

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER R

VOL. 8 NO. 12

November 16, 1998

Weekly Menu

Nov. 16 - Nov. 20

DINNER



LeRoi

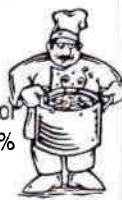
- Mon.- Honey Roasted Turkey Sandwich, Soup, Salad Bar, 2% or Skim Milk
- Tue.- Mexican Rollup, Spanish Rice, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Wed.- Oven Baked Chicken, Rice, Vegetable, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Thu.- Hamburger on a Bun, Baked Fries, Salad Bar,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

Nov. 23



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

THE PRINCIPLE OF TIME

United Tribes Technical College has provided many wonderful opportunities for both tribal and non-tribal students since its humble beginnings in 1969. We offer a variety of programs and fields of study leading to an associate degree and/or a certificate in several vocational/technical areas that will lead to gainful employment or continuing education leading to a bachelor's degree upon graduation. All that is required is a student's willingness to learn, self-motivation to get to class while instruction is being offered, and desire to obtain an associate degree or certificate whatever the case may be.

I strongly advise our students to finish your degree or certificate as soon as you can. Don't waste time taking courses, which are irrelevant and do not lead to your degree or certificate. On the other hand, if you come to UTTC without the necessary academic background in math and sciences, then it's important that you seek some guidance and counseling in this regard. It is our desire to equip you with both required and elective courses, which will help you fulfill your educational goals and eventual degree or certificate. All students should have been assigned an advisor and counselor to benefit from the UTTC experience. Learn to listen to their advice and the technical assistance they have to offer.

Finally, remember the important principle of time. Your life is made up of so much time. We are all "millionaires" of time! However, unless we spend our time wisely then time can be wasted. It is the responsibility for each student to get to class on time

Continued on page 2.



Continued from front page...

and be ready to receive instruction. I have reports from the various departments that many (not just a handful) students are not getting to class, come to class late, are not prepared to contribute because they do not keep up with regular assignments. I recommend that each student look inwardly and ask yourself one simple question: Am I using my God-given talents and abilities wisely? There are all kinds of opportunities for our students if they can take advantage of the UTTC experience. You will not only come out of here with a degree or certificate, but will be debt free. The choice is yours.

John E. Derby
Academic Dean

Just a Reminder to all UTTC Faculty, Staff and Students

This week on Thursday, November 19, 1998 the Bismarck/Mandan Higher Education Committee will be hosting the Higher Education Awareness Week Luncheon. The Crystal Apple Award Recipient will be making an appearance at this luncheon.

This award is presented annually by the Higher Education Committee and the Chamber of Commerce. It is presented to post secondary faculty from the Bismarck/Mandan and Minot areas who are dynamic achievers in higher education.

December graduates, your third and final interview session will begin November 19, 1998. This is your 30 day interview session in which your placement files becomes active. The placement office will send out your applications, resumes and will schedule interviews with prospective employers if you wish; or we can help you in the transitional process between higher education institutes. Remember that you are required to submit your federal application forms 171, 6112, a resume and your exiting form to the placement office before you can graduate. Please schedule a meeting with Shirley Iron Road A.S.A.P. at extension 226.

We have just installed Career Choices '99 which is updated from Choices '98. This career and higher education seeking program has all new features and graphics; if you like last years version you'll really like this years'.

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

Thank You
Vince Schanandore,
Placement Counselor

Fall Semester End-Notes Nursing Students

Next week second-year nursing students begin their final clinical rotation periods for the fall semester. These students are also doing their case study presentations before all their classmates. Good Luck!

First year nursing students are beginning to give a hard look at the spring semester. What will that genuine first nursing course, Health Assessment through Nursing Process, really be like? But now they must concentrate on passing the first semester courses.

We hope all UTTC students and staff had a pleasant long weekend.

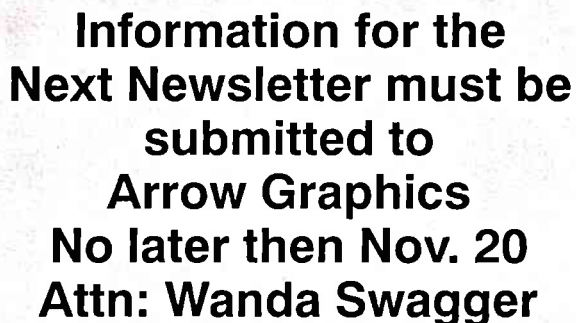
Submitted by Sister Kathryn Zimmer,
Director, AASPN Program

Yearbook 1998-1999 Committee

We are in competition with other meetings and students are involved in other commitments and activities, we have changed the time and place of our meetings to the Cafeteria Tuesdays from 5:00 pm to 6:00 pm.

We have two students who are residents of Sitting Bull that are willing to help us with our artwork and they are Justin LeBeau and Huey Traversie.

Deloris Diegal
Yearbook Editor



**Information for the
Next Newsletter must be
submitted to
Arrow Graphics
No later then Nov. 20
Attn: Wanda Swagger**

To Students

The Transportation Department has tried to meet all appointments for you. We need your assistance and patience in scheduling these appointments. We ask that you channel the appointments through the appropriate departments. For any medical appointments, contact Student Health Department. All other appointments go through your vocational counselor. When you know of your scheduled appointment please let the appropriate department know. We need to know ahead of time, not five minutes after or before the scheduled appointment. We don't have the personnel resources to go every hour and have vehicles and equipment to maintain and or repair. If you do not utilize the proper departments we will not transport you, unless it's an emergency. We need your assistance, thank you for your cooperation and understanding in this matter.

Transportation Department

Theodore Jamerson Elementary CHRISTMAS PROGRAM Tuesday, December 10, 1998 2:00 pm - UTTC Gym

Do you want to get in the mood for Christmas? All the students, staff, and faculty are invited to the elementary school Christmas Program. There will be songs and poems by the Kindergarten and 1st grade students and a puppet show by Grades 2-4. A groups of 5-8 graders will serve as puppeteers as we present the show, "A Gingerbread Christmas." Everyone attending the program will receive a Gingerbread man ornament for their Christmas tree. Even if you don't have a child enrolled at TJES, please come and get in the mood for Christmas. The children work hard to learn their parts and it means so much to them to have a support of family and friends. Please plan to attend now.



Men's Thunderbirds Basketball Scores:

United Tribes - 85
NWCC, Powell, WY - 76

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Mon-eac

United Tribes - 125
MSU-Bottineau - 85

United Tribes - 109
Miles Community College - 108
with Two Over-Times

Championship:
United Tribes - 76
UND-Williston - 102

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Next Home Game
Thursday, November 19
MSU-Bottineau
Women's at 5:30 pm
Men's at 7:30 pm



PARENT TIPS

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

Vacations — Are we there yet?

Help! We're about to leave on our annual vacation. Five hours in the car with two kids in the backseat! And then we get to spend eight days in a tiny hotel room! Any ideas on how to make this trip fun????



Vacationing with children can be fun! There are many things you can do to make your trip more enjoyable:

Tell them what to expect.

As you plan your vacation you'll know what to expect based on your past experiences. Kids don't have much history to rely on, so they need you to prepare them for what's going to happen. Let them know what the travel plans are, how long the journey will take, where you'll be stopping along the way, how many Ding Dongs they'll get to eat. The better prepared they are, the less they'll nag.

Plan ahead.

Even if you're heading for the tropics there's always the chance that the rains will hit and you'll be stuck in your hotel room. Even if the sun shines the

entire vacation there will be times when you want the kids to be quietly entertained. Bring along as many light weight/small sized games and activities that you can. A few good ideas are: puzzles, clay, drawing materials, balloons, stickers, Silly Putty, Legos, travel-sized games, activity books, and hand-held computer games.

Travel smart.

Many a train, plane or car trip is ruined by bored kids anxious for the fun to begin. Be a smart parent and make the trip part of the fun. Bring along "fun baggies" full of new activities. (See the examples above.) Have some favorite snacks available even if food is provided, since they probably won't like what's served. Bend a few rules, such as allowing the kids to chew bubble gum or enjoy a long-lasting sucker. If you're traveling by car, give the kids their own map and colored pencils and let

them log the miles and sights. Dress the kids in comfortable clothes and allow them to remove coats and shoes. Find time to let them stretch their legs to combat seat-fatigue. Bring along a soccer ball and stop along the way for a quick game to help the kids release all that restrained energy.

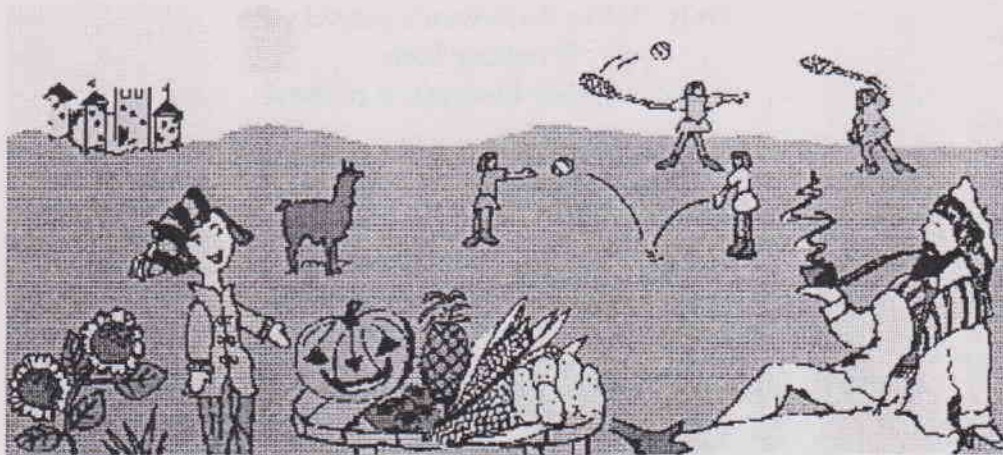
Try camping!

There are lots of reasons that make camping an excellent family choice. The kids get to live in their play clothes, and nobody cares if they get dirty. You don't have to worry about disturbing people through paper-thin hotel walls. You don't have much to keep clean. There's always enough room for running around. And the kids will eat anything cooked over an open fire!

Brush up your skills!

Before you even buy the tickets, pull out your favorite parenting book and review the important discipline skills you'll need to maintain a peaceful, enjoyable environment. Decide in advance what rules and routines will be followed while you're away. Talk with the kids about what behavior you expect from them. Tell them that you'll all have more fun if they follow the rules.





Your Message here

It's party time! But, wait! Can you find 10 things wrong with this picture of Columbus as a boy in Italy? Don't look at the answers until you try!

**You can personalize and SEND
Courtesy of Blue Mountain Arts**

**Columbus had never seen
1) Corn, 2) Pineapples, 3) Pumpkins, 4) Potatoes and 5) tomatoes
because they are all Native American foods!**

6) Lacrosse is a Native American Game.

Only Native American's played with
7) rubber balls
because they discovered rubber!

8) Sunflowers and 9) Llamas
are both Native American!

10) Smoking pipes
were invented by Native Americans!

Fill out the form below to personalize this card

Ten things wrong with Columbus

Your name

Your E-mail address

Recipient's name

Recipient's E-mail address

Click on Preview button (below) after entering messages:

You may click in the space below and add a message
that will appear in Large Letters:

You may also enter an optional personal message here:

Please notify me when the recipient views this card

PREVIEW HERE before sending

More information about
Native American contributions



Return to Animated Greeting Card Page:

<http://www.bluemountain.com>

Most Browsers will send and receive our cards.

Submit your original writing to our Poetry Contest

Comments and feedback Exmail to: postmaster@bluemountain.com

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