

# W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 7 NO. 13

December 15, 1997

## Weekly Menu

Dec. 15 to Dec. 19

### DINNER



LeRoi

- Mon.- Chuckwagon Stew, Baking Powder, Biscuit, Salad Bar, Fresh Fruit, Relish Tray, 2% or Skim Milk
- Tue.- Ham Sandwich, Soup, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Chicken Stir-Fry w/Oriental Noodles, Rice, Cranberry Sauce, Salad Bar, Pumpkin Bars, 2% or Skim Milk
- Thu.- Bar-B-Que Beef on a Bun, Soup, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Fri.- Tuna Salad Sandwich, Soup, Salad Bar, Lemon Bars 2% or Skim Milk



Rita

- Mon.- Goulash, Vegetable, Dinner Bun, Salad Bar, 2% or Skim Milk



Dennis

### SUPPER

- Mon.- Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% or Skim Milk
- Tue.- New England Dinner, Boiled Potatoes, Boiled Vegetables, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Chicken Breast on Rice, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- Pepper Steak, Rice, Tossed Salad, Garlic Toast, 2% or Skim Milk
- Fri.- Roast Pork, Mashed Potatoes & Gravy, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Mon.- Hamburger on a Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies, 2% or Skim Milk



Bugs

## A Time to Think or a Time to Die

1/10th of a Second - The hood rises, crumples, smashes into the windshield. Spinning rear wheels leave the ground. The fenders come into contact with the object, forcing rear parts out over the front doors.

2/10th of a Second - The driver's body continues to move forward at the vehicle's original speed (20 times the normal force of gravity, his body weighs 3,200 pounds). His legs, ramrod straight, snap at the knee joints.

3/10th of a Second - The driver's body is now off the seat, torso upright, broken knees pressing against the dash board, the plastic and steel frame of the steering wheel begins to bend under his terrible death grip. His head is now near the sun visor, his chest above the steering column.

4/10th of a Second - The car's front 24 inches have been demolished, but the rear end is still traveling at about 35 miles per hour. The half ton motor block crunches into the object.

5/10th of a Second - The driver's near-frozen hands bend the steering column into an almost vertical position. The force of gravity impales him on the steering shaft. Jagged steel punctures lung and intercoastal arteries. Blood spurts into his lungs.

6/10th of a Second - The driver's feet are ripped from his lightly-laced shoes. The brake pedal shears off at the floor boards. The chassis bends in the middle, shearing body bolts. The driver's head smashed into the windshield. The rear of the car begins its downward fall, spinning wheels digging into the ground.

7/10th of a Second - The entire, writhing body of the car is forced out of shape. Hinges tear, doors spring open. In one last convulsion, the seat rams forward, spinning the driver against the cruel steel of the steering shaft. Blood leaps from his mouth, shock has frozen his heart, he is now dead.

Time elapsed, seven tenths of a second.

## Crashes are not accidents

Accidents...a very common word often misused by most of us. For example, we use the term "accident" when we talk about car crashes. When asked to define the word "accident," we describes an unexpected, unavoidable event. How is it possible to describe an injury that occurs in a vehicle crash an "accident" when the drive was at fault:

- under the influence of alcohol;
- driving at speeds more than twice the posted limit; or
- not using seat belts and child safety seats.

Continued on page 2.



All preventable consequences. We know most injuries occur following a very clear pattern of events. Studying and understanding these patterns helps us change behavior. Scientific research has consistently shown that using seat belts, not driving after drinking and observing legal speed limits can prevent many injuries in car crashes. If we know this is true, how can we refer to crashes as unexpected, unavoidable events ("accidents")?

If time for a change! If it walks like a duck, talks like a duck, it is a duck...traffic crashes are no accident. It's time to stop calling preventable injuries "accidents." We can prevent these tragic crashes from happening to our loved ones. Together we can change behavior and prevent these avoidable crashes.

The Native American Injury Prevention Coalition is attempting to increase traffic safety on Indian reservation roads by education and public awareness of the above mentioned factors.

by Dennis Renville,  
Native American Injury Prevention Coalition

## Nursing Student Association Moving Along

First year and second year nursing students met at noon on December 12 in the Nursing Department -- "pot luck" style. True to tradition, nursing students are already showing their skills at being good cooks as well as being good nurses -- and plenty of the good food.

In addition to the time of sociology, Tammy Starr, president conducted a short business meeting. Proposed by-law changes were fully approved. There was discussion regarding alternate plans for paying their \$5.00 membership fees.

And congratulations to Kimberly Rhoades upon the arrival of her new baby -- about four days later than the anticipated due date. We all began to wait with her -- gratitude to God that all went well.

submitted by Sister Kathryn Zimmer, AASPN Program

**Information for the  
Next Newsletter must be  
submitted to Arrow Graphics  
No later then December 19  
Attn: Wanda Swagger**

## Spring IVN Schedule

**UND - Room 112**

**All Classes - Starts Monday 12th**

*BIO II Biology (3 Credits): 10:00 MWF*

*Ag Science - Sptop 199: 11:00 - 12:00 MWF*

*Soc. 220 Aspects of Multicultural Aging (2 Credits): 9:00 MW*

*Hum. Into. to NA Studies Coop (3 Credits): 4:00-7:00 R*

*Hum. 206 Survey of Am. Literature (3 Credits): 2:00-4:30 W*

*SpTop. 199 Library Science Research (2 Credits): 2-2:50 TR*

*Eco. 101 Macroeconomic (3 Credits): 4:30-6:00 MW*

*BIO 250-Nut 250 (3 Credits): 3:00-4:00 MTR*

*Chem. II 106 (4 Credits): 1:00-2:00 MTWR*

## Volleyball News

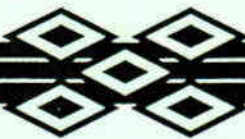
The UTTC Co-Ed Team and the Women's Tec will have games on December 16th and 17th, 1997. Recreation urges all players to be there are their games.

Players that haven't picked up their volleyball schedules for the second half of season. You can pick them up at Recreation Office from 1:00 pm - 10:00 pm, Monday thru Friday.

Have a Merry Christmas!



*Call and wish these older teachers at TJES a Happy Belated 50th Birthday!!!*



## Thank You

I would like to extend my appreciation to all those involved in making it possible for the UTTC to partake in the FANTASY OF LIGHTS which was held downtown.

To the STUDENT SENATE for the purchase of the lights which made the event possible for us.

To Transportation for "SHINING UP" a truck for our use.

To Maintenance for the use of the trailer and a portable generator.

To Building Trades for the construction of the "White Buffalo".

To the Welding Department for the fabrication and decorating.

To the many passer-bys who gave constructive ideas.

To those that stopped and helped while your time permits.

AND LAST BUT NOT LEAST, THE TOUGH KIDS WHO RODE THE FLOAT TO COMPLETE OUR THEME DESPITE THE COLD WEATHER.

And the parents who gave their time.

Thank you to the fans who cheered us on.

It has been requested that the float remain intact for the display through out the remainder of the year for your viewing pleasure.

Once again, we have made a fine and positive representation of our college downtown.

Thank You

Welding Department

## THIS COULD BE YOU:

### Drug case might net life sentence

FARGO - An 18 year old man accused of selling drugs near a school faces a life prison sentence.

Luke A. Johnson of Fargo is charged in East Central District Court with selling 3 ounces of cocaine and 1 1/2 ounces of marijuana in a grocery store parking lot near a south Fargo school.

Because the sale occurred close to a school, the potential prison sentence is increased.

Johnson is being held on \$50,000 bond.

## MUSEUM/GALLERY ITEMS FOR SALE

Call Sandy Poitra at ext. 331  
for more information

Beaded Key Chains

Beaded and quilled earrings

Beaded Hair Barrettes

Quilled Bracelets

Beaded Belt Buckles

Beaded Watch Bands

Leather Check Book Covers

Leather Wallets

## Christmas Cards Are In!!!

The new 1997 Christmas Cards are in at Arrow Graphics and may be picked up by any/all departments. Please acknowledge all the people and/or vendors you deal with - let them know we appreciate the business relationship we have with them.

These cards are also available to staff and/or students for their own personal use.

Price - 50¢/card (included envelope)

The design this year is drawn by Bruce Two Shields. Very nice!!!

Please stop by and pick them up ASAP so you can mail them in time.

Thank you

Arrow Graphics





## Powwow Souvenirs

Powwow Souvenirs are still available in Arrow Graphics to anyone wishing to purchase them for Holiday gift.

(Prices will not be reduced any more than they are right now.)

- Powwow Jackets
- XL & XXL - \$60.00
- Piggy Banks - \$10.00
- Refrigerator Magnets - \$1.00
- Note Cards - \$6.00/pack of 12
- Caps - \$6.00
- Also, we have very few Long Sleeve T-Shirts left (20 Total) L & XL!

Sorry - we are totally out of Sweatshirts and the Limited Edition box with mixed nuts.

These items make great gifts! - Buy Now - Almost Gone!

Arrow Graphics, Bldg. 51  
South side of Campus.

## Recreation STUFF

The UTTC Recreation Department is organizing a Men's Monday night basketball league.

The starting date will be Monday, January 12, 1998. There will be a total of six teams competing in the league. Teams will be selected on a first come, first serve basis. In other words, the first six teams to have all eight players paid for. There will be a minimum of eight players per team.

Teams with less than eight players will not be allowed to participate until all eight (8) players have paid in full.

A \$5.00/player late fee will be imposed for any fee paid after this date.

Players fees cannot be switched from one player to another. If one player drops off a roster and another is added, another player's fee must be paid.

All players must be 18 and out of high school.

All players must have a jersey or t-shirt of the same color with a number on the front and back. Players without a numbered jersey or t-shirt will not be allowed to participate.

For more info: and to get your team registered, call Rob Mendoza at ext. 261.

## UNITED TRIBES BASKETBALL LEAGUE RULES

1. A running clock will be used for all league games, the clock will not stop. All dead ball situations included, except for last two minutes of the game if not more than a ten point lead or more.
2. Technical foul Penalty:
  - a) Initial Offense (This is a warning) Player(s) sit out for a 5 minute cooling off period. This is not a technical foul.
  - b) 1st misconduct or flagrant - sit out for the rest of the game.
  - c) 2nd misconduct or flagrant - that player will be dismissed from the game and the remainder of league play. Note: It is not necessary to give a player the 5 minute cooling off period. If the actions warrant B or C can be assessed immediately.
  - d) Any misconduct or flagrant technical (depending on severity) may result in the individual(s) involved being dismissed from further league play.
3. Intentional foul - Two (2) shots plus possession.
4. Jump ball will be used to start the game, thereafter the alternate possession will be used.
5. Each player receives five (5) personal fouls.
6. Games will consist of: Two (2) twenty minute halves. Five (5) minute overtimes with each team receiving one additional time out. Three (3) minute half-time. Teams are allowed 3 full time outs and one (20).
7. A (24) second clock will be used for all league games.
8. Game time is forfeit time, so be on time. No excuses!
9. Teams will be allowed to start a game with (4) four players.
10. Must be 18 and out of high school.



## BISMARCK PARKS AND RECREATION TUESDAY COED VOLLEYBALL 1997-98 SEASON WILL-MOORE SCHOOL

<u>TIME</u>	<u>December 2</u>	<u>December 9</u>	<u>December 16</u>	<u>January 6</u>
6:30pm.	1 Vs 2	5 Vs 7	2 Vs 8	3 Vs 7
7:15pm.	3 Vs 4	6 Vs 8	1 Vs 5	1 Vs 4
8:00pm.	7 Vs 8	2 Vs 4	3 Vs 6	2 Vs 6
8:45pm.	5 Vs 6	1 Vs 3	4 Vs 7	5 Vs 8
	<u>January 13</u>	<u>January 20</u>	<u>January 27</u>	<u>February 3</u>
6:30pm.	4 Vs 5	3 Vs 8	1 Vs 6	1 Vs 2
7:15pm.	6 Vs 7	2 Vs 5	4 Vs 8	3 Vs 4
8:00pm.	1 Vs 8	1 Vs 7	3 Vs 5	7 Vs 8
8:45pm.	2 Vs 3	4 Vs 6	2 Vs 7	5 Vs 6
	<u>February 10</u>	<u>February 17</u>	<u>February 24</u>	<u>March 3</u>
6:30pm.	5 Vs 7	2 Vs 8	3 Vs 7	4 Vs 5
7:15pm.	6 Vs 8	1 Vs 5	1 Vs 4	6 Vs 7
8:00pm.	2 Vs 4	3 Vs 6	2 Vs 6	1 Vs 8
8:45pm.	1 Vs 3	4 Vs 7	5 Vs 8	2 Vs 3
	<u>March 10</u>	<u>March 17</u>		
6:30pm.	3 Vs 8	1 Vs 6		
7:15pm.	2 Vs 5	4 Vs 8		
8:00pm.	1 Vs 7	3 Vs 5		
8:45pm.	4 Vs 6	2 Vs 7		

A non-playing adult must supervise all children that are at playing venues. Players may be removed from games to supervise their children.

If an official does not arrive, teams should begin play & officiate their own match.

### Upcoming Local Tournaments

- Women's City Tournament
- Men's City Tournament
- Premium Beverage Coed Tournament
- 4-Person Tournament
- All-States Invitational Tournament

### Tournament Dates

- January 10 – 11, 1998
- January 17, 1998
- January 18, 1998
- February 7-8, 1998
- February 27-28 & March 1, 1998

### Entries must be received by:

- December 30, 1997
- January 5, 1998
- January 5, 1998
- January 26, 1998
- February 2, 1998

### TEAM NAME

1. All Pets Veterinary Clinic
2. Broken Oar II
3. Eyewear Designs II
4. Jerry's Kids
5. Paperwarehouse "Paperweights"
6. O'Brian's II
7. United Tribes
8. Fastenal

### MANAGER

- Sonja Morlanen
- Candace Prigge
- Kyle Mund
- Jerry Heiser
- Dee Fields
- Diane Gunsch
- John Thunderhawk
- Kim Sallee

### PHONE (H)

- 224-0546
- 258-1248
- 663-9887
- 223-6610
- 224-0807
- 258-5598
- 
- 224-8107

### WORK (W)

- 255-7387
- 328-2595
- 663-9886
- 250-4242
- 222-2292
- 328-4424
- 255-3285



# BISMARCK PARKS AND RECREATION TUESDAY COED VOLLEYBALL 1997-98 SEASON WILL-MOORE SCHOOL

<u>TIME</u>	<u>December 2</u>	<u>December 9</u>	<u>December 16</u>	<u>January 6</u>
6:30pm.	1 Vs 2	5 Vs 7	2 Vs 8	3 Vs 7
7:15pm.	3 Vs 4	6 Vs 8	1 Vs 5	1 Vs 4
8:00pm.	7 Vs 8	2 Vs 4	3 Vs 6	2 Vs 6
8:45pm.	5 Vs 6	1 Vs 3	4 Vs 7	5 Vs 8
	<u>January 13</u>	<u>January 20</u>	<u>January 27</u>	<u>February 3</u>
6:30pm.	4 Vs 5	3 Vs 8	1 Vs 6	1 Vs 2
7:15pm.	6 Vs 7	2 Vs 5	4 Vs 8	3 Vs 4
8:00pm.	1 Vs 8	1 Vs 7	3 Vs 5	7 Vs 8
8:45pm.	2 Vs 3	4 Vs 6	2 Vs 7	5 Vs 6
	<u>February 10</u>	<u>February 17</u>	<u>February 24</u>	<u>March 3</u>
6:30pm.	5 Vs 7	2 Vs 8	3 Vs 7	4 Vs 5
7:15pm.	6 Vs 8	1 Vs 5	1 Vs 4	6 Vs 7
8:00pm.	2 Vs 4	3 Vs 6	2 Vs 6	1 Vs 8
8:45pm.	1 Vs 3	4 Vs 7	5 Vs 8	2 Vs 3
	<u>March 10</u>	<u>March 17</u>		
6:30pm.	3 Vs 8	1 Vs 6		
7:15pm.	2 Vs 5	4 Vs 8		
8:00pm.	1 Vs 7	3 Vs 5		
8:45pm.	4 Vs 6	2 Vs 7		

A non-playing adult must supervise all children that are at playing venues. Players may be removed from games to supervise their children.  
If an official does not arrive, teams should begin play & officiate their own match.

### Upcoming Local Tournaments

- Women's City Tournament
- Men's City Tournament
- Premium Beverage Coed Tournament
- 4-Person Tournament
- All-States Invitational Tournament

### Tournament Dates

- January 10 - 11, 1998
- January 17, 1998
- January 18, 1998
- February 7-8, 1998
- February 27-28 & March 1, 1998

### Entries must be received by:

- December 30, 1997
- January 5, 1998
- January 5, 1998
- January 26, 1998
- February 2, 1998

### TEAM NAME

1. All Pets Veterinary Clinic
2. Broken Oar II
3. Eyewear Designs II
4. Jerry's Kids
5. Paperwarehouse "Paperweights"
6. O'Brian's II
7. United Tribes
8. Fastenal

### MANAGER

- Sonja Morlanen
- Candace Prigge
- Kyle Mund
- Jerry Heiser
- Dee Fields
- Diane Gunsch
- John Thunderhawk
- Kim Sallee

### PHONE (H)

- 224-0546
- 258-1248
- 663-9887
- 223-6610
- 224-0807
- 258-5598
- 224-8107

### WORK (W)

- 255-7387
- 328-2595
- 663-9886
- 250-4242
- 222-2292
- 328-4424
- 255-3285



# BISMARCK PARKS AND RECREATION WEDNESDAY WOMEN'S VOLLEYBALL 1997-98 SEASON PIONEER SCHOOL

<u>TIME</u>	<u>December 3</u>	<u>December 17</u>	<u>January 7</u>	<u>January 14</u>
6:30pm.	1 Vs 2	5 Vs 7	2 Vs 8	3 Vs 7
7:15pm.	3 Vs 4	6 Vs 8	1 Vs 5	1 Vs 4
8:00pm.	7 Vs 8	2 Vs 4	3 Vs 6	2 Vs 6
8:45pm.	5 Vs 6	1 Vs 3	4 Vs 7	5 Vs 8
	<u>January 21</u>	<u>January 28</u>	<u>February 4</u>	<u>February 11</u>
6:30pm.	4 Vs 5	3 Vs 8	1 Vs 6	1 Vs 2
7:15pm.	6 Vs 7	2 Vs 5	4 Vs 8	3 Vs 4
8:00pm.	1 Vs 8	1 Vs 7	3 Vs 5	7 Vs 8
8:45pm.	2 Vs 3	4 Vs 6	2 Vs 7	5 Vs 6
	<u>February 18</u>	<u>February 25</u>	<u>March 4</u>	<u>March 11</u>
6:30pm.	5 Vs 7	2 Vs 8	3 Vs 7	4 Vs 5
7:15pm.	6 Vs 8	1 Vs 5	1 Vs 4	6 Vs 7
8:00pm.	2 Vs 4	3 Vs 6	2 Vs 6	1 Vs 8
8:45pm.	1 Vs 3	4 Vs 7	5 Vs 8	2 Vs 3
	<u>March 18</u>	<u>March 25</u>		
6:30pm.	3 Vs 8	1 Vs 6		
7:15pm.	2 Vs 5	4 Vs 8		
8:00pm.	1 Vs 7	3 Vs 5		
8:45pm.	4 Vs 6	2 Vs 7		

**NO Volleyball on December 10.**

A non-playing adult must supervise all children that are at playing venues. Players may be removed from games to supervise their children.

If an official does not arrive, teams should begin play & officiate their own match.

**Upcoming Local Tournaments**

- Women's City Tournament
- Men's City Tournament
- Premium Beverage Coed Tournament
- 4-Person Tournament
- All-States Invitational Tournament

**Tournament Dates**

- January 10 – 11, 1998
- January 17, 1998
- January 18, 1998
- February 7-8, 1998
- February 27-28 & March 1, 1998

**Entries must be received by:**

- December 30, 1997
- January 5, 1998
- January 5, 1998
- January 26, 1998
- February 2, 1998

**TEAM NAME**

1. Image Printing, Inc.
2. Broken Oar II
3. Accents in Silk
4. Woodmansee's
5. Donald Thompson, CPA, P.C.
6. Medicine Shoppe
7. Jespersen
8. United Tribes

**MANAGER**

- Carol Stoltz
- Tracy Zingg
- Donna Roll
- Kim Deyle
- Beth Thompson
- Lynn Gustafson
- Kathy Nordeen
- John Thunderhawk

**PHONE (H)**

- 222-0525
- 223-1929
- 663-6206
- 223-3308
- 258-2399
- 222-1830
- 258-6301

**WORK (W)**

- 222-4000
- 224-7187
- 328-5697
- 223-3308
- 258-4700
- 663-1151
- 258-6301
- 255-3285