



# W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER R

VOL. 2 NO. 3

November 1, 1993

## A Tip For Parents

Parents, you can help your child avoid the risks of becoming involved with alcohol and other drugs. Here is a start.



### Key things you can do

1. Talk with your children about the dangers of alcohol and other drugs. Nearly half the young people in a recent nationwide poll said they wished they could discuss this topic more with their parents. You don't have to pretend you know all the answers. In fact, working with your children to find answers can build trust and confidence.
2. Help build your children's self-confidence and self-respect. Praise them when they do something well. This could be a simple job they do around the house, such as setting the table or receiving a good grade on a school paper. Also give them responsibilities. These could include being in charge of keeping their room clean or budgeting their allowance from week to week. Children who feel good about who they are have the inner strength to resist negative peer pressure.
3. Know your children's friends and their parents. You don't have to pry, just show your natural interest. If you are troubled by the choice of new friends, talk with your children about them. Find out what these new friends seem to offer. What appeals to your children and why?
4. Find out about the extent of alcohol and other drug use in the schools and in your community. Form a support group with other parents to share information and ideas. Your PTA leader can help you begin a support group.
5. Make peer pressure work for you. Encourage your children to join with others to form groups of teams that promote positive values and healthy activities. These could include a variety of activities such as sports, arts and crafts sessions, trips to museums and hikes through the countryside.
6. Help your children learn to make decisions as part of the family. Involve your children in helping to plan a family gathering, an activity or a vacation. Practice in making these kinds of decisions will give them more authority and help them feel more in control of their lives.
7. Work with your children to counter media images that glamorize the use of alcohol or other drugs. This includes records and music videos as well as TV programs and commercials. Don't put down your child's taste in music or TV; instead, find out what the appeal is and encourage your child to really look at the messages. Are they good or could they be harmful? Do they make drinking or using drugs look like fun?
8. Encourage your children to take part in healthy, enjoyable activities. Support programs in the school and the community. Volunteer your time for children's groups. Work with other parents to press community leaders to create more programs and facilities for young people. Most importantly, take part in activities or hobbies with your children.
9. Know the warning signs of a child at risk, such as a sudden and sharp decline in school work, a lack of interest in favorite activities, trouble sleeping or sleeping at unusual times, tuning away from family and usual friends. If the problem seems serious, seek help.
10. Spend time with your children. Feelings of affection and trust may be your children's strongest allies. Do things with them such as playing catch, going to a science museum, viewing a movie, or going for a walk or bike ride together. Give them a hug. Let them know you love them.

## Cafeteria



**NOVEMBER 1 - 5, 1993**

### LUNCH:

Mon. - Hulipsa Hot Dish, Dinner Buns, Salad Bar, Margarine, Assort. Fresh Fruit, Assort. Veg. Tray, 2% Milk

Tues. - Bean Soup, Ham Sandwich on a Bun, Salad Bar, Saltine Crackers, Mayonnaise, Assort. Fresh Fruit, Assort. Veg. Tray, 2% Milk

Wed. - French Dip with Au-Jus, Potato Chips, Salad Bar, Tossed Salad, Assort. Fresh Fruit, 2% Milk

Thurs. - Goulash, Vegetable, Dinner Bun, Salad Bar, Assort. Fresh Fruit, Assort. Veg. Tray, 2% Milk

Fri. - Old Fashioned Tomato Soup, Grilled Cheese, Potato Chips, Salad Bar, Saltine Crackers, Assort. Fresh Fruit, Assort. Veg. Tray, 2% Milk

### SUPPER:

Mon. - Hamburger on a Bun, French Fries, Salad Bar, Brownies

Tues. - Pork Chops, Rice, Vegetable, Salad, Pineapple Upside Down Cake

Wed. - Swedish Meatballs over Noodles, Vegetable, Salad, Chocolate Chip Cookies

Thurs. - Baked Chicken, Mashed Potatoes, Creamed Style Corn, Dinner Roll, Salad Bar, Dessert

Fri. - Tuna Casserole, Vegetable, Dinner Bun, Salad, Rice Krispie Bars



**November 8, 1993**

### LUNCH:

Mon. - Indian Stew, Fried Bread, Wozapi

### SUPPER:

Mon. - Pork Chops, Rice, Cream Style Corn, Salad Bar

This newsletter is compiled, typeset, and printed by the staff of Arrow Graphics/Printing Dept. and is not responsible for subject matter or content.

Send all news to Arrow Graphic by Wednesday of every week.

## Learning Center

Learning Center - Help for the Integrated Studies Student

Hey Students! If you are enrolled in Integrated Studies for the Fall Semester, there is support for you available at the Learning Center.

Brian Palacek is in the center every Monday from 1:00 pm to 2:00 pm for a **Reading and Proofreading Workshop**. Students who are reading assignments or writing papers can come in for assistance from Brian at those times.

General help in I.S. is available on Thursdays from 1:00 pm to 3:00 pm. Integrated Studies instructors, Bev Huber and Mikiel Ottmar, are in the center at that time.

For students who are using or want to use the word processor to type their papers for I.S., the computer lab is available any time the center is open. If, however, you need some help using the word processing program, come to the center when computer assistance is available. These times are Monday 1:00 pm - 3:00 pm; Tuesday 10:00 am - 12:00 pm & 6:00 pm - 9:00 pm; Wednesday 1:00 pm - 3:00 pm; and Thursday 10:00 am - 12:00 pm & 6:00 pm - 9:00 pm.

## Community Coordinating Committee

Community Coordinating Committee met this week to identify five goals for the 1993-94 school year. They are:

To develop a calendar of events for students and staff by coordinating info from all departments.

To have a student represent the CCC as a liason to the Student Senate. (Lori Cuch was appointed)

To encourage students and staff to give of themselves by sharing food for the needy in the Bismarck-Mandan community during the Winterfest activity.

Provide support to special events and issues sponsored by the College.

To develop, recommend and update the UTTC policies relating to substance use and abuse.

Members of the committee are as follows: Sharlene Gjermundson, Karen Siegfried Daryl Bearstail, Don Rush, Carol Anderson, Lori Cuch, Sharlene Knight, T.J. McLaughlin, Bob Parisien, Ken Hall, Bruce Hall, Barb Danks, Bud Anderson, Red Koch, Leroi Landreaux, Butch Thunderhawk, Chuck Wentz, and Jack Tobias.

The members are willing to hear your ideas and concerns on substance use and abuse and other related issues.

Wanda Walker, Chairperson

## Security

In our Life, we have goals and a set of rules set up, for ourselves. Families, and homes...to follow. Just as each Vocation has an instructor, with proper procedures of teaching a student. To go out into the work-force to be a Nurse, Welder, Police Officer.

A remark was made ""Security makes up their own rules" This a untrue statement. Security is a department with procedures and regulations to follow, as any other department on Campus.

I would like to answer three question, or complaints.

1. **Security entering houses?** - Security Officers have the power to enter residences and dormitory rooms consistent with power of landlord. To enter dwelling unit, that the landlord rents and consistent with the power of a college or university to control the actions of its students on campus.

**example:** Like any housing, apartment, or motel room. Any disturbances or complaint of a person reporting. "A Police Officer" will be at your door. (In this case Security)

2. **Why do I have to fill out babysitting and visitor request forms?**

Students in housing units, must register your guests, by filling out forms at the Security Office.

**example:** Relative or friend gets an emergency call. Security did not take message, because of no information on that guest in your home.

When you have a babysitter in your home for the evening or weekend, you must register your babysitter and list "emergency" phone numbers.

A telephone call was made to Med Center 1 Emergency, I asked the question, if a child was left in care of a babysitter and needed medical attention would a babysitter be able to sign the consent form?

Reply was only in a "life or death" situation. Or the babysitter must be a relative and 18 years old or older.

My child needed medical care for a broken arm and had to wait for me (knock on wood) to be found to sign a consent form.

3. **Security stopping Cars?**

Security has the authority to stop and inspect all vehicles entering United Tribes property after 11:00 pm (exception of commerical vehicles like pizza man, delivery trucks, etc...)

This is for your safety and others, in housing, dormitories and UTTC buildings. UTTC is private property.

**example:** you went away for the weekend and came home, your possessions missing (like TV or Stereo) or if you got up in the morning, went outside to take a drive to town and all the wheels were missing.

Anything could happen!!

**Have a Happy Halloween!** Have your children wear light clothing. Be careful crossing the street. **And Check You Children's Treats!**

Thank you - To the four Criminal Justice students that helped out friday night. Who volenteered their time and sleep (still looking for the tree man).

## New UTTC Faculty

Greetings! My name is Sheri BearKing Baker and I am a new instructor in the Office Technology Department. I am an enrolled member of the Standing Rock Sioux Tribe and a descendant of the Turtle Mountain Chippewa Tribe. I am happily married and have one son, Kelly who attends Richholt Elementary, one niece, Callie who attends Bismarck High School, and husband, Birón who is in his third year of Medical School. We recently moved to the Bismarck areas and have resided in Grand Forks, North Dakota for the past six years.

Prior to my new position, I was the Director of Native American Students Services Center for the Grand Forks Public Schools. I was very involved in the education and culture of Native American students in the school system. I completed a Bachelor of Arts and Bachelor of Science degree in 1990 from the University of North Dakota. I completed my Associates of Arts degree from the Turtle Mountain Community College. Prior to my college years, I held various jobs and also worked here at United Tribes.

As a Native American student, I struggled with academics, finances, and dysfunctional behavior and it wasn't until I followed my goals that I succeeded. I firmly believe, each and everyone of you students have the potential to succeed. With hard work and set priorities, you will achieve your endeavors. Good Luck in the semester and strive forward.



A good grade on the big exam is the result of a lot of work on the little assignments.

Anne Kuyper  
from Apple Seeds © 1992

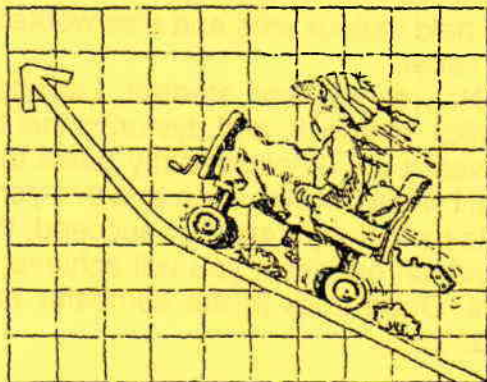
## Students

November 2, 1993  
Meeting for  
Student Senate Officers  
3:00 pm at Education Building B1

November 9, 1993  
Meeting for  
Vocation Representative  
3:00 pm at Education Building B1

## Licensed Practical Nursing

**LPN Please Note:**  
Luncheon Fun Time to honor students new to nursing. All nursing students invited  
Thursday, November 4, 1993  
Room 201, Education Building



## Chemical Health Center

### CHILDREN LEARN AS THEY LIVE

1. If a child lives with criticism, he learns to condemn.
2. If a child lives with hostility, he learns to fight.
3. If a child lives with fear, he learns to be apprehensive.
4. If a child lives with pity, he learns to feel sorry for himself.
5. If a child lives with ridicule, he learns to be shy.
6. If a child lives with jealousy, he learns about envy.
7. If a child lives with shame, he learns to feel guilty.
8. If a child lives with encouragement, he learns to be confident.
9. If a child lives with tolerance, he learns to be patient.
10. If a child lives with praise, he learns to be appreciative.
11. If a child lives with acceptance, he learns to love.
12. If a child lives with approval, he learns about values.
13. If a child lives with recognition, he learns it is good to have a goal.
14. If a child lives with sharing, he learns about generosity.
15. If a child lives with honesty and fairness, he learns about truth and justice.
16. If a child lives with security, he learns to have faith in himself and in those about him.
17. If a child lives with friendliness, he learns the world is a nice place to live.
18. If you live with serenity, your child will live with peace of mind.

Dorothy Law Nolte



## Chemical Health Center

### Chemical Dependency Self-Test

Check those that apply to you:

- 1. Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days?
- 2. Do you wish people would stop nagging you about your drinking?
- 3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk?
- 4. Have you had a drink in the morning in the past year?
- 5. Do you envy people who can drink without getting into trouble?
- 6. Have you had problems connected with drinking during the past year?
- 7. Has your drinking caused problems at home?
- 8. Do you ever try to get "extra" drinks at a party because you did not get enough to drink?
- 9. Do you tell yourself you can stop drinking anytime you want to, even though you keep getting drunk when you don't mean to?
- 10. Have you missed days at work (or school) because of drinking?
- 11. Do you have "blackouts"?
- 12. Have you ever felt that your life would be better if you did not drink?

If you checked four or more of these, it would be a good idea to seek the guidance of a specialist in chemical dependency or to seek help directly through Alcoholic Anonymous or a similar organization. It's perfectly acceptable to go to an open AA Meeting, listen to what is being said, and decide for yourself if their program would be useful to you.



## TJES

### "News Bitz"

Guess which computer monster turns her golden 31st birthday Sunday, October 31st?? Yep the years are sneaking up on you Barb Miller. Happy Birthday Barb from the rest of the TJES "ghouls".

Let's see, trying to keep track of all the numerous extra-curricular events is like trying to dab two bingo superpacks at once, next to nearly impossible.

On Mondays & Wednesdays there is swimming at the Y between 6-7:00 p.m. with the bus leaving at 6:30 p.m. from the gym. K-8 grade students can still get their free Y cards, but they must have their parents fill out the registration form. You are only "entitled" to lose your card once for which you will receive a replacement free of charge. Should you lose your second card you will have to pay \$2.00 for a third card.

Tuesday-November 2nd - No School for Grades K-8 due to parent teacher conferences. If you have not received your time schedule please call the school for your time. Letters were mailed out to parents on Friday, October 9.

The Chapter I Parent Corner will be open Tuesday-Nov. 2nd for material check outs, from 4-5:00 p.m.

Those (Preschool-8th grade) interested in joining a Drill Team should show up at the small gym at 6:00 p.m. on Tuesdays & Fridays. The 1st practice was October 29th.

Picture Day comes to TJES on Thursday-November 4 beginning at 8:30 a.m. at the new Library area which is in the same bldg. as the music class. Nursery & Preschool children will start out the session and will continue on with grade K-8. You do not pay at this time. When the proofs are returned to the school (approximately 2 weeks) you will have a week or so to look them over and then you pay for whichever one you want.

continued on next page

## TJES

Continued from page 5.

On Thursday, the "Say No" Club will take a "mystery" tour and have a speaker from 6-8:30 p.m. This Club is for all TJES students to enjoy along with their parents.

The 5-8 Grade Dances that had been scheduled for Fridays have been cancelled until further notice. Apparently inappropriate behavior was the contributing factor.

Beginning on Friday, November 5th, Gymnastics will be offered to Preschool-6 grade children. Those already registered will begin a 9-week class every Friday down at the Bismarck Gymnastics Academy. UTTC Transportation will pick students up at the gym at 5:30 p.m., the session lasts from 6-7:00 p.m. If you still wish to register your children, stop in at the school office and sign up.

**REMINDER: 7/8 grade students are released at 3:00 each day for the remainder of the 93/94 school year. AND ALL STUDENTS ARE RELEASED EACH FRIDAY AT 3:00 P.M. FOR THE REMAINDER OF THE 93/94 SCHOOL YEAR.**



## TO ALL STUDENTS

**YOU NEED TO CHECK THE  
BULLETINS AT EDUCATION OR  
SKILL CENTER FOR  
MESSAGES!!!**

## Recreation

Activities below are weekly and will be held on the date and same times. If times change we will notify staff and students of changes.

### WEEKLY ACTIVITIES

Activity	Time	Date	Area
Kids Swimming	7-8:00 p.m.	Mon.	YMCA
Line Dancing	7-9:00 p.m.	Mon.	Small Gym
Noon Ball	12-1:00 p.m.	M.W.F.	Big Gym
Drum Group	12-1:00 p.m.	M.T.W.T.F.	Small Gym
Tae-Kwon-Do			
Lessons	7-8:00 p.m.	Tues.	Small Gym
League Bowling	7-9:30 p.m.	Tues.	Cap. Lanes
Say No Club	6:30-9:00 p.m.	Thurs.	Small Gym
Aerobics	8-9:00 p.m.	Wed.	Small Gym
Elem. Dance	7-9:00 p.m.	Fri.	Small Gym

## Students and Staff

### Wanted: Students and Staff for Four Directions Newspaper

If you are interested in working on the student Four Directions Newspaper, please, contact President David M. Gipp or Sandra Lee Erickson (at ext. 293).

The paper has not been published since last year. It is a paper founded by former students and served as an excellent source of information for the students, staff, and many Indian communities.

President Gipp served as advisor and assisting editor with this important project. Many of the articles and other work were contributed by students, as well as staff members.

It is an excellent chance for you to develop your writing, photography, and arts skills and to make a contribution.

We need people who are willing to write or learn, help gather information, take pictures when necessary, do art work, and to assist with typing, layout and circulation.

If you are interested contact us. We'd like to look at a new edition by early November. Some training and orientation will be provided. Let go with the "Four Directions!"