

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 5 NO. 10

October 28, 1996

Weekly Menu

Oct. 28 to Nov. 1

DINNER

- Mon.-Goulash, Vegetable, Dinner Bun, Salad Bar, Assorted Fruit, Assorted Vegetable 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.- Halloween Menu
- Fri.- Fishwich and Chips, Dessert, 2% Milk

Nov. 4

- Mon.- Spaghetti with Meat Sauce, Garlic Toast, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable 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

FROM THE OFFICE OF THE ART/MUSEUM GALLERY

Looking for Christmas presents? Someone having a baby? Or simply just want to buy something for yourself?

Here are a few ideas for you from the Art Gallery...

1. Three beautiful hand made baby star quilts or wall hangings for sale, made by Delores Long Elk, Bismarck, ND. Please call Sandy for price and details of quilts at ext. 331.
2. I was asked by some of the State inmates to provide you with specific times and photos of their work. They would like to have your business in the area of arts and crafts. This helps them in providing an income for them and their families. Below is a schedule of the time you can call to either place an order or make other arrangements regarding your purchase. At this time the guard on duty in the arts and crafts office is Rose.

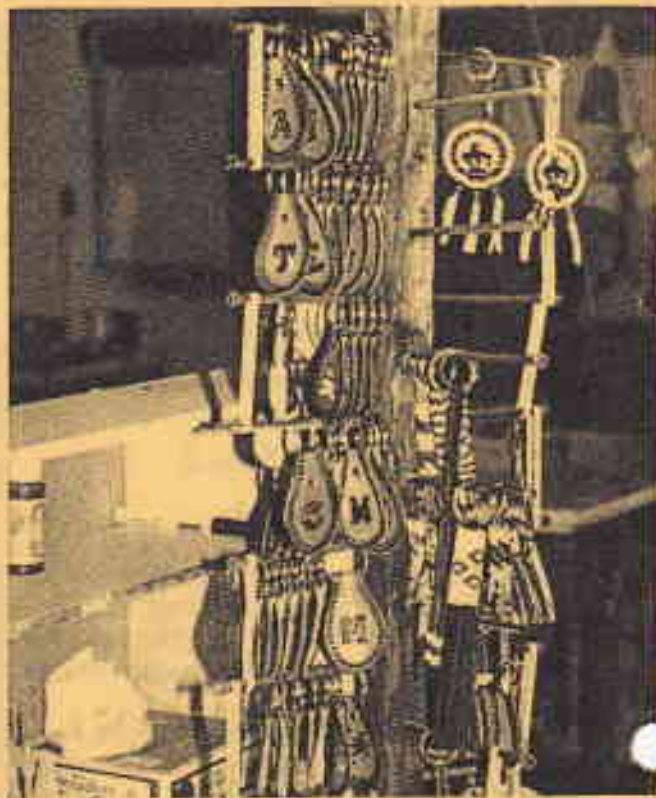
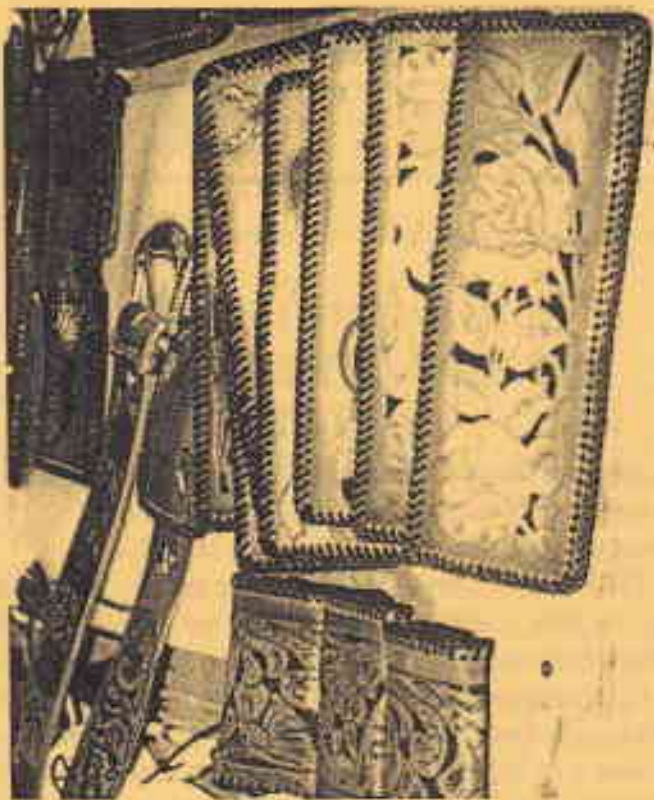
Arts and Crafts Office
(701) 328-6244

Monday through Friday: 7:00 am - 10:40 am
12:00 noon - 2:40 pm

If no answer leave a message on the voice mail. If you call long distance, they cannot call back unless you have a 800 number. If you are unable to reach them the first time, please try again.

If you still need assistance with ordering, please give me a call and will be more than glad to help you, ext. 331, Sandy Poitra.

The inmates do leatherwork, (key chains, small mirror drums, earrings, billbols, checkbook covers, belts, etc.) ceramics, (horse lamps, pitcher and basin, warrior head lamps). Some of the inmates do special orders on art work such as dolls, as well, ask me for details.






Exhibit of UTTC Art Gallery Collection

Bismarck Arts and Galleries will be exhibiting around 30 pieces of art from the United Tribes Permanent Art Collection from November 5th through 17th. There will be a reception on Friday, November 8, 1996 from 5:30 p.m. to 7:30 p.m. United Tribes will be providing the fry bread and wojapi. Everyone is invited to attend. There is no admittance charge, this is free to the public. Mr. LeRoi Laundreaux will be host at this reception.

The Exhibit Collection Showcase will feature artists such as: Mr. LeRoi Laundreaux, Mr. Butch Thunderhawk, Mr. Russell Parshall, Mr. John Beheler, Ms. Kathy Whitman, Mr. Alfred Belgarde, Mr. Alfred DeCoteau, Mr. Wayne Gunville, Mr. Charles McLaughlin, Mr. Ed Defender, Mrs. Rose Cree, Mr. Larry DeCoteau, Mr. Daryl No Heart, Ms. JoEster Parshall, Mr. Ken One Feather, Mr. Tom Red Bird, Mr. Marvin Bald Eagle Young Man, Mr. Bryan Crawford Akipa, Mr. Bruce Two Shields.

The address and location of the UTTC Exhibit is: **Bismarck Arts and Galleries, 422 East Front Ave., Bismarck, ND 58504, 223-5986, Executive Director is Ms. Jan Webb.**

If you need or want more information on this exhibit showcases, inmate products, or star quilts, you may call Sandy Poitra, Cultural Arts at ext. 331.

**Learning Center
Evening Hours
for the week of
October 28- November 1
Tuesday, October 29: 4-8 pm
Wednesday, October 30: 4-8 pm**

*A Big "Thank You" to the
staff & students of UTTC
for thinking of us during the
loss of our father and grandfather.
True, Wenelle & Kids*

HOUSE INSPECTIONS

November 8 - 9:00 am

December 13 - 9:00 am

News from the Vice President's for Academic Affairs Office

I am pleased to inform you that the teacher(s) referred to below have been included in the fourth edition of Who's Who Among America's Teachers, 1996.

All of the 120,000 listed teachers were selected by one or more former students who themselves were listed in either Who's Who Among American High School Students or The National Dean's List. There is no greater honor for a teacher than to be recognized for excellence by former students, especially when those students represent the best high school College students in America today.

Sheri Barking Baker - Office Technology Director/Instructor

Pamela Jo Carlascio - Hospitality Management Director/Instructor

Kass Hewson - Criminal Justice Director/Instructor

Betty Anita Elizabeth Schaff - Early Childhood Instructor

Congratulations !!!

Val Finley, Jr.

Vice President for Academic Affairs

SPECIAL NOTE TO ALL INSTRUCTORS:

All book orders, for Spring Semester, need to be turned in to Joan at the Bookstore.

**By 11-4-96, thank you for
your cooperation.**

Information for the
Next Newsletter
no later than November 1
to Arrow Graphics
Attn: Wanda Swagger



Student Health Center Notes:

Due to the limited number of staff & students wishing to obtain a flu shot at Ft. Yates PHS. The Student Health Center will transport **ONLY** on Friday, November 1st. The van will leave from Student Health at approximately 9:30 am. Please call ext. 247 or 286 to sign up. Limited space is available on the van. Sack lunches will be provided.

Students who are referred to local clinics, hospitals, ER, etc. **must** return the 1/2 white sheet of paper that has the doctors diagnosis and treatment to the SHC or the medical bill may not be paid. If a student is seen in ER, the student must notify the SHC within 72 hours or the SHC has the right to deny payment of the medical bill.

Letters were sent to parents/guardians of those children who are in need of immunizations. The parent/guardian must accompany the child when the immunizations are given. The parent must also bring their copy of the child's immunization record with them.

The Student Health Center is open on weekends. Please utilize the services during the weekend to decrease the "mad rush" on Monday morning. The weekend hours are as follows: **SATURDAYS - 9:00 am to Noon, SUNDAYS - 10:00 am to Noon.**

Thank you to Joan Silk (Bookstore Manager) for items donated for the Sobriety Dance door prizes. We appreciate your donation.

Attention Deficit Hyperactivity Disorder/Opposition Defiant Disorder

Due to the increase of diagnosis' of Attention Deficit Hyperactivity Disorder/Opposition Defiant Disorder among our children, I feel it is necessary to start a support group for parents on campus.

I have alot of information and support from various agencies, counselors, nurses, teachers and a clinical psychologist.

We would like to be an outreach to families, provide individual guidance, offer referral services to appropriate services, and provide information/education, resources about this condition.

As we are a tribal college, I would like to empower Native American families and support their efforts on behalf of our sacred children.

Please notify Suzanne Cadotte RN, at the Student Health Center as soon as possible so I can immediately set up a time that we can meet and discuss a good time frame for all of us to meet on a regular basis. Call me at ext 247.

Thank You.

"Maybe you know my kid. He's the one who says the first thing that comes to mind. He's the youngster who can't remember a simple request. When he scrapes his knee, he screams so loud and long that the neighbors think I am beating him. He's the kid in school with ants in his pants who could do the work if he really tried. Or so his parents have been told over and over again." Drawn from Mary Fowler's (1990). Used with permission. It is a developmental disability estimated to affect between 3-5% of all children (Barkley, 1990). The disorder is characterized by three predominant features: inattentiveness, impulsivity, and in many but not all cases, hyperactivity.

What causes ADD?

Scientific evidence suggests that the disorder is genetically transmitted in many cases, and caused by a chemical imbalance or deficiency in certain neurotransmitter that regulate the efficiency with which the brain controls behavior.

What are the signs of ADD?

Inattention. A child is usually described as having a short attention span and as being distractible. The child will have difficulty concentrating on tasks that are routine or boring, listening, beginning or finishing tasks, and following directions.

Impulsivity. The child often acts without thinking, and has great difficulty waiting for his or her turn.

Hyperactivity. (Poor motor control). Many (but not all) children with ADD are hyperactive. This child runs or climbs excessively, has difficulty sitting still, fidgets, and engages in physical activity not related to the task, such as frequent pencil sharpening, falling out of his or her chair, finger tapping, or fiddling with objects.

Disorganization. Inattentiveness and impulsivity often cause the child with ADD to be very disorganized.

Social Skill Deficits. The child with ADD is often described as immature, lacking in self-awareness and sensitivity, and demanding of attention.

How do I know for sure if my child has ADD?

There is no simple test, such as a blood test or urinalysis, which will determine if a child has this disorder. An accurate diagnosis requires an assessment conducted by a well-trained professional, usually a developmental pediatrician, child psychologist, child psychiatrist, or pediatric neurologist.

What does an ADD Assessment involve?

1. A thorough medical and family history.
2. A physical exam.
3. Interview with the parents, child and child's teacher.
4. Behavior rating scales.
5. Observation of the child.

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6. Psychological tests which measure I.Q. and social and emotional adjustment, as well as screening for learning disabilities.

How do I get my child evaluated for ADD?

If you suspect an attention or hyperactivity disorder, contact your child's teacher, pediatrician or early intervention services that are available in your area.

How is ADD treated?

There is no cure or "quick fix" when treating ADD. Widely publicized "cures" such as special diets have, for the most part, proven ineffective. ADD generally requires these basic components about the disorder, training in the use of behavior management, medication when indicated, and an appropriate educational program.

How can I help my child improve self-esteem?

Most undiagnosed and untreated children with ADD suffer from low self-esteem. To encourage a good sense of self this child must be helped to recognize personal strengths and to develop them. These are not children who can't or won't. They can and do. It's just that "can" and "do" come harder for them.

Does my child need special education?

Approximately one half of the children with ADD are able to learn satisfactorily and perform to their ability levels within a regular education classroom when the disorder is recognized, understood, and when curriculum adjustments to the regular program of instruction are made.

What are my child's legal rights for special education?

Numerous sources are available to provide information about your child's rights to receive a special education and related services. For an in-depth explanation of the laws governing the rights of children, contact the National Information Center for Children and Youth with Disabilities.

Where can I find a parent support group?

There are support groups within the Bismarck-Mandan area. The Student Health Center at United Tribes are in the process of organizing a support group for parents on campus to possibly begin the second semester 1996. Any parent wishing further information, please contact Suzanne Cadotte RN, ext 247 for further details.

Chemical Health Center

The Chemical Health Center hosted an Open House held on October 22, 1996. We had 70 guests who came to join the fun and we gave out door prizes to all who came. We also had three unexpected guests two witches and one priest who came to join the fun! The Center is all dressed up for Halloween, so those of you who couldn't make it over for Open House come on over for Halloween treats Thursday. Have a happy but safe Halloween and remember: DON'T DRINK AND DRIVE.

Compulsive Gambling

The Illness:

In 1980 the American Psychiatric Association accepted Compulsive Gambling as a disorder of impulsive control. This illness is listed in DSM-III-R (page 193) and is a diagnosable, treatable disease.

Progression of Gambling:

Compulsive Gambling has three phases; the winning phase, the losing phase and the desperation phase.

The Search of Action or the Winning Phase: Winning enhances self image and ego. Losses are rationalized.

The Losing Phase: Losses increase, status jeopardized. They borrow money to try to get even, and they lie about winning. At this point there is family disputes over money. Danger signs is that they put gambling over their employment.

The Desperation Phase: The person becomes obsessed with gambling. The person panics at the thought of not being able to gamble. The person begins to experience mood swings and this causes problems in the family.

Recovery:

Compulsive Gambling is a diagnosable, treatable illness that affects the gambler, the family and the employer. It has caused a hidden illness since there is no smell on the breath, no staggering or slurred speech, but it is just as destructive as alcohol or drug addiction.

What is Domestic Violence?

The American home is the most dangerous place an American woman or child can be according to nationwide statistics. An incident of domestic violence occurs once every eighteen seconds.

Often the abuse is physical. These are the most visible victims of violence those who suffer bodily harm.

But there are other kinds of abuse as well: sexual, verbal, emotional abuse. Besides these active abuses, passive neglect--physical or emotional causes additional harm to family members.

All kinds of abuse and neglect damage the victims' emotional and physical well-being, as well as the way they think of themselves. We're only beginning to understand the harm caused to children raised in abusive homes. Crisis intervention (by law enforcement officers and other professionals) is an important key to breaking the cycle of violence. But only expanded community awareness of the issues surrounding domestic violence and preventive education among the young provide long term solutions.

Native American can define the roles of men and women within their family. The most important that follows the traditional heritage is that of mutual respect of all creatures and mankind.

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We must change the pattern of behavior of the abuser or the violence will intensify.

NE CENTURY CODE 14-07.1-01 defines adult abuse as "physical harm, bodily injury or assault on the complaining adult, or the imminent threat thereof." Verbal threats may also be considered abuse under the statute. In addition, the ND Supreme Court has held that mental anguish and incest may constitute abuse as well.

TEMPORARY PROTECTION ORDER ++ is granted when a victim alleges an immediate and present danger of abuse based on a recent incident or threat.

EMERGENCY PROTECTION ORDER ++ available as a substitute for a Temporary Protection Order when a district or county judge is not available.

DOMESTIC VIOLENCE PROTECTION ORDER ++ determines at a full hearing that abuse is imminent.

NO CONTACT ORDER ++ prohibited the person from having contact with the victim.

NO CONTACT LANGUAGE ++ no verbal contact.

If you feel you are in any abusive situations and feel you need help, please contact the Student Health Center of anyone you know that will support you for information or statewide service immediate area.

**Student Health
Center Hours**
Monday - Friday
8 am - 4 pm
Saturday
9 am - Noon
Sunday
10 am - Noon
(Use back door on weekends)

Baby Safety Month

October Is Baby Safety Month

What is Trauma?

Trauma is defined as any injury that disrupts your body's life system. It is the number one cause of death for people between the ages of one and forty four. Nearly 100,000 people in the US die from trauma each year.

* Over 50% of motor vehicle deaths are caused by drinking alcohol or not using a seat belt.

* An unbelted driver or passenger in a 30 mph crash hits the windshield of the car with the same impact as a fall from a three-story building.

* One severe home injury happens every nine seconds. Half of those happen to children under five.

* Trauma costs the American public over \$143 Billion each year in medical bills, lost wages and lost productivity.

* Trauma causes 44% of all deaths in children between one and four years of age.

What is a Trauma Center?

As a trauma center, a dedicated team of health professionals is available 24 hours a day to evaluate and treat trauma victims. Because of the work of this team, most people survive their injuries, and many return to active productive lives.

Accidents Don't Just Happen.

Some simple steps you can take to reduce your risk.

Most injuries to adults, and nearly all injuries to children can be prevented. Simple precautions can be taken to avoid injury to yourself and to others. Alcohol is also a factor in most injuries. As average of one person every minute is injured in an alcohol related crash. Here are some steps you can take to prevent trauma from happening to you.

In A Car

DO place children correctly in approved safety seats.
DO designate a driver if attending a party where alcohol is being served.

DON'T rely on the air bag without using your seat belt.

At Home

DO have an escape plan with two ways out in case of fire.
DO have smoke detectors and change batteries every 6 months.

DON'T ever use gasoline to start a fire.

With Firearms

DO learn the proper way to handle firearms by attending approved classes offered by trained personnel.

DO store ammunition in a separate place from firearms.

DON'T assume you can protect yourself with a firearms - it may be used against you.

HAPPY HALLOWEEN

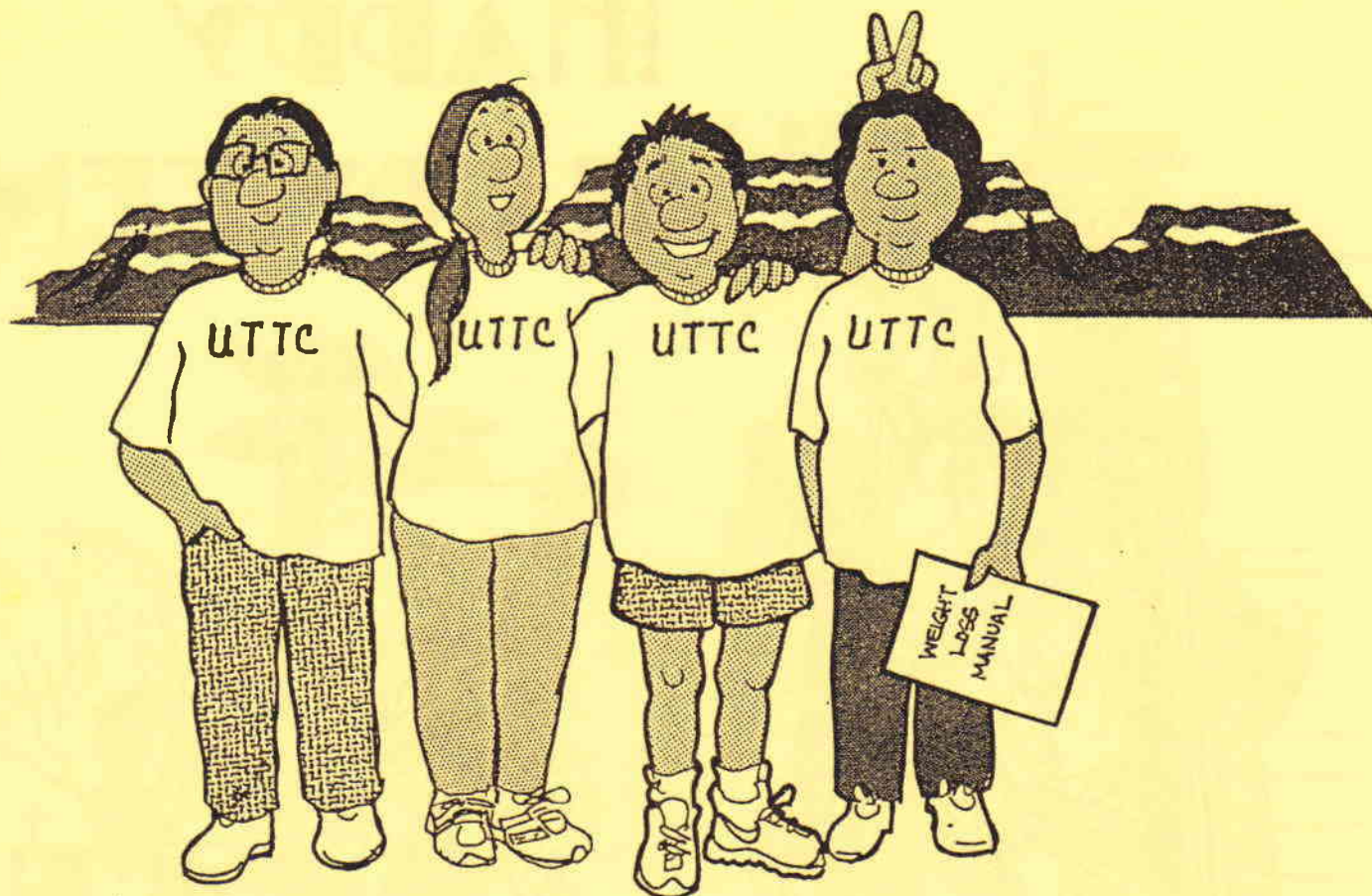


HALLOWEEN COSTUMES

of all shapes and sizes

- Rentals
- Order early for best selections
- By appointment

221-3080



JOIN THE WEIGHT LOST PROGRAM

- 1. Six Week Schedule Nov. 1, 1996 - Dec. 13, 1996**
- 2. Registration Nov. 1, 1996 - 3:00-5:00 pm, Rm 111
Fee \$10.00 (non-refundable)**
- 3. Nutritional Education/Diet - Behavioral Modification**
- 4. Realistic weight loss goal: age/height related**
- 5. Weekly weigh in**
- 6. Exercise program**
- 7. Incentive Awards**

Student Health Center

BINGO

Friday, November 1, 1996

**United Tribes Cafeteria
Doors Open at 6:30 p.m.
Games Begin at 7:00 p.m.**

**3 on 1 paper cards - \$5.00 • Extras - .50¢
Children Cards are .25¢ each
(12 years and under - Children's Payout \$10.00)**

... Two (2) Free Early Games ...

E-Z Money Blackout at 75 numbers for \$75.00

Blackout at 52 numbers for \$120.00

... DOOR PRIZES ...

AMERICAN INDIAN FILM INSTITUTE

NATIVE AMERICAN SCREENWRITERS' FORUM

NOVEMBER 6 — 7 1996

SAN FRANCISCO, CA

WEDNESDAY NOVEMBER 6

AMC KABUKI THEATER

- 8:30AM** NASF Registration
Continental breakfast
- 9:30AM** Welcome and Opening Statements
Michael Smith, AIFI President
- 10AM** Presentation: Gerald Visenor
UC Berkeley
Screening: *Harold of Orange*
- 11AM** Presentation: Michael Doxtater
- 11:45AM** Introduction of NASF Presenters
Valerie Red-Horse
Joe Bratcher
Shirley Cheechoo

NOON — 1:30PM

LUNCH

FIRST UNITARIAN CHURCH

- 1:30PM - 3PM** Joe Bratcher
Fundamentals of Screenwriting
Part 1: 6 Steps to a Great Story
- 1:30PM - 3PM** Michael Doxtater
TBA
- 3:30PM - 5PM** Joe Bratcher
Part 2: Classic Structure
- 3:30PM - 5PM** Valerie Red-Horse
Case Study of *My Indian Summer*
CBS TV Afterschool Special

DINNER

7:30PM

**NASF SOCIAL
FILM VIEWING**

NASF REGISTRATION FEE: \$105.00

(INCLUDES COURSE MATERIAL; LUNCH 11/7; RECEPTION, PALACE OF FINE ARTS ON 11/7; AND FESTIVAL TICKETS FOR 11/7 & 11/8)

SITES: AMC KABUKI 8 1881 POST STREET, SAN FRANCISCO, CA

FIRST UNITARIAN CHURCH 110 FRANKLIN STREET, SAN FRANCISCO, CA

OCT-07-1996 16:11

1415 554 0542

95%

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AMERICAN INDIAN FILM INSTITUTE

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AIFI
NATIVE AMERICAN SCREENWRITERS' FORUM

THURSDAY NOVEMBER 7

FIRST UNITARIAN CHURCH

9:30AM - 11:30 AM

Joe Bratcher
Part 3: Character Character Character

9:30AM - 11:30 AM

Shirley Cheechoo
Taking Your Own Steps

NOON

LUNCH
Special Guest: Greg Sarris, writer/producer
Grand Avenue a film for HBO

1:30PM - 3:30PM

Joe Bratcher
Part 4: Keep on Writing

1:30PM - 3:30PM

Valerie Red-Horse
The Business of Writing and
Selling Your Story in Hollywood

3:45PM - 4:30PM

NASF Wrap-up, all participants

6PM

**OPENING NIGHT RECEPTION:
21ST ANNUAL AMERICAN INDIAN FILM FESTIVAL
PALACE OF FINE ARTS**

NASF LODGING: MIYAKO INN 1800 SUTTER STREET, SAN FRANCISCO, CA
415/921-4000 FAX 415/563-1278
ROOM RATES: \$69 SINGLE/ \$79 DOUBLE

Registration: Please send payment of \$105.00 (US funds) in full to:

AIFI/NASF 333 Valencia Street, Suite 322 San Francisco, CA 94103 415/554-0525 fax 415/554-0542



STUDENT SUPPORT SERVICE



The Student Support Service Program at United Tribes Technical College is a program designed to assist students in developing self-reliance, self-determination, independence, and academic achievement.

The SSS provides academic, personal, financial, and vocational counseling for eligible participants. It also provides referrals to other campus departments and agencies as deemed necessary by student needs.

The staff for Student Support Service are:

Mr. Andrew Rendon, Director, Room # 113, Ext. 239.

Mrs. Marjorie Palaniuk, Math Instructor, Room # 115, Ext. 292.

Mr. Dorvin Froseth, Math Instructor, Room # 107, Ext. 207.

Mrs. Vivian Gillette, Counselor, Room # 115, Ext. 234.

Students and Staff stop in any of our offices to visit or discuss an important matter that you need to have solved.

HANG TOUGH. STAY IN SCHOOL.

Maybe you think school is too hard.
Or too boring.

But don't quit!

If you walk away this time, chances
are you'll be ducking challenges for the
rest of your life.

If you want to prove something,
stay in school.

**FREE CLOTHES AT THE SKILL CENTER
IN THE EXHIBIT HALL
TAKE WHATEVER YOU WANT!!!!!!!!!!!!!!**