

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER R

VOL. 2 NO. 4

November 8, 1993

Cafeteria

NOVEMBER 8-12, 1993

LUNCH:

Mon. - Spaghetti with Meat Sauce, Garlic Toast, Salad Bar, Assort. Fresh Fruit, Assort. Veg. Tray, 2% Milk

Tues. - Steak Sandwich, Steak Fries, Garlic Toast, Tossed Salad, Assort. Fresh Fruit, 2% Milk

Wed. - Pork Cutlet, Mashed Potatoes, Cream Gravy, Vegetable, Apple Sauce, Dinner Bun, Salad Bar

Thurs. - Hamburger on a Bun, French Fries, Salad Bar, Lettuce, Slice of Onion, Pickles, Catsup, Mustard, 2% Milk

Fri. - Chicken Nuggets, Split Pea Soup, Shell Roni Casserole with Cheese, Vegetable, Salad Bar, Assort. Fresh Fruit, 2% Milk

NOVEMBER 15, 1993

Mon. - Scalloped Potatoes & Ham, Vegetable, Dinner Bun, Bean Soup, Saltine Crackers, Assort. Fresh Fruit, 2% Milk

SUPPER:

Mon. - Indian Stew, Fry Bread, Wozapi

Tues. - Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert

Wed. - Salisbury Steak, American Fries, Salad Bar, Hello Dolly Bars

Thurs. - Baked Ham, Sweet Potatoes, Salad Bar, Fresh Fruit, Relish Tray, 2% Milk

Fri. - Fish Platter, French Fries, Salad Bar, Dessert

NOVEMBER 15, 1993

Mon. - Braised Beef over Noodles, Vegetable, Salad, Oatmeal Raisin Cookies



Hot Tips Cool Line Hard Cash



Thieves are at work in your city. Bismarck is being hit by burglars and thefts from motor vehicles at a tremendous rate. Students can join in the fight against crime through one of the most successful programs in the country--CRIME STOPPERS.

In nearly all criminal cases, there is at least one person, aside from the criminal, who knows what happened. Often these people are afraid to come forward and give information to the police about criminal activity, either because of fear of retaliation or getting involved. Crime Stoppers offers anonymity and cash rewards as an incentive, to persons who come forth with details that lead to the arrest and/or indictment of suspected criminals.

Since its inception in 1987, Bismarck Area Crime Stoppers has paid out over \$6800 in rewards. Recovered stolen property amounts to over \$135,000 and recovered narcotics over \$21,000 as a result of Crime Stopper tips.

If you have information on criminal activity, call Crime Stoppers at 224-TIPS (244-8477). A special phone will ring in the Bismarck Police Department. The line is "cool" which means information is taken anonymously and the call is not recorded. You will be given a special code number. If the information leads to an arrest, you may be eligible for a cash reward. All rewards are paid out through a carefully guarded procedure to protect the callers identity. You are never asked to reveal your name.

Learning Center

Learning Center Help for the Chemistry Student

Hey, chemistry students! Are your equations balancing? Is your valence shell full? Are your electrons properly configured?

Students who are enrolled in Chemistry during Fall semester can get a variety of extra help and practice at the Learning Center. For students who just need some additional instructional help or tutoring, Jennifer is available Monday through Friday from 1:00 pm to 2:00 pm. To take advantage of this service, just drop by the center at that time. Additional tutoring appointments can be made for other times by contacting Jennifer at the center.

In addition to tutoring, there are also computer programs, handouts, and practice sheets available. These resources cover a variety of chemistry topics and provide extra practice that a student may need. The computer programs are designed so that the student can work at their own pace on only the parts of the program in which they are interested. The handouts and practice sheets include explanations, instructions, and problems (with the solutions included). The benefit of the computer programs, handouts, and practice sheets is that students can get additional practice, yet still work on their own. A complete list of all these resources is available at the center to anyone who inquires.

So if you need help with chemical nomenclature, or some additional practice in mole conversions, stop by the center to see what we can do for you.

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.

Placement Services

Placement services are provided to all UTTC graduates. Although UTTC cannot guarantee employment, every effort is made to place all students into jobs directly related to his/her training. In fulfilling this responsibility the placement staff works closely with the students prior to graduation to determine what types of employment the student is interested in and where the students would like to work.

Upon completion and successful assistance in job placement, the department assists the graduate in securing funds to cover the costs of his/her essential needs, including rent, deposits, food, etc.

Career Development Technician, Shirley Iron Road, will assist students with typing and resume outline.

Placement Officer, Melvin White Eagle and Placement Counselor, Bruce Hall are responsible for conducting one on one interview sessions with students. Gathering information from and for students relative to Job Development and Placement.

Jim Davenport, Director of Placement office at Minot State University, says the first thing a student should do once he or she is on campus is visit the Placement Office. "Every campus has one," he says. "While we can't guarantee students a job after graduation, we can help them acquire the skills they'll need to get one."

Davenport emphasizes that placement officers can't help students who don't visit them. "You'd be surprised at the number of students who don't bother us until they are about to graduate," he says. "Although we do everything we can to help them before that."

"A misconception needs to be addressed about the role of placement officers," he says. "We don't place students in jobs. Rather, we prepare students for job opportunities by providing resources that will ready them for the interviewing process."

Final interview, thirty days prior to graduation, which will be around November 15, 1993. This is the most important of the interview process, at this point, all necessary job development documentation should be in an active file for actual job application and development.

Students who have not completed the required process should do so at this time.

This time period prior to graduation, both the student and the career development office will be working directly with potential employers and employment agencies. Students should make themselves available for possible job application and actual job interviews.

Career Development materials are available in the Placement Office.

Check the vacancy announcements on display. There may be a job opening just for you. Come and discuss your employment plans with us.

GRADUATION IS SIX WEEKS AWAY!



If you always do what you
always did, you'll always
get what you always got.

Verne Hill

from Apple Seeds © 1992

Women's Support Group

The Women's Support Group will meet each Thursday at 6:30 to 7:30 p.m. in the basement of Sakakawea Hall. Refreshments will be served. **ALL WOMEN ON CAMPUS ARE WELCOME.** This is an opportunity to build relationships that are healing and positive. Join the support group on Thursday.

Students

Student Senate Meeting on November 9, 1993 is **CANCELLED** till November 16, 1993 Education Building B1 at 3:00 p.m.

Congratulations

Congratulations!!!

Jaelynn Swift Eagle who is in Office Technology gave birth to a baby boy on Monday, November 1 at 5:39 p.m.

Jaelynn named her son
Cobra Knight Swift Eagle
Cobra weighed 6 lbs., 4 ozs., and
was 22 inches long.



Bake Sale

The Office Technology Club will be sponsoring a bake sale on **WEDNESDAY, NOVEMBER 10** starting at **9:00 a.m.** and continuing all day. The bake sale will be held by Room 121 in the Education Building.

The next regular meeting of the Office Technology Club will be held on Wednesday, November 17 at 3:00 p.m. in Room 220 in the Education building. All Office Technology students are invited to attend and become Club members. Door prizes will be awarded and club business will be conducted during the meeting.

Correction to the last article on election of officers: Brenda Lehi was elected to the office of Treasurer instead of JoVonne Fox.

Student Information

Students are allowed to remain in the dorms during Thanksgiving break. A Thanksgiving dinner will be served at the cafeteria.

Security

Off-Campus Students - Please do not leave your children unattended. Your children must be supervised at all times. Security has been transporting student's children, back to their residences that live up town.

A telephone call will be made to contact you. If you can not be reached, other means of transportation will be used. Security will not leave your child at your residence when there is no parent present.



Counseling

How we grow up in our early years along with the temperament we are born with is carried through life. This is sometimes referred to as "personal baggage". This is not necessarily all bad but it is not all good either. It is up to us to sort out our personal baggage and prepare for a good "trip" through life. There is help on sorting available through an appropriate counselor who is trained in this area, through reading good information, going to workshops or seminars on the subject and talking to family members of origin. Spiritual growth is important to in healing and initiating important changes in areas that we find as negative to a healthy-happy life.

We cannot change our past but we can improve the future by recognizing where we are carrying things along that are hindering our progress or preventing richer or happier experiences. Once the "rocks in our shoes" are removed the climb up the mountain of life is easier and more enjoyable.

Temperment has it's good and bad characteristics. Recognizing our temperament and its traits helps use the strengths and work on weaknesses or change areas we are not comfortable with. This can be a very interesting and worthwhile adventure but it requires patience, time and work. When we began taking care of ourselves in this way, seeking improvements for a better life, the holes and gaps of the past will begin to fill in, making our path through the rest of our years more pleasant.

Paul S.



Chemical Health Center

TEXT: Native American Alcoholism, An Issue In Survival by Pamela Colorado, 1986

Colorado makes clear several points:

1. Alcohol and substance abuse are the leading causes of death of Native people.
2. The prevalence, incidence is so great that it cannot be explained by theories based on individual deviance or pathology.
3. Despite efforts to combat alcoholism, the problem is increasing geometrically.
4. Substance abuse threatens the survival of Native Americans.

Alcoholism impacts Native societies with an intensity and scope previously unknown to mankind. Of the 1.4 million Native people in America today, 65% of the adult population has problems with alcohol. The trend is towards more alcoholism and emerging drinking patterns pose new threats to the survival of Native Americans.

STEP 1: We admitted we were powerless over alcohol - that our lives had become unmanageable. (Zechariah 4:60 ...Not by might, nor by power, but by my spirit, saith the Lord of hosts.

Masquerade Powwow

Elementary

1st - Damien Cadotte, 2nd - Kid Joe,
3rd - Jennifer

College

1st - Old Fart -Shawna Keeswood
2nd - Jody Last Star, 3rd- Leonard Charging

Adult

1st - Verlin Ireland, 2nd - Happy Dump Stick - ?
3rd - Suzie Woozie - ?

Drums

Fort Kipp, UTTC, Muzahowaste, Cannonball

Others

Scarriest - Banana Man, Funniest - Old Fart
Original - Mexican President, Dumbest - Minnie
Mouse Jingle Dress

TJES

"News Bitz"

Remember your children can still pick up their free Y card from the office by simply having you fill out a registration form. These cards are only for the K-6 grade students. They go swimming on Monday & Wednesday evenings from 6-7:00 at the Y. The bus leaves from the gym at 6:30 p.m.

The Chapter I Parent Checkout Corner will be open from 4-5:00 p.m. on Tuesday - November 9 for those parents wishing to exchange reading material, games, computer games, etc. You only have until the end of this month to get over to the Corner, as they will not be open in December, they will re-open in January.

The TJES Drill Team meets at 6:00 Tuesday & Friday evenings in the small gym. If your child is interested Please BE THERE!

This "gal" has been with TJES awhile and we all appreciate her and hope she has a very Happy Birthday on Tuesday, November 9. Happy Birthday Charlene Peterson!!

THERE WILL BE SCHOOL ON THURSDAY- NOVEMBER 11 - VETERAN'S DAY...HOWEVER...WE WILL HAVE EARLY DISMISSAL AT 1:00 P.M. and of course the regular school day will resume on Friday.

On Thursday - November 11 the "Say No" Club will go to "War On Drugs" special from 6-8:00 p.m.

Way next week sometime...November 19/20 the TJES Girls Basketball team will compete in a Jamboree put on by the Bismarck Parks & Rec. Details next week.

Child Development Center

As I Grow

Please...

Understand that I am growing up and changing very fast. It must be difficult to keep pace with me, but please try.

Listen to me and give me brief, clear answers to my questions. Then I will keep sharing my thoughts and feelings.

Reward me for telling the truth. Then I am not frightened into lying.

Tell me when you make mistakes and what you learned from the. Then I can accept that I am OK, even when I blunder.

Do the things you want me to do. Then I have a good, positive role model.

Trust and respect me. Even though I am smaller than you, I have feelings and needs just like you.

Compliment and appreciate me. Then I'll feel good, and I'll want to continue to please you.

Help me explore my unique interests, talents and potential. In order for me to be happy, I need to be me, and not you or someone you want me to be.

Pay attention to me, and spend time with me. Then I can believe that I am important and worthwhile.

Be an individual and create your own happiness. Then you can teach me the same, and I can live a happy, successful and fulfilling life.

A short note to parents - we have had a case of chickenpox every week since the beginning of the year. Please be on the lookout if your child has not had this illness. As with all illnesses keep your children isolated and away from other children. Parents of well children are not appreciative of other sick children contaminating their children with contagious illnesses; such as conjunctivitis, influenza, head lice, impetigo, scabies & strep throat. If there are any questions, please feel free to come and discuss them with me. Your best friend, admissions, registration, finance, instructors, counseling or chemical health after time do not have all the facts. Do not be misinformed.

News Flash

Arrow Graphics still has an assortment of 1993 Powwow Souvenir items for sale to staff and students at a reduced price for the holidays. These items make great X-Mas gifts. Remember, some of the souvenir items will never be sold again with this unique starburst/Dancer design, so if you liked this design, you need to purchase them before they're gone.

Items & quantities available are as follows:

Item:	Color:	Qty.	Size:	Price:
*Reg. T-Shirts	Black	20	XXL	\$8.00
	Gray	8	XXL	
	Black	9	XL	
	Gray	7	L	
	Black	29	L	
*Pocket T-Shirts	White	24	L	\$10.00
	Black	7	XXL	
	Gray	10	XL	
	Black	1	L	
*Sweatshirts	White	4	L	\$12.00
	Black	4	L	
	Gray	3	L	

* 4" Round Chest Transfer additional 50¢.

* All t-shirts & sweats will be ready for pickup 2 days after ordered. All orders must be either paid for in advance or a Payroll Deduction slip signed before order will be placed.

If you would like to purchase Hooded Sweats or Black Satin Jackets for the holidays, order must be placed by November 12th in order to assure delivery by X-Mas. Also - since these are special order items, we cannot sell them at a reduced price. Hooded sweats are \$25.00 and can be ordered in gray, black or white. Jackets are \$40.00 and are available in Black Flannel Satin only.

Other items available are:

(200) Refrigerator Magnets	@ \$0.75 ea. or 2 for \$1.00
(33) Flashlights	@ \$8.00
(82) Fanny Packs	@ \$5.00
(37) Duffel Bags	@ \$10.00
(45) Coffee Mugs	@ \$2.00
(256) Seat Cushions	@ \$7.50

(449) Sipper Cups w/Straw	@ \$2.50
(107) International Powwow Caps	@ \$7.50
(20) Powwow Caps	@ \$5.00
(1M+) Powwow Buttons	@ \$.25¢
Powwow Note Cards w/Env.	@ \$4.00/12 sets
(LIMITED EDITION)	
Small Powwow Poster (11x17)	@ \$.50¢
Small Art Expo Poster (11x17)	@ \$.50¢

UTTC Chapel

Sunday 10:00 a.m. - Catholic Mass

Sunday 12:30 p.m. - Assembly of God Services

Sunday 4:00 p.m. - Episcopal Services

Any questions concerning Campus Ministry, contact: Rev. Mr. Edward Johnson, Sr., Chaplain for United Tribes Technical College at 255-3285, Ext. 204.

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

NOVEMBER 1993

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Lakota Club-7:00 Ed. Bldg. Basement 7-9 Line Dancing- Small Gym	2 4-5 Aerobics-Small Gym 7-8 Karate-Small Gym	3 7:00 - A.A. - Chemical Health Center	4 Wild West Theatre-1:30 Learning Center Women's Support Group 6:30 Sakakawea Hall 6:30-9:00 Coed Volley- ball	5 Noonball - 12:00-Gym	6
7 7-9 Bingo-Small Gym NIEA Conference- Mobile AL, Nov. 7- 11	8 Lakota Club-7:00-Ed. Bldg. Base- ment AIDS workshop - 1-6pm Noonball-12:00-Gym 7-9 Line Dancing-Small Gym 12-1 Parent Rep-Sak. Hall-Sexual Abuse 6th Grade Girls BB-Richolt 4:00	9 4-5 Aerobics-Small Gym 7-8 Karate-Small Gym	10 7:00-AA-Chemical Health Center Noonball-12:00-Gym Office Tech. Bake Sale	11 VETERAN'S DAY Just Say No Club-6:00 War on Drugs Special	12 Noonball-12:00-Gym 6-9 - Movies - Gym Lounge	13
14 AMERICAN EDU- CATION WEEK BEGINS 7-9 Bingo-Small Gym	15 Lakota Club-7:00-Ed. Bldg Basement Noonball-12:00-Gym 7-9 LineDancing-Small Gym 12-1 Parent Rep-Sak. Hall Pressures Facing Youth	16 4-5 Aerobics-Small Gym 7-8 Karate-Small Gym 1994 Spring Pre-Reg- istration Nov. 16-18 7:30 NDSU-Bott vs UTTC-Gym	17 7:00-AA-Chemical Health Center Noonball-12:00-Gym	18 Wild West Theatre-1:30-Learning Center 6:30-9 Coed Valleyball Women's Support Group-6:30 Sak. Hall Let's Play Hospital-Med Center 1- Preschool Just Say No Club-6:00-Bingo Bust Parent Activities Night-Nursery	19 Noonball-12:00-Gym 6-9 - Movies-Gym Lounge Parks & Rec Elem. Jambaree Mens BB-Bismarck State College Tourney	20 AMERICAN EDU- CATION WEEK- ENDS
21 7-9 Bingo-Small Gym	22 Lakota Club-7-Ed Bldg Basement Noonball-12:00-Gym 7-9 Line Dancing-Small Gym 12-1 Parent Rep-Sak Hall-Attention Problems	23 Chemical Health Cen- ter Open House 9-4pm Faculty Mtg-3:00-Ed 111 4-5 Aerobics-Small Gym 7-8 Karate-Small Gym	24 7:00 AA-Chemical Health Center Noonball - 12:00 - Small Gym	25 THANKSGIVING DAY BREAK	26 BREAK	27 BREAK
28 BREAK	29 Lakota Club-7:00-Ed Bldg Basement Noonball-12:00-Small Gym 7-9 Line Dancing-Small Gym 12-1 Parent Rep-Sak Hall-Dis- cipline Last Day to Drop Classes Classes Resume	30 4-5 Aerobics -Small Gym 7-8 Karate-Small Gym			For more recreational activities, contact: The Recreation Dept.	