

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 2 NO. 16

February 22, 1994

Cafeteria

Feb. 22 to Feb. 25, 1994

Dinner

Tue. - Pork Chow Mein,
Rice, Dinner Bun, Salad
Bar, Egg Roll, Fruit
Dessert

Wed. - Vegetable Soup,
Hamburger on a Bun,
French Fries, Salad Bar,
Fresh Fruit, Tossed Salad

Thu. - Chuck Wagon
Stew, Rice, Baking
Powder Biscuit, Salad
Bar, Fresh Fruit, Relish
Tray

Fri. - Chicken Nuggets,
Macaroni & Cheese,
Dinner Bun, Salad Bar,
Fruit

Feb. 28, 1994

Dinner

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

Feb. 22 to Feb. 25, 1994

Supper

Tue. - Roast Beef, Mashed
Potatoes & Gravy,
Vegetable, Salad Bar,
Dessert

Wed. - Bar-B-Que Chicken,
Baked Potato, Vegetable,
Dinner Roll, Salad,
Brownies

Thu. - Veal Parmesan w/
Spaghetti, Vegetable,
Salad Bar

Fri. - House Special Pizza

Feb. 28, 1994

Supper

Mon. - Hamburger on a Bun,
French Fries, Salad Bar,
Brownies

SCABIES

What Is Scabies?

Scabies is a disease of the skin which can be spread very easily from person to person. It is caused by a mite (small insect-like creature) which burrows into the skin causing rash-like swelling. These swellings are especially noticeable between the fingers, on the front surfaces of wrists and elbows, at the belt line, and the thighs. In men it may also be seen on the external genitalia and in women, on the nipples, abdomen, and lower portion of the buttocks.

Symptoms

In addition to the rash-like swellings, itching is usually very intense, especially at night. Scratching the infected areas can cause secondary infections. It is generally several days or even weeks though, from the time of infections until the itching becomes noticeable.

How Do You Get It?

Scabies is commonly transferred from person to person through direct contact. It is also spread, in a limited extent, from undergarments or soiled bedclothes freshly contaminated by infected persons. The disease can also be acquired during sexual contact.

What Can You Do About It?

Cases of Scabies should be treated as quickly and comprehensively as possible in order to prevent further spread of the disease. Single infections are uncommon, therefore, it is important to investigate entire families, companions, etc., when a case is found. Infected children should be kept home from school until treated adequately. Underwear, sheets, and blankets should be laundered thoroughly in households where cases are found. Remember, although scabies is not considered to be a severe disease, it is highly contagious and should be treated at once by a physician.





*Always be sincere, even
when you don't mean it.*

Irene Peter
from Apple Seeds

Theodore Jamerson Elementary School is celebrating Presidents and other patriots week in conjunction with Presidents' Day, February 21. To show that we honor past and present Presidents, and Native American patriots, the students and staff of TJES would like everyone to dress in the following manner:

RED on Tuesday, February 22
WHITE on Wednesday, February 23
BLUE on Thursday, February 24
and on

Friday, February 25 everyone would wear **RED, WHITE, and BLUE.**



**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)**

Just For Today

Just For Today - I will live through the next twelve hours and not try to tackle all of life's problems at once.

Just For Today - I will improve my mind. I will learn something useful. I will read something that requires effort, thought and concentration.

Just For Today - I will be agreeable. I will look my best, speak in a well-modulated voice, be courteous and considerate.

Just For Today - I will not find fault with friend, relative or colleague. I will not try to change or improve anyone but myself.

Just For Today - I will have a program. I might not follow I exactly, but I will have it. I will save myself from two enemies--hurry and indecision.

Just For Today - I will do a good turn and keep it a secret. If anyone finds out, it won't count.

Just For Today - I will do two things I don't want to do, just for the exercise.

Just For Today - I will believe in myself. I will give my best to the world and feel confident that the world will give its best to me.

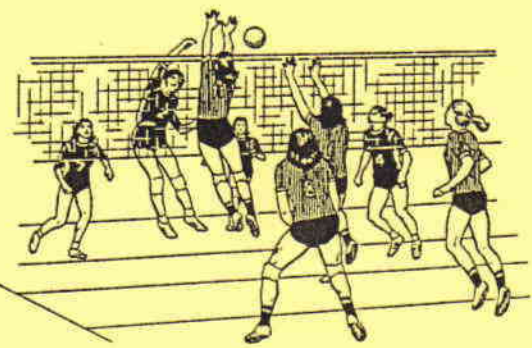
Author Unknown





MAKING IMPROVEMENT

It wouldn't be half as bad,
if half the complainers,
would only complain half as much!
Or, it would be a
whole lot better,
if all the complainers put half as
much energy into making
improvements as they do
into complaints.



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

The Twelve Steps Toward Sobriety

- I admit that because of my dependence on alcohol that I have been unable to care for myself and my family.
- I believe now that a Greater Spirit can help me regain my responsibilities and model the life of my forefathers.
- I rely totally on the ability of the Great Spirit to watch over me.
- I strive every day to get to know myself and my position within the nature of things.
- I admit to the Great Spirit and to my Indian brothers and sisters the weaknesses of my life.
- I pray daily to the Great Spirit to help.
- I pray to the Great Spirit to help me correct my weaknesses.
- I make an effort to remember all those that I have caused harm to and with the help of the Great Spirit achieve the strength to try to make amends.
- I do make amends to all those Indian brothers and sisters that I have caused harm to whenever possible through the guidance of the Great Spirit.
- I do admit when I have done wrong to myself, those around me and the Great Spirit.
- I seek through purification, prayer and meditation to communicate with the Great Spirit as a child to a father in the Indian way.
- Having addressed these steps, I carry this brotherhood and steps to sobriety to all my Indian brothers and sisters with alcohol problems and together we share all these principles in all of our daily lives.

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**
- 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)



TJES

We were neglectful in not sending out a newsletter last week and therefore some very important dates were overlooked: February 13, 1987 is a very significant date as one of our very own 1st graders came screaming to the world then. The screamer was Kara LaDean Diserly. Happy Be-lated Birthday Kara!! Nicolas Yellow Bird, from "The Great" Fort Berthold reservation, turned 11 years old on Thursday-Feb. 17. Hope you got everything you deserved. Happy Be-lated Birthday Nick!! Tiffany Grant, currently in the 6th grade, turned lucky 13 on Saturday-Feb. 19. "Oh No...Another Teenager!" Happy Be-lated Birthday Tiff!!!

The TJES Dance Club will meet on Tues. & Thurs.-Feb. 22/24 from 4-5:00 p.m. in the small gym both days. The coordinator for this club will be Ms. Shanna Keeswood who currently holds the Miss UTTC title. All students interested in learning how to "Indian" dance or those wanting to get the cobwebs out of their "outfits" for the upcoming powwow season are encouraged to attend. This Dance Club is sponsored by the TJES Title V program.

On Tuesday, Feb. 22, 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.

There will be swimming at the Y on Wednesday-Feb. 23 from 7-8:00 p.m. with the bus leaving at 6:30 p.m. from the gym.

Mrs. Heck's 2nd Grade students will take a tour of The Smile Center Thursday morning. The van will leave at 8:40 a.m. SHARP. All students are encouraged to be on time or they will miss out on this once in a lifetime experience.

The "Say No" Club will meet for Crafts-n-Culture Thursday-Feb. 24 beginning at 6:00 p.m. in the small gym. All parents and children are welcome to attend.

Friday-Feb. 25 is the TJES Science Fair which will be held in the small gym. Public viewing will be from 12-2:00 p.m. The awards will be given out at 1:00 p.m. with projects being taken down from 2-2:30 p.m. Winners from this science fair will advance to the Native American State Science & Engineering Fair held March 7-9, 1994. Good Luck Students!

The Gymnastics practice will be held at th regular time from 7-8:00 p.m. with the bus leaving at 6:30 p.m. Friday-Feb. 25. The sessions are held at the Bismarck Gymnastics Academy and no new students are allowed to enlist at this late date. Parents are reminded to continue to send their children each Friday so they finish out the whole 9-weeks session.

Don't quote me on this but I'm guessing that this little girl was born on the morning of February 26, 1987, 7 years ago. Because her name is Morning Star Two Hearts.... I could be wrong. Happy Birthday Morning Starr!!

Mrs. Georgeson, our P.E. and Gifted & Talented Coordinator, also has a birthday on February 26-Saturday. Although she's a little older than 7, the TJES staff still wishes her the best and hope she gets everything she wants on her special day. Happy Birthday Tam!!!

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

**Theodore Jamerson
Elementary School
Science Fair
February 25, 1994 at Small Gym
View afternoon - 12:00-2:00
Awards - 1:00**

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Send all news to Arrow Graphics by
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