

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 2 NO. 14

February 7, 1994

Cafeteria

Feb. 7 to Feb. 11, 1994

Dinner

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

Tue. - Taco Salad, Dinner Buns, Fresh Fruit,

Wed. - Poor Boy, Potato Chips, Salad Bar, Fresh Fruit

Thu. - French Dip, Potato Chips, Salad Bar, Fresh Fruit

Fri. - Knoephi Soup, Chicken Pattie on a Bun, Salad Bar, Fresh Fruit, Vegetable Tray

Feb. 14, 1994

Dinner

Mon. - Tater Tot Hot Dish, Vegetable, Salad Bar, Dinner Buns, Dessert

Feb. 7 to Feb. 11, 1994

Supper

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

Tue. - Bar-B-Que Ribs, Baked Potato, Veg., Salad, Dessert

Wed. - German Style Sausage & Beans, Salad Bar, Dinner Bun, Brownies

Thu. - Swiss Steak, Mashed Potatoes, Vegetable, Salad, Dessert

Fri. - BLT on Toast, Tomato Soup, Salad Bar, Dinner Bun, Dessert

Feb. 14, 1994

Supper

Mon. - Pork Cutlets, Instant Potatoes, Corn, Salad, Apple Sauce, Sugar Cookies

Parent Rap

Noon on Tuesdays

Sakakawea Hall

Early Childhood Classroom

Dear Parents,

Please come to a parenting session on Tuesdays at noon. Bring a sack lunch and be ready to...do a craft...share ideas...meet new people...learn new skills...and enjoy the fellowship. The schedule is as follows:

February 1, 1994.....Behavior Management/Gentle Guidance
 8, 1994.....Ages and Stages
 15, 1994.....Needs of Children at Different Ages
 22, 1994....."Make and Take" Paint & Playdough
 March 1, 1994.....Child Development & Practical Life Exp
 8, 1994.....Spring Break, No Class
 15, 1994.....Special Traditions Celebrated
 22, 1994.....Children and Their Feelings
 29, 1994.....Activities Promote Self-Esteem
 April 5, 1994.....Discipline/Family Rules
 12, 1994.....Problem Solving/Decision Making
 19, 1994.....Respect
 26, 1994.....The Celebration of Spring

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!



**Staff and Students:
 UTTC Folders now on Sale
 for \$1.00 each**

**in Arrow Graphics.
 Please contact Terry
 at Ext. 296**

**(can be use as Presentation Folders
 and/or Class Folders)**



It is easier to move a cemetery than to affect a change in curriculum.

WOODROW WILSON
from Apple Seeds

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) on a Black Coat.
2. The coat will have the following added to the design: Office Technology Club, United Tribes, Bismarck, ND.
3. Line drawing: Black in 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 DETAILED!!

Prize: \$20.00

Submit to: Office Technology Department

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

WINNER WILL BE NOTIFIED

Students;
The Bus Stop is now located
on the East Side of the
Security Bld., a good place to
keep warm while waiting
for the bus.

How to Stop the Family Cold

Many parents dread the first sight of their child's first runny nose of the season because it represents the opening round of the three-month "family Cold". Studies have shown that children generally catch at least five or six colds a year, your child need not share each of his with you or the rest of your family. You can not totally prevent colds from spreading through families, but you can reduce your families susceptibility by practicing common hygiene routines and teaching them to your children.

1. Moisten the air. - When heat is turned on in the house, the air gets drier. Using a humidifier to add moisture to the air relieves congestion and can reduce coughing.
2. Wash hands thoroughly. - One of the best cold defenses against a cold virus is to wash hands with soap and water.
Cold viruses, which are primarily spread in the wet droplets of a sneeze, can survive several hours on one's hands, on tissues, and on surfaces such as toys, doorknobs, and clothes. A child can "pick up a cold" by touching the active virus and then rub the eyes or nose or touch his mouth.
Always wash your hands before meals and after sneezes.
3. Wash towels and facecloths frequently.
4. A child is more likely to spread germs if he doesn't know how to wipe or blow his nose with a tissue. Teach you child to close his mouth and blow through his nose, have him practice blowing into a tissue, then wipe each nostril with it.
5. Teach you child to turn away his head when he coughs or sneezes. Teach him to cover his mouth and promptly wash his hands.
6. A person is often contagious several days before any symptoms appear, so try to be particularly vigilant in the kitchen during the cold season. Sharing food is one way colds germs are spread. No one should finish a child's sandwich, share drinking cups, or use others utensils.

There are helpful habits you can use to reduce susceptibility to colds. Getting enough sleep, eating properly and exercising regularly may help you shore up your immune responses. Other lifestyle factors are important in reducing illness. For instance, in families, where there is smoking, every member, shows increased



**Office Technology Club
is 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)

First Annual Lady Thunderbirds Classic

*February 19 & 20, 1994
United Tribes Technical College Gym*

8 - Team Double Elimination Tournament

**ENTRY FEE: \$125.00 Per Team, CERTIFIED CHECK or MONEY ORDER ONLY!
NO PERSONAL CHECKS WILL BE ACCEPTED!!**

Deadline: February 16, 1994

Committee will not allow ENTRY FEES to be hand carried to the Tournament

**AWARDS: 1st Place - \$300.00 & T-shirts, 2nd Place - \$200.00, 3rd Place - \$100.00
5 - All Star T-shirts and 1 MVP Sweatshirt, 3-point Contest \$5.00 per Contestant Jackpot!!!**

Tournament Director: Esley Thorton, Tournament Committee: Ken Hall, John Thunder Hawk, Don Medicine, Esley Thorton & Butch Thunder Hawk
RECREATION DEPARTMENT, 3315 University Drive, Bismarck, ND 58504
For more info: call (701) 255-3285, ext. 261 or 361

Recreation Weekly Activities

Monday: Weekly Pool Tournament - 7:00 pm - TV Lounge; Swimming - YMCA - 7:00-8:00 pm, the Bus leaves at 6:30 pm

Tuesday: Bowling League - Capital Lanes - 7:00-9:00 pm, Bus leaves at 6:30 pm from gym; Aerobic - 12:00 pm Small gym; Intramural B.B. - 6:30-10:00 pm, check for games at Recreation Dept.

Wednesday: Women's League Volleyball - check your schedules or call Recreation at ext. 261 or 361 for game times. Swimming - YMCA 7:00-8:00 pm, the Bus leaves at 6:30 pm.; Aerobics - 6:00-7:00 pm in the small gym.

Thursday: SAY NO CLUB - Check for activity on SAY NO Posters, or call Paul at ext. 313 and Recreation at ext. 261 or 361.; Men's Basketball - at the State Pen, Bus leaves at 4:45 pm from the gym, all students are welcome to participate.

Friday: Gymnastics - Will be held every Friday from 7:00-8:00 pm, Bus will leave at 6:30 pm., for more info. call Recreation ext. 261 or 361.

Saturday: OPEN GYM!!! 1:00 to 10:00 pm

Sunday: JACK-POT BINGO - This activity will be on student Payday weekends, from 7:00 to 8:00 pm in small gym. Jack-pot at \$66.00 with 55 numbers. (blackout); Women's Basketball League - Check your schedules or call Recreation at ext. 261 or 361; Free

ent Bowling - This activity will be held on non-payday weekends only. There will be a 3 game maximum.

JUST SAY NO CLUB

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

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)

7th - 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)


WHY STAY IN SCHOOL? HOW ABOUT ...

\$ \$ A GOOD JOB! \$ \$

Even if you're not sure what you want to do with your life,
here's one good reason not to drop out of college - good job!
Consider these average earnings:

 High School Drop-out:
\$13,000/year

 High School Graduate:
\$20,000/year

 College Graduate:
\$31,000/year

Sometimes it's hard to stay in school if you think you need
to be working now to earn money or school seems like a lot
of work in itself. But if you finish college you'll have
a better chance of finding and keeping a good job, and you'll
earn much more over time than you could without a degree.

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, con-
tact: Rev. Mr. Edward Johnson, Sr., Chaplain for
United Tribes Technical College at 255-3285 Ext.
#204

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