



# W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 5 NO. 13

November 18, 1996

## Weekly Menu

*Nov. 18 to Nov. 22*

### 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

*Nov. 25*

- 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  
Tues.- 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

## Parent-School-Community Organization

November 20

12 to 1 (Lunch provided)  
at Russell Hawkins Conference Room  
(North East Corner of Campus)

The purpose of the organization is to support TJES' mission to education our children. Another PSC purpose is to work with other UTTC organizations and departments to provide fun, healthy and educational activities for our children and their families. The name is changed from PTO to PSC (Parent-School-Community). This change expands membership from TJES Parents, to include all adults members (Parents and Staff) of the UTTC Community, who want to be involved. The name change also reflects that we are a "Village" that works together. Come and bring a friend.

## Youth Power

For Students Grades 6 through 12 and  
their parents or guardians.

Youth Power is a youth group that assists youth to develop their leadership skills and makes positive contributions to their community.

The Youth Power Team will pick their own name, decide what projects to do, and carry them out.

To get our Youth Power Team going, I need to know who is interested.

1. If you are interested, fill out the form attached, and return to Barb Danks at TJES and/or call me at TJES, 255-3285 ext. 236 or 304 or home: 222-4570.

2. This is a UTTC Youth Power Team. So any students, Grade 6 to 12, living on Campus, going to school on campus or otherwise associated with UTTC is eligible to join.

3. Attend the Youth Power Kickoff Event, which is about 6 hours. This will be an opportunity to learn how to have a successful Youth Group. We will plan, share ideas, have fun, participate in activities, and learn how to be a leader and a participator of a group.

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4. JUST SAY NO INTERNATIONAL is an international, nonprofit organization that sponsors Youth Power Teams. They will sponsor the Kickoff event and help us in any way they can, to get set up. (For your information, Students in Mandaree have two Youth Power Teams in their community.)

5. The Youth Power Team needs Adult Advisors. Who, in our UTTC Community, would you like for an Adult Advisor? Suggestions:

\_\_\_\_\_ The Advisors receive additional training.

\_\_\_\_\_ If you have questions, or want more information, contact me.

**Great American  
Smoke Out  
Thursday, November 21**

**4 Sale:  
Konica 35mm Camera  
Valued at \$130.00  
Now at \$80.00  
Call Terry, Ext. 296**

**Learning Center  
Evening Hours  
for the week of November 18-22  
Tuesday, November 18: 4-8 pm  
Wednesday, November 19: 4-8 pm**

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I am interested in being a member of a Youth Power Team

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Grade: \_\_\_\_\_

School You Attend: \_\_\_\_\_

Parent or Guardian: \_\_\_\_\_

I would attend the Kickoff Event:

\_\_\_\_\_ Yes \_\_\_\_\_ No

The best time to have a Kickoff Event is:

\_\_\_\_\_ 2 or 3 weeknights \_\_\_\_\_ A Saturday afternoon

\_\_\_\_\_ A Saturday evening \_\_\_\_\_ A Sunday

I need more information

\_\_\_\_\_ Yes \_\_\_\_\_ No

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## Is Indian Gambling a Bad Bet? New Studies will Decide

DENVER - Over the past 20 years, legalized gambling on Indian reservations in the United States has grown from a minor tourist attraction to a multi-billion dollar business.

Although it might seem that the fancy casinos in Nevada and Atlantic City, N.J., are where most gambling takes place, most of it really happens on Indian land: Of the 32 states that offer casino gambling, only three of them do not have any casinos on reservations, and only six states have casinos both on and off the reservation. Of the remaining 23 states, every single casino is on an Indian reservation.

The positive side of these statistics is that many Indian communities now can afford a higher standard of living. As money from the casinos flows back into Indian communities, tribes are investing in better education, medical care and housing.

But there also is a negative side to these riches: Compulsive gambling amongst Indians. Recent studies have found a tie-in between alcoholism and compulsive gambling, and make the case that out-of-control drinkers are likely to become out-of-control gamblers, too. Some social scientists believe that as much as 25% of a casino's revenue comes from gambling addicts.

Indian gambling is an especially sensitive issue because of the unique role it has played in Native American culture. Historically, betting was an important part of Indian life, as winning was associated with spiritual helpers. To increase their chances of beating the odds, Indians engaged in special prayers and purification rites and these rituals would make gambling seem like a sacred act.

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This spiritualism gave Indians a sense that gambling was good. Some Indian communities, believing that after purification the Creator would bless them with huge winnings, have bet -- and lost -- everything.

Although help is available for compulsive gamblers (membership in Gamblers Anonymous has more than doubled in seven years), more needs to be done to address this growing problem -- especially for Native Americans.

On the positive side, research on the effects of gambling is under way. As part of this effort, Congress has created the National Gambling Impact and Policy Commission to assess the economic and social impacts of gambling.

Another group researching these effects is the Sobriety Training Institute of Denver. "We're conducting a nationwide survey of Indian people to find out how, when and why Native Americans gamble," and Vicente de la Garza, the institute's director.

De la Garza, an Apache, has focused his career on helping Indian people say no to compulsive behaviors. "While we want Indian gaming to remain financially beneficial, we also want to make sure that Indians are protected from any of its negative aspects," he says, adding that because gambling has such strong ties to Indian culture, any prevention program must have cultural relevance to be accepted by Indian people. "The program has to be relevant to Indian ways and belief systems," de la Garza says.

## Peace Garden Trail System will not open until Dec. 14

The Peace Garden Trail in the north-central portion of the state will not open until December 14 providing there is sufficient snow cover. This is located in the Lake Metigoshe area.

Moose hunting season in the northern portion of the state stays open until December 22, so the public is asked to please honor this.

The remainder of the trails in the state will open December 1, 1996 providing there is at least 4 inches of snow on the ground. Otherwise they will be opened when the snowfall allows. Groomers go out December 1 on all trails except the Lake Metigoshe area which will have groomers out December 14.

Snowmobile North Dakota is very appreciative of the private landowners who allow snowmobilers on their land. Please stay on the trails and abide by the laws.

For the latest update on the trails, please call Snowmobile North Dakota at 701-328-5375.

*Information for the  
Next Newsletter  
no later than November 22  
to Arrow Graphics  
Attn: Wanda Swagger*

## The Chemical Health Center

The Chemical Health Center would like to wish all Students and Staff a very Happy Thanksgiving!!!

### INDIAN PRAYER

Oh Great Spirit,  
Whose voice I hear in the winds,  
And Whose Breath gives life to all the world,  
hear me! I am small and weak,  
I need your strength and wisdom.

Let Me Walk in Beauty, and make my eyes  
ever behold the red and purple sunset.

Make My Hands respect the things you have made  
and my ears shape to hear your voice.

Make Me Wise so that I may understand the  
things you have taught my people.

Let Me Learn the lessons you have hidden in  
every leaf and rock.

I Seek Strength, not to be greater than my  
brother, but to fight my greatest enemy--myself.

Make Me Always Ready to come to you with clean  
hands and straight eyes.

So When Life Fades, as the fading sunset my  
spirit may come to you without shame.

Author Unknown.



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## Registrar's Notes 'N Stuff

A big thank you to all advisors and upcoming December grads who handed in their applications for graduation...We now have a tentative list of December Graduates:

We will be registering for Spring Semester classes this Wednesday through Friday, November 20-22nd. This will also include staff, yes staff you must register just as if you were a "real" student. Please try and use the "pretty in pink" pre-registration forms I will be distributing prior to "p-ring". I will also be bringing by the master course schedule at the same time.

Monday, November 25th should also be etched into everyone's mind by now as that will be "thee" last day to drop a class. Please remember the following 2 simple "I will not honor" rules:

1. I will not honor students/advisors/instructors who "forget"
  2. I will not honor those lost (?) in the mail...hand carry only to my office by 5 o'clock in the pm.
- I = The Registrar. Should anyone (staff or student) fail to comply he/she will receive a grade and you'll like it.

## Greetings from the Child Care Centers!

What a high energy start we have had this fall semester! Just trying to shift children and staff to accommodate the reduction in space and the addition to children has been a real challenge. At present there are 38 children enrolled in the Infant and Toddler Center and 56 children in the Pre-school Center. We all appreciate your patience as we have tried to make these adjustments.

And now the cold and flu season is upon us. Here is a quick review of the way we as child care staff handle suspected illnesses. If a student health staff nurse is in the center or can come over, they do an assessment there. If they cannot come over, we try to locate the parent and ask that they take the child to student health. It is up to the student health staff to make the necessary referrals to a local clinic. If a child has been out with an illness, the center must have documentation from student health that this child is well enough to return to the child care center. The Center staff does not have the authority to readmit a child back into daycare.

This is a policy of the student health department and is supported by child care staff because we believe it is in the best interest of the children. Many of these illnesses are very contagious and other children may end up being sick and out of daycare of several days. We try to catch things early to prevent outbreaks throughout the center. We are well aware that having a sick child is very difficult for you as a student/parent. Our daycare license does not allow sick child day care on a limited basis.

Please know that these policies are made with the best interests of your child in mind. We take our responsibility of providing a safe, healthy and happy place for your child seriously. If you have any questions or concerns about this policy, please feel free to talk to the center directors or to me.

Nina Martin, ECE Director









THEODORE JAMERSON ELEMENTARY SCHOOL

### CHRISTMAS PROGRAM

THURSDAY, DECEMBER 12, 1996

2PM - UTTC GYM

Do you want to get in the mood for Christmas? All the students, staff and faculty are invited to the elementary school Christmas program. There will be songs and poems by the Kindergarten and 1st grade students and a puppet show by Grades 2-4. A group of 5-8 graders will serve as puppeteers as we present the show "CHRISTMAS AROUND THE CLOCK". The children work hard to learn their parts and it means so much to them to have the support of family and friends in the audience. Please plan to attend now.



## Snowmobiling Facts

### Did you know...

That the North Dakota law reads that no one should operate a snowmobile unless the snowmobile is registered. You may do this at any Motor Vehicle Dept. The registration fee is \$20 for two years and \$17 of this fee goes to snowmobile trails in the state. Snowmobiles incapable of speeds in excess of ten miles per hour and with an engine displacement of less than 100 cubic centimeters do not need to be registered. Also snowmobiles operated only on lands owned by the snowmobile owner do not need to be registered.

## Snowmobiling Facts

### Did you know...

That a snowmobile may not be operated upon the roadway, shoulder or inside bank or slope of any road, street or highway in the state, unless it has been approved as an authorized trail. No snowmobile may be operated at any time within the right of way of any interstate highway except for emergency purposes. Individual cities may have ordinances that designate where a snowmobile may or may not be driven. Check with your local authorities.

## Snowmobiling Facts

### Did you know...

That no snowmobile may be operated at any time within the right of way of any highway while towing a sled, skid or other vehicle unless the sled, skid or other vehicle is connected to the snowmobile by a hinged swivel and secure hitch.

## Snowmobiling Facts

### Did you know...

That a snowmobile may make a direct crossing of a street or highway provided that the crossing is made at a 90 degree angle and at a place where no obstruction prevents a quick safe crossing. The snowmobile must be brought to a complete stop before crossing the shoulder or main traveled way of the highway. The snowmobile driver yields the right of way to all oncoming traffic. In crossing a divided highway, the crossing is made only at an intersection of such highways with another public street or highway. A snowmobile may not cross an interstate highway.

## Snowmobiling Facts

### Did you know...

That it is illegal to ride in any medium on any four lane highway in the state.

## Snowmobiling Facts

### Did you know...

It is unlawful for any person to operate a snowmobile while under the influence of intoxicating liquor or controlled substances.

## Snowmobiling Facts

### Did you know...

That there are approximately 1,700 miles of groomed snowmobile trails in North Dakota. These are maintained by clubs and volunteers under the auspices of Snowmobile North Dakota and N.D. Parks and Recreation.

## Snowmobiling Facts

### Did you know...

That when snowmobiles are operated within the right of way (ditches) of any road, street or highway of this state, snowmobiles shall travel in the same direction of motor vehicles traveling on the side of the roadway immediately adjacent to the side of the right of way traveled by snowmobile.

## Snowmobiling Facts

### Did you know...

That all passengers on a snowmobile must wear a helmet if they are under the age of 18.

## Snowmobiling Facts

### Did you know...

That the operator of a snowmobile must have a valid driver's license. If they are 12 years or over they may complete a snowmobile safety course and receive a snowmobile safety certificate which will then allow them to legally drive a snowmobile. If they are stopped by an official authority and cannot produce a license or certificate they are subject to a fine.

## Snowmobiling Facts

### Did you know...

That all land which is not a right of way of a road or highway is private land. You are not entitled to ride on any private land without permission.

# PRESERVING OUR TRADITION

FOR

OUR FUTURE GENERATION

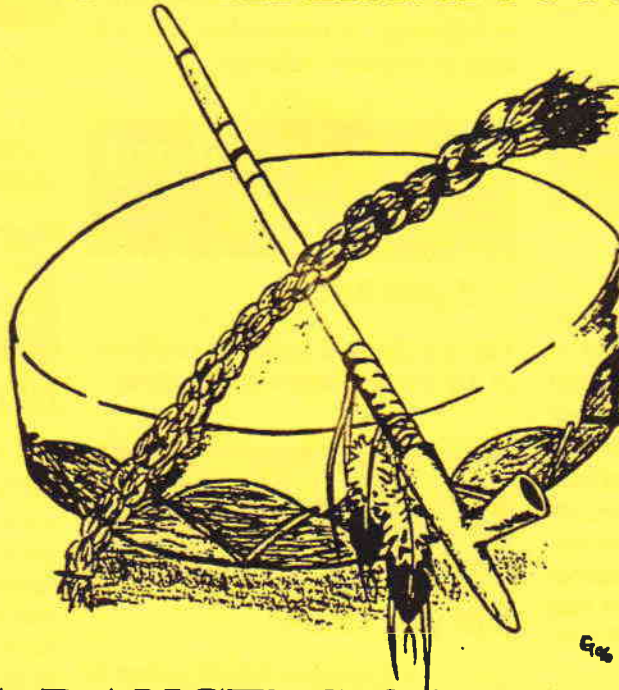
ALCOHOL & DRUG & VIOLENCE FREE

## ROUND DANCE

BRING AN ELDER & A YOUTH!

**November  
22 & 23  
1996**

**8 p.m.  
Nightly**



**Refreshments  
Served  
Nightly**

**Timbee Hall  
Fort Hall, ID  
U.S.A.**

**ALL SINGERS, DANCERS & PUBLIC WELCOME**

Featuring Guest Singers:

**THE "BLACKSTONE SINGERS"**

SWEETGRASS, SK, CANADA

Emcees: Merle Tendoy & Lloyd TopSky, Rocky Boy

IF ANY QUESTIONS CALL: SONNY DIXEY

AT 208-238-1037 (Sorry, NO Collect Calls)

Dance sponsored by: Fort Hall Recreation, Fort Hall War on Violence Group,  
the Dixey Family, et. al.

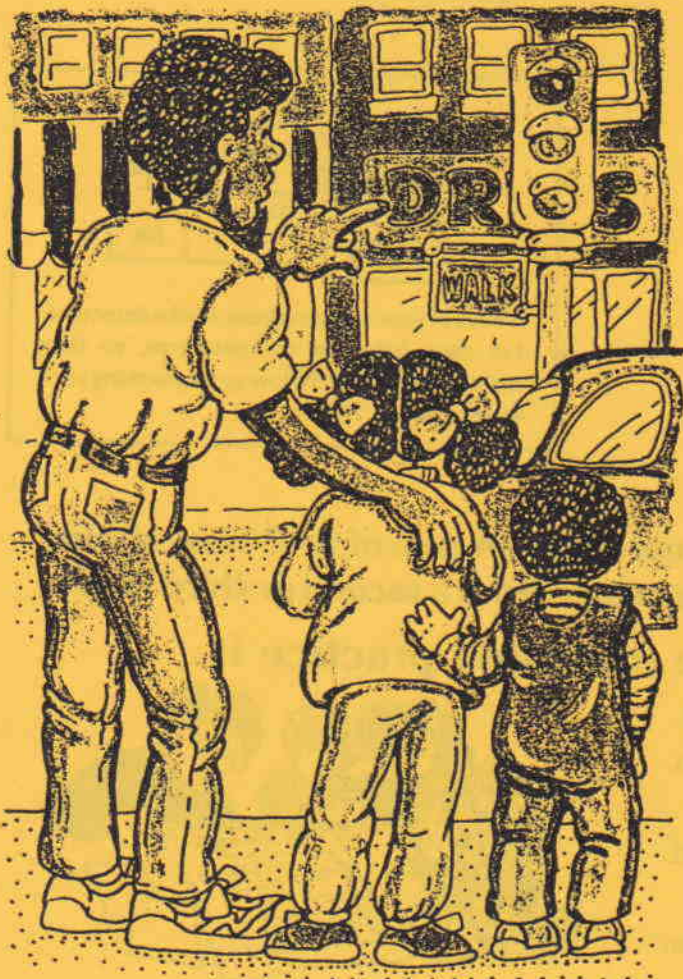
NOT RESPONSIBLE FOR ACCIDENTS, THEFTS OR DIVORCES



# Street Smarts

**M**any young children cross streets alone. Yet very few under age 8 can deal safely with traffic. Their age and small size put them at risk. Here's why.

- Young children believe if they can see a driver, a driver can see them.
- They think cars can stop instantly.
- They can't tell where sounds come from.
- Few can judge how fast traffic is moving.
- Their field of vision is one-third that of adults.
- They don't recognize danger or react to it.
- Very young children see cars as friendly, living creatures.



**TIP...**  
CROSS STREETS  
HUNDREDS OF  
TIMES WITH  
YOUR CHILDREN  
BEFORE LETTING  
THEM CROSS  
ONE ALONE

**Children should learn street safety as soon as they are ready to walk outdoors. But they need your help.**

Kids learn traffic safety by watching and doing. Go for walks with your children. Be a role model. Practice these safety steps.

- 1. STOP** at the curb or edge of the road. **NEVER** run into a street.
- 2. LISTEN** and **LOOK** for traffic to the left, to the right, and to the left *again*. (Teach children who don't know left from right to look "this way," "that way," and "this way.")
- 3. WAIT** until the street is clear. **KEEP LOOKING** until you've crossed the street safely.

**Supervise your children until they show you they are safe pedestrians.**

# A Burning Issue

**F**ire kills hundreds of children each year and permanently scars thousands more. Yet more fire victims die from smoke, than flames. Smoke can overwhelm a child or adult in minutes.

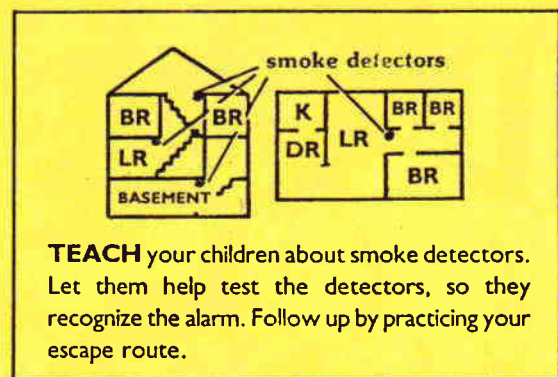


## Protect your family:

- ▶ **Install smoke detectors** outside all sleeping areas and on every level of your home.
- ▶ **Test them monthly** with real smoke. Change batteries at least once a year—even if they are still working. **Caution:** Never remove batteries for use in toys, a flashlight, or radio.



Kids under 5 are at greatest risk when fire strikes. They may panic and hide in closets or under beds. Young children also need special help to escape.

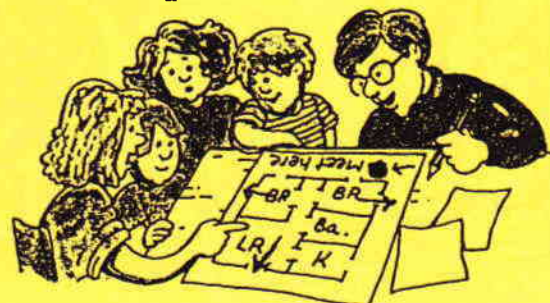


**TEACH** your children about smoke detectors. Let them help test the detectors, so they recognize the alarm. Follow up by practicing your escape route.

**H**ow would you get out of your home in case of fire? How about your children? How would they escape from a second or third floor?

## Plan a fire escape route and practice it.

- ▶ Draw a simple picture of your home.
- ▶ Plan two ways to get out of every room.
- ▶ Agree on an outside meeting place.
- ▶ Decide who'll take charge of each child.
- ▶ Discuss the plan with your family.
- ▶ Practice an escape at night. That's when most deadly fires occur.



**NOTE:** Show children who live in high-rise buildings the shortest route to a safe exit. Warn them not to use the elevator.



## Flames Are No Game

**F**ire fascinates children. Even if they know fire is dangerous, they are amazed by flames.

### Teach your children what to do in a fire:

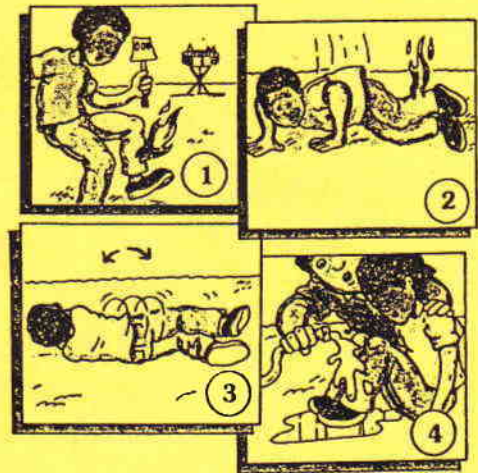
1. **GET OUT FAST, SECONDS COUNT.** Phone for help from a neighbor's home, not from inside a burning building.
2. **CRAWL LOW** under the smoke.
3. **TEST** the door. If it's hot or there's smoke, use another way out.
4. **ONCE OUT, STAY OUT.** There's nothing more important in your home than you.

### If clothing catches on fire:

Some children falsely believe that their clothes will protect them from fire. Show children, age 3 and older, what to do if their clothes catch fire. Practice with them.

1. **STOP.** Running fans the flames, making fire burn faster. **SHOUT** for help. Don't run for help.
2. **DROP** to the floor. Cover your face.
3. **ROLL** back and forth to put out flames.
4. **COOL** a burn with cool water.

**TIP...**  
STORE MATCHES  
AND LIGHTERS  
OUT OF REACH  
OF YOUNG  
CHILDREN



For children, ages 3 to 8, curiosity about matches and lighters is normal. But more than one-third of the burns to these children are the result of playing with matches.

### Teach young children that:

- ▶ Matches and lighters are tools for adults, not toys.
- ▶ Children who play with matches or lighters can be badly burned and can hurt others.
- ▶ If they find matches or lighters, tell an adult the location right away.

Adults who smoke while drinking alcohol or who fall asleep while smoking cause a large number of home fires that kill or injure children. If you *must* smoke, do it with care.



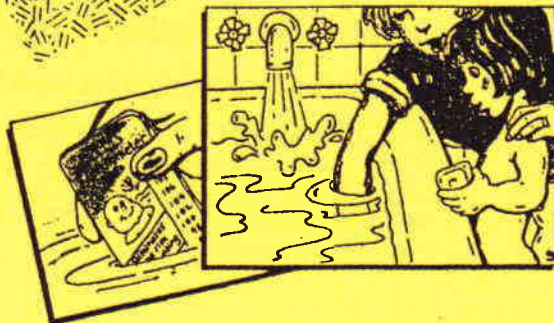
**H**ot liquids—not fire—are the most common cause of burns to young children. Hot water can cause serious, painful scald burns—*quickly*.

**Prevent scalds in the kitchen:**

- ▶ Keep hot foods and drinks away from the edge of tables and counters. Do not put them on a tablecloth that little hands can yank.
- ▶ If you're holding something hot, don't hold your child too.
- ▶ When you cook, keep your child away from the stove. Turn pot handles toward the back of the stove. If possible, use rear burners. Watch for dangling appliance cords.



**TIP...**  
**LOWER THE TEMPERATURE OF YOUR HOT WATER HEATER TO 120° F**



Toddlers are at greatest risk of scalds as they begin to walk, climb, and reach.

**Prevent scalds in the bathroom:**

- ▶ Test how "hot" your hot water is. Turn on the hot water at the tub faucet. Let it run for 3 to 5 minutes. Measure the temperature with a hot water gauge or mercury thermometer. (Liquid crystal bath thermometers are available for under \$1.00.)
- ▶ For safe bathing, set the water heater's thermostat to low, warm, or 120° F. Wait a day. Test the water again. Repeat, if necessary. Your clothes and dishes will get clean at this setting!
- ▶ Always check the water temperature before placing your child in the tub. A child's skin burns more easily than an adult's.
- ▶ Supervise kids in the tub. Young children can turn the hot water on by themselves. Older children can scald a younger child.

**NOTE:** If you rent, ask your landlord to lower the water temperature or put a tempering valve in your shower.