



W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER R

VOL. 5 NO. 5

September 23, 1996

Weekly Menu

Sept. 23 to Sept. 27

DINNER

- Mon.- Chuckwagon Stew, Baking Powder Biscuit, Salad Bar, Fresh Fruit, Relish Tray, 2% Milk
- Tue.- Baked Ham, Mashed Potatoes, Salad Bar, Vegetable Relish Tray, Dessert, 2% Milk
- Wed.- Turkey-Ala-King, Baking Powder Biscuit, Rice, Cranberry Sauce, Salad Bar, Pumpkin Bars, 2% Milk
- Thu.- Bar-B-Que Beef on a Bun, Fries, Salad Bar, Green Beans, Assorted Fresh Fruit, 2% Milk
- Fri.- Chicken Nuggets/Fish Platter, Wild Rice, California Blend Vegetables, Salad Bar, Lemon Bars, 2% Milk

Sept. 30

- Mon.- Goulash, Vegetable, Dinner Bun, Salad Bar, Assorted Fruit, Assorted Vegetable Tray, 2% Milk

SUPPER

- Mon.- Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% Milk
- Tue.- New England Dinner, Boiled Potatoes, Boiled Vegetables, Salad Bar, Dessert, 2% Milk
- Wed.- Chicken Breast on Rice, Au Gratin Potatoes, Salad Bar, Dessert, 2% Milk
- Thu.- Pepper Steak, Spanish Rice, Tossed Salad, Garlic Toast, 2% Milk
- Fri.- Roast Pork, Mashed Potatoes & Gravy, Vegetable, Salad Bar, Dessert, 2% Milk
- Mon.- Hamburger on a Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies, 2% Milk

OPEN LAB

Office Technology Computer Room
TUESDAY AND WEDNESDAY EVENINGS

4:00 - 8:00 pm

Tutoring is also available at this time in all areas of:

Office Technology

Introduction to Computers (Apple Machines)

English for Careers

Marshall DeMarce will be the
Tutor and Lab Supervisor

You can see Marshall between 4:00 & 8:00 pm for
tutor help in these subject areas and to use the
computer room.



OFFICE TECHNOLOGY CLUB ELECTION MEETING

Thursday, September 26, 1996

2:30 pm, Room 220 - Ed. Bldg.

ELECTION OF OFFICERS

DOOR PRIZES WILL BE AWARDED

ALL OFFICE TECHNOLOGY STUDENTS
SHOULD ATTEND!!!



SO GOOD TO SEE YOU AGAIN!

It's always great to have "old" grads return to campus. This past week Peter Roemmich (1994) stopped in. He's currently employed in Manor Care Health Systems -- sub acute unit (California). His experience has been varied and challenging. It is his plan to return to the Midwest -- he believes health care practice in California is inferior to standards maintained in the Midwest.

Pete is excited about becoming a Registered Nurse. His UTTC Associate Degree is of a quality that he is qualified to become an Associate Degree Registered Nurse in California. (This level has been discontinued in North Dakota.)

This summer Jordan Shipley (1994) visited along with his wife and their young child. He continues to be employed in a Jamestown Nursing Home.

Some of us visited with Anita Stogner (1994) during the fall Powwow. Her work in the Rehabilitation Unit at St. Alexius Medical Center continues. This is challenging and busy. Sometimes she assists with current UTTC nursing students who are assigned to the Rehab Unit. "I'm so proud to do this and talk about my Alma Mater."

submitted by Sister Kathryn Zimmer,
Director, AASPN Program

Campus Crime Prevention

Sgt. Mark Buschena

Bismarck Police Department

There are no guarantees in life. Especially when it comes to being a victim of crime. Although Bismarck has one of the lowest crime rates in the country, we do have our own particular problems. While there are no guarantees, there are steps you can take to reduce your likelihood of becoming a victim.

"Our biggest crime is property crime--thefts, burglaries and especially thefts from motor vehicles," Sgt. Mark Buschena of the Bismarck Police Department's crime Prevention Section. "Remember, vehicles are designed for transportation, not security. If you don't leave valuables in your vehicle, thieves won't be able to steal them," Buschena said. "Lock valuables in the trunk or better yet, take them with you."

Stereo equipment is a hot item for thieves. Consider installing equipment with slide out components or removable face plates, and taking these items with you when you park your vehicle. Radar detectors and check books are often stolen also. Don't leave any valuables in your vehicle and always lock it.

Stolen vehicles--Last year 83 vehicles were stolen in Bismarck. According to Buschena, all of them had the keys left in them. If you don't want your vehicle stolen, don't leave the keys in it, or leave it running unattended.

Thieves also steal bicycles. Get a good lock and use it. Lock your bike to an immovable object, such as a bike rack.

Although Bismarck's number of rapes, robberies, and assaults is low, you still need to use a little common sense. Whether you live in a dorm or an apartment, keep your door locked, and don't share your room key with anyone. Keeping blinds and curtains closed will help keep window peepers from your window. Get to know the other people in your dorm or apartment, and know who belongs and who doesn't.

If you live in a security building, don't prop locked doors open so the pizza delivery person can get in. Propping open a door allows unwanted people into your building as well. Instead, go down to the front door and wait for your guests to arrive and let them in.

Avoid walking alone at night and keep to well lit areas. If you see someone hanging around, who appears to be up to no good, don't be afraid to call the police to report it. If you see a crime in progress, a fire or a medical emergency, call 9-1-1.

By following these simple steps, you can reduce your chances of becoming a victim of crime, and enjoy your college career in Bismarck.

**WEIGHT BENCH SET
150 lbs. Weights & Bar
\$25.00
Contact: Jim at Ext. 302**

**Learning Center Evening Hours
for the week of
September 23-27
Tuesday, September 24, 4-8 pm
Wednesday, September 25, 4-8 p.m.**

**Information for the
Next Newsletter
no later than September 27
to Arrow Graphics
Attn: Wanda Swagger**

DEPARTMENT LOGOS

"If any of the vocational departments need logos painted in their area write Nelda in the AAM department a memor requesting this. We will do our best to get it done before the end of the academic year."

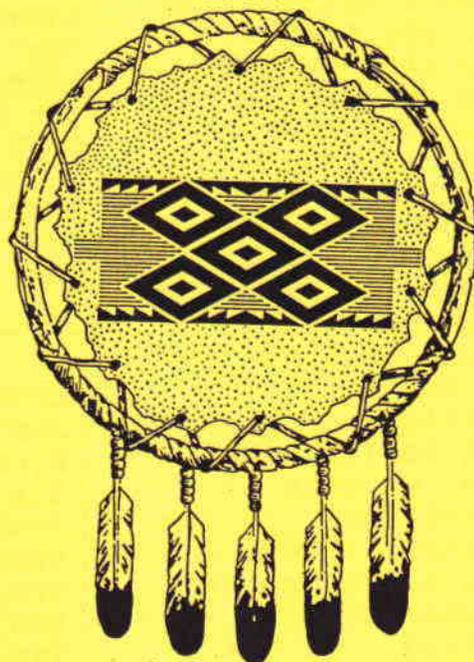
Chemical Health Center

(Twenty questions to be answered by family members with as much honesty as possible)

1. Do you lose sleep because of a problem drinker?
2. Do most of your thoughts revolve around the problem drinker or problems that arise because of him or her?
3. Do you make promises regarding drinking which are not kept?
4. Do you make threats or decisions and not follow through on them?
5. Has your attitude changed toward this problem drinker (alternating between love and hate)?
6. Do you mark, hide, dilute and/or empty bottles of liquor or medication?
7. Do you think that everything would be okay, if only the problem drinker would stop or control the drinking?
8. Do you feel alone, fearful, anxious, angry and frustrated most of the time? Are you beginning to feel dislike for yourself and to wonder about your sanity?
9. Do you find your moods fluctuating wildly, as a direct result of the problem drinker's moods and actions?
10. Do you feel responsible and guilty about the drinking problem?
11. Do you try to conceal, deny, or protect the problem drinker?
12. Have you withdrawn from outside activities and friends because of embarrassment and shame over the drinking problem?
13. Have you taken over many chores and duties that you would normally expect the problem drinker to assume or that were formerly his or hers?
14. Do you feel forced to try to exert tight control over the family expenditures with less success and are financial problems increasing?
15. Do you feel the need to justify your actions and attitudes and, at the same time, feel somewhat smug and self-righteous compared to the drinker?
16. If there are children in the house, do they often take sides with either the problem drinker or the spouse?
17. Are the children showing signs of emotional stress, such as withdrawing, having trouble with authority figures, rebelling, acting out sexually?
18. Have you noticed physical symptoms in yourself, such as nausea-a "knot" in the stomach, ulcers, shakiness, sweating palms, bitten fingernails?
19. Do you feel utterly defeated, that nothing you say or do will move the problem drinker? Do you believe that he or she can't get better?
20. Where this applies, is your sexual relationship with a problem drinker affected by feelings of revulsion? So you "use" sex to manipulate or refuse sex to punish him or her?

NEW STAFF EXTENSION LIST

**Contact places:
Education Bldg. at the Library
Skills Center from Ann Kraft
Any additional copies
contact: Administration**



TJES NEWSLETTER

Issue No. 2

September 20, 1996

COUNT WEEK!

Next week, Sept 23-27 is what we call "Count Week." This is when we must have all of our students in school every day of the week so that we can count them for our funding. We are required to have on file documentation showing enrollment numbers and certification of Indian blood on all children enrolled at TJES. We will need your children's "Tribal Enrollment" paper. Please bring these into the school office this week if you have not done so already. We will be contacting you if we do not have them on file. Please be sure to have your children in school every day and on time. Also, we have had a few cases of head lice among our students and thanks to the cooperation and help of Student Health and parents, we have it under control. If the Dispensary, school and parents all cooperate, the problem can be controlled. If the right treatment is not followed, re-infestations will continue to occur. **WE MUST WORK TOGETHER** to

control this problem. A child certainly is not comfortable with head lice! If you have any questions, please call our office or Student Health. **THANK YOU!**

KINDERGARTEN KCLASS: We completed our Nursery Rhymes unit. The children memorized new rhymes and many songs. This group of children really likes to sing! Next week, we will do a Fall unit and begin working with our letters. The first two letters we will learn about are "Ff" and "Mm". (We will introduce two letters per week.) Fall begins Sept. 23 so please dress your children appropriately. The days are getting cooler now, especially in the

mornings, so children need jackets or heavy sweaters/sweatshirts! Thank you!

2ND GRADE NEWS... The second graders are doing an apple unit. The title of our unit is ONCE UPON AN APPLE. We'll read a story about Johnny Appleseed. We'll read many stories. Some are fact, some are fiction, and some are a little of both. In addition to reading about apples we'll do apple math, apple art and apple tasting. We know this unit will be bushels of fun!

3RD GRADE NEWS >>> We are just getting to the end of our "growing up" theme in our Reading Book. Next week we

SEPTEMBER BIRTHDAYS

Brandon Redday - 5th grade - Sept 1
Jamie Peltier - 2nd grade - Sept 3
Ryan Marrowbone - 5th Grade - Sept 4
Tia Long Chase - Kindergarten - Sept 5
Joshua Colon - Kindergarten - Sept 6
Summer LittleWind - 2nd grade - Sept 8
Tanya Tacan - 5th grade - Sept 12
Sonja Cain - 8th grade - Sept 14
Timothy George - 6th grade - Sept 19
Nate Wallowing Bull - 1st grade - Sept 21
Desiree Birthmark - 4th grade - Sept 25
Delmar Ponga - 4th grade - Sept 26

HAPPY BIRTHDAY TO ALL SEPTEMBER BIRTHDAYS!!!

will be doing our skills survey to see what we've learned through this unit. Please remember to help your child study their Spelling List every week. We always have a spelling test on Friday. We are starting a new unit in Math next week. Place value: hundreds, tens and ones. Just a reminder that your child should use the homework center on Monday, Tuesday, and Thursday to keep their work caught up.

5/6TH GRADE: The 5/6 Grade Girls Basketball Team is moving along full swing. We've had many practices and are working hard on learning their plays. They lost their first game last Saturday to the Grimsrud Greyhounds, but it was a learning experience. Their next game is: tomorrow at 9:30 at St. Mary's.

MRS. GEORGESON'S NEWS > PE - Grades K-3 games of movement exploration tag - spacial areas. Grades 4-8 Team sports, playing together- soccer, battle ball, basketball. HEALTH: Making wise choices and using a responsible decision making model to help make good healthy decisions, using a series of steps, especially how to say NO even to our peers. 5/6 grade class continues to work on our Pilot Program for HIV/AIDS instruction.

I'm sorry you parents missed coming to the meeting on Sept 3 to find out all the information, if you would like to look at the materials please stop by and I will go through them with you.

MUSIC NOTES: The music classes watched a film called "Discovering American Indian Music". Many different tribes were represented on this film and the children were exposed to some dances and songs that were not familiar to them. We talked about Louis Ballard, a Cherokee composer and conductor, as well as the traditional and modern instruments we saw in the film.

Musically yours,
Mrs. Johnson

Parents the TJES Library is open! Yes, your children have an opportunity to check out books from the library. Every class has a 45 minute time slot in the afternoon, Monday through Friday. Should your child bring a TJES library book home TO READ the time spent reading may count for Reading Club minutes sponsored by the school. Reading Club minutes are compiled weekly by the classroom teachers. Friday, your child may redeem these minutes for coupons and prizes. The library has a wonderful selection of Native American books for the young reader as

well as the older reader. Many new books were added to our collection this fall. Congratulations to Mrs. Hoerner's first grade students. Everyone in her class returned library books when due. Thank you 1st Grade! The Burleigh County Bookmobile will be at our school on Wednesday, Oct 2. Parents if you haven't filled out a card for your child please do so. Field trips to the various libraries are being scheduled for the upper grades. One of our goals is to acquaint the student with the libraries in the Bismarck area so when they are working on science projects, or other class projects they are comfortable using these libraries. Should you have any questions or concerns please call Barbara Frey at ext. 237.

BLUE BUILDING NEWS... Mickey Held, Brenda Jechort, Margo Krabbenhoft and Carol Melby are the Exceptional Education staff. We welcome everyone to visit our classrooms. If a child is not able to do grade level work or is having problems with speaking or understanding directions, their teacher may refer for further evaluation. If this happens we will ask your permission to do testing. We want every child to get the most they can out of their education at TJES. Please respond

promptly if you are contacted. Call us if you have any concerns about your child. Fall is a busy time in our school and things are buzzin' in the blue bldg! Students are coming on a regular basis to work on math, reading, spelling, social studies, etc. We've acquired some exciting new computer programs. They truly make learning new skills fun! Also we are strongly encouraging TJES students to stop by the blue bldg. and check out books! Parents, be sure to enjoy some reading time with your children!

RMC NEWS --- The Title I Parent Checkout Corner is open on Tuesday evenings from 4-5 pm. We have games, puzzles, books, and computers to check out. Please stop by. For more information --call ext 306. We are looking for two parent volunteers to help us select books for the RIF distribution. Four times a year we have RIF Day at TJES. The students all get to select a free book that day to keep. We need help selecting those books. It would take you about an hour and you can do this work at home. Please call Glenna at ext 306 if you are interested. We are nearly finished with the CRT testing. Thank you for your help with this very important task. Parental involvement truly makes a

difference. We'd like to thank all of you who stopped by our building during the open house. It was fun to meet you.

FAMILY NIGHT ACTIVITY

"HAYRIDE"

THURSDAY, SEPT 26TH

MEET AT THE CAFETERIA
AT 6:00 PM

OCT 3RD:
PAPA'S PUMPKIN PATCH



National Association for Ethnic Studies, Inc.

CALL FOR PAPERS

1997 NAES SILVER ANNIVERSARY CONFERENCE

MARCH 19 - 23, 1997

University of Wisconsin - LaCrosse
LaCrosse, Wisconsin

“Ethnicity: Retrospectives and Prospectives”

The National Association for Ethnic Studies will celebrate its 25th anniversary at the 1997 annual conference to be held in LaCrosse, Wisconsin. NAES was founded at the University of Wisconsin-LaCrosse in 1972 by a small group of Midwestern scholars and has grown into a nationally recognized association. The Silver Anniversary Conference promises to be a momentous event.

One hundred word abstracts should be submitted by October 4, 1996, which relate to any aspect of the 1997 theme, “Ethnicity: Retrospectives and Prospectives.” NAES welcomes proposals from scholars in disciplines and interdisciplinary areas comprising the arts, social sciences, humanities, letters, and sciences. The Association encourages proposals that address ethnic studies departments, programs, centers, and institutes and their evolving academic structures and curriculum content, their history of struggle in the academy, and new directions in the field. This Conference is an opportunity for all of us to reflect on ethnic studies as an interdisciplinary voice for the continuing focused study of race and ethnicity.

Forward abstracts to:

Otis L. Scott
Ethnic Studies Center
California State University, Sacramento
6000 J Street
Sacramento, CA 95819
Email: scottol@skynet2.csus.edu
Telephone: (916) 278-6645
Fax: (916) 278-5156

All program participants must pay full conference registration fees and 1997
NAES membership dues



THE NATIONAL ASSOCIATION FOR ETHNIC STUDIES, Inc.

Announces the

NAES 1997 STUDENT PAPER COMPETITION

The National Association for Ethnic Studies (NAES) announces its 1997 paper competition for undergraduate and graduate students. A two hundred dollar prize will be awarded to the authors of the best undergraduate and graduate papers submitted for the competition. In addition, award-winning papers will be considered for publication in the Association's journal, *Explorations in Ethnic Studies*. Papers will be judged on the basis of originality, content, and creativity. NAES reserves the right not to make any awards in any given year, if no papers meet the expectations for quality.

Competition Requirements:

- All papers must have a primary focus on an ethnic studies theme which contributes to the development of Ethnic Studies as an interdisciplinary field of study.
- Three copies of each paper are required. Papers should follow well-accepted guidelines for research papers, be fully referenced, typed, and double spaced. Papers should be 12-25 pages in length, including bibliography and any tables and graphs.
- Each paper should have a title page with the author's name, address, institutional affiliation, and telephone number. The title should appear on the title page and again on the first page of the paper. NOTE: The author's name should *not* be repeated on the first page.
- Each paper should be clearly marked either "undergraduate" or "graduate." Lack of clear identification of competition category will disqualify the paper from competition.
- Papers must be received no later than January 15, 1997. Late papers will not be accepted. Papers will not be returned.

For consideration, please send three copies of your paper to:

NAES Student Paper Competition
Department of English
Arizona State University
Tempe, AZ 85287-0302
(602)965-2197

***You may obtain a copy of this ad in Room 122 in the
Education Building.***