

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 2 NO. 8

DECEMBER 6, 1993

Cafeteria

DEC. 6- DEC. 10, 1993

LUNCH

Mon. - Halipsa Hot Dish, Dinner Buns, Sald Bar, margarine, Assort. Fresh Fruit, Assort. Veg. Tray, 2% Milk

Tue. -Bean Soup, Ham Sandwich on a Bun, Saltine Crackers, Mayonaise, Assort. Fresh Fruit, Assort. Veg. Tray, 2% Milk

Wed. - French Dip w/Aus Jus, Potato Chips, Salad Bar, Tossed Salad, Assort. Fresh Fruit, 2% Milk

Thu.- Hot Dog on a Bun, Baked Beans, Salad Bar, Assort. Fresh Fruit, Assort. Veg Tray, 2% Milk

Fri.- Old Fashion 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

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

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

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

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



COUNSELING

BEATTITUDES

FOR MARRIED COUPLES

Blessed are the husband and wife who continue to be affectionate, considerate and loving after the wedding bells have ceased ringing.

Blessed are the husband and wife who are as polite and courteous to one another as they are to their friends.

Blessed are they who have a sense of humor, for this attribute will be a handy shock absorber.

Blessed are the married couples who abstain from alcoholic beverages.

Blessed are they who love their mates more than any other person in the world, and who joyfully fulfill their marriage vow of a lifetime of fidelity and mutual helpfulness to each other.

Blessed are they who remember to thank God for their food before they partake of it, and who set aside some time each day for the reading of the Bible and prayer.

Blessed are they who attain parenthood, for children are a heritage of the Lord.

Blessed are those mates who never speak loudly to each other and who make their home a place "where seldom is heard a discouraging word."

Blessed are the husband and wife who faithfully attend workshop service of the church for the advancement of Christ's Kingdom.

Blessed are the husband and wife who can work out their problems of adjustment without interference from relatives.

Blessed is the couple who have a complete understanding about financial matters and who have worked out perfect partnership with all the money under control of both.

Blessed are the husband and wife who humbly dedicate their lives and their home to Christ and practice the teaching of Christ in their home by being unselfish, loyal and loving.

Paul S.

IF YOU FIND MISTAKES

in this publication, please consider that they are there for a purpose. We publish something for everyone, and some people are always looking for mistakes!



EDUCATION

ATTENTION: ALL 1993-FALL GRADUATES!

There will be a Graduation Honoring on December 16, 1994, in the UTTC Cafeteria at 3:00 p.m.

ALL FALL GRADUATES ARE ASKED TO ATTEND! The President and Vice-Presidents Awards will be presented at this time. Come and congratulate all the students that have worked so hard towards their goal.

Student Affairs Committee

The Student Affairs Committee is sponsoring an arts, crafts and food fair to be held on December 7, 1993 from 3:00 to 7:00 in the skill center exhibit hall. A variety of hand crafted items will be available. Some of the food booths which have already signed up are: Indian Tacos, Carmel Apples, Apple Cider and Chocolates.

BE SURE TO ATTEND!

TJES

EVERYONE IS WELCOMED
TO:

"A GINGERBREAD CHRISTMAS"

WHAT: A Christmas Play

WHEN: December 9, 1993

TIME: 2:30 p.m.

WHERE: UTTC Small Gym

WHO: TJES Kindergarten - Eighth Grade

WHY: The children at TJES school would like to present their hard work through the Christmas Plays, Songs & Poems that they have worked so hard on throughout the past months.

"Also featuring the TJ Puppeteers"

Refreshments will be served in the cafeteria following the program.



ADMINISTRATION

AIHEC

The American Indian Higher Education Consortium (AIHEC) held its membership and board of directors meetings November 6-7, 1993 at Mobile, Alabama. The membership has increased from 29 to 31 colleges.

New officers were elected to AIHEC. David M. Gipp stepped down as president and is now vice-president.

Margaret Perez, president of Fort Belknap Community College, was elected as the new AIHEC President. Dr. James Shanley was elected AIHEC secretary. Dr. Shanley is president of Fort Peck Community College. Dr. Joe McDonald, president of Salish Kootenai College, was elected treasurer. The AIHEC member at large to the AIHEC executive committee is Carlos Cordero, president, DQ University.

At its membership meeting, held on November 6, 1993, two new member colleges were accepted. These are regular voting member colleges. Accepted were: Leech Lake Tribal, Cass Lake, Minnesota, and the College of The Menominee Nation, Shawano, Wisconsin.

Mr. Larry Aitkan is the president of Leech Lake Tribal College, while Dr. Verna Fowler is the president of the College of the Menominee Nation.

AIHEC celebrates its 20th year anniversary in 1993 through spring, 1994.

A Long Awaited 9-Months..

"Congratulations"

To Russell Hawkins and his wife Fran
on their new arrival
A BABY GIRL!!



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 Graphics by Wednesday of every week.



WINTER SURVIVAL

You have no doubt heard of winter survival kits for your car. Things like: tow chain or tow rope, extra blankets or sleeping bag kept dry in a tight plastic bag, jumper cables, tire chains properly sized for your car, flashlights, extra coat, gloves and cap, matches and thick candle, extra scraper and window brush, scoop shovel, gas line anti-freeze, and keeping the gas tank full all help in times of trouble. It is best not to travel during weather extremes but wise to be prepared for winter's worst.

There are also winter "kits" for your home or self that help with the blues of winter. Decreased daylight and spending more time indoors have a psychological effect on a person's well-being. One of the best things to help with winter is to get outside as often as possible. Taking a ten to fifteen minute walk once or twice daily does great good in boosting attitude, adjusting to winter cold and improving health. Increasing light intensity in home and workplace help a great deal. Pick your most popular room and arrange a combination of fluorescent and incandescent lighting. The combination of lighting wavelengths best duplicates natural sunlight and promotes a feeling of comfort and warmth. Having a collection of cheery and enjoyable music boosts the spirit, (this does not include heavy metal types), when listened to at low times. Getting together favorite books, projects, crafts, hobbies, and other enjoyables bring pleasure to the indoor time, or outdoor time as well for those that apply there. Gathering together with "warm" friends, family, and other social groups is an all time favorite and the best emotional help. Getting more sleep is a natural reaction well accepted by the body and brain with the decreased level of natural daylight and increased demand on the body adjusting to the cold and reduced physical movement. Sitting around a fireplace is one of the most popular and relaxing winter boosters with a multiple candle arrangement as a better than nothing substitute for those quiet, cold winter night. Whatever you do, the more you do will make winter an enjoyable and festive time of year as well as a time to catch up on

"HAVE A SAFE AND MEMORABLE SEASON"

The great end of learning is
nothing else but,
to seek for the last mind.

The Book of Knowledge. Vol. 1, 11, 4

RESEARCH & DEVELOPMENT

ATTENTION: GRADUATING STUDENTS

All Graduating Students please stop by and see Joey at the Research & Development Department before December 10, 1993, if you have not filled out the completion questionnaire. Thank You!

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.

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

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



A.I.C.D.P

(American Indian Curriculum Development Program)

Looking for some excellent information?

The American Indian Curriculum Development Program is now being handled through the Arrow Graphics Department at UTTC.

If you have any questions or comments regarding this program, please feel free to contact Terry Lewis at the Arrow Graphics Department -Ext. #296.

T.J.E.S.

"NEWS BITZ"

Dec. 5-11, 1993

We have a list of students who will perform as the Puppeteers during the annual TJES Christmas Party, they are: Josh Bass, David Blaine, Damien Cadotte, Dominic Dejarlais, Marcella Eagle, Ira Jones, Bryan Moore, Ursula Red Bird, Cody Thomas-Alternate. Congratulations guys & gals on your selection and great hand work. Practices are, Mon. - Dec. 6 (3:10 p.m.) in the Chapter 1 Building, Tues.- Dec. 8 (12:20 p.m.) & Thurs. - Dec. 9 (9:45 a.m./Dress Rehearsal) in the small gym.

The next time you or anyone you know go to any of the downtown Super Value Stores, could you please drop your receipt in the box for Theodore Jamerson Elementary School. Our box is down in the left hand corner. At the end of the time period (I think in April), based on the total amount of receipts in our box TJES receives a percentage of the total of all the boxes. Last year we received \$100.00, which was used to purchase RIF books for the students. Everybody get out and shop...at the grocery stores...at Super Value. Together we can top last years total. Thank you all in advance for your receipts.

Glenna Mueller, Chapter 1 Coordinator is looking for a few good men...actually they only need one parent to help select Reading Is fundamental (RIF) books for the school. It would take approximately two whole hours of precious time. You can take home a catalog and select books...very simple. The first parent to call and volunteer at ext. #306 gets the job. Thanks in advance for your prompt phone call.

All material currently checked out **MUST BE RETURNED BEFORE THURSDAY, Dec. 16, 1993...OR ELSE!** The Chapter 1 Checkout Corner will Re-Open January 4, 1994 from 4-5 p.m. for material/computer checkout. Thank you and we'll see you in '94.

By the way we would like to welcome aboard Jackie Sturum as the "New and Improved-Special Ed. Aide". She started on Monday-Nov. 22nd.

Swimming at the Y on Monday & Wednesday from 7-8:00 p.m. Dec. 6 with the bus leaving at 6:30 p.m. for the slippery ones.

TJES will have their monthly staff meeting on Tues.-December 7 at 3:45 p.m.

THURSDAY-DECEMBER 9- beginning at 2:30 p.m. the TJES K-8 graders will perform for parents, staff, students, etc.. their annual Christmas Program entitled "A Gingerbread Christmas" in the small gym. Everyone is invited to the cafeteria for refreshments immediately following the performances.

The Dream, I mean the Drill Team will have practice on Friday beginning at 5:30 p.m. in the small gym. This is now only for the 4-6 graders. See the instructor if you have any questions.

Gymnastics will have practice on Friday from 7-8:00 p.m. downtown at the Bismarck Gymnastics Academy. The bus will leave from the gym at 6:30 p.m.

FRIDAY-DECEMBER 10- is the deadline to have the gifts turned in to TJES from the staff.

NURTURING/ PARENTING

Spring Semester 1994 A Family Class For Birth to 5 Year Old Children and Their Parents

Starting Date: 1-3-94
Ending Date: 5-2-94
Time: Monday--5:00-7:30

1 Credit Elective: PD 101
Nurturing/Parenting
For More Information Contact:

Wanda Walker #277
Betty Schaff #307
Brenda Jechort #304
Barb Danks #304

Give a Little Love to a Child, and You Get a Great Deal Back.

Book of Knowledge - John Ruskin



CHEMICAL HEALTH

WHAT WE HAVE LEARNED ABOUT ALCOHOLISM!!

The first problem that we have learned about alcoholism is that it is one of the oldest problems in history. Only recently have we begun to benefit from new approaches to the problem. Doctors today, for example, know a great deal more about alcoholism than their predecessors did only two generations ago. They are beginning to define the problem and study it in detail.

While there is no formal "A.A. definition" of alcoholism, most of us agree that, for us, it could be described as a physical compulsion, coupled with a mental obsession. We mean that we had a distinct physical desire to consume alcohol beyond our capacity to control it, and in defiance of all rules of common sense. We not only had an abnormal craving for alcohol, but we frequently yielded to it at the worst possible times. We did not know when (or how) to stop drinking. Often, we did not seem to have sense enough to know when not to begin.

As alcoholics, we have learned the hard way that will power alone, however strong in other respects, was not enough to keep us sober. We have tried going on the wagon for specified periods. We have taken solemn pledges. We have switched brands and beverages. We have tried drinking only during certain hours. But none of our plans worked. We always wound up, sooner or later, by getting drunk when we not only wanted to be sober, but had every rational incentive for staying sober.

We have gone through stages of dark despair when we were sure that there was something wrong with us mentally. We came to hate ourselves for wasting talents with which we had been endowed and for trouble we were causing families and others. Frequently, we indulged in self-pity and proclaimed that nothing could ever help us.

We can smile at those recollections now, but at the time they were grim, unpleasant experiences.

CHEMICAL HEALTH-CONTINUED

LIST OF SYMPTOMS OF CHEMICAL DEPENDENCY

I. Symptomatic Use of Chemicals - PRODROMAL PHASE

1. Increase of tolerance
2. Temporary loss of memory
3. Sneaking chemicals
4. Preoccupation with chemical use
5. Hurried ingestion of chemical
6. Avoidance of reference to personal chemical use
7. Loss of memory becomes more frequent

II. Symptomatic Use of Chemicals - CRUCIAL or BASIC PHASE

8. LOSS OF CONTROL
9. Alibis and excuses
10. Reproof by significant others
11. Extravagance (money, time, advice)
12. Aggression
13. Persistent remorse
14. Periodic abstinence
15. Change of chemical usage pattern
16. Loss of friendship
17. Loss of position or clients
18. Significant others change
19. First treatment
20. resentments
21. Escape (geographical, psychological, social)
22. Protecting supply
23. Morning usage of chemicals

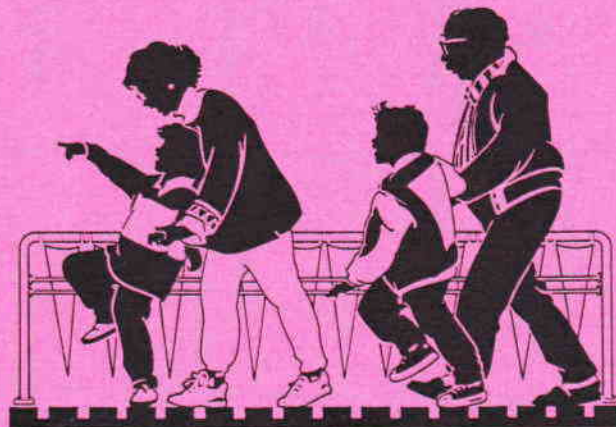
III. Symptomatic Use of Chemical - CHRONIC PHASE

24. More-or-less continuous use of chemicals beyond an 18-hour period.
25. Ethical deterioration
26. Inconsistent inappropriate thinking
27. Decrease of tolerance
28. Indefinable fears
29. Tremors
30. Psycho-motor inhibitions
31. Recognition of spiritual needs

READ YOUR MEMOS.
READ YOUR JOURNALS.
READ YOUR NEWSLETTERS.
BUT MOST IMPORTANTLY,
READ A GOOD BOOK
FOR THE FUN OF IT.



from Apple Seeds 1992



NOVEMBER 1993

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1. 12:30 Bookmobile 3:10 Puppeteers Practice 6:30 Swimming at - Y Happy Birthday Michaela Komenda	2. 3:10 Puppeteers Practice-Chapter 1 6-9:00 "Say No"-Swim Happy Birthday Randi Cadotte	3. 12:30-2 1st Grade Field Trip-Mall 5:30 Drill Team 7-8:00 Gymnastics	4.
5.	6. 12-1:00 Parent Rap-Safety Toys-Educational Gifts 3:10 Puppeteers Practice-Chapter 1. 6:30 Swimming at Y	7. 3:10 Puppeteers Practice-Sml. Gym 3:45 Staff Meeting	8. 12:20 Puppeteers Practice-Sml. Gym 6:30 Swimming at Y	9. 9:45 Puppeteers fress Rehearsal 2:30 TJES Christmas Program-Sml. Gym 6:30-8 :Say No Club" Pizza & Project-Cafeteria Happy Birthday Collin Knight	10. 5:30 Drill Team 7-8:00 Gymnastics Deadline for TJES gifts to be turned in-From the UTTC staff	11.
12.	13. 12-1:00 Parent Rap-Christmas Party 6:30 Swimming at Y Happy Birthday Cameron Hodgkiss	14. 4:00 TJES School Board Meeting	15. 6:30 Swimming at Y	16. 6:30-9 "Say No Club"-Movie	17. 5:30 Drill Team 7-8:00 Gymnastics End of 2nd 9-wks. Grading Period	18.
19.	20. Happy Birthday Andy Red Bird	21. Happy Birthday Matthew Weatherwax 1st day of Winter	22.	23.	24. Christmas Eve	25. Christmas Day
*No School- Christmas Vacation- *No School						
26. Happy Birthday Trent Fugere	27. 2nd Annual All Indian Nations High School Basketball Classic- Bismarck Civic Center	28.	29.	30.	31. Happy Birthday Kawiiga Diserly	1. Happy New Years School Resume s January 3-1994
*No School- Christmas Vacation- *No School						

OFFICE OF THE REGISTRAR

TO: FACULTY/STAFF
 FROM: Val Finley, Registrar
 DATE: DECEMBER 1, 1993
 RE: 1993 FALL SEMESTER FINAL EXAMINATION WEEK.

Listed below are the final examination times which are scheduled for December 14, 15, & 16, 1993. Final grade reports will be due in my office no later than Monday, December 20, 1993.

CLASS TIME	CLASS DAY	EXAM. TIME	EXAM. DAY
8:00AM - 8:50	MONDAYS	1:00PM - 2:30	TUES. 12/14/93
8:00AM - 8:50	TUESDAY	1:00PM - 2:30	TUES. 12/14/93
& 8:30AM CLASSES	TUESDAY	1:00PM - 2:30	TUES. 12/14/93
9:00AM - 9:50	MONDAYS	2:30PM - 4:00	TUES. 12/14/93
9:00AM - 9:50	TUESDAY	2:30PM - 4:00	TUES. 12/14/93
10:00AM - 10:50	MONDAYS	8:30AM - 10:00	TUES. 12/14/93
10:00AM - 10:50	TUESDAY	8:30AM - 10:00	TUES. 12/14/93
& 10:30AM CLASSES	TUESDAY	8:30AM - 10:00	TUES. 12/14/93
11:00AM - 11:50	MONDAYS	10:30AM - 12NOON	TUES. 12/14/93
1:00PM - 2:00	MONDAYS	8:30AM - 10:00	WED. 12/15/93
2:00PM - 2:50	MONDAYS	10:30AM - 12NOON	WED. 12/15/93
3:00PM - 3:50	MONDAYS	1:00PM - 2:30	WED. 12/15/93
1:00PM - 1:50	TUESDAYS	8:30AM - 10:00	THURS 12/15/93

The following classes are in conflict with the examination schedule and will test on the following times and dates.

MONDAY & TUESDAY NIGHT CLASSES.	10:30AM - 12NOON	12/14/93
WEDNESDAY NIGHT CLASSES.	10:30AM - 12NOON	12/16/93
ECE 280 CHILDREN LITERATURE	1:00PM - 2:30	12/15/93
BIOL 240 INTRO. TO NUTRITION	1:00PM - 2:30	12/15/93
PD 101 NUTURING PARENTING	10:30AM - 12NOON	12/14/93
ECE 160 PARENTING GUIDANCE	10:30AM - 12NOON	12/14/93
CJ 140 VICTIMIZATION	10:30AM - 12NOON	12/14/93
PE 101 FIRST AID/CPR	10:30AM - 12NOON	12/14/93
HFA 112 N. AMERICAN ARTS & CRAFTS	1:00PM - 2:30	12/15/93
CJ 250 FIELD EXPERIENCE/RESEARCH	1:00PM - 2:30	12/15/93
PD 102 CHEMICAL AWARENESS	1:00PM - 2:30	12/15/93
PD 106 JOB SEARCH (11AM CLASS)	1:00PM - 2:30	12/14/93
CJ 208 POLICE PHOTOGRAPHY	10:30AM - 12NOON	12/16/93
ECE 240 LEARNING & THE YOUNG CHILD	10:30AM - 12NOON	12/16/93
PD 106 JOB SEARCH (2:00PM CLASS)	10:30AM - 12NOON	12/16/93
TUESDAY		
PD 105 JOB KEEPING SKILLS (2PM CLASS)	10:30 - 12NOON	12/16/93
TUESDAY		

PE 105 & 106 AEROBICS & KARATE CLASSES WILL HAVE THEIR FINAL EXAM ON THE LAST EVENING OF CLASS.

If you have any questions or concern with the 1993 Fall Semester examination test schedule, please give me a call at ext. 216.