

UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 8 NO. 13

November 23, 1998

Weekly Menu

Nov. 23 - Nov. 25

DINNER



LeRoi

- Mon.- Croissant Sandwich with Turkey or Ham, Potato Salad, Salad Bar, 2% or Skim Milk
- Tue.- Taco Salad, Baked Chips, Assorted Fresh Fruit, 2% or Skim Milk
- Wed.- THANKSGIVING MEAL (on Page 2)
- Thu.- HOLIDAY
- Fri.- HOLIDAY

Nov. 30

- Mon.- Chuckwagon Stew, Baking Powder Biscuit, Salad Bar, Fresh Fruit, Relish Tray, 2% or Skim Milk



Rita



Dennis

SUPPER

- Mon.- Braised Beef over Noodles, Vegetable, Salad, Fresh Fruit, 2% or Skim Milk
- Tue.- Bar-B-Que Chicken, Baked Potato, Vegetable, Dinner Roll, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Hamburger Hotdish, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- HOLIDAY
- Fri.- HOLIDAY



- Mon.- Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% or Skim Milk

A Friend, An Associate, Farewell...On To The Ages

We will miss **Joan Stone Estes**. She was our principal at Theodore Jamerson Elementary School for 13 years. She was a professional associate of all of us here at United Tribes. She served as an excellent advisor to me on many issues, including children's programs.

We will miss her kind and wonderful demeanor, her upbeat attitude on life and its challenges, and her always encouraging words. Most of all, we know she cared about people--especially her students and the people who provide education. We will miss her wonderful sense of humor and her good stories.

We were all so proud when Joan went on to further her career and her contributions in education to all North Dakotans, when she became the assistant director of elementary education at the North Dakota State Department of Public Instruction at the state capitol--for the past ten years.

Joan was the third successive elementary school principal at TJES and she was the first overall director of Early Childhood Programs on the United Tribes Campus.

Wherever Joan was, unity and understanding prevailed. As much as it was her practice to have people work together, it was a part and parcel to her personality.

Joan was one who always persevered in offering good work and excellence in her personal and professional work of education, as well. Along with these traits, she always offered a kind hand. She was active in so many things, and was especially proud of her family and ever so diligent in her work with the Church.

We wish her daughter, Lonna and her family, Joan's mother, Hazel Stone, her sisters Ardella and family and Cleo and family, along with her brother John Stone, Jr., and his family the very best. Similarly, we offer our regards to all the relatives of Joan. We know she has many special friends, as well--many of whom are from Theodore Jamerson Elementary School and the United Tribes, main campus.

All of you can be so proud to have had Joan as a part of your life.

Although we will miss her, we do know she has gone **on to the Ages for a better life**--especially after a most difficult struggle with cancer. Remember, **Joan as a wonderful role model and inspiration!**

Kind Regards and Prayers,
David M. Gipp, President



THANKSGIVING

Turkey & Ham

Dressing

Sweet Potatoes

Mashed Potatoes

Gravy

Corn

Dinner Rolls

Cranberry Relish

Cranberry Sauce

Fruit

Peanuts/Pistachio's

Pumpkin Pie

Lemon Meringue Pie

Apple Pie

Blueberry Pie

Pecan Pie

Everybody is Welcome



Joan Estes

Joan R. Estes, 58, Bismarck, died Nov. 19, 1998, in her home. Services will be held at **11 a.m. Tuesday at United Church of Christ**, Bismarck, with the Rev. Jack J. Seville Jr. officiating. Burial will be in Mandan Union Cemetery.

A **wake** will be held at **5 p.m. Monday at United Tribes Technical College** in the James Henry Gymnasium Building.

Joan R. Stone was born February 27, 1940, in Elbowoods, to John Sr. and Hazel (Rowe) Stone. She grew up on the Fort Berthold Indian Reservation, where she attended school for seven years in Elbowoods, and graduated from Halliday High School. She went on to receive her bachelor of arts degree from Jamestown College and a master of arts from the University of South Dakota in Vermillion. She was once married to Frank Estes and they had one daughter, Lonna.

Joan dedicated her life to education. At the time of her death she was assistant director of elementary education with the North Dakota State Department of Public Instruction, a position she had held for 10 years. She came to DPI from United Tribes, where she was principal of Theodore Jamerson Elementary School for 13 years. Prior to this, Joan was acting director of Head Start on the Standing Rock Sioux Reservation and taught school in Bethal, Ala., Keams Canyon, Ariz., Eagle Butte, S.D., and Fort Yates.

She received many honors for her dedication to education, among them being named Outstanding Indian Administrator by the National Indian School Boards

Association, the National Elementary Principal's Association, North Dakota Indian Education Association and National Association for the Education of Young Children. Joan was also known for her work as the coordinator of the North Dakota State Spelling Bee, Math Counts, Home Education Program, many school improvement teams, Youth Citizen League and many too numerous to name.

Joan was involved in many areas of the community where she had been on the board of directors of the Sakakawea Girl's Council, and for many years she also served on the board of directors for Charles Hall Youth Services. She was president of the Bismarck/Mandan North American Indian Women's Association, and served as an advisory board of The Casey Family Program. Joan dedicated much of her time to the church, where she sang in the choir, served on the board of deacons and the stewardship board.

Joan will be remembered by family and friends for probably being the biggest Bismarck Demons and Chicago Bulls basketball fan.

She is survived by her daughter and son-in-law, Lonna and Jay Olson, Fargo; her mother, Hazel Stone, Richardton; two sisters and brother-in-law, Ardella and Emmett Schmitz, Denver, and Cleo and Arnold Charging, White Shield; one brother and sister-in-law, John Jr. and Connie, Twin Buttes; her nieces and nephews, Erin Schneider, Mark Schmitz and Kelly Mapes, Colorado, George Charging, New Mexico, Denise Bercier, Anita Charging-Baird, Arnold Charging Jr., Brent Charging, and Brady and Stacy Stone, all of North Dakota, and Clarice Hudson, Washington State, and many grand-nieces and grand-nephews.

She was preceded in death by her father, John Stone Sr.; and her grandparents.

In lieu of flowers, the family prefers memorials to American Institute for Cancer Research - Cancer Memorial Donations. Please send memorials to Lonna Olson, 2651 36th Ave. S.W., No. 103, Fargo, N.D. 58104. They will be forwarded in Joan's name. (Bismarck Funeral Home)

World AIDS Day Activities

The planning committee for World AIDS Day has drafted an agenda for Tuesday, December 1, 1998. The committee would like campus-wide participation for this event. The event is scheduled to begin at 1:00 p.m. at the James Henry Gymnasium and continue until approximately 3:30 p.m.

The agenda is as follows:

1:00 - 1:10 pm	Welcome & Prayer
1:10 - 1:30 pm	Overview of World AIDS Day
1:30 - 2:00 pm	Introduction of Carol Lafromboise - North & South Dakota HIV/AIDS Statistics - HIV/AIDS from an IHS Perspectives
2:00 - 3:00 pm	Introduction of Willie Bettelyoun - Urban vs. Reservation Aspects of HIV/AIDS - Basic HIV/AIDS Facts - White vs. Indian Issues - Social Problems - Meds. & Treatment - Native American Resources
3:00 - 3:20 pm	Question & Answer Session
3:20 - 3:30 pm	Closing

Thank You

I want to "THANK" all my co-workers, friends, staff, faculty, and students that sent me cards and flowers, those of you that came and prayed for me, those of you that stopped by my house, and those of you who called to see how I was doing while I was in the hospital and during my recovery at home with virus meningitis and pneumonia.

People ask me how I got meningitis? The meningitis that I had was caused by a virus, I could have picked it up on the plane, or someone coughing at K-Mart. My doctor told me that individuals still get meningitis today, it's still common, just not a lot of cases this day and age. Being that I was so sick I had to stay home and get a lot of bed rest, but I should be back at work soon. Again thank all of you for caring, it means a great deal to me.

*Your friend and co-worker
Sandra Ann Poitra*

STUDENT SUPPORT SERVICES:

Math Anxiety Code of Responsibilities

by Kathy Acker

- I have the responsibility to attend all classes and do all homework as assigned.
- I have the responsibility to recognize the rights of others to learn at their own pace.
- I have the responsibility to seek extra help when necessary.
- I have the responsibility to see the teacher during office hours or to schedule an appointment for assistance.
- I have the responsibility to come to class prepared; homework finished and/or questions to ask.
- I have the responsibility to speak up when I don't understand.
- I have the responsibility to give math at least the same effort I give to other subjects.
- I have the responsibility to begin my math study at my current skill level.
- I am responsible for my attitudes about my ability.
- I have the responsibility to learn about instructors prior to registering for class.
- I have the responsibility for learning and practicing relaxation skills.
- I have the responsibility to act as a competent adult.
- I have the responsibility to approach math with an open mind rather than fighting it.
- I have the responsibility to be realistic about my goals and expectations.

A MATHEMATICAL BILL OF RIGHTS

- I have the right to ask questions.*
- I have the right to need extra help.*
- I have the right not to base my self-worth on my mathematical ability.*
- I have the right to view myself as capable of learning mathematics.*
- I have the right to receive accurate information about my progress.*

Fig. 4. A Mathematical Bill of Rights (adapted from material developed for the Milwaukee Math Anxiety/Math Avoidance Project, Milwaukee Public Schools, Milwaukee, Wisconsin).



**Best Wishes to all for a
HAPPY THANKGIVING DAY
and a safe travel.**

from Nursing Department

**Chemical Health Center
DEFENSES**

Each person has faults, liabilities, weaknesses and behaviors from their past that is embarrassing. This embarrassment also may lead to a distorted belief about oneself that he/she is "different" or "defective" in some way. When this belief exists, self-worth will be low if not non-existent. Because of this, there is great fear that if others are allowed to know the person as he/she sees himself/herself, and they will react in some negative way (rejection, ridicule, etc.) In order to protect one self from others, people develop defenses and behaviors that keep away or give them a false impression.

Every chemically dependent and co-dependent person has issues and characteristics that they want to keep hidden from others. To do this, they have developed very strong defenses that are often difficult to break down. If you are to fully recover, at some point you must eliminate those defenses so that you can allow others to help you solve problems and get a clearer sense of yourself.

SOME DEFENSES ARE:

- Hostility/turning anger outward
- Explaining/providing unnecessary information
- Justifying/blaming others
- Analyzing/explaining why
- Humor/avoiding anything serious
- Silence/refusing to discuss issues
- Isolation/avoiding confrontation
- Minimizing/I'm not that bad
- Compliance/going along to keep others happy
- Superiority/I'm better than you are

It is important that you learn to recognize the behaviors you use and let "THE WALLS DOWN!"

All Advisors, Please turn in your Spring Semester Schedules and Graduates in Registrar by November 23, 1998

Joey, Registrar

Federal Grant Deadline Calendar

11/30/98 - Program: Disabilities and Rehabilitation Research Projects: Supported Living and Choice for Persons with Mental Retardation. Eligibility: States, public and private agencies, institutions of higher education and Indian tribes and tribal organizations.

11/30/98 - Program: Rehabilitation Engineering Research Centers: Wheeled Mobility. Eligibility: States, public and private agencies, institutions of higher education and Indian tribes and tribal organizations.

11/30/98 - Individuals With Disabilities - Program: Projects of National Significance. Eligibility: State and local educational agencies, institutions of higher education, other public agencies, private nonprofit organizations, and Indian tribes and tribal organizations. Grants and Contracts Services Team (202) 205-8718, fax.

1/1/99 - Program: Indian and Native American Employment and Training Programs. Eligibility: Native American tribes and tribal organizations.

1/15/99 - Professional Development - Program: National Award Program for Model Professional Development. Eligibility: Schools and school districts and Indian tribes.

Ongoing - Native Americans - Program: Indian Health Service: Loan Repayment Program for Repayment of Health Professions Education Loans. Eligibility: Individuals. Program Contact: Charles Yepa (301) 443-3396.

Financial Aid:

The following students need to call the Financial Aid office **as soon as possible** to schedule an appointment with me to complete their Financial Aid file. Call Extension 354 to schedule your appointment.

If your name is not on this list and you have not been in to see me this semester, call to schedule an appointment!

Thank you for your cooperation.

Abbey, Aron	Iron Road, Marisa
Aguilar, Teri	Lancaster, Noriko
Alden, Shelly	LeBeau, Justin
Baker, Marla	Lessert, Ellie
Brigham, Toni	Lussier, Percy
Brown Eyes, Pete	Mandan, Marliss
Buchholtz, Lori	Mason, Marlon
Catches, Edelyn	Morris, Tonya
Clincher, Carly	No Heart, Natasha
Diegel, Deloris	Powers, Sherry
Dorian, Laurence	Red Leaf, Hope
Dubray, Diane	Rickford, Tanya
Elk, Loreen	Roberts, Jay
Farmer, Daren	Schauer, Melissa
Fast Horse, Alden	Silk, Jeremy
Finley, Edith	Small, Mario
Fox, Lee Ann	Spoonhunter, Alan
Fox, Joleen	Standing Soldier, Lisa
Fox, Larry	Standish, Desiree
Hacklett, Chev	Traversie, Dugan
Hall, Carmille	White Bear, Anthony
Hall, Ethel	Wilkie, Brenda
Hayes, Derrick	Wounded Arrow, Brenda
Hodgekiss, Leonard	Yellow Bird, Bennett Jr.
Howling Wolf, Delmar	

Also Note: Student's on this list will not receive a student stipend until file is complete.

Robert Parisien,
Financial Aid Director Officer, Ext: 209

**Information for the
Next Newsletter must be
submitted to
Arrow Graphics
No later then Nov. 25
Attn: Wanda Swagger**

Elizabeth Silk Azure... A Relative Passes On

Elizabeth Silk Azure, age 85, resident of Fort Yates, North Dakota and enrolled member of the Standing Rock Sioux Tribe, passed away November 22, 1998, at St. Alexius Hospital, Bismarck, N.D.

Elizabeth is the mother of a former employee, Mary Lou Azure, and the mother-in-law of current Theodore Jamerson Elementary School Kindergarten Teacher Liza Azure.

Mary Lou worked at United Tribes Health Center as a Nurse Assistant and Technician for five years before returning to Fort Yates, N.D. at Standing Rock and is currently with the Indian Health Service there.

Mrs. Azure is survived by two daughters, Mary Lou Azure, Helen White Perez, and surviving sons Gerald Azure and Donald White, along with their families and relatives.

Funeral Services are pending at Wiegall Funeral Home, Mandan, N.D.



**Taking Orders on
T-Shirts: \$15.00
Sweatshirt: \$30.00
Jackets: \$70.00**

**can be payroll deducted by
Wednesday, November 25, 3:00 pm
Recreation: 361**

**Next Home Game
Tuesday, Nov. 24
Thunderbirds
vs
University of Mary JV
Womens at 5:30 pm
Mens at 7:30 pm**



PARENT

TIPS

by Elizabeth Pantley, author of *Kid Cooperation* and *Perfect Parenting*

pantley.com/elizabeth



Birthday Parties



Planning

☀️ Keep it simple.

At all ages, simple events tend to be successful and more fun. Complicated parties usually require extensive planning with little additional fun-value. What's most important to the kids? Friends, goodies and gifts!

☀️ Watch your numbers.

To keep things under control, the number of guests should be equal to one to one-and-a-half times your child's age. (A four-year-old would have 4 to 6 guests, an eight-year-old can handle 8 to 12 guests.) For a sleepover party, divide that number in half.



☀️ Involve the guest of honor.

Involve your child in the planning and set up. Your child will be happier with the results and you'll be forced to delegate some of the responsibility! Keep in mind that in case of a disagreement, YOU are the ultimate decision maker for the event.

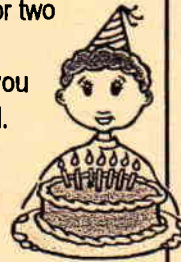
☀️ Create a schedule of events.

Things will go more smoothly if you have a planned schedule. If you know that cake-eating should be done by 2:00 you can move things along if the kids are dawdling. The schedule will keep you more calm.

Your Kid

☀️ Plan ahead.

Discuss the details of the event with your child a day or two before the party. Talk about what behavior you expect from your child. Review appropriate manners regarding arrival of guests, games and activities and opening of gifts. When you clearly describe your expectations, you can avoid the behavior problems that arise when a child is brimming with the excitement of the party environment.



☀️ Handle misbehavior wisely.

Despite the best preparation, many kids become overly stimulated at their own party. You may find your usually well-behaved child jumping on your new sofa. If this happens, calmly take your child to a private corner. Acknowledge that you understand today's excitement. Then, clearly identify two things:

what you don't want your child to do, and more importantly, what you DO want done instead.

☀️ Pick your battles.

Relax your regular rules a bit. This isn't a good time to insist that your child clean his plate before dessert.



Other Kids

☀️ Know WHY they misbehave.

If you understand why some of your little guests are acting "goofy" you can keep the proper perspective. First, the excitement of the event can wind kids up. Second, some kids get jealous of the guest of honor. Third, some are just acting normally, but it doesn't match up to your idea of proper behavior.

☀️ Calmly correct bad behavior.

If you see something you don't like, take the child aside and make a specific request for change. Be polite, but clear and firm. "We don't climb on our furniture. Please stay off the table."



☀️ Re-direct their energy.

Distract a misbehaving child by giving him a task to do, such as passing out the cake or assembling parts of a game. A busy child is less likely to be disruptive.

☀️ End on a good note.

Lots of parties fall apart at the very end, when the planned activities are complete, but parents have not yet arrived. Have a quiet fill-in ready, such as coloring, bead-art, or even a video movie.



You can **personalize and SEND** this Harvest Quiz NOW!
 Courtesy of Blue Mountain Arts

To Recipient
Your Message here
 - Sender



Harvest Quiz

Which of the following foods are of European Origin and which are of Native American origin?

Make your selections below and then submit for answers:

Pumpkins	<input type="radio"/> European	<input type="radio"/> Native American
Zucchini Squash	<input type="radio"/> European	<input type="radio"/> Native American
Tomato Soup	<input type="radio"/> European	<input type="radio"/> Native American
Sweet Potatoes	<input type="radio"/> European	<input type="radio"/> Native American
White Potatoes	<input type="radio"/> European	<input type="radio"/> Native American
Turkey	<input type="radio"/> European	<input type="radio"/> Native American
Peanuts	<input type="radio"/> European	<input type="radio"/> Native American
Cranberry Sauce	<input type="radio"/> European	<input type="radio"/> Native American
Maple Syrup	<input type="radio"/> European	<input type="radio"/> Native American
Hot Chocolate	<input type="radio"/> European	<input type="radio"/> Native American

Submit for ANSWERS

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

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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Compute your score by adding 10 points for each correct answer.
Answers to quiz below:

Pumpkins	<input type="radio"/> European	<input checked="" type="radio"/> Native American
Zucchini Squash	<input type="radio"/> European	<input checked="" type="radio"/> Native American
Tomato Soup	<input type="radio"/> European	<input checked="" type="radio"/> Native American
Sweet Potatoes	<input type="radio"/> European	<input checked="" type="radio"/> Native American
White Potatoes	<input type="radio"/> European	<input checked="" type="radio"/> Native American
Turkey	<input type="radio"/> European	<input checked="" type="radio"/> Native American
Peanuts	<input type="radio"/> European	<input checked="" type="radio"/> Native American
Cranberry Sauce	<input type="radio"/> European	<input checked="" type="radio"/> Native American
Maple Syrup	<input type="radio"/> European	<input checked="" type="radio"/> Native American
Hot Chocolate	<input type="radio"/> European	<input checked="" type="radio"/> Native American

All Native American!

If your score is 80%-100% you are a GENIUS
If your score is 60%-70% you are ABOVE AVERAGE
If your score is under 60% you are should learn about Native Americans

[Return to Harvest Quiz](#)

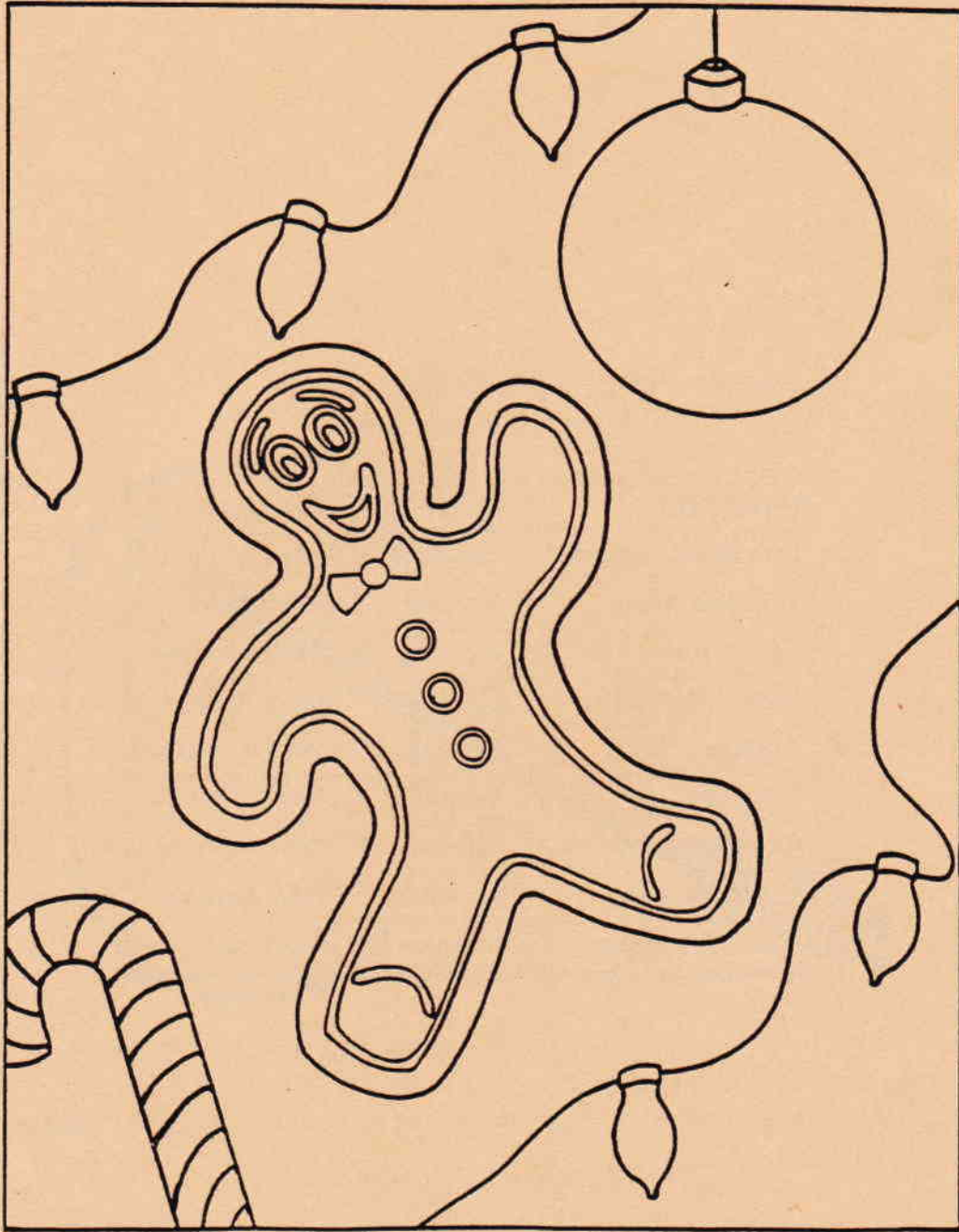
Fill out the form below to personalize and send

Harvest Quiz

Your name

Your E-mail address

A Gingerbread Christmas



THEODORE JAMERSON ELEMENTARY

CHRISTMAS PROGRAM

THURSDAY, DECEMBER 10, 1998

2PM - UTTC GYM

HERE ARE SOME GREAT INSTRUCTIONS . . .

1. Give people more than they expect and do it cheerfully.
2. Memorize your favorite poem.
3. Don't believe all you hear, spend all you have, or sleep all you want.
4. When you say, "I love you", mean it.
5. When you say, "I'm sorry", look the person in the eye.
6. Be engaged at least six months before you get married.
7. Believe in love at first sight.
8. Never laugh at anyone's dreams.
9. Love deeply and passionately. You might get hurt but it's the only way to live life completely.
10. In disagreements, fight fairly. No name-calling.
11. Don't judge people by their relatives.
12. Talk slow, but think quick.
13. When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"
14. Remember that great love and great achievements involve great risk.
15. Call your mom.
16. Say, "bless you" when you hear someone sneeze.
17. When you lose, don't lose the lesson.
18. Remember the three R's: Respect for self, Respect for others; Responsibility for all your actions.
19. Don't let a little dispute injure a great friendship.
20. When you realize you've made a mistake, take immediate steps to correct it.
21. Smile when picking up the phone. The caller will hear it in your voice.
22. Marry someone you love to talk to. As you get older, their conversational skills will be as important as any other.
23. Spend some time alone.
24. Open your arms to change, but don't let go of your values.
25. Remember that silence is sometimes the best answer.
26. Read more books and watch less TV.
27. Live a good, honorable life. Then when you get older and think back, you'll get to enjoy it a second time.
28. Trust in God but lock your car.
29. A loving atmosphere in your home is so important. Do all you can to create a tranquil harmonious home.
30. In disagreements with loved ones, deal with the current situation. Don't bring up the past.
31. Read between the lines.
32. Share your knowledge. It's a way to achieve immortality.
33. Be gentle with the earth.
34. Pray – there's immeasurable power in it.
35. Never interrupt when you are being flattered.
36. Mind your own business.
37. Don't trust someone who doesn't close their eyes when you kiss them.
38. Once a year, go someplace you've never been before.
39. If you make a lot of money, put it to use helping others while you are living. That is wealth's greatest satisfaction.
40. Remember that not getting what you want is sometimes a stroke of luck.
41. Learn the rules then break some.
42. Remember that the best relationship is one where your love for each other is greater than your need for each other.
43. Judge your success by what you had to give up in order to get it.
44. Remember that your character is your destiny.
45. Approach love and cooking with reckless abandon.

Submitted by RSI Coordinator.