

# W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 4 NO. 16

January 22, 1996

## Weekly Menu

*Jan. 22 to Jan. 26*

### DINNER

- Mon.- Goulash, Vegetable, Dinner Bun, Salad Bar, Assorted Fruit, Assorted Vegetables Tray, 2% Milk
- Tue.- Bean Soup, Ham Sandwich on a Bun, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk
- Wed.- Roast Beef and Mashed Potatoes, Natural Gravy, Vegetable, Salad Bar, Dinner Roll, Assorted Fresh Fruit, 2% Milk
- Thu.- German Style Sausage and Beans or Kraut, Salad Bar, Dinner Bun, Dessert, 2% Milk
- Fri.- Fishwich and Chips, Tartar Sauce, Lettuce, Cheese, Tomatoes, Dessert, 2% Milk

*Jan. 29*

- Mon.- Spaghetti with Meat Sauce, Garlic Toast, Salad Bar, Assorted Fresh Fruit, Assorted Veg. Tray, 2% Milk

### SUPPER

- Mon.- Hamburger on a Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies, 2% Milk
- Tue.- Pork Chops, Rice, Vegetable, Salad Bar, Dessert, 2% Milk
- Wed.- Swedish Meatballs over Noodles, Vegetable, Salad Bar, Dessert, 2% Milk
- Thu.- Grilled Steak, Baked Potato, Garlic Toast, Tossed Salad, Fresh Fruit, 2% Milk
- Fri.- Lasagna, Garlic Toast, Vegetable, Salad Bar, Dessert, 2% Milk
- Mon.- Baked Ham, Au-Gratin Potatoes, Vegetable, Salad Bar, 2% Milk

## Placement

I wish to extend a welcome to all new and returning students to UTTC for Spring Semester 1996. I hope your stay here will prove to be positive in the effort you are taking to further your education.

While you are here, I would like to acquaint you with the Job Placement Offices located on the main floor of the Education Building 31 & 32, offices 113 and 126. Vince Schanandore, Placement Officer and Shirley Iron Road, Placement Technician will provide counseling services on career planning and will work to find employment for you, either after graduation, or while you are here attending school. We also provide information on Higher Education for those students desiring to go onto another college for further learning.

While visiting our offices you will notice in the hallway, bulletin boards which list local, state and national job openings. You will also be able to browse through binders containing job announcements coming in from most Indian agencies around the nation. Internships, apprenticeships, fellowships, etc. will be posted. Job opening will be advertised at least once a month in the UTTC's weekly newsletter, and take note to look on the bulletin boards located in your vocational areas for further job announcements.

Vince Schanandore,  
Placement Counselor

## Sing and Dance Club Leaders

*TJES is searching  
for individuals who would  
enjoy leading the elementary singing  
and dancing clubs.*

*If you are interested contact  
Sam Azure or Brenda Rhone  
Ext. 304*





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## **PARENTING CLASS FOR THE FAMILY**

Tuesday's, 4:30 to 6:30

Jan. 23, 30, Feb. 6, 13, 20

at Bldg. 100, the

Child Development Center

2nd Session starts after Midterm

Jan. 23 - MENTAL - Family Structure  
Managing Behavior, Bedtime, Planning

Jan. 30 - PHYSICAL - Health, Medical, Nutrition

Feb. 6 - EMOTIONAL - Praise, Encouragement,  
Listening, Acceptance

Feb. 13 - SPIRITUAL - Rituals, Family  
Traditions, Values

Feb. 20 - CELEBRATION - Parenting Choice,  
Review

The Goal of this class is to provide useful information for families to use. The classes will each have 3 parts.

1. PRESENTATION of information in groups. Parents will meet in one group, older children will meet in another, each with a group leader.

2. FAMILY DINNER: We will eat together in the Cafeteria at 5:15, a sharing time.

3. FAMILY TIME During this time we will have activities for Parents and Children together. It will be a time for interaction, fun, and practising skills.

To REGISTER for class, contact  
Wanda Walker at Educ. Bldg. ext. 277 or  
Barbara Danks at TJES, ext. 253 or 304.

**Women's Support Group**  
**Mondays: 6-7 pm**  
**at Child Development Center (Bldg. 100)**  
**Child Care Provided**

## **WINTER CLOTHING DRIVE**

**Monday: Jan. 29**

**Tuesday: Jan. 30**

**9 - 5 pm at Skill Center**

All Donations are welcome. Bring clean usable clothing to the Skill Center, Monday a.m. Jan. 29th, 1996.

Clothing Available to All.

Come and Expand Your Family's Winter

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Welcome to New and Returning students from the Student Campus Counselors on campus. We would like to extend our personal welcome to you. What has been planned is one of the counselors will be visiting with you and your family soon. This visit is only to make more accessible the services that are available to you. I hope is that is something were to come up you would speak to your counselor before the situation becomes to big of a problem and begins to interfere with your education here. This is so the problem can be taken care of right away and you can continue to concentrate on your studies. Thank You.

Sincerely,  
Student Campus Counselors

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**News for the next weekly  
Newsletter should be turned in  
no later than  
January 26, 1996**