



W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 8, NO. 28

March 22, 1999

Exchange Students

Open your arms to an exchange student. Deb Geiger PAX (Program Academic Exchange for students), Community Coordinator is currently interviewing families in the Bismarck and Mandan area that are interested in sharing their homes and culture with young persons from another country for this coming school year.

All students have been screened. They all speak English, they all have full medical insurance, they come with their own spending money, they are all provided local support that is provided by Ms. Geiger.

Anyone interested in learning more about hosting may contact: Deb Geiger at 701-221-9546 or at the PAX Headquarters in CT 1-800-555-6211.

**Information for the
Next Newsletter must be
submitted to
Arrow Graphics
no later then
March 26
Attn: Wanda Swagger**

Bookstore News

Students

The last day to charge for Spring Semester is April 16.

Book Buy Back Dates: May 5 & 6 - 9:00 to 3:00

Graduates The order forms for caps and gowns have arrived. Please come in as soon as possible. Mon. - Fri. - 9:00 - 12:00

Everyone

Come in and check out our sportswear. We have a good selection of colors and sizes available.

Items: Jackets, Polo Shirts, Denim Shirts, Hooded Sweatshirts, Sweatshirts, and T-Shirts.

Sizes: L - 3X

Designs: 4

Bookstore Hours: Monday thru Friday - 8:00 to 12:00 and 1:00 to 5:00



Weekly Menu

DINNER

March 22-26

- 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.- Spaghetti with Meat Sauce, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- French Dip with Au-Jus, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Fri.- Knoephle Soup, Chicken Salad Sandwich on Whole Wheat, Salad Bar, 2% or Skim Milk

March 29

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

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.- Swiss Steak, Baked Potato, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Fri.- Meatballs over Noodles, Vegetable, Salad, Dessert, 2% or Skim Milk
- Mon.- Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% or Skim Milk

Chemical Health Center

Most common Misconceptions about Drugs and Alcohol:

Many young people are using drugs and alcohol today, unaware of the real dangers associated with their use. Many times, we rationalize our use of them and minimize the effects they are having on our lives. Passed down from person to person, generation to generation are misconceptions or unfortunately, believe these to be true, thus we proceed with information which is inaccurate.

MISCONCEPTION:

1. I can't have a problem with drugs or alcohol because I don't take them that often and besides I haven't had any major problems yet after taking them.

FACT: Drug experimentation is a problem in itself when you consider the potential for accidents, dependence, etc. Anyone who uses drugs or alcohol increases their chances of problems; the longer we use, the more compounded the problems may become. Amount of drugs or alcohol taken is not the key, what happens to our behavior, attitude, personality, and actions is what counts.

MISCONCEPTION:

2. You can sober up by drinking black coffee, taking a cold shower, or running around the block.

FACT: You can only sober up by time away from drugs and alcohol. The body rids itself of alcohol through liver (process of oxidation) at the rate of 1 oz of alcohol per hour.

MISCONCEPTION:

3. To use drugs or alcohol is the thing to do nowadays. Everybody does it.

FACT: Everybody doesn't do it. Those who use drugs would like you to believe that everyone else does and that you are in the minority. In fact, the majority of people do not use illicit drugs or abuse alcohol. The things to do in life hasn't changed and that is to enjoy life in its fullest sense, appreciating the beautiful around you.



Youth Leadership Coop News

A SUCCESS STORY

There is an incredible success story unfolding throughout our region. It is a story of youth being valued and responding dramatically to opportunities to help strengthen their communities. Youth leaders are responding in numbers that are keeping schools, churches, and agencies scrambling to keep up with a dynamic new energy in prevention. This new energy is moving from a focus on fixing problems toward an attitude of developing strengths, from a prevention attitude of "doing to" youth toward one of "working with" youth. This new approach moves from "at risk" to "all youth" with all youth being valued and given

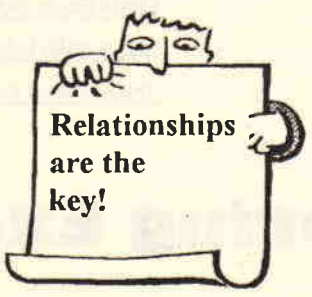
opportunities to contribute. A change is happening that has communities discussing how to develop relationships with youth, not how to start new programs. Rather than worrying about a duplication of services, the focus is on how to duplicate success and healthy messages throughout the community.

Rooted in research, the Search Institute has identified 40 building blocks or developmental assets that all youth need for growing up healthy. These assets are broken into seven types.

- ◆ Support
- ◆ Empowerment
- ◆ Boundaries/Expectations

- ◆ Constructive Use of Time
- ◆ Commitment to Learning
- ◆ Positive Values
- ◆ Social Competencies

Creating a community-wide commitment toward safety and building protective strengths in our youth is a vision for our whole community, not just professional caretakers. Youth Leadership is making it happen! For more information on asset building contact www.searchinstitute.com.



30,000 HOURS OF SERVICE - TWENTY TEAMS

Last year the Youth Leadership Coop had 8000 hours of youth to youth service with five teams of youth leaders. We're over our goal of 20 teams (almost at thirty) for the year and well on our way to 30,000 hours of youth to youth service..

Youth are making a difference and the hours keep adding up throughout the region. Awesome things are happening as youth become involved:

- ◆ One on One mentoring
- ◆ Small group facilitation
- ◆ Alternative activities

- ◆ Mediate conflicts
- ◆ Prevention presentations
- ◆ Multi-media efforts, through drama troupes, radio, tv, and print .
- ◆ After school programs.

For help in setting up your team call 701-223-1650.

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Join the Youth Leadership Coop:

- Training opportunities for your team.
- Access to recreational equipment and games.
- Quarterly leadership events with awesome activities.
- Technical assistance to help with recruiting, training, and supervising youth leaders.
- Funding - we share our grant dollars and fund raising ideas with your team
- Web Page - www.dataplace.org/youth/

YoungLife: Relationships in Action

Something different was going on in that taco stand. Thirty youth were packed in making lemonade, taco's, laughing and joking and making money for one of the best weeks of their life - Young Life Camp. That something different was typical Young Life in action - youth were involved at every level. For Young Life a taco sale isn't just about raising money, but another activity they can turn into a relationship building experience.

As a nondenominational Christian youth organization Young Life is about reaching out and meeting youth where they are at. They involve youth leadership and youth

participation at every level. From helping lead weekly small "campaigner" groups, to providing skits and music at "clubs." In Young Life youth are not only involved in planning and listened to, but given leadership roles in making any event happen. In



Young Life they take the saying seriously, "It's a sin to bore a kid," and activities, skits, and events are likely to be on the edge of huge laughs. Egg roulette, anyone.

This past summer Young Life took 140 middle school and senior high youth to week long camps and had another 12 activity events, like a climbing trip to the Black Hills, sandbar outings, and camp outs. Perhaps, the most telling comment was from one Young Life teen who quoted, "The adults and youth involved are real friends."

New Teams

Before Christmas 45 teen leaders from Standing Rock received training to develop peer leadership efforts. These groups are in a startup phase in in the Standing Rock region. They are working on alternative activities, mentoring, mediation, and other models

Cannonball Youth Council

Solen Public School

Standing Rock High School

**We are Pirates of Prevention:
We steal each other's good ideas and put them to use. We believe in duplicating success.**

Ft. Yates Public School

Little Eagle School

McLaughlin Public School

The Rainbow Project

Standing Rock Girl Scouts

McIntosh Public School

Ft. Yates Chemical Prevention

We look forward to hearing more in future newsletters.

A Mentoring Explosion

Relationship building, skills teaching, being a friend, a buddy, a role model, just being there. That's what mentoring is all about and youth leaders are contributing in a big way. Here's some of the most active programs in the area.

Kick N It With Kids (Century High School) - 51 teen leaders providing weekly mentoring to grade school youth.

Hazen Peer Youthworker - 11 teens pro-

viding mentoring, tutoring, and after school activities.

Golden Valley Peer Youthworker - 4 teens providing mentoring relationships to younger students

Trust N Teens (TNT Mandan High) This is a new program with 40 youth trained to provide elementary mentoring.

Center Peer Youthworker - 10 teens

providing weekly one on mentoring relationships and assisting in co-facilitating a support group for teased students.

Youthworks Peer Youthworker - 11 teens that are paid to provide mentoring and social skills teaching to at-risk youth.

Beulah Peer Youthworker - 9 teens providing mentoring, after-school, and assist with learning disabled students on a daily basis. They receive a class credit!

Activities + Relationships = Awesome

We believe that activities, events, fun stuff is a great tool to develop relationships and bring people together. Here's some teams that do it well.

The Light Club - concerts, dinner theaters, a youth run radio station, and their nightly coffee house. This team is constantly acting on great ideas.

Girl Power - Six teens lead this after-school program with 35-40 fifth and sixth grade girls doing games, crafts, small groups, and a bundle of energy at Myhre grade school. A super popular after-school program.

Boys Power (Myhre School) - So popular that the boys were jealous and six other

teen leaders now run this after school project for about 25 fifth and sixth grade boys.

The Main Alternative - This Mandan skateboard outreach program is run by eight youth leaders and supported by the Church of the Nazarene

GAP Teen Church - Adventure activities, rock climbing, camping, and rural outreach is their specialty.

Culture Camp - Sitting Bull College sponsored a great camp for 4th-6th grade youth using youth leaders as mentors.

South Central High School - Hockey sack tournaments, canoeing, walleyball, Huff

Hills Skiing are planned and organized by this team of eight.

The Rainbow Project - This McLaughlin outreach program cranks out a constant flow of activities. How about night snowtubing through down a butte lined by flaming torches. Yow.

The Five Big Hairy Things You Gotta Do To Be Successful

1. Provide adequate training to youth leaders
2. Provide supervision to youth leaders.
3. Include youth in planning, problem solving, and doing whatever it is your team does.
4. Develop a clear mission or goal for your team.
5. Give recognition to youth leaders through awards, media, personal thank you's, and public acknowledgement.

(extra credit given if you memorize the five big hairy's before Monday)

Start Your Engines

One goal of the Youth Leadership Coop is to develop activities and materials that can be used by teams, schools, churches, and rural communities as "awesomely cool events," on your home turf. So in our last planning session we talked through 20 ideas and have chosen eight go-carts (two person/can hold one big teen-one smaller youth.) They're ordered and should be here by mid-April. Go-carts, what does go-carts have to do with youth leadership and prevention. Well, nothing, but...

But what if Golden Valley had Golden Valley

Grand Prix and blocked off some streets, Cannonball put on the Baja 500, or the New Song Church had Indy night in their parking lot. And what if you had mother-daughter races, and family relays, and Cops and Kids races, and ... well you get the idea.

Relationship building stuff starts happening and intergenerational laughter, and big kids like mom's and dad's being helped by little kids - who knows what type of preventative or protective things might arise. Planned spontaneous prevention. Get your racing goggles on.

Other Cool Stuff

Here's a few more teams and things youth leaders are doing to make a difference.

Puppet Shows - youth leaders from First United Methodist Church are putting on New Kids On the Block shows for the Mental Health Assoc.

Suicide Prevention TV Commercials - a team of 9 youth worked with KFYR TV in writing and acting in recent commercials.

Riverside Life Enhancement Program - a great after school program starting to use youth leaders.

S.W.Y.M. Team - A super active group of youth leaders from St. Mary's doing great stuff liking helping in soup kitchens

Cultural Sensitivity - a great and courageous group of students are presenting on positive cultural and race issues in our communities.



Use youth to get prevention messages out on radio and television.

The Youth Leadership Coop

Program Coordinator
Mark LoMurray
PO Box 773
Bismarck, ND 58502

Fiscal Agent
New Song Community Church
3200 N. 11th Street
Bismarck, ND 58501

For more information
call 701-223-1650

Funded by the
Region VII CSCC for Kids

Shall we start a
YOUTH LEADER TEAM
here at UTTC?

College
Students

High School Students
Middle School
Students

Be an
Advisor

Call Barb Danks
@ ext 236
or 223-1650

If you are interested
call. We will set
up an org. mtg.

Spring Training

A training flyer will be following the newsletter in March:

- ◆ Youth Forum on Dating Violence
- ◆ Games and Challenge Activities
- ◆ Statewide Youth Conference in Minot
- ◆ Another Media Madness Event
- ◆ Mentoring Skills
- ◆ How to start a Team for Adults and Youth
- ◆ Individualized Team training available to you by calling 223-1650.

Send us info and dates of events on your team and we'll get it on the web page and to the media. Our goal is a media story a week on you!!!!

Sharing is Good

Here's some equipment or items your team may use:

1. Portable Challenge Course Kit - five bags full of activities designed for team work problem solving and fun. Made available through the National Guards. 223-1650
2. Go-Carts and trailer - for an activity night and outreach effort, eight go carts, helmets, and cones. Available at the beginning of May. 221-1650
4. Mountain bikes with saddle bags - for day trip or overnights the Police Youth Bureau has a dozen quality mountain bikes available. 701-221-7225
5. Paintball guns - these are available for rent from Combat Carl's Paintball Supply in Mandan. 663-7412



We need youth volunteers to help set up web pages for each team!
www.dataplace.org/youth/

6. Tractor Inner Tubes - for group snow tubing or summer raft building these worked great for last summers Challenge-Team building Training where teams built their vessel out of one canoe, two inner tubes, and three pieces of plywood. Waterworld here we come! 223-1650

**Partners in Parenting and the Following Hosts Offer Public Classes
 These Free Classes Are Designed To Strengthen Your Children
 Registration Not Required
 Director Betty Neigum, 221-6882**

The Federal Executive Association & Federal Women's Program. Classes Free To Public.

11:30 to 12:30pm in Conference Room 332, third floor, Federal Building, 220 E Rosser Ave.

- Thursday, March 4 "How to Enforce Consequences When Kids Violate Limits"
- Thursday, April 1 "Communicating: How to Confront Kids When They're Doing Wrong"
- Thursday, May 6 "How to Teach Your Kids to Handle Anger Without Violence"
- Thursday, June 3 "How to Teach Kids to Resolve Conflicts Without Violence"
- Thursday, July 1 "Not My Kids, They Wouldn't Use"

Early Years Learning Center, 410 Collins Av, Mandan

Use door facing Collins. Free Classes open to the public.

- Wednesday, March 10, 6:00 - 8:00pm, "50 Progressive Discipline Steps"
- Tuesday, March 16, 6:00 - 8:00pm, "Developing Responsible Children"
- Wednesday, April 7, 6:00 - 8:00pm, "Enhancing The Child's Brain Capacity" and "1,2,3 Magic" (Taking Control Of Your Home)
- Wednesday, April 14, 6:00 - 8:00pm, "Are You Enabling or Empowering The Child?" and Parenting the 1, 2, 3, 4 Year Old"
- Wednesday, April 21, 6:00 - 8:00pm, "S.O.S., I Need Help With This Child"

Riverside Elementary, 406 S Anderson St., Bismarck

Day, date, time: Tuesday, 6:30 - 7:30pm Free Classes Open To The Public

- March 2 Topic: "Are You Enabling or Empowering Your Child?"
- April 6 Topic: "Preventing Youth Drug use"
- May 4 Topic: "Promoting Sexual Abstinence"

Adult Learning Center, 214 W Bowen Av, Bismarck Free Classes Open To The Public.

Day, date, time: New topic each Wednesday 8:40 to 9:40am

- Title of session or series: Tues. Feb. 23 "As A Parent Do You Enable or Empower?"
- Tues. Mar. 2 "Learning How To Set The Limits"
- Tues. Mar. 9 "How To Enforce Consequences When Kids Violate Limits"
- Tues. Mar. 16 "How To Confront Children When They're Doing Wrong"
- Tues. Mar. 23 "Parenting The 1, 2, 3, 4 Year Old"
- Tues. Mar. 30 "1, 2, 3 Magic" (Taking Control Of Your Home)
- Tues. Apr. 6 "S.O.S., I Need Help With this Child"
- Tues. Apr. 13 "Enhancing The Child's Brain Capacity"
- Tues. Apr. 20 "Developing Responsible Children"
- Tues. Apr. 27 "50 Progressive Discipline Steps"

Head Start, at Parent Place on 1223 12th St South, Bismarck. Free classes for the public.

- Monday, 9:30 - 11:00am February 22 Topic: Resolving Parent/Child Conflicts
- Monday, 9:30 - 11:00am March 1 Topic: Parenting The 1, 2, 3, 4 Year Old
- Monday, 9:30 - 11:00am March 8 Topic: Learning How To Set The Limits
- Monday, 9:30 - 11:00am March 29 Topic: Following Through With Effective Consequences

Missouri Valley Family YMCA, 1608 N Washington, Bismarck. Free Classes To The Public

Monday, 6:30 to 8:30pm April 12 Topic: Anger Management

Early Childhood Learning Center, 2727 N 4th St., Bismarck. Free Classes To The Public.

- Tues., 6:30 - 8:30pm, April 13 How To Talk So Kids Will Listen: **Session 1:** Dealing With Children's Feelings
- Session 2:** Engaging Cooperation
- Tues., 6:30 - 8:30pm, April 20 How To Talk So Kids Will Listen: **Session 3:** Alternatives to Punishment
- Session 4:** Encouraging Autonomy
- Tues., 6:30 - 8:30pm, April 27 How To Talk So Kids Will Listen: **Session 5:** New Ways to Praise
- Session 6:** Freeing Children From Roles

Sponsors: Bismarck and Dickinson Public Schools; Montana Dakota Utilities; Job Service North Dakota; ND Department of Human Services, Div of Mental Health and Substance Abuse; Bismarck Public Schools Title I; ND Children's Trust Fund; Bismarck/Mandan United Way; North Dakota State Title I; The Bismarck Tribune; Bismarck Public Schools Drug Free Program; Region VII Children's Services Coordinating Committee FOR KIDS, and Bismarck/Mandan Community Private Donors