

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER R

VOL. 2 NO. 12

January 24, 1994

Cafeteria

JAN. 24 - JAN. 28, 1994

LUNCH

Mon. - Hulipsa Hot Dish, Salad Bar, Fresh Fruit, Vegetable Tray

Tue. - Bean Soup, Ham Sandwich on a Bun, Salad Bar, Fresh Fruit, Vegetable Tray

Wed. - French Dip, Potato Chips, Salad Bar, Tossed Salad, Fresh Fruit

Thu. - Goulash, Vegetable, Salad Bar, Fresh Fruit, Vegetable Tray

Fri. - Old Fashioned Tomato Soup, Grilled Cheese, Potato Chips, Salad Bar, Fresh Fruit, Vegetable Tray

Jan. 31, 1994
Spaghetti, Garlic Toast, Salad Bar, Fresh Fruit, Vegetable Tray

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

Thu. - Baked Chicken, Mashed Potatoes, Corn, Dinner Roll, Salad Bar, Dessert

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

Jan. 31, 1994
Pork Chops, Rice, Corn, Salad Bar



FROSTBITE

Frostbite is the freezing of body parts exposed to the cold. Severity depends on the air temperature, length of exposure, and the wind. Frostbite can cause the loss of fingers, hands, arms, feet and legs.

SYMPTOMS:

1. Lack of feeling in the affected area.
2. Skin appears waxy.
3. Skin is cold to the touch.
4. Skin is discolored (flushed, white, yellow or blue).

CARE:

1. Handle the area gently.
2. NEVER rub an affected area. Rubbing can cause further damage to soft tissue.
3. Warm the area gently by soaking the affected part in water no warmer than 105 degrees. If you don't have a thermometer, test the water yourself. If the temperature is uncomfortable to your touch, the water is too warm. Keep the frostbitten part in the water until it looks red and feels warm.
4. Loosely bandage the area with a dry, sterile dressing. If the fingers and toes are frostbitten, place cotton or gauze between them.
5. DON'T break any blisters.
6. Get professional medical attention as soon as possible.

PREVENTION:

1. Dress appropriately for cold weather.
2. Limit time outside for your children and yourself. Especially when the wind is blowing and the temperatures are dropping.
3. Be prepared when traveling, carry a winter survival kit. (candles, matches, high energy foods, blankets, extra clothing, and a coffee cab).
4. NEVER leave your vehicle when stranded.

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!





**The man who does not read
good books has no advantage
over the man who cannot
read them.**

MARK TWAIN
from Apple Seeds

**Theodore Jamerson
Elementary School**

The TJES 5/6 Gr. Boys B.Ball team will take to the courts on Saturday, Jan. 22 at/against Grimsrud Elementary. Game time is 11:00 a.m. Good Luck Warriors!!

On Monday & Wednesday - Jan. 24 & 26 - there will be swimming at the Y from 7-8:00 p.m. The bus will leave from the small gym at 6:30 p.m. Free Y cards are available from the TJES school office. Parents must fill out the registration slip in order for your children to receive a card.

The Chapter I staff will provide Treats & Door Prizes in conjunction with a Parent Planning meeting on Tuesday, Jan. 25 at the Chapter I building from 4-4:30 p.m. Lively discussions will follow regarding the Chapter I program, ways to improve, ideas, etc. All Elementary Parents are Welcome.

The Friday, Jan. 28, the 7/8 Grade Boys Basketball team will attend an away game over in Mandan. Their game begins at 6:00 p.m.

On Saturday, Jan. 29, the 5/6 Grade Boys Basketball team will go head to head against the North Ridge White #3 team. Game time is set for 11:00 a.m.

FROM THE COUNSELOR'S CORNER OFFICE:
Our 6-8 graders are organizing a Jr. High Youth Group with the purpose being that "Kids our age know how important it is to say no to drugs and alcohol, to keep clean and to have fun". The following have been elected at officers: David Blaine, Pres.; Damien Cadotte, V.Pres.' Cody Thomas, Treas.; Ursula Red Bird, Sec. 6th Grade Representatives are Collin Knight and Guy Cuevas.

Their purpose is to provide leadership. These students have many ideas of things they would like to do. They are asking different people to be their advisors. So far Don Medicine Horse, Jackie Sturm, Ken Hall and myself (Barb Danks) are game. The students are developing their guidelines for behavior as well as events.

They are setting up an adult advisory committee for the youth group. If you are interested in being on the committee, contact Jackie Sturm or Barb Danks. Parents here's your chance to work with us to help develop a great youth group. It is crucial that we Students/School/Parents & UTTC Community-work together to build the best environment possible to that our children can grow up strong, healthy, and Drug Free.

A Reminder: Each Wednesday from 4-5 p.m. there is a Children's Support Group meeting in the Kindergarten building. Rita Condon & myself (Barb Danks) lead the groups in activities and discussion. I remind students on Wed. and also encourage them to be sure parents know they are there. If your child should need a ride home afterward, let me know, ext. 253 or 304.

We are starting to teach the "Here's Looking At You, 2000" curriculum for our Chemical Abuse Preventive Watch for further details on this.

**Tuesday, 3:00 p.m.
January 25th, Bldg. 61
Student Senate Meeting
NEED VOLUNTEERS
FOR
COMMITTEES**

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.



**Office Technology Club
will be sponsoring a
Secret Admirer Valentine
Special. See next weeks
newsletter for details.**

Test Your Real-World Smarts

Do you know what's going on in today's rapidly changing business world? The questions below will challenge your business I.Q. about recent developments in management, marketing, economics and finance. Good luck with the quiz.

1. The largest emerging market for U.S. companies, as measured by share of U.S. export growth, is:
A. China, B. Africa, C. Eastern Europe, D. South America

2. This Japanese electronics giant made strategic alliances the linchpin of its corporate strategy:
A. Hitachi, B. Matsushita, C. Toshiba, D. Sony

3. Analysts say this Latin American country represents a good gamble for investors because foreign investment has come faster than expected, its current deficit is shrinking, and short-term interest rates have fallen by 5 1/2 % this year.

A. Brazil, B. Chile, C. Mexico, D. Peru

4. This management strategy entails a radical redesign of business process. It starts from the future and works backward, unconstrained by existing methods, people and/or departments.

A. Total Quality Review, B. Rightsizing, C. Reengineering, D. Vertical Integration

5. Municipal bonds issued by U.S. territories are a good idea because:

A. Their yield is higher than treasuries., B. They mature in under five years., C. Their income is exempt from taxation., D. They are the safest form of investment.

6. In general, businesses strongly support President Clinton's health plan. **T F**

7. Through process reengineering, major layoffs by large corporations will probably be permanent. **T F**

8. On the whole, European managers have found that market fragmentation is an obstacle to plans to sell their products across Europe. **T F**

9. The latest trend in advertising is to narrow-cast instead of broadcast by fine tuning advertising to specific customers. **T F**

10. From 1988 to 1992, Thailand's economy had an annual growth of 10.5%, a record no other industrialized country in this region can match. **T F**

UTTC Support Groups

Tuesday: Al-Anon, Chemical Health Center - Bldg. #68, 7:00 p.m., phone: 255-3285, 3xt. 268

Wednesday: Childrens Support Group, Kindergarten Building, 4:00 - 5:00 p.m., Grades 1-8, sponsored by TJES

A.A. Meetings, Chemical Health Center - Bldg. #68, 7:00 p.m., phone: 255-3285, ext. 274

Thursday: Say No Club, Small Gym, 6:00 - 9:00 p.m., for parents and students in grades K-8

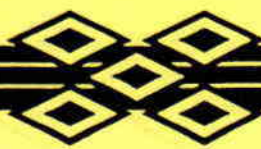
Women's Support Group, Basement of Sakakawea Hall, 6:30 - 7:30 p.m., All Women

Friday, 2nd & 4th Friday of the month: ACOA, Chemical Health Center - Bldg. #68, 7:00 - 8:30 p.m., phone: 255-3285, ext. 268

Saturday, 2nd & 4th Saturday of the month: Chemical Health Center - Bldg. #68, 7:00 - 8:30 p.m., for all Parents



continued on next page.



Who's Who In Management:

- A. Louis Gerstner
- B. John Scully
- C. Stanley Gault
- D. Raymod Smith
- E. Edwin Artzt

11. He moved from Rubbermaid to Goodyear, reducing deficit and producing a flood of new products.

12. This Bell Atlantic CEO recently made the largest media merger ever with TCI's John Malone.

13. To ward off generic-brand competitors, this Proctor & Gamble CEO introduced a value-pricing program aimed at reducing list prices of all P&G products.

14. A fast-food marketer gone high-tech, he moved from PepsiCo to Apple and most recently to Spectrum.

15. He abruptly left RJR Nabisco after only four years to bring Big Blue back to its former glory.

Answers on next page.

The Purposes of Discipline

Too often discipline is mistaken for punishment. They are two very different definitions. Discipline has more to do with teaching and guidance than with punishment. It is difficult to find an appropriate word for the limit setting and teaching functions of loving and respectful adults in dealing with the behaviors and needs of children. Discipline is purposeful, it is focused on the child's social and cultural adapting to society. Discipline is an important process whereby children learn approved ways of dealing with feelings, of interacting with others, of self-control and self-directed standards of right and wrong. Discipline is teaching and guiding children.

Discipline need never be shameful or harmful to a child's body or self-esteem. As Native American parents you can guide your children with wisdom, courage, respect and generosity. Parents need to set limits as children are not able to do this for themselves. When

parents set realistic limits of what is appropriate or not appropriate children feel safe and protected. Children need guidance and gentle firmness so they may be able to love, trust, and appreciate their parents. Consistency is an important part of discipline. Parents need to follow-through on the standards they have set for their children.

Following are some positive techniques, methods and examples parents may choose to use with their children:

1. Set limits - let children know what you expect. Be clear and direct in stating your expectations. For example: "You may attend the basketball game after school. Make sure you come directly home after the game, don't go from the game to another friend's home."
2. Give a warning - warn children about the effect of their behavior. For example: "If you keep throwing your clothes on the floor I will be angry." Many times this kind of verbal warning will stop the inappropriate behavior.
3. Have positive expectations - use positive phrases such as "It's time for you to get ready for bed." These types of phrases show your confidence in your child that he/she is willing to do what you ask.
4. Use humor - humor can be a creative aid in solving problems. For example: You might say, "Has your pencil finished doing your homework yet?" or "Did Alf come by and do your homework?"
5. Use the phrase - "As soon as" - For example: "As soon as you finish your homework we'll leave for the powwow."
6. State directions simply and clearly - For example: "Beds are for sleeping in, not for jumping on."
7. Solve problems together - you and your child can sit and discuss alternatives to a situation together. Children eventually develop important self-help skills in solving their own problems through doing this.
8. Let children express their feelings - children need to be able to say what they feel before they can be expected to help resolve an issue or accept a parental decision.
9. Offer choices - it is important to offer children choices, not threats. You may say, "You have a choice, you may play with the basketball outside or stay inside and pick another activity to do." Be prepared to follow through. If the child refuses to stop the ball and say, "you made your choice to stay inside, so pick another activity."
10. Make realistic and reasonable requests - Don't expect too much of your child. Know the developing stages of children to help in setting realistic requests and expectations.
11. Let the child solve his/her own problem whenever possible.
12. Give chances - children can't always be expected to improve their behavior immediately. A parent may say, "I see you'll need three chances for this one."
13. Create a distraction - especially when disciplining toddlers, distraction is extremely useful. Parents don't mention the misbehavior, but take the child's mind off it by placing his/her attention elsewhere. For example: Your three year old is about to crayon the wall, you call over to him/her and say "Come on over here and help me fold these soft towels."
14. Count - Most children enjoy the challenge of trying to get the job done before the count of ten.



Dakota West Arts Council

The Dakota West Arts Council would like to take this opportunity to thank all the individuals that participated in the "Art in the Heart of Winter Festival", which was held at the Kirkwood Mall this past weekend. It was great success...

The individuals are:

Singing Group:

- Londel Seaboy
- Severt Young Bear
- Andy Vasquez
- Henry Green Crow Jr.
- John Buckley
- Danny Seaboy
- Joe Morsette
- Richard Hill
- Ed Johnson
- Linda Johnson

Dance Group:

- Lucy Cantrell
- Tracey Iron Road
- Melanie Red Water
- Jas Bearstail
- Kayan Diserly
- Kara Diserly
- Cherish Bull Bear

UTTC Student Volunteer's:

- Korlita Knight
- Jennifer Jewett

I also want to thank all the parents that brought their children to the mall for this event. Thank all the families, friends, and relatives and supporters of the Arts. I have heard great reviews. You were all wonderful, the public enjoyed the song and dance. They want us back next year.

If anyone is interested in helping out for next years event you can call Sandra Poitra, 255-3285, Ext. 307, member of the Dakota West Arts Council.

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

ANSWERS TO QUIZ: 1. C, 2. C, 3. C, 4. C, 5. C, 6. False, 7. True, 8. True, 9. True, 10. True, 11. C, 12. D, 13. E, 14. B, 15. A

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