

# W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 2 NO. 13

January 31, 1994

## CAFETERIA

Jan. 31 - Feb. 4, 1994

### LUNCH

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

Tue. - Steak Sandwich, Fries, Garlic Toast, Tossed Salad, Fresh Fruit

Wed. - Pork Cutlets, Mashed Potatoes, Gravy, Veg., Apple Sauce, Dinner Bun

Thu. - Hamburger on a Bun, Fries, Salad Bar

Fri. - Chicken Nuggets, Split Pea Soup, Shell Roni Casserole, Vegetable, Salad Bar, Fresh Fruit

Feb. 7, 1994

Mon. - Scalloped Potatoes & Ham, Vegetable, Dinner Bun, Bean Soup, Fresh Fruit

### SUPPER

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

Tue. - Bar-B-Que Ribs, Baked Potato, Vegetable, Salad

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

Thu. - Baked Ham, Sweet Potatoes, Salad Bar, Fresh Fruit, Relish Tray

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

Feb. 7, 1994

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



## COUNSELING

### POSITIVE PARENTING

#### Parenting are a Child's First Teacher

- 1) Parents do not simply mold their children as if from a shapeless piece of matter.
- 2) Parents do not raise children in a vacuum.
- 3) Expectations are a powerful force in development.
- 4) The process of learning is one of PROBLEM SOLVING.
- 5) Parents must "walk the talk", (lead by example), with their child.
- 6) Help from others is essential to parenting.

### WHAT CHILDREN NEED

- 1) Consistent love, guidance and patience.
- 2) A place to call home and a space to call his/her own.
- 3) All the daily basics, including food, shelter, safety, time and positive attention.
- 4) A few of their wants.
- 5) Daily doses of reading and cuddling.
- 6) At least one significant adult who loves him/her unconditionally (no matter what), and who talks and acts that way consistently.
- 7) A few fair and important rules.
- 8) Adults who model the behaviors they want to see in their children.
- 9) Security.
- 10) To be first priority in the eyes of their parents, relatives, teachers, neighbors, care givers and policy makers at all levels of government.

### WORKING ON THE DREAM

Successful parents have discovered five simple, yet essential things each of us as parents, need to know and do if our dreams for our children are to be realized. They are:

- 1) Strengthen relationships through family activities.
- 2) Establish reasonable rules and expectations.
- 4) Set achievable goals.
- 5) Evaluate family strengths and needs.

Chances are that most people were not in "IDEAL" situations as indicated by the positive pointers here. This then affects parenting and our lives as individuals. To the extent that the list is deficient in your life there could be a varying degree of difficulties affecting every day living, relationships, work, marriage and children. See a counselor to help sort things out and improve your life. Do not make judgement by one counseling session or by one counselor. These things take time and work

## 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!



## JUST SAY NO CLUB

### THEODORE JAMERSON ELEMENTARY SCHOOL

Those enjoying the activities and lessons of the club are saying YES to healthy alternatives for fun and recreation, family interaction, good surprises, stimulation of the mind and body, and the important concept that "SAYING NO" can be and is rewarding in many ways. There are some events coming up that you'll want to participate in so the schedule here will serve as a reminder if it gets pinned up by calendar.

#### FEBRUARY

3rd - 6:00 p.m.: Education -N- Entertainment  
10th - 6:00 p.m.: Valentine's Dance -N- Party  
17th - 6:00 p.m.: Field Trip (bus)  
24th - 6:00 p.m.: Crafts -N- Culture

#### MARCH

3rd - 6:00 p.m.: Education -N- Entertainment  
10th - 6:00 p.m.: Field Trip (bus)  
17th - 6:00 p.m.: St. Patrick's Say No Club  
31st - 6:00 p.m.: Easter Events

#### APRIL

6th - 6:00 p.m.: Circus (optional) (bus)  
13th - 6:00 p.m.: Education -N- Entertainment  
14th - 6:00 p.m.: Earth Day (Memorial Planting) (bus)  
28th - 6:00 p.m.: River Walk -N- Picnic (Awards)

## FETAL ALCOHOL SYNDROME

### What is Fetal Alcohol Syndrome?

Fetal alcohol syndrome (FAS) is a combination of physical and mental birth defects that may develop when expectant mothers drink excessive amounts of alcohol during pregnancy. FAS is one of the most common known causes of birth defects that produce mental retardation and is the most common preventable cause.

Babies born with FAS are abnormally small at birth and usually do not catch up as they get older. In most cases they have small, widely spaced eyes, a short, upturned nose, and small, flat cheeks. They may suffer from a variety of organ malformations, particularly of the heart. Most babies with FAS have small brains and some degree of mental retardation. Many are poorly coordinated, have short attention spans and exhibit behavioral problems.

### How often does FAS occur?

Since it was first identified and named in 1973, FAS has been reported in most major countries and among all socioeconomic groups. In the United States, one out of every 750 newborns-or about

5,000 babies per year-has FAS. This is comparable to the number of children born each year with Down Syndrome.

### Why is alcohol harmful?

FAS researchers don't know how alcohol causes damage to the fetus. They do know that alcohol passes directly through the placenta to a fetus soon after being consumed by the mother. A baby gets as much alcohol as a mother drinks. However, because an unborn baby's organs are immature, the alcohol is broken down much more slowly than in an adult. As a result, the alcohol level in the fetus' blood can be higher than in the mother's blood.

### How much alcohol is too much?

Women who drink the equivalent of three ounces of pure alcohol each day-six average mixed drinks or six cans of beer-frequently give birth to babies who have the full range of defects known as FAS. Moderate amounts of alcohol during pregnancy (two to five drinks daily) also can damage a fetus. These children have some, but not all, of the signs of FAS. These signs are called fetal alcohol effects (FAE).

Some women who drink heavily throughout pregnancy have children with no signs of FAS. Some who drink sparingly have babies with alcohol-related damage. There currently is no way to predict which babies will be damaged by alcohol. For this reason, the safest advice is not to drink alcohol during pregnancy.

### What other problems can drinking during pregnancy cause?

Consuming alcohol during pregnancy increases the risk of miscarriage, stillbirth and death in early infancy. Heavy drinkers are two to four times more likely to have a miscarriage between the fourth and sixth month of pregnancy than are non-drinkers. Heavy drinkers also are two to three times more likely to lose their babies during the perinatal period (from the 28th week before delivery through the first week after birth).

### How can FAS be prevented?

FAS is completely preventable-if a pregnant woman does not drink. Women planning a pregnancy should stop consuming alcohol before attempting to conceive and should abstain throughout pregnancy and nursing. Women who drink and have unplanned pregnancies should abstain as soon as they suspect they are pregnant. Heavy drinkers should avoid pregnancy until they are certain that they can abstain from alcohol for the entire time from conception to birth.



## LOGO CONTEST

The Office Technology Club is sponsoring a logo contest for their club. The logo will be screened onto their club jackets.

Rules for Logo Artwork:

1. Three Colors (White, Red and Turquoise) Black Coat
2. The coat will have the following added to the design: Office Technology Club, United Tribes, Bismarck, ND.
3. Line drawing: Black ink only on white paper.
4. Artwork must be Native American and Office Technology oriented.
5. Artwork no larger than 8 1/2 x 11.
6. Must submit: 1 black and white original, 1 xerox copy with the colors included.
7. DO NOT GET TOO TECHNICAL OR DE-TAILED!!

**Prize: \$20.00**

**Submit to: Office Technology Department**

**Deadline: February 11, 4:00 p.m.**

**WINNER WILL BE NOTIFIED**

OFFICE CLUB MEMBERS ARE ENCOURAGED TO STOP AND MAKE SURE WE HAVE YOUR NAME DOWN AND SIZE FOR YOUR JACKET.

Club members are reminded to attend the meeting February 3, at 3:00 - Education Building-Room 220. Please bring your donation for the Valentine's fundraiser.

## Office Technology Club in sponsoring a Valentine's Day Fundraiser

**DO YOU HAVE A SECRET PAL, ADMIRER, FAVORITE INSTRUCTOR, EMPLOYEE?**

**Have a Valentine delivered on Monday, February 14th**

Rules for Valentine:

1. OT member will deliver Valentine February 14, 9:00 - 3:00. ON CAMPUS ONLY.
  2. You must pay for your Valentine before it is delivered. Call Office Tech. Dept. for more info.
  3. OT member will not tell who the sender is unless the recipient pays extra (cash/change).
  4. OT member will not tell who the sender is, if the sender pays extra. (SECRET PAL)
  5. We will only be taking orders until February 11. ORDER YOURS TODAY!!!
  6. Call Sheri Baker ext. 285 or Lynn Ketterling ext. 358 to place an order.
- MAKE THAT SPECIAL FRIEND, EMPLOYEE, INSTRUCTOR HAPPY. Send a Valentine.
- PRICES: Carnation \$3.00, Cupcake \$1.00 or Candy .75 (We will include a message on your request)

## OFFICE TECHNOLOGY CLUB NOTES

The Office Technology club held a meeting on January 20, 1994. They welcomed the new Office Technology students to United Tribes and the club. Elections were held to fill the vacancies of Vice-President and Treasurer. The new Vice-President is Kenneth Red Bird and the new Treasurer is Lynn Mann. The Club President is Michelle Azure, Secretary - Jaelynn Swift Eagle and Student Representative - Aларie Serawop.

The club has been doing fundraisers to purchase club coats. If you are interested in purchasing a club coat, please call and place your order by February 3, 1994. For more information call ext. 285 or 358.

## TJES/READING TEACHER

The month of February has been designated by the Department of Public Instruction as 'North Dakota Reading Month for 1994'. The theme this year is "3 R's: Read, Recognize and Respect".

Friday, February 4, 1994 from 10:30 to 10:45 a.m. every school in North Dakota is asked to participate in the "Read-On" for fifteen minutes of sustained silent reading by staff and students.





## INDIAN PRAYER

Oh Great Spirit,  
Whose voice I hear in the winds,  
And Whose breath gives life to all the world,  
hear me! I am small and weak, I need your  
strength and wisdom.

Let Me Walk in Beauty, and make my eyes  
ever behold the red and purple sunset.

Make My Hands respect the things you have  
made and my ears sharp to hear your voice.

Make Me Wise so that I may understand the  
things you have taught my people.

Let Me Learn the lessons you have hidden in  
every leaf and rock.

I Seek Strength, not to be greater than my  
brother, but to fight my greatest enemy--myself.

Make Me Always Ready to come to you with clean  
hands and straight eyes.

So When Life Fades, as the fading sunset, my  
spirit may come to you without shame.

Author Unknown



## Statehouse Conference on Aging Being Planned

A Statehouse Conference on Aging is being planned for September, 1994 and will be held in Bismarck.

Sister Kathryn Zimmer, Director of the AASPN program, is a member of the Governor's Commission on Aging; this commission is responsible for planning the Statehouse Conference.



The mind can only absorb  
what the seat can endure.

from Apple Seeds

## DISCIPLINING A TODDLER WHO BITES

Though the risk of injury from a toddler bite is small, the habit can be upsetting to adults. In virtually all cases, a toddler who bites is showing that she feels emotionally overwhelmed.

Many of the old remedies used when children bite - such as biting them back to show them what it feels like, and putting hot sauce on their tongues - not only do not address the underlying emotions but also are abusive. Children very rarely bite on purpose; they are often as surprised as the person they have sunk their teeth into.

There are several helpful things you can do when your toddler bites:

1. Relax - even though it seems like a big deal at the moment it almost never is. The fact that your child has bitten someone does not mean that your child is a monster or that you are a bad parent.
2. Deal with the problem on the spot.
3. Acknowledge your child's feelings. Tell her that you can see that she is angry, if that is the case. Show her other, more acceptable ways that she can express anger, such as hitting a pillow or beating a toy drum.

Try to understand the changes going on in your child's life. Toddlers are more likely to bite during times of stress. Take a moment to reflect on the reasons that your child may be biting; you may gain a better perspective on what she is going through.

## Interactive Video Addition to AASPN Department

The UTTC Nursing Department is delighted with the new addition: An Interactive Video Learning System designed for students' use of a touch screen response in simulated patient situations. Monies from the Field Trust have made this possible.

## TJES

On Monday & Wednesday - Jan. 31 & Feb. 2 - 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.

On Tuesday, Feb. 1, the Chapter I Parent Checkout Corner will be open for "biz" from 4-5:00 p.m. Stop by and look over their "wares" or call Mrs. Mueller or Mrs. Frey at ext. 306 for more information.

Way back on February 2, 1986 a "little bitty" baby girl was born to Karen Morris. That little girl is not so bitty anymore, she turns 8 years old on Wednesday. Happy Birthday Dora!!

The Bismarck Veteran's Memorial Bookmobile will be outside TJES on Wednesday, Feb. 2 between the hours of 12:30 & 3:00 P.M. for grades K-8. Remember to return all books, due or overdue. Parents must sign a registration card for their child/ren to check out books from the 'mobile'.

The Children's Support Group will meet from 4-5:00 p.m. on Wednesday, Feb. 2 in the Kindergarten building. Rita Condon and Barb Danks have 'frank' discussions on just about anything that may be bothering some of the participants or just to get together. Parents

need to sign a permission slip for their child/ren to attend this group.

The 5/6 & 7/8 grade boys basketball teams will play host to the Rock Creek teams on Thursday, Feb. 3 beginning at 3:15 p.m. Show'em how it's done Guys!

"Mary's mom had a little lamb, a little lamb, whose hair was dark as coal". She named her little lamb Mary (but'ov course). The kid turns 7 years old on Friday, Feb. 4. Happy Birthday Mary Mindt!!

A refresher course on the Reading Club: Students are encouraged to read for so many minutes a week, parents must sign a slip verifying the minutes each night. Every Friday minutes are totaled. The child is then able to choose a neat prize from the prize bins based on the total number of minutes read for that week. Parents are also welcome to come to the Chapter I building during the are pencils, pens, notebooks, pop, barbie dolls, games, etc. just a wide variety of gifts.

This girl would be considered 'over the hill' by some peoples standards...whose standards I don't know. Anyway she will be 1 decade old on Saturday, Feb. 5. Happy Birthday Anethia Harlan!!

On Saturday, Feb. 5 the 5/6 Grade Boys 'N the Hood BBall Team will finish out their 93/94 season with a 1:00 p.m. game at/against the Grimsrud #2 team. Good Luck Guys!

## 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

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.

## 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