

# UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER

VOL. 7 NO. 8

November 3, 1997

## Weekly Menu

Nov. 3 to Nov. 7

### DINNER



LeRol

- Mon.- Honey Roasted Turkey Sandwich, Soup, Salad Bar, 2% or Skim Milk
- Tue.- Mexican Rollup, Spanish Rice, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Wed.- Oven Baked Chicken, Rice, Vegetable, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Thu.- Hamburger on a Bun, Baked Fries, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Fri.- Old Fashioned Tomato Soup, Egg Salad Sandwich on Whole Wheat, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk



Rita

- Mon.- Croissant Sandwich with Turkey or Ham, Potato Salad, Salad Bar, 2% or Skim Milk



Dennis

### SUPPER

- Mon.- Baked Ham, Baked Potato Wedges, Vegetable, Salad Bar, 2% or Skim Milk
- Tue.- New England Dinner, Boiled Potatoes, Boiled Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Salisbury Steak, Rice Pilaf, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- Shish-ka-Bob Casserole, Wild Rice, Salad Bar, Dessert, 2% or Skim Milk
- Fri.- Fish Platter, Oven Baked Potato Wedges, Salad Bar, Dessert,
- Mon.- Braised Beef over Noodles, Vegetable, Salad, Fresh Fruit, 2% or Skim Milk



Bugs

## FINANCIAL AID NEWS

- **NEEDED:** 2 Students for College Workstudy must have an interest in Computer Technology, sign up at the Financial Aid Office.
- Scholarships have been selected, just waiting for final approval, will get letters to applicants this week.
- Students who have not completed their paperwork for their Financial Aid file need to make an appointment ASAP.
- **FOOD FOR THOUGHT:** (SAP) Satisfactory Academic Progress and Financial Aid monies go hand and hand, **STUDY HARD.**

## Seventeen Nursing Students Honored

About midpoint in their program, nursing students apply for formal admission into the nursing program. This presumes having a Grade Point average of at least 2.25, obtaining recommendations from three teachers, employers or other acquaintances, and having a satisfactory medical report.

Seventeen nursing students have now met these criteria and more presented with Florence Nightingale Lamp lapel pins during a breakfast gathering held at the UTTC cafeteria on Friday, October 31.

Students honored were the following:

Arnold Douglas	Kimberly Rhoades
Charmelle Fuchs	Mary Rohrich
Donna Hall	Martie Schaff
Stephanie Johnson	Sheri Shock
Mary Halvorson	Fred Schiller
William Krein	Tamera Starr
Deanna LaVallie	Deborah Steffen
Geneva LaVallie	Sue Werre
Lisa Ohlheiser	

continued on next page.

**Continued from Front Page.**

At the same time these students were given Intravenous Therapy Certificates.

The short program included a welcome, opening prayer and remarks by Sister Kathryn, comments, "Ever changing, Ever adapting --- A way of Life" by Carol Manifold, "The Florence Nightingale Pledge" by Sherry Messmer, and Presentation of Lamp Recipients by Anne Heid.

Sister Kathryn extends thanks to the honoring students, to those who assisted with the event, to cafeteria personnel for their help, and to Vice President Bennett Yellowbird and to Dean Dominick Silletti for their participation, as well as to attending guests. Congratulations, all!!!

Submitted by Sister Kathryn Zimmer,  
Director, AASPN Program

## NOTICE: SCHOOL BOARD ELECTIONS

### Theodore Jamerson Elementary School

Theodore Jamerson is an elementary school located within the United Tribes Technical College. The prime reason for the school is to provide educational services to children of students that are attending United Tribes Technical College. Theodore Jamerson is governed by an elected school board. The Board consists of six (6) members in the following categories: Category A = 1; Category B = 2; Category C = 2, and Category D = 1. Must be an enrolled member of a federally recognized tribe. Board members must meet the following qualifications:

**Category A:** A Parent of a child or children enrolled in K-8; with two or more semesters of school to complete.

**Category B:** Parent of a child or children enrolled in K=8; an employee of UTTC (but not at the elementary school).

**Category C:** A UTTC employee who is not a parent.

**Category D:** Member of the UTTC Board of Directors.

If you are interested in serving on the Theodore Jamerson School Board, and meet the above criteria please submit **A LETTER, WHICH MUST BE HAND DELIVERED TO THE ELEMENTARY PRINCIPAL, BY 5:00 P.M. ON NOVEMBER 17TH.** Please state your reason(s) you want to be on the Board.

One year term: **One (1) Category A Board vacancy to be elected.**

### VOTING INFORMATION:

Date: Tuesday, November 18, 1997

Location: Cafeteria

Time: From 11:30 am to 12:45 pm

**ALL UTTC STUDENTS AND STAFF MAY VOTE!!!**

## STUDENT HEALTH CENTER NOTES:

Congratulations to poster contest winners for "Drug Free Awareness Week".

1st Place - Mamie Laundreaux & Dana Deane - Children's Theater Tickets for a family of 5.

2nd Place - Dean Gillis - AM/FM Cassette Player

3rd Place - Gertrude Foolish Bear - 4th Grader - Clock Radio.

**Next World AIDS Day Planning Meeting to be held 3:15 pm November 13 at Bldg. 61. We would like to make this a campus wide event for December 1st. Ideas at last meeting included: possibility of speaker, skit by grades 5-8, decorate Christmas Tree in red in memory of those who have died of AIDS or are living with AIDS, door prizes, universal precautions presentation, CDC making paper quilt for display, etc. All college faculty will be sent activities that they can do in class to observe World AIDS Day.**

## Free Energy Information

Customarily, fall is the time when homeowners thoughts turn to insulation and weatherization. A wealth of information from the Energy Efficiency and Renewable Energy Clearinghouse (EREC) is available to help homeowners install energy saving products. The service offers factsheets on insulation, weatherstripping and other tips. To obtain this free information, contact the Energy Efficiency and Renewable Energy Clearinghouse (EREC) at (800) 363-3732, or write to EREC at PO Box 3048, Merrifield, VA 22116. You can also order this or other free publications from our computer bulletin board system at (800) 273-2955. To find other on-line energy efficiency information, visit <http://www.eren.doe.gov> on the Internet.



# Nutrition

## FACT SHEET

### Calling All Parents: Wake Up Your Kids to Breakfast

Everyone knows eating breakfast is important. Breakfast fuels a body with energy and nutrients that help both kids and grown-ups meet the demands of a fast-paced lifestyle.

#### Breakfast-eating parents lead to breakfast-eating kids

It's especially important for parents to eat a good breakfast every day. Why? Because parents are role models for their children. Children who see their parents eat breakfast are more likely to eat breakfast, too. Getting the 40+ nutrients needed each day is more likely for those who eat a morning meal. Breakfast skippers may never make up the nutrients they miss.

#### Breakfast x kids = better school performance

Children who eat breakfast are less likely to miss class, be tardy, or report they are sick than children who miss the morning meal. Breakfast eaters also score higher on tests and have better concentration and muscle coordination. Kids who eat breakfast are less likely to

be overweight, too. Unfortunately, a recent survey found that as many as 30% of 8- to 13-year-old children do not eat breakfast every day.

#### Quick + easy = breakfasts that please everyone

Everyone is short on time these days, but a healthy breakfast can be quick and easy to fix and eat. Try these breakfast-in-a-minute ideas:

- ready-to-eat cereal with fruit and milk
- toasted bagel with cheese
- fruit-filled breakfast bar and yogurt
- toasted waffle topped with fruit and yogurt
- fruit smoothie (fruit and milk whirled in a blender)
- peanut butter on whole-wheat toast

Making breakfast together is a fun activity for parents and children on days when they don't have to rush out the door. Some easy breakfast meals can even be made the day before. Or, in the case of the following recipe, even a week ahead. Using a few creative ideas, basic French

toast can form the basis for a variety of tasty, healthy breakfasts.

Eating breakfast as a family offers an opportunity to spend some quality time together. On busy mornings when it's impossible to eat together, encourage children to eat breakfast at school. Call your local school to find out more about the School Breakfast Program.



Breakfast feeds the brain as well as the body. Parents can create a positive attitude toward breakfast by showing children how much they enjoy a morning meal. Do it for your kids—and for yourself!

## Festival of Trees

sponsored by the  
Bismarck Arts and Galleries Association

*Bismarck Radisson Inn*

*November 15, 1997*

**Social Hour: 6:00 p.m.**

**Dinner: 7:30 p.m.**

**Auction of Trees: 9:00 p.m.**

**Dance: 10:00 p.m.**

**Tickets: \$50.00 per Person**

**November 16, 1997**

**Festival of Trees**

**Open to the Public**

**12:00 Noon to 3:00**

United Tribes is a member of the Bismarck Arts and Galleries Association, (BAGA). BAGA is asking for donations from UTTC staff and students in making Native American designed Christmas decorations that will be used for the Festival of Trees.

BAGA will provide the tree and lights, while the decorations used to adorn the tree will be those provided by your generous donations. Once decorated, the tree will be returned to BAGA and an auction will be held. (See above dates and times).

All proceeds for this event will go to BAGA.

Some suggestions or examples of ornaments are: dream catchers, shields, moccasins, etc. (Be creative.)

For more information or tickets call Ms. Jan Webb, Bismarck Arts and Galleries at (701) 223-5986.

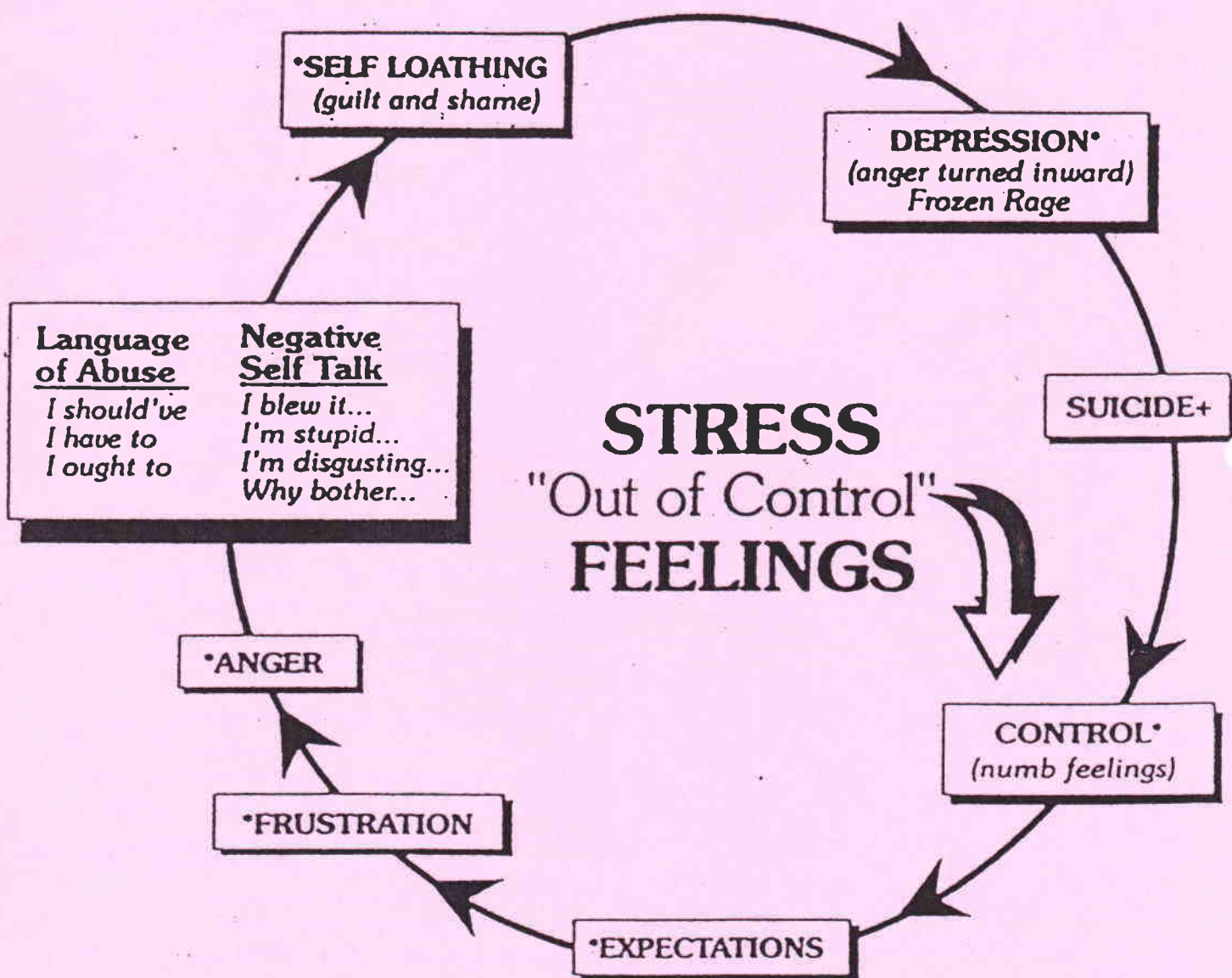
If you are interested in making the Christmas decorations for the tree call Sandra A. Poitra, UTTC Museum/Gallery, Ext. 331. Your support is greatly appreciated.

You can drop off the ornaments at Arrow Graphics.

Information for the  
Next Newsletter must be  
submitted to Arrow Graphics  
before 5:00 pm - November 7th.  
Attn: Wanda Swagger

CHEMICAL HEALTH CENTER

# ADDICTIVE CYCLE



\* Use substance or activity to alter mood  
 + Continue to use in spite of negative consequences

**Dear**

***Bismarck/Mandan is a great place to live. One of the strengths in this community is our well rounded cultural arts.***

***Bismarck Art & Galleries (BAGA) is a 501 C3 Non-Profit Visual Arts Exhibition Gallery. It is also the home of the Theo Art School, which provides art education for all ages. BAGA sponsors exhibitions by regional, national and local artists, art workshops, art classes and community wide fund-raisers.***

***Recently, the Board developed an action plan in which BAGA would expand its community outreach through programming and education, gallery utilization and service to our local visual artists. Goals were established for each of these areas.***

***In order to achieve these goals, we need the support of our Bismarck/Mandan and surrounding area citizens. Recently, the Bismarck Tribune quoted the 1997 edition of Places Rated Almanac-Your Guide to Finding the Best Places to Live in North America, stating that Bismarck/Mandan was ranked number one in the Arts among communities with a population under 100,000. We are all proud of this recognition and what it says to others about our quality of life.***

***We would like to give you the opportunity to be a part of our growth and commitment to the community. We have enclosed our current membership form and a brief information insert on our organization. Please consider supporting BAGA at whatever commitment level you feel appropriate. We are excited about BAGA's future and your participation in it.***

***Sincerely,***

***Michelle Lindblom, Shelly Larson, Sandy Poitra, Carol Iten (BAGA member)  
Bismarck Art & Galleries Association Board Members***



## **MEMBERSHIP**

### **BAGA**

422 East Front Avenue  
Bismarck, ND 58504  
701-223-5986

The Bismarck Art & Galleries Association works consistently to stimulate the study and presentation of the visual arts, to encourage and expand participation and appreciation by all persons and to preserve our regional cultural heritage.

BAGA proudly features regional and nationally recognized artists. New exhibits open each month in the gallery. The gallery also features the work of BAGA/THEO Art School students in the Nellie Solberg Children's Gallery.

BAGA offers a variety of events in the community:

- ❖ Art classes and workshops for adults and children
- ❖ Gallery tours
- ❖ Demonstrations
- ❖ The Capital A'Fair in August
- ❖ Folkfest Street Fair Caramel Apple Booth in September
- ❖ The Fall Art Show at Kirkwood Mall in October
- ❖ Festival of Trees in November
- ❖ The International Food and Wine Tasting Event in March

Benefits of Membership in BAGA are:

- |  |                                 |
|--|---------------------------------|
| ❖ Reduced tuition for children's and adult's art classes | ❖ Preferred mailings for events |
| ❖ Invitations to Exhibition Openings                     | ❖ Discounts on purchases at     |
| ❖ BAGA quarterly newsletter                              | ◆ Mathison's                    |
| ❖ Workshops for artists                                  | ◆ Northwoods Gallery            |
| ❖ Shows of member artists work                           | ◆ Fifth Street Gallery          |
| ❖ Invitation to Preview Party for the Fall Art Show      | ◆ Latitudes Gallery & Gifts     |
|  | ◆ BAGA Gallery Store            |
|  | ◆ Carden Custom Framing         |
- ❖ Support and encouragement of artists and the visual arts in our community

**MEMBERSHIP**

**BAGA/THEO**

422 East Front Avenue

Bismarck, ND 58504

701-223-5986

**ANNUAL MEMBERSHIPS**

**BUSINESS ORGANIZATIONS**

**NON-BUSINESS**

- Corporate Patron ..... \$500 & over
- Corporate Sustainer ..... \$250 - \$499
- Corporate member ..... \$100 - \$249

- Benefactor..... \$100 & over
- Local organizations ..... \$60
- Family ..... \$40
- Individual ..... \$35
- Student..... \$15
- Senior ..... \$15

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work or cell phone \_\_\_\_\_ Fax \_\_\_\_\_

\_\_\_\_\_ New Membership \_\_\_\_\_ Renewal

VISA \_\_\_\_\_ Mastercard \_\_\_\_\_ Discover \_\_\_\_\_

Card No. \_\_\_\_\_ Expiration \_\_\_\_\_

Signature \_\_\_\_\_

**Volunteer Interests**

- Public Relations
- Fund Raising
- Office work
- VIP Gallery Host
- Caramel Apple Booth
- Newsletter
- Theo Garden Walk
- Festival of Trees
- Capital A'Fair
- Pian Gallery receptions
- Teach classes
- Fall Art Show
- Wine Tasting Event
- I volunteer to help where I can
- Theo Raffle
- I prefer to remain inactive

Please make your checks payable to Bismarck Art and Galleries Association or BAGA  
Send to 422 East Front Avenue, Bismarck, ND 58504



# HOLIDAY THEME SHOW

## NOVEMBER 17 – DECEMBER 28, 1997

Bismarck Art & Galleries Association wishes to invite you to participate in a Holiday Theme Show. This exhibition will portray holidays in November and December.

Artists may submit a maximum of two works in the following categories: Drawing, Painting, Mixed Media, Sculpture, Photography, Calligraphy, Pottery and Fiber/Textile.

Cash awards will be given in the amounts of \$100 (First Place), \$75 (Second Place) and \$50 (Third Place) based on a Peoples Choice vote.

The artist agrees to maintain the price and entry for the duration of the exhibit. Submission of an entry constitutes permission to photograph it for publicity purposes. All works must be received ready to install with proper hanging device attached. Due to the holiday season works sold will be permitted by BAGA, if requested, to leave the gallery space early, but not until Dec. 22. Otherwise all works will remain on exhibit through Dec. 29, 1997. **ENTRY FORMS MUST BE IN THE BAGA OFFICE BY NOVEMBER 1, 1997.** Artists must label their artwork on the back with the following information: Artist, Title, Media, & Sale Price. A 25% commission will be retained by BAGA on all sales.

Artists are responsible for paying any shipping costs and insurance costs intransit. BAGA will not be responsible for breakage due to incorrect packing or insufficient container when returning artwork as it was originally shipped. Return postage for all mailed-in items must accompany each shipped entry. Exhibited items must be claimed by 5pm January 6, 1998.

### CALENDAR OF EVENTS:

5:00 pm, November 1, 1997 – Deadline for entry form to be received by BAGA office.

5:00 pm, November 14, 1997 – Deadline for artwork to be received by BAGA office.

November 17 – December 29, 1997 – Holiday Theme Show exhibition is open to the public.

November 21, 1997 – Opening reception for the exhibition.

January 6, 1998 – Artwork must be picked up at the office. A written note must be given to the office

If someone other than the artist will be picking up the work.



Return entry form and ship artwork to:

BAGA

422 East Front Avenue

Bismarck, North Dakota 58504

BAGA office : 701-223-5986

Please print clearly

List entries

Artist: \_\_\_\_\_

Title: \_\_\_\_\_

Medium: \_\_\_\_\_

Sale Price: \_\_\_\_\_

Artist: \_\_\_\_\_

Title: \_\_\_\_\_

Medium: \_\_\_\_\_

Sale Price: \_\_\_\_\_

Please print clearly

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

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

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (day) \_\_\_\_\_ (evening) \_\_\_\_\_

Please check one:

Artwork to be picked up at gallery \_\_\_\_\_

Artwork to be shipped to the above address \_\_\_\_\_

MONTH November Recreational Schedule YEAR 1997

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Ymca, Swimming	4 CO-ED V-Ball 7:15pm  TAE-KWON-DO	5 Ymca, Swimming Women's V-Ball League 8:00pm 4on4 Y-League 7:30pm	6 Open Gym	7 mens B-ball Alumni Game 7:30pm (Home)	8 Gym Closed 8-BALL POOL TOURNAY
Gym Closed	Open Gym 7-10pm					
9 8-BALL POOL TOURNAY	10 Ymca, Swimming	11 CO-ED V-Ball 8:00pm TAE-KWON-DO Men's Basketball VS Valley City St. 7:30pm (Home)	12 Ymca, Swimming Women's V-Ball League 6:30pm 4on4 Y-League 8:30pm Open Gym 1-10pm	13 men's Basketball HORS-E SHOOT P.M.	14 williston To	15 OPEN Gym 6' Under BB. TOURNAMENT
Open Gym	Open Gym 1-10pm					
16 6 ft. & Under BB. TOURNAY	17 Ymca, Swimming	18 CO-ED V-Ball 8:45pm Men's B-Ball UND-Lake Region 7:30pm (Home) TAE-KWON-DO	19 Ymca, Swimming Women's V-Ball League 7:15pm 4on4 League 8:30pm men's B-Ball (Away) Jamestown St. JV	20 Open Gym 1-10pm	21 Open Gym 1-10pm	22 Gym Closed Thunderbird CLASSIC →
Gym Closed	Open Gym 1-10pm					
23 8-BALL POOL TOURNAMENT	24 Ymca, Swimming	25 No CO-ED Volleyball  TAE-KWON-DO	26 No Women's V-Ball League No 4on4 League	27 open Gym 1-10pm	28	29
Open Gym	Open Gym 1-10pm					
				27 Thanksgiving Weekend No classes Men's Basketball, Western Neb Tournament →	28	29

co-ed & Women's Volleyball leagues will resume the week of December 1, 1997.