



# W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 6 NO. 11

March 17, 1997

## Weekly Menu

*Mar. 17 to Mar. 21*

### 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

*March 24*

- 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  
Tues.- 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, Baked Potato, Vegetable, Salad, Dessert, 2% Milk

## TRIVIA

Which of the following is the tallest grass plant?

- A. Corn
- B. Bamboo
- C. Bluegrass

*There was no trivia question due to Spring Break.*

## HPSRI

The HPSRI Staff would like to thank Rita Young of the UTTC Cafeteria for preparing refreshments for our N.D. Site Meeting which was held at the Skills Center on 3-14-97.

Rita arrived at work two hours early to ensure that our meeting was a success. Again thank you Rita for your dedication and commitment to Indian Education.

## H.E.R.O.S.

### UTTC-Students and Faculty Panels February 28, 1997

The HEROS Board members invited Trixie Byron, Richard Greenwald, Thurlo Tidzump, Romona Johnson, Valerie Serawop, and Michael Cadotte who are students and, Monica Comeau, Pam Carlascio, Brian Palecek, Mikiel Ottmar, Nagalingam Balakrishnan, Sister Kathryn Zimmer, Ann Heid, Charlene Laschkewitch, and Vince Schanandore who are faculty at United Tribes Technical College, Bismarck, ND, to participate in a panel discussion and address their concerns regarding student transfers to a four year university. The faculty addressed the importance of being culturally aware.

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The students on the panel revealed the following concerns, issues and fears;

#### **Student Concerns**

**Housing** - The students are concerned with the cost of housing and hope housing can be located close to the college and in a good neighborhood for children.

**Credit Transfer** - Students want to know what credits will transfer to the four year colleges and universities before they enroll. They want to finish their programs in a reasonable time frame.

**Job Placement** - To be aware of employment opportunities in their fields of study upon graduation.

**Public Schools** - The majority of the students have children and are concerned about their proximity to the college and their residence.

**Daycare** - Daycare costs are extremely high and students feel they are unable to meet those costs. If the student is on workstudy, they sometimes don't make enough to pay their daycare costs. A more accessible and affordable daycare facility is needed so students can continue their studies.

**Workstudy** - Students want workstudy but with flexible hours to meet their academic and family needs.

**Welfare Reform** - Students feel the new welfare requirements are not reasonable. For example, one student was required to work 32 hours a week to keep welfare benefits for his family. He found this interfered with his studies and therefore gave up his benefits because he couldn't go to school 32 hours per week and work 32 hours per week at the same time.

**Native American Counselors and Faculty** - Indian students feel more comfortable with Native American counselors and faculty. They recommend that institutions should recruit more Indian faculty and staff.

**Financial Aid** - Students want to be advised of what resources are available, and how to revise their budgets. The current budgets are not meeting their needs especially those with families.

The following are faculty concerns:

#### **Faculty Concerns**

**Cultural Awareness and Sensitivity** - Faculty need cultural awareness training. Faculty felt that colleges could benefit by bringing in elders to discuss Native American spirituality and culture. Faculty should participate in the cultural events that occur on campus. This gives them a better understanding of the issues, needs and concerns of Indian students.

**Curriculum** - Faculty should be required to incorporate Native American culture into their course work.

**Transition** - Support services need to be fully equipped with the resources needed for students who need tutoring,

daycare, housing, transportation and, other needs. The transition for students is difficult and faculty need to be aware of the programs and services available for students.

**Mission Statement** - The Mission Statement is important. UTTC's mission statement provides faculty the foundation that they need to build successful programs on.

## **Financial Aid Reminders**

Students, your free application for Federal Student Aid should be completed as soon as possible to be considered for other aid. We can process your application electronically if you have all the needed documents. Call our office if you have any questions.

Students who have not yet stopped by the Financial Aid Office to complete their financial aid file need to set up an appointment to do so as soon as possible. Call Sue at ext. 354 or Margaret at ext. 211.

### **Learning Center Evening Hours for the week of March 17-21**

**Tuesday, March 18th: 4-8 pm**  
**Wednesday, March 19th: 4-8 pm**  
**Thursday, March 20th: 4-8 pm**

**Tutors: John Robertson, Elton  
Spotted Horse & Marshall  
Demarcé available as scheduled**

**Information for the  
Next Newsletter  
no later than March 21  
to Arrow Graphics  
Attn: Wanda Swagger**





## Chemical Health Center

The Chemical Health staff would all like to say Hi, to everyone. We will be hosting our Open House on March 19, 1997 and would like to invite all the students and staff we will be serving goodies, and there will be door prizes given away to the first 50 people who walk through our doors. Come on over to visit us and check out our new videos we have in.

Remember, the Chemical Health Center will be open on Saturday during payday weekends in building #68, from 1:00 pm to 5:00 pm. We will be having Chemical Awareness Classes and personal counseling at this time. Our next class will be on March 22, 1997 at this time we will be featuring the class on Denial & Defenses the Hurt Recovery.

### **THE FOUNDATION OF RECOVERY:**

**STEP 1. "WE ADMITTED WE WERE POWERLESS  
OVER ALCOHOL"**

**and**

**"OUR LIVES HAD BECOME UNMANAGEABLE."**

Understanding powerlessness must be the foundation for any suc-

cessful approach to recover from chemical dependency, an illness which includes alcoholism. Accepting powerlessness can be compared to laying the foundation of a building. A foundation has to be solid for the building to stand. A thorough understanding of our own individual powerlessness must be solidly and firmly understood, or we will fail to arrest our addiction. Some people blame the spouse, kids, family, job, neighbors or community for their problems, but with such attitudes, the alcoholic is failing to see the physical and psychological influences powerlessness has over their own addiction. Reluctance to examine our own powerlessness is as much as symptom of our illness as liver damage, withdrawal, or digestive disorder. Some people think that "will power is all that is needed to control a drinking or drug problem," NOT TRUE!! This type of attitude results in unwillingness to study and understand our powerlessness over alcohol and drugs. Often the stress and strain of daily life, hangovers, family problems, job hassles and other factors directly relate to the continued usage of our chemicals. This further demonstrates powerlessness in our lives. Unmanageability is related to powerlessness. Unmanageability is obvious in DWI's, arrests for disorderly conduct, family arguments or fights after intoxication. Chemical addiction directly affects our emotions, behavior and responsibilities are shirked due to chemical usage. Acceptance of the first step will help us learn and try different types of behavior, and this will lead to attitude and value changes which will allow us to be comfortable with our selves and others.

Hazelden Foundation