



# W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER R

VOL. 6 NO. 15

April 14, 1997

## Weekly Menu

*April 14 to April 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

*April 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

## HPRSI Trivia

The majority of food digestion takes place in the:

- A. Stomach
- B. Large Intestine
- C. Small Intestine

The answer for last week trivia was: **Castle Rock, SD**

Last weeks winners are: Vickie Knife, Jamie Begay, Kristi Begay, Verna Koch, Tamara Moore, Clarissa Sherman, Janel Strikes Enemy

## Parents, Children, Faculty & Staff

You are invited to attend the first-ever children's health fair on Thursday, April 17th from 5:00 - 9:00 pm in the UTTC Gymnasium. The fair is in celebration of the Week of the Young Child and features healthy activities for children of all ages. The nursing students will be performing children's heights, weights and vital sign assessments as well as assisting the children to participate in carnival-type activities like "March for Your Heart" and "Toss Across". The children's literature class is manning a reading corner activity for children of all ages. Posters and activities on topics like infant and child CPR, first aid, and seat belt safety will be available to parents and children.

Hourly door prizes will be given out for attendees. Prizes have been donated by Target, Wal-Mart, Native American Injury Prevention Coalition and several other businesses. Student Health, Chemical Health, and Theodore Jamerson Elementary staff have all been instrumental in planning and will be participating in the fair.

Parents should accompany their children in order to register the children and to claim door prizes, as well as to take part in healthy activities with the children. Thank you for your support of a learning experience for the nursing and child-development students and for your support of children's health.

Anne Heid, RN - Nursing Instructor  
Children's Health Fair Coordinator

## Admissions

Students who plan on attending summer school need to notify the admission office A.S.A.P.

It is also, the responsibility of the student to contact their funding agency regarding summer tuition.

The Summer Term will begin on Monday, May 19, 1997 and continue until Friday, July 11, 1997

Thank you

## Hubert O. Simmons Trust Scholarship Award

The Peoples Banking & Trust Company, Trustee of the Hubert O. Simmons Trust, announces the availability of a scholarship in excess of \$10,000 annually for the benefit of Native American students studying to become medical doctors. This scholarship was created by the terms of a trust established by Hubert O. Simmons, deceased, of Hockingport, Ohio. The scholarship states preference be given to qualified candidates of Pawnee, Navajo, and Sioux heritage, in that order.

The Peoples Banking & Trust Company, as trustee, seeks qualified candidates for the above mentioned scholarship award. I would greatly appreciate any assistance you might give in helping to identify potential recipients for this scholarship award. If you have any questions or comments, please do not hesitate to contact me. Thank you for your help.

Janet L. Gregory  
Assistant Trust Officer  
The Peoples Banking & Trust Company  
Investment and Trust Division  
PO Box 738  
Marietta, Ohio 45750  
(800) 860-6107

**Pancake Supper Carnival**  
**April 20, 1997**  
**5:00 pm to 7:00 pm**  
**Small Gym**  
**\$2.50 Adults - \$1.00 Kids**  
**7 & Under Free**

Sponsored by: Parent School Committee &  
TJES Say No Club

## Chemical Health Center

**"Came to believe that a power greater than ourselves could restore us to sanity"**

A promise of hope: The dictionary defines insanity as "inability to manage one's own affairs and perform one's social duties without recognition of one's own illness."

The definition certainly applies to those of us who have just admitted that our lives had become unmanageable. Assuming this is our first walk through the steps, we are not able to recognize the full dimension of our illness. It is very likely that we are at the point of denying or minimizing the seriousness of the problem. We may still be blaming circumstances or other people for our drinking rather than accepting the responsibility for our own behavior. The "BIG BOOK" identifies us as selfish and self-centered, driven by a hundred forms of fear, self-delusion, self-seeking and self-pity. One aspect of our insanity is our distorted self-image. Somehow, each of us has come to think of our problems as being so unique that what will work for others will not work for us. These negative beliefs work against us and keep us sick. Step 2 does not mean that we must immediately come to believe in GOD as he may be presented in some formal religious denominations. Step two, like all of the Steps, is a suggestion made by other recovering alcoholics that "this is how we did it." They found that in the second step of their recovery they came to believe there was hope if we come to believe that the source of power we need in our recovery lies outside ourselves. If we have the desire to stop drinking and using, and if we are looking for restoration to sanity, we should find ourselves regularly at a weekly A.A. meeting. That's where the process of coming to believe is activated. The evidence shows that the A.A. program works for those who believe in it.

Hazelden Foundation

Our A.A. meeting at the Chemical Health Center are held every Tuesday at 7:00 pm and are open to students, staff, both men and women.

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





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## Parent School Committee Meeting

April 22, 1997 at 12:00 Noon  
UTTC Cafeteria (Reserve Table)

### Learning Center Evening Hours for the week of

April 14-18

Tuesday, April 15th: 4-8 pm

Wednesday, April 16th: 4-8 pm

Thursday, April 17th: 4-8 pm

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

## National Native American Very Special Arts Festival

Students from TJES will be attending the National Native American Very Special Arts Festival at the Minneapolis Convention Center. The TJES delegation will leave the UTTC Campus on Saturday, May 5th at 10:00 and return late Tuesday evening/Wednesday morning, May 8/9th. The TJES Students are Joe Zermeno-Gr. 7, Justin Medina-Gr 5, Sonja Cain-Gr 8, Paul Red Bird-Gr 6, and Angelo White-Gr 4.

The central purpose of the National Native American Very Special Arts Festival is to ensure that people with all types of disabilities have access to creative and expressive opportunities provided by the arts. **CARRYING SPIRITUALITY THROUGH THE ARTS** "A message of freedom, courage, healing and expression carried through art" is this year's theme.

The National Native American Very Special Arts Festival is sponsored by the Bureau of Indian Affairs in cooperation with the Very Special Arts Minnesota. The Office of Indian Education Programs Branch of Exceptional Education has been supportive and actively engaged in the past five National Native American Very Special Arts Festivals. Last year's National Native American Very Special Arts Festival was held in Oklahoma City and drew over 2,000 participants.

Students will soon be engaged in fund raising activities for their upcoming trip. Please support them in any way you can.

If you would like further information, please contact Carol Alby or Brenda Jechort at extension 249.

## Week of the Young Child April 13 - 19, 1997

April is Month of the Young Child, with April 13-19 designated as Week of the Young Child by the National Association for the Education of Young Children. It is a time to re-commit ourselves to ensuring that each and every child receives the type of early environment-at home, at child care, at school, and in the community-that will promote their early learning. Making the early years count as the very best learning years for all children is what it's all about.

"Early Years are Learning Years-MAKE THEM COUNT" is the theme. The goal is to raise public awareness of the importance of early years as learning years, so parents, professional allies, community and business leaders, and policy makers recognize the importance of their investment in these early years and TAKE ACTION on behalf of young children and the future of North Dakota.

Watch for signs of celebration here at UTTC! On Monday, April 14th we will begin the "Purple Ribbon Campaign" to show our commitment to young children. Parents who have children in the Preschool or Infant/Toddler Center will be given purple balloon-shaped, label badges. Notice how many students have young children here on campus!!

At the Preschool: Tuesday is Hat Day, Wednesday is Pajama Day, Thursday Sidewalk Decorating & Bubbles Day, Friday is a Mini-Powwow in the small gym. The Infant/Toddler Center will do a special art project on Tuesday. Watch for the results hanging in the cafeteria Wednesday!! Weather permitting, we will also help decorate sidewalks on Thursday and attend the Mini-Powwow on Friday.

Artwork will decorate the cafeteria and an Open House for both the Infant/Toddler Center and the Preschool will be held on Friday, April 18th from 2:00-3:00. Please come visit us and see where the children spend their days! There are currently 64 children enrolled at the Preschool & 35 enrolled at the Infant/Toddler Center. This makes our "child-care system" one of the largest in the Bismarck/Mandan Area!

Watch for "I Am Your Child", an hour-long ABC prime time special to air the *Week of April 21, 1997*. The program features prominent entertainers, music, comedy and a documentary about how a community has mobilized on behalf of children and families. A special edition of Newsweek Magazine will appear immediately thereafter with a national status report on young children and families. The program and the status report kick off The Early Childhood Engagement Public Engagement Campaign, a national effort to focus on the importance of the first three years of children's lives and what communities can do to promote the healthy development of young children.

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## Average Child Care Costs in the Bismarck Area

Age	Weekly Cost	Annual Cost
Infant (0-2)	\$73.18	\$3,805
Toddler (2 yr.)	\$71.20	\$3,707
Preschool (3-5)	\$70.58	\$3,670
SchoolAge (K-12)	\$69.15	\$3,596

You've invited to tie on your true colors...  
Show your support for  
Young Children!

**What:** "Purple Ribbon Campaign" along with The Week of the Young Child

**When:** April 14th, 1997

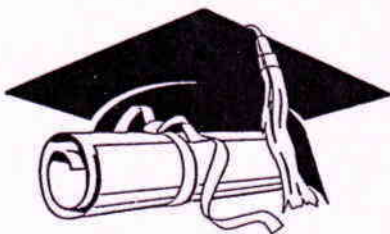
**Where:** UTTC & the entire State of ND

**Who:** People who care about children

**How:** Show your commitment to our young children by tying a purple ribbon on:

- your lapel
- your car
- your tree
- your window
- your briefcase
- yourself
- your door
- your child
- your keys

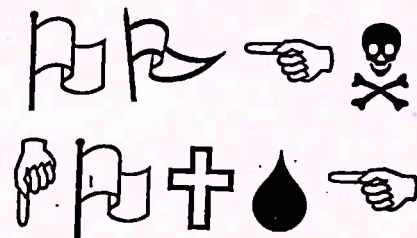
Let your community know that the young children of this state are important by.... TYING ON YOUR TRUE COLORS



Preschool Graduation!  
Friday, April 25th,  
10:00 am at Cafeteria

IMMUNIZATION  
CLINIC  
APRIL 22, 23  
AND 24TH  
1:00 - 3:00 PM  
AT THE  
STUDENT  
HEALTH CENTER

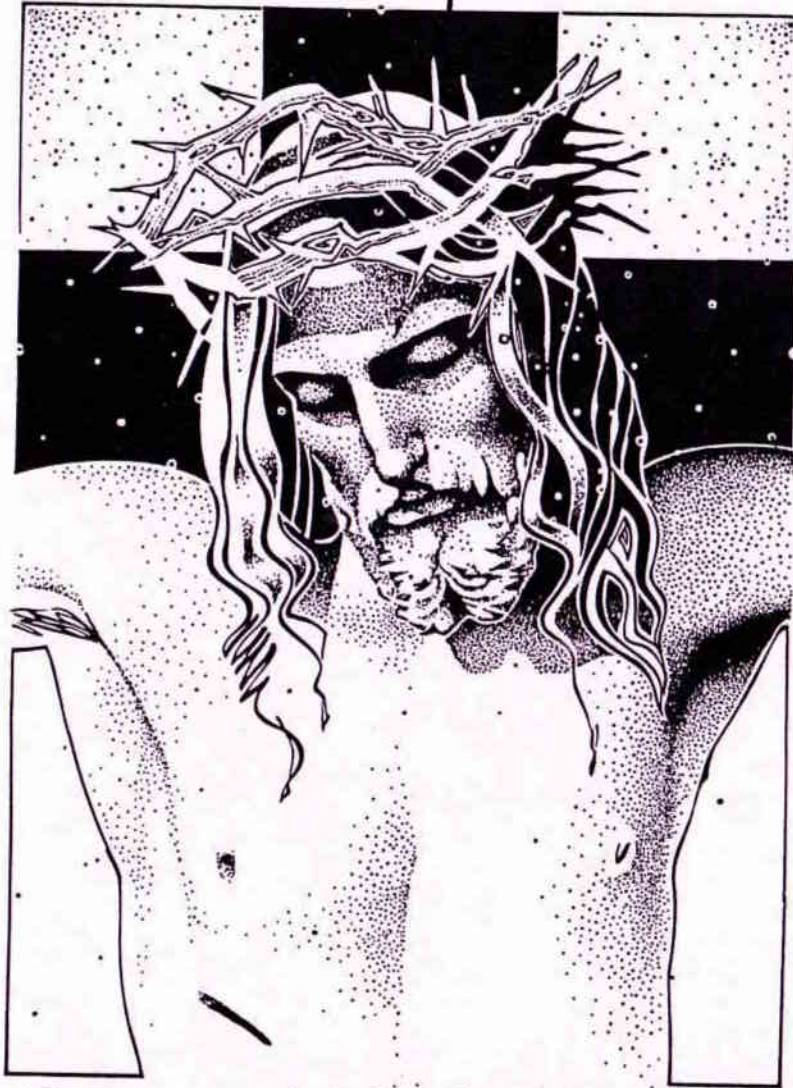
There are several  
Graduating Students  
who have ordered  
Graduation Invites and have  
not picked them up.  
Please do so A.S.A.P.



means  
OPEN HOUSE  
April 16, 1997  
at 9:00 am to 4:00 pm  
Chemical Health Center  
Door Prizes/Goodies



# "Where the Spirit Lives"



## Prayer and Healing Services April 19, 1997

United Tribes Technical College  
3315 University Drive • Bismarck, ND 58504 • (701) 255-3285

# "Where the Spirit Lives" Healing & Prayer Service

James Henry Community Center  
United Tribes Technical College  
Bismarck, North Dakota

- PROGRAM -  
Saturday, April 19, 1997

- 2:00 pm: Welcoming Remarks ..... David M. Gipp, UTTC President  
Flag Song & Veterans Song ..... Cannonball Singers  
Opening Prayer ..... Ed Johnson, UTTC Chaplain
- 2:15 pm: "Trip to Medjugorje" ..... Deacon Francis "Fatty" Davis, Turtle Mt.  
Deacon Tony McDonald, Ft. Totten  
"Others"
- 3:00 pm: "Native American Spirituality" ..... Russell Gillette, UTTC Director  
Chemical Health Center
- 3:30 pm: Music by the Turtle Mountain Sobriety Singers
- 4:00 pm: Prayer Time and Sharing
- 5:00 pm: Supper at UTTC Cafeteria ..... Indian Stew and Fry Bread
- 6:30 pm: Eucharistic Liturgy ..... Father Julian Nix OSB  
UTTC All Faith Chapel  
Chaplain, St. Alexius Medical Center
- 8:00 pm: Healing Services

## Everyone Welcome!

For More Information Contact:  
Deacon Ed Johnson, UTTC Chaplain • 701-255-3285 Ext. 204  
- Sponsored by the United Tribes Catholic Congregation -

# ***MEN'S BASKETBALL MEETING***

**Players from the past season, new players who wish to try-out next fall please meet in the coaches office on Tuesday, April 15, 1997 at 4:00 pm. Off season conditioning/weight training program, team and individual objectives will be discussed, be there, VERY IMPORTANT!**

## ***ALSO***

**Awards dinner will be held that same evening at 6:30 pm in the cafeteria, all students and staff are welcome.**



# Diabetes Alert!

March 25 was proclaimed *National Diabetes Alert Day* to increase awareness of the serious problems associated with undiagnosed diabetes.

## Did you know:

- ⇒ North Dakota has the highest reported levels of Type I diabetes in the nation?
- ⇒ Someone in North Dakota develops diabetes every 3 hours?
- ⇒ 1 of every 7 North Dakotans will develop diabetes?
- ⇒ Approximately 1,000 people die in North Dakota every year from diabetes-related complications?
- ⇒ Diabetes is the leading cause of blindness, foot amputations and renal disease?
- ⇒ 40% of diabetics are unaware they have the disease?
- ⇒ The warning signs of diabetes include fatigue, blurred vision, frequent infections, and slow healing sores and cuts?
- ⇒ Symptoms of diabetes include excessive thirst, sudden weight loss, tingling or loss of feeling in the feet, and impotence?
- ⇒ Early diagnosis and treatment can prevent up to 85% of diabetes-related complications?



## Want to know more?

A free diabetes risk assessment quiz is available from the American Diabetes Association by calling 800-342-2383.

For additional information contact the North Dakota Diabetes Control Project at 701-328-2698.

# **How to Stop Child Abuse in A Public Place**

**It can be very uncomfortable to watch the mistreatment of a child by an adult out of control. Fortunately, there are things you can do to help...**

- **Strike up a conversation with the adult to direct attention away from the child. Say something like:  
"She seems to be trying your patience."  
"My child has gotten upset like that, too."  
"He has beautiful (eyes)."--to get the parent in a positive mood.  
"Children can wear you out, can't they? Is there anything I can do to help?"**
- **Divert the child's attention (if misbehaving) by talking to the child.**
- **Praise the child and parent at the first opportunity.**
- **If the child is in danger, offer assistance. For example, if the child is left unattended in a grocery cart, stand by the child until the parent returns.**
- **Avoid negative remarks or looks. These reactions are likely to increase the parent's anger and could make matters worse.**

**NORTH DAKOTA COMMITTEE TO PREVENT CHILD ABUSE  
PO BOX 1213 - BISMARCK ND - 58502-1213  
701-223-9052**

*Provided by the National Committee to Prevent Child Abuse  
332 South Michigan Avenue, Suite 1600, Chicago, IL 60604, (312)663-3520  
<http://www.childabuse.org>*



# 31 WAYS TO BUILD YOUR CHILD'S SELF-ESTEEM

## IN 31 DAYS!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Volunteer with your child.	Plan to attend school events: field trips, open houses, conferences.	Make a chore chart and let your child keep track of his accomplished tasks.	Designate a quiet place for your child to study.	Praise your child.	Make a family tree.	Play a sport together.
Go for a walk and learn the neighborhood. Find your city on a map.	Plant a seed and watch it grow. Let your child be responsible for care.	Hang your child's artwork around the house.	Write a letter to a relative together.	Be a coach, school volunteer, or scout leader.	Teach your child good manners.	Let your child plan an evening out.
Paint your child's bedroom. Let her pick out the color.	Keep photographs of your child around the house.	Buy your child a watch and teach her how to tell time.	Play games and work puzzles together.	Plan and prepare a meal together. And eat the meal with your child.	Talk to your child about his cultural heritage.	Let your child select the clothes he'll wear today.
Make a growth chart.	Designate a special day to spend just with your child.	Encourage your child to talk about her day.	Make a list together of all the reasons your child is special and post it.	Encourage your child to have a hobby or start a collection.	Read to your child and let your child read to you.	Help your child sign up for a library card.
Teach your child safety procedures: fire drill, safety numbers.	Acknowledge your child's feelings.	Tell your child "I Love You" every single day.				



# United States Department of the Interior



OFFICE OF THE SECRETARY

Washington, D.C. 20240

## PROCLAMATION

CHILD ABUSE PREVENTION MONTH - APRIL 1997

Theme: "All Aboard for Healthier Families! Linking Local Resources"

WHEREAS, there is no resource that is more vital to the continued existence and integrity of Indian Nations than their children and the United States has a direct interest, as trustee, in protecting Indian children; and

WHEREAS, the Bureau of Indian Affairs declares that a major goal of Bureau and tribal social services programs is to seek ways to prevent incidents of child abuse and neglect in Indian Country and to reduce such incidents; and

WHEREAS, child maltreatment is a serious, complex, and widespread multidimensional problem affecting many Indian communities and demands concerted community efforts to protect Indian children and an integrated, comprehensive, and coordinated response by social service, law enforcement, judicial service, education, medical and health professionals to successfully help Indian families; and

WHEREAS, such programs must build on the strengths of Indian communities and families, assist in building supportive service delivery systems for all families, and thereby provide the critical foundation for the prevention of child maltreatment and the protection of Indian children; and

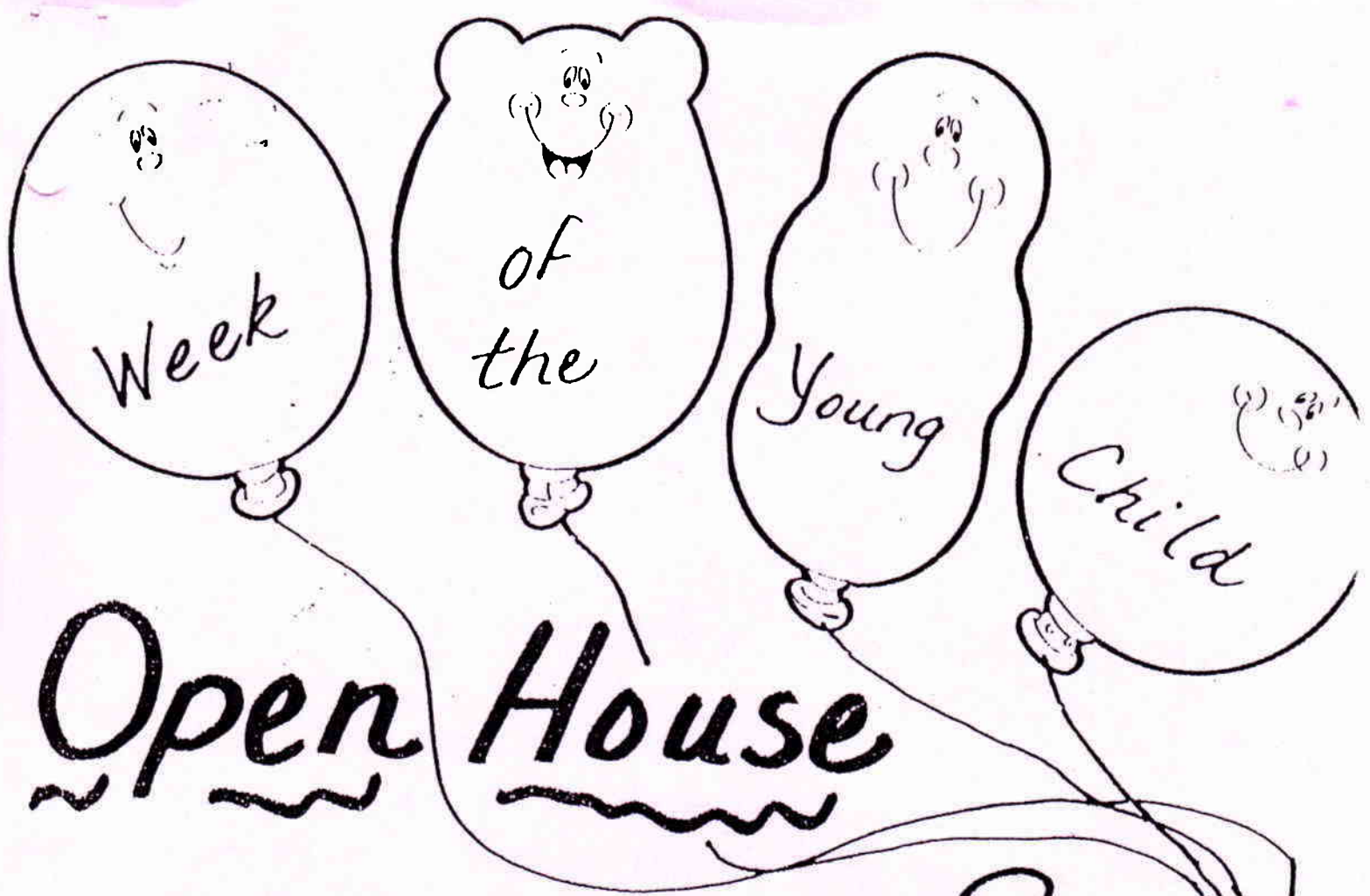
WHEREAS, primary and secondary prevention programs are most effective and best organized at the local community levels, enabling families to gain the skills and knowledge they need to improve their lives; and

WHEREAS, there must be a commitment at the highest levels of Federal and tribal leadership to aggressively pursue critical linkages and partnerships to develop strategies that lead to a proactive, preventive approach to child maltreatment and to activities related to the strengthening of Indian families and child protection; and

WHEREAS, it is incumbent upon every Federal employee and caring Indian community to act with due urgency and to use all means practicable to ensure the safety of Indian children, prevent child maltreatment whenever possible, and create healthy Indian families, communities and Nations!

NOW, THEREFORE, I, Ada E. Deer, Assistant Secretary - Indian Affairs, do hereby proclaim the month of April 1997 as Child Abuse Prevention Month and urge the appropriate recognition thereof.

Ada E. Deer  
Assistant Secretary - Indian Affairs



# Open House

When? Friday  
April 18, 2:00 - 3:00 pm

Where? Infant/Toddler  
and Preschool  
Buildings

Please join us  
for refreshments  
and celebration  
of young children!







## NATIVE AMERICAN INJURY PREVENTION COALITION

UNITED TRIBES TECHNICAL COLLEGE • 3315 University Drive • Bismarck, ND 58504  
(701) 255-3285 Ext. 374 • FAX (701) 255-9036

*It's the Law*

# BUCKLE-UP



**NORTH DAKOTA**

PEACE GARDEN STATE

