

# UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 5 NO. 8

October 14, 1996

## Weekly Menu

*Oct. 14 to Oct. 18*

### DINNER

- Mon.- Poor Boy Sandwich with Turkey and Ham, Potato Chips, Potato Salad, Assorted Fresh Fruit, 2% Milk
- Tue.- Taco Salad, Dinner Buns, Assorted Fresh Fruit, 2% Milk
- Wed.- Swedish Meatballs over Noodles, Vegetable, Salad, Dessert, 2% Milk
- Thu.- French Dip with Au-Jus, Salad Bar, Tossed Salad, Assorted Fresh Fruit, 2% Milk
- Fri.- Knoephle Soup, Breaded Chicken Filet, Mashed Potatoes, Creamed Gravy, Dinner Roll, Salad Bar, 2% Milk

*Oct. 21*

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

### SUPPER

- Mon.- Braised Beef over Noodles, Vegetable, Salad, Fresh Fruit, 2% Milk
- Tue.- Bar-B-Que Chicken, Baked Potato, Vegetable, Dinner Roll, Salad, Dessert, 2% Milk
- Wed.- Hamburger on a Bun, Soup, Salad Bar, Dessert, 2% Milk
- Thu.- Swiss Steak, Mashed Potatoes, Vegetable, Salad, Dessert, 2% Milk
- Fri.- Spaghetti with Meat Sauce, Vegetable, Salad Bar, Dessert, 2% Milk
- Mon.- Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% Milk

## NEWS FLASH

from the Registrar

A clue to the clueless: **NEXT WEEK (OCTOBER 21-25) ARE MIDTERMS** with the Grades Due in My Office on Friday-October 25th. You're probably asking yourself, "Why do we even have midterms"? Well.....since you asked.....**MIDTERMS ARE A MEASURING STICK** of sorts to let both the student and the instructor know where a particular student is at in terms of subject content, "How well do you know what you're doing", "Is there hope for you in a particular class", "Comprendo"?, etc. for this reason instructors (are forbidden) do not give out incompletes. At this moment in time everyone is complete, midterms point out just how complete we are, either you get it or you don't....So power up for the midterms. **THESE GRADES ALSO ARE SENT TO YOUR FUNDING AGENCY, COUNSELORS, ADVISORS, STUDENT SUPPORT SERVICES**, in severe cases I send them to your mother. Good luck everyone on your midterms. Each instructor will set their own schedule for testing or on whatever they base there midterm grade.

If you are one of the many students who will be graduating from this fine institution of higher learning in December, you will need to fill out completely an **"APPLICATION FOR GRADUATION"**. Your academic advisor has this form somewhere amongst all the clutter, er, paperwork, on their desk...See her/him immediately as this **APPLICATION FOR GRADUATION IS DUE ON FRIDAY-OCTOBER 25**.

A reminder to one and all: **LAST DAY TO DROP A CLASS IS NEXT MONTH, MONDAY - NOVEMBER 25TH**. If you are failing bad in a class and can't see the light at the end of the tunnel, it would be in your best interest to maybe drop that particular class before midterms. Otherwise you will receive a grade.



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## Homecoming Week Activities

First Congratulations to the Men on their win on the Football Game! 40-0. Down at Fort Yates. Plans this week for Homecoming are the Dress Day Activities:

Monday - Staff Day - Crazy Dress Up Day!  
Tuesday - Backwards Pay!  
Wednesday - Nike Day!  
Thursday - Dress Up Day!  
Friday - School Color Day!

Prizes will be awarded for the best dressed person. Winners will be announced Friday during 1/2 time at the Game.

There will be a Coronation held at the Gym for the King/Queen 1, 2, 3rd attendance at 11:00 am on Friday, October 18, 1996. Following the Coronation at 1:00 the PARADE will begin.

REMINDER the Float Prizes will be:

1st Place - \$100.00  
2nd Place - \$75.00  
3rd Place - \$50.00

Starting at 2:00 the Thunderbirds will host the Sitting Bull "Suns", so everyone come join the fun and cheer on the Thunderbirds.

Following there will be a Dance at the Gym starting at 9:00 pm to 1:00 am. So everyone come down and have fun!!!

**FOR SALE**  
**Highchair & Stroller**  
**Contact:**  
**Betty Delorme**  
**at House #182**

## OPEN HOUSE

Red Ribbon Week  
Chemical Health Center  
Building #68

Tuesday, October 22, 1996  
9:00 am to 4:00 pm  
Come and Pick Up:  
Your Red Ribbon  
Refreshments  
Door Prizes

## *Nursing Students Gather for Lunch and Fun*

The Nursing Student Association decided it was time for all nursing students at United Tribes to get better acquainted. To accomplish this, lunch for all -- partly potluck -- was enjoyed in the Nursing Department classroom on Tuesday, October 8. In addition to an appetizing lunch there were mixer type games and nice visiting.

Rebekah Benson and Vicki Platero are Co-chairs of the Association. At the next meeting a secretary and treasurer will be chosen from the freshman class.

Submitted by Sister Kathryn Zimmer,  
Director, AASPN Program

Information for the  
Next Newsletter  
no later than October 18  
to Arrow Graphics  
Attn: Wanda Swagger



## Chemical Health Center

The Chemical Health Center will be hosting an Open House to Celebrate Red Ribbon Week October 22, 1996. From 9:00 am to 4:00 pm come and receive your Red Ribbon to wear for Red Ribbon Week, which is October 21, 1996 to October 25, 1996. We will be having refreshments and Halloween Door Prizes. We have the center dressed up for Halloween come and see us, it will be fun! "Let's Take A Stand Hand in Hand, Stop Drug and Alcohol Abuse Across the Land."

## Children Don't Always Ask For Help

Children of alcoholics often need special consideration and assistance. Many coa's may not be used to seeking or receiving help. Also, many coa's may not openly say that they think their parents have a drinking problem.

The following examples may be reasons why Native American children keep quiet about a parent's drinking problem.

- A child may believe she causes a parent to drink too much
  - A child may believe that she is the only child with alcoholic parents
  - A child may simply not feel safe about discussing what's happening at home
  - A child may be afraid of losing her parents if she speaks up about it
  - A child may be unable to verbalize what she feels
  - A child may not know how to express her needs
  - A child may not understand what "alcoholism" or "addiction" is
  - A child may have told someone there was a problem with parental drinking and was given one of the following responses: nothing was done; or she was told there was no problem, she was making it up or imagining it; she was told not to talk about it, or possibly was even punished for speaking about it.
  - A child may not trust anyone enough to disclose personal information
  - A child may believe that if she says anything that she will no longer be liked or have friends
  - A child may believe that she is unworthy of help
  - A child may feel too embarrassed or ashamed that her parents have a drinking problem
  - A child may believe that the amount her parents drink is normal and any problems created because of the addiction are normal too
- A child may believe that if she says anything about parents drinking too much that she has betrayed them or will be betrayed by them a child may believe that this information will embarrass her or his elders

These are only a few of the reasons why a child may not openly express that there is a problem at home. Many children of alcoholics become masters of disguise at a very young age and are able to appear as if nothing is wrong in their lives. A good rule is if you feel there may be problems in a child's home, pay attention to that feeling and check it out. When we follow our gut-feeling, it usually pays off.

**Learning Center  
Evening Hours  
for the week of  
October 14-18**

**Tuesday, October 14, 4-8 pm  
Wednesday, October 15, 4-8 pm**

**The Learning Center would  
like to extend a Thank You  
to Bev and Dennis Huber  
who recently donated dictio-  
naries to the center. It is  
much appreciated!**

*Happy Birthday  
Ray Dwelle  
October 16, 1996  
from the Staff & Faculty*



# TJES NEWSLETTER

Issue No. 3

October 4, 1996

## Dollars for Schools.

Dan's Super Markets in Bismarck and Bill's Super Valu in Mandan are once again running the Dollars for Schools program in their grocery stores for the next six months. This cash award program is intended for use in enhancing basic education. These funds are used to purchase books for our RIF Program. When you shop at these grocery stores please designate TJES as the school you would like your receipts to be directed. Thank you from the students and staff of TJES.

## KINDERGARTEN KCLASS:

*The children are busy working their way through the alphabet doing activities that practice writing, cutting, gluing, etc. We are doing mini-units about the life cycle of a butterfly and about apples. Next week on Tuesday, we will be going to the Pumpkin Patch north of Bismarck. We will have to leave right at 8:30 that morning so everybody must be on time! More on this later!*

## 1ST GRADE NEWS >>>

*The first grade class visited Papa's Pumpkin Patch on Monday, Sept 30. Everyone received a free pumpkin. It was a wonderful day! We are participating in the Book It program. Our class goal is 12 books a month. We are beginning to do addition in math and are finishing up our review of the alphabet. Keep reading with your child. It's important.*

## GRADE 2 NEWS...

*We are into Unit 2 in Math which is EXPLORING ADDITION. We are counting on adding 1, 2 and 3 numbers. As an introduction to a unit on*

*Spiders, we read the story HOW SPIDER GOT HIS THIN WAIST. Ask your child to retell this story to you. The students seem to show a great interest in these creatures. We did a study on THE LIFE CYCLE OF THE BUTTERFLY in science. We now have two caterpillars in the PUPA stage. We aren't sure if we'll have moths or butterflies.*

## 3RD GRADE NEWS:

*On Fridays we have our Spelling Test. Today the children that studied did very well. It is necessary to study the Spelling List each week with your child. Please ask your child for their Spelling List on Tuesdays. If you go over the words once or twice*

## OCTOBER BIRTHDAYS

Ms. Mickey - Oct 3  
Lesley Eagle Heart - 3rd Grade - Oct 4  
Jessica Medina - 6th grade - Oct 4  
Grant Steffen - Kindergarten - Oct 5  
Jeni Star - 2nd Grade - Oct 6  
Antoinette Lohnes - 1st Grade - Oct 9  
Mrs. Richardson - Oct 10  
Carleen Spotted Bear - 3rd Grade - Oct 11  
Vanessa Two Bulls - 4th Grade - Oct 22  
Justin Medina - 5th Grade - Oct 22  
Anthony Ten Fingers - 5th Grade - Oct 22  
Christopher Dillon - 3rd Grade - Oct 23  
Tabitha Long Chase - 1st Grade - Oct 25  
Chauncey Black Spotted Horse - 8th Grade - Oct 26  
Mrs. Jechort - Oct 26  
Dustin Marrowbone - 1st Grade - Oct 27

HAPPY BIRTHDAY TO ALL OCTOBER BIRTHDAYS!!!

*a night with your student I think you will notice a big improvement. We will retake today's test on Monday. I hope you will help your child over the weekend. Thank you! Mrs. Kauffmann*

#### **4TH GRADE NEWS...**

*4th Grade began a unit on computers this week. Students will make their own computer dictionary. We also studied similes this week and wrote poems using similes. Watch for the 4th Grade Poetry Anthology coming next week!*

#### **5/6TH NEWS >>>>>**

*The 5/6th grade classroom has finally leveled off to 24 students, 12 in each grade. We have a girls basketball game against Richholt Elementary School of Bismarck on Saturday at 10:00 am. Come and cheer us on! The team members are Amanda, JoElla, Nichole, Jessica, Mary, Elena, Bareil, Vanessa, Kristen, Erica, and Tanya. We lost our game last Saturday to Saxvik, 27 to 12.*

#### **MUSIC NOTES...**

*The month of September was spent learning many Native American songs, games, and dances. We did the Ute Bear Dance and played "bear growlers" (rasps) to accompany the dance. In connection with the bear dance, we read a book called "The Night the Grandfathers Danced", a beautiful story about young girls asking the grandfathers of the*

*tribe to dance. Another story and song the children enjoyed was about a meadowlark and snake. Some of the other songs and dances experienced were the Mohave Bird Dance, Choctaw Raccoon Game Song, Mooki Mandan Dancing Song of the Skunk, Song for Mother Earth (with Orff instruments), Canoe Song and Indian Lullaby, also with Orff instruments. Some of the classes also watched a video of the American Indian Dance Theater, a wonderful presentation of many dances performed on stage with scenery, lights and props.*

#### **RMC NEWS:**

*Don't forget the parent checkout corner is open every Tuesday evening from 4 to 5 PM. Mrs. Frey will be there to help you with materials or call ext 306 for information. We have one parent volunteer to help select RIF books. Thank you Verzella. If anyone else is interested, please call me ext 306. The TJES Book Club is off and running. If your child brings home any of those little orange, purple, blue, green, yellow, or pink slips, please sign them and verify the minutes that they read. The teachers tabulate them on Thursday and the students redeem the coupons earned for prizes every Friday (in other words-they get "paid" to read). Please encourage your child to read or if you have questions, contact your classroom teacher or call ext 306.*

#### **News from the Blue Building...**

*Greetings from the Blue Building. We have been busy watching for changes in our world. We've noticed leaves changing color, temperatures dropping and a spot of frost. You might have noticed some big bubbles coming from our building too. Encourage your child to talk about the activities that happen in school. This is a great time to talk with your child. Encourage your child to express his excitement for Halloween. What character does he want to dress up as? Why? What things will he need? What characters have you dressed up as? Schedules were a little different last week as Mrs. Jechort, Mrs. Krabbenhoft and Mrs. Melby attended portions of the IRA conferences held in Bismarck. Even teachers go to school!*

#### **TITLE IX NEWS >>>>**

*The field trip to the 5 Nations Art Depot and On-the-Slant Village was very interesting. First, at the art depot, we were given a presentation by Dakota on many items of art. He also played 3 different flutes for us. We were allowed to pass everything around to enjoy it even more! At Fort Lincoln, we first went through the museum and viewed a film about the museum and the area. Then we toured On-the-Slant Village. Some were able to enjoy that at a slower pace as others got too wet on a rainy day! All in all, it was a great field trip. Thanks to all the chaperones. Rita Co. has done presentations on Lakota language and some*

*traditional items of her own family in all the classrooms. She has much to share and we are lucky to have her in our school. It was good to see the students showing her respect. Thanks for sharing, Mrs. Condon! At Homework Club, we have had VERY good attendance. It's great to see so many students concerned about getting their work completed! Snacks and juice are provided so the students can make through that hungry hour. PARENTS--please come and help out if you have time. It's really a great time to be a part of your child's education. We are always searching for someone to do cultural presentations at our school in the areas of dance, traditional items, food, and art--or any other ideas that you may have. If you have something you would be willing to share with us or know of somebody who would, please talk to Brenda Rhone or Sam Azure at the Elementary School.*

CITIZENSHIP SKILLS  
FOR WEEK OF OCT 7-11  
IS "BEING FRIENDLY,  
SMILING AND GREETING  
PEOPLE IN A FRIENDLY  
MANNER."

FAMILY NIGHT, OCT  
10TH IS GYM NIGHT.  
WE WILL HAVE USE OF  
THE LARGE GYM FOR  
BASKETBALL,  
VOLLEYBALL, KICKBALL  
AND OTHER GAMES.  
IT'S A CHANCE TO PLAY  
GAMES WITH YOUR  
CHILDREN!!!

**TJES COMING EVENTS:**

OCT 9 - PARENT  
BREAKFAST - 7:45 AM

OCT 14 - SCHOOL BOARD  
MEETING - 5:00 PM

OCT 18 - RIF DAY

OCT 21-25 - RED  
RIBBON WEEK

OCT 31 - HALLOWEEN

**HOMEWORK CLUB**

MONDAYS, TUESDAYS &  
THURSDAYS  
AFTER SCHOOL UNTIL  
4:45  
SNACKS AND BEVERAGE  
PROVIDED!!!



## Reading At Home

Reading is one of the most important skills that a child can learn. As a parent, you can play an important role in developing this skill with your child. Just taking a little time each day reading with your child can help ensure a rewarding experience in reading and family enjoyment. Following are a few things you can do to help your child become a successful reader.

1. Set aside 15 minutes a day to read to your child. Once finished, discuss what was read. Let older children read to you.
2. Ask your children to read to each other. They will develop a habit that will become a quiet and happy part of every evening.
3. Let your children see you enjoy reading, so they will know that reading is important to you.
4. Each child should have books of their own and a place to keep them. This will help develop a sense of pride and accomplishment.
5. When reading to your children, choose a quiet time when you are unlikely to be interrupted – a time your children will know is just for them.
6. Allow your children to choose some of the books you read to them.
7. When your child reads to you, give her time to figure out unknown words. If the child cannot sound out the word, tell him the word. Expect beginning readers to read slowly and without much expression.
8. Take time to look at the pictures with your children and help them identify familiar letters and characters which will add to the understanding of the story being read.
9. When possible, take your child to the public library to select books to read. Help your child select books that are appropriate for his reading level. Also, let your child select books that are of interest to her.



## A Note to Parents —From the Counselor's Corner

The TJES Counselor's Office moved from the main building to Bldg 51, North Door, next to grades 7&8. You are welcome to stop in to visit, call me at ext 236, write me a note or any other manner of communication. I am here to be of service to you and your children.

**HOME VISITS** — I have made approximately 20 home visits. The purpose is to meet you, to discuss how things are going for you and your family, and an opportunity to share concerns. I do just drop in, so if it's not a convenient time, I will come another time.

**CLASSROOM GUIDANCE** — I teach each class, K-8, once a week. Grades K,1 & 3 we are using a Domestic Violence Prevention Curriculum. Topics Include: Feelings, Families, Anger Management, Choices, Abuse, Safety, Assertiveness, Grief, Separation and Alcohol Abuse. From time to time students will bring home color books or activity sheets on these topics. Do take a few minutes to share and talk about the topics. In Grade 2 we are Using THE SPIRIT WITHIN which is a collection of Ojibwe stories and pictures that teach much of the same lessons as above. Grade 4 has been playing guidance games. We will be starting the POSITIVELY SOLVING PROBLEMS program. This uses videos and classroom discussion and activities. In grades 5-8, the lessons have included goal setting, values and some study skills. Careers and other special topics will be coming up.

**PARENTING CLASS** — Wanda Walker, ext.277 is teaching a parenting class on Wednesdays from 3-4 pm. It is offered for 1 credit -BUT - anyone can join the class at anytime, just let her know. Parenting is the biggest and toughest job you will ever have. Take the opportunity to learn more and share.

**RED RIBBON WEEK** is a Chemical Abuse Prevention/Awareness Week. There will be a meeting to plan a Sobriety Dance and other events on:

**Tuesday, Oct. 1**

**4:00 pm**

**TJES Counseling Office  
in Bldg. 51, North Door.**

Parents, Students, and Staff are invited to join in the planning. Bring your ideas and enthusiasm. All input is welcome.

**FAMILY ACTIVITY NIGHT (SAY NO CLUB)** is up and going. Royce Irwin and myself, Barb Danks are co-advisors. The fall activities are scheduled. For next semester, it would be good for a parent committee to propose the 2nd semester activities. Your ideas and suggestions are important. This is your club.

**INDIVIDUAL AND GROUP COUNSELING** is available for all students. If you have a concern regarding your child, you can make a referral and request that I work with your child. Another possibility is that I can refer you to another agency in Bismarck. There are many excellent resources available and you certainly can make use of them.

**CITIZENSHIP PROGRAM** : We are beginning with practicing MANNERS.

**Have a Great Year!**



CITIZENSHIP SKILL

# BE FRIENDLY

## SMILE

Smiling is contagious..

Friendly people smile at each other.  
Smiles show and build self confidence.  
Smiles and friendliness are a great way  
to make friends and to be liked.

## GREET PEOPLE

with a smile and a  
"Good Morning or "Good Afternoon."

It is easy to smile at our friends.

Do something better,  
be friendly to all you meet.

## GENEROSITY