons, Solomon McGillis of Sidney, Mont., and Fred, John and William McGillis, of St. John. Two daughters and one son preceded their father in death.

Wright Knew Him

Mr. Wright, who had visited with this interesting old character many times, wrote the following story about Hector "Star" McGillis, at the request of this newspaper:

"His father, Alexander McGillis, seems to have had a permanent home on a strip of land in the vicinity of St. Francois Xavier, on the Assiniboine river west of Winnipeg. Like many other whites of that time, he married a woman of Chippewa descent, and made most of his living by hunting, returning to the land for rest or wintering. The father does not appear to have been much of a figure in the family history; the mother, Angilique Delorme, seems to have had the most conspicuous part in raising the family.

Born In Hunting Camp

"Many of these mixed families spent the summer months on the prairie hunting the buffalo and drying the surplus meat for winter use

and curing the hides for robes and leather. On one of these trips when near the Maison du Chien (Dog Den Hill) southeast of Minot, Hector McGillis was born. No record has been found giving the exact date but it was about 1844.

"Most of his younger days were spent with his family on hunting trips. These extended from St. Paul to the Missouri and north far into Manitoba and Saskatchewan. The last big hunts were in Montana along the Milk river, after which the hunters in some cases made their way back to the places where they came from. Hector came back to the Turtle Mountain region about 1882 and remained in this vicinity until his recent death.

Injured In Hunt

"On one of the buffalo hunts in his younger days he was injured by his horse stumbling and falling on his leg. He recovered from the fall but the limb was always stiff and he was obliged to move with a crutch. His description of the methods of hunting buffalo indicate that the common method was to run them with a swift horse. Riding up on the right side of the buffalo, the hunter would send a bullet down through the animal's ribs back of the fore leg. On one occasion "Star" rode into a running herd and was surrounded by a cloud of dust, filled with running animals, mixed with hunters shooting, shouting, dogs barking and wounded game bellowing.

"In winter dog teams were sometimes used to draw toboggans over the snow and overtake the heavy animals which tried to escape thru the drifts. Sometimes these were killed with spears or stone hammers when being worried by the dogs.

Interesting Relic

"Star" had an unusual relic of frontier times for many years. It was a pair of government iron horse hobbles. They had been used by Joe Amlot while carrying mail on the government trail between Ft. Stevenson on the Missouri and Ft. Totten on Devils Lake. About 1867 or 1868 "Star's" mother and a family named LaRoque were camped along the trail, west of Harvey in what was then known as the "Islands of the White Wood" now known as the Antelope hills. Amlot wanted some supplies and not having money he paid with a pair of horse hobbles. Not long after, he and another mail carrier named Bobby McDonnell were killed by the Sioux at the north end of Strawberry lake.


"On Nov. 15, 1870, "Star" was married to Elise Birston at the Catholic church at St. Francois Xavier, Man. Her father was Guillaume Birston and the mother was Magdelaine Conneville."



Teaching Good Manners

Good manners are a very important key to your child's social success, but no child is born with good manners. Teaching them is a parents responsibility.

Beyond teaching "please" and "thank you" many parents aren't sure how to teach their child good manners. Teaching a child what behavior is expected is a daily process, and you'll have many opportunities each day to nudge your child in the right direction. Keep these points in mind:


 **Teach, don't reprimand.**

It's easy to assume that your child is purposely using bad manners, when in fact, he just needs a lesson or two. Be specific when you teach your child, and remember that many follow-up lessons will be necessary. So instead of saying, "Don't be so rude!" you can respond this way, "It's impolite to belch at the table, but if you do, it's proper to say 'excuse me'."


 **Rephrase.**

When your child states her feelings in a less-than-polite way, you can rephrase what she's already


said in the way you find acceptable. So if she says, "Yuck! I hate this green stuff!" You can politely correct her by saying, "What I'd like to hear you say is, 'I don't care for spinach!'"

 **Tell what you DO want.**

When your child is displaying bad manners avoid nagging about the problem, "Don't yell in the house!" Instead, teach what you DO want, "Please use a quiet voice." This method will keep you more calm and in control, and will give your child an instruction to follow.


 **Accept mistakes.**

When kids are young they *will* spill and drop. It takes time to acquire the motor skills necessary to be neat and tidy. Children *will* make social blunders. It takes maturity to learn how to act in social situations. Accept age-appropriate mistakes for what they are: simple childishness.


 **Correct privately.**

As annoying as your child's lack of manners may be, resist the urge to reprimand him in front of other people. Making a scene as you attempt to teach your child proper manners, is, well, bad manners!



 **Prepare in advance.**

Whether you are planning a visit to a friend's home, a night out at the movies or dinner at a restaurant, take time *before* you go to coach your child on the behavior you expect. Review the "rules" of good manners and you'll more likely experience a pleasant time.

 **Expect good manners.**

When you know your child has learned the proper way to behave it's important to expect those good manners. For example, if you've reminded your six-year-old to say 'please' and 'thank-you' since he was two, you should expect him to apply what he's learned. Be consistent. Require good manners every day. Remind gently. And over time you'll find your children turning into proper ladies and gentlemen.

You can click here to personalize and SEND this Trivia Quiz NOW!
 Courtesy of Blue Mountain Arts

To Recipient
 Your Message here
 - Sender



American Trivia Quiz

Answer the questions below and hit "Submit" for answers
 Note: This is a difficult quiz!

1. The word "caucus" means "council member" in what language?	<input type="radio"/> French	<input type="radio"/> Spanish
	<input type="radio"/> Hungarian	<input type="radio"/> Algonquian
2. Cotton Cloth was invented by the:	<input type="radio"/> British	<input type="radio"/> Chinese
	<input type="radio"/> Italians	<input type="radio"/> Native Americans
3. Who advised Benjamin Franklin in 1744 to unite the colonies in a confederacy?	<input type="radio"/> Thomas Jefferson	<input type="radio"/> John Hancock
	<input type="radio"/> George Washington	<input type="radio"/> Chief Cannassatatego
4. What language did Thomas Paine have to learn when he traveled abroad in 1774 to study democracy?	<input type="radio"/> French	<input type="radio"/> Swedish
	<input type="radio"/> Spanish	<input type="radio"/> Iroquois
5. On Sept 16, 1987 the US Senate passed a resolution stating that the US Constitution was explicitly modeled upon:	<input type="radio"/> The Magna Carta	<input type="radio"/> Articles of Confederation
	<input type="radio"/> Massachusetts Consitution	<input type="radio"/> Iroquois Confederacy

Submit for ANSWERS

You can personalize and SEND this Trivia Quiz to a friend NOW!

More information about
Native American contributions

Return to Animated Greeting Card Page:

<http://www.bluemountain.com>

Recommended Browser .

Submit your original writing to our Poetry Contest

Comments and feedback Exmail to: postmaster@bluemountain.com

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Answers to Trivia Quiz

Compute your score by adding 20 points for each correct answer.

1. The word "caucus" means "council member" in what language?	<input checked="" type="radio"/> Algonquian
2. Cotton Cloth was invented by the:	<input checked="" type="radio"/> Native Americans
3. Who advised Benjamin Franklen in 1744 to unite the colonies in a confederacy?	<input checked="" type="radio"/> Chief Cannassatatego
4. What language did Thomas Paine have to learn when he traveled abroad in 1774 to study democracy?	<input checked="" type="radio"/> Iroquois
5. On Sept 16, 1987 the US Senate passed a resolution stating that the US Constitution was explicitly modeled upon:	<input checked="" type="radio"/> Iroquois Confederacy

If your score is 80%-100% you are a GENIUS

If your score is 60% you are ABOVE AVERAGE

If your score is under 60% you are should learn about Native Americans

[Return to Trivia Quiz](#)

Fill out the form below to personalize and send