

# W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

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MARCH 7, 1994

## Cafeteria

**Mar. 7 to Mar. 11, 1994**

### Dinner

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

Tue. - Steak, Fries, Garlic Sticks, Tossed salad, Fresh Fruit

Wed. - Pork Cutlet, Mashed Potatoes, Gravy, Vegetable, Apple Sauce, Dinner Bun, Salad Bar

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

Fri. - Chicken Strips, Split Pea Soup, Shell Roni Casserole with Cheese, Veg., Salad Bar, Fresh Fruit

**Mar. 14, 1994**

### Dinner

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

**Mar. 7 to Mar. 11, 1994**

### Supper

Mon. - Pork Chops, Corn, Salad Bar

Tue. - Roast Pork, Mashed Potatoes, Gravy, Vegetable, Salad, Dessert

Wed. - Salisbury Steak, American Fries, Salad Bar, Dessert

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

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

**Mar. 14, 1994**

### Supper

Mon. - Braised Beef over Noodles, Vegetable, Salad, Dessert



## Smoking in Indian Country

- Smoking is the major single preventable cause of disease and premature death in the United States. Indians are twice as likely to die from smoking than any other group.

- Cigarette smoke contains 43 known cancer-causing agents. Smoking causes almost one-third of all cancer cases. More Indians die from lung cancer than any other group in the U.S.

- Smokers are at greater risk for: stroke; birth defects in children; circulatory disease; coronary heart disease; chronic pulmonary disease; cancer; tooth loss; smoker's cough; gum disease; reduced lung function.

### Effects on Women

- Lung cancer is the leading cause of cancer death in women. Death rates from lung cancer in Indian women are more than double the U.S. rate. Smoking also increases your risk of breast cancer and cervical cancer.

- Smoking is the biggest cause of heart attacks in young women; women who smoke have three times the risk of dying of stroke than nonsmokers.

- If you smoke and use birth control pills, your chance of having a heart attack, stroke, or blood clots increases dramatically - up to 20 times.

- Female smokers have a higher risk of bone loss, bone weakening, and bone breakage. three-fourths of women with osteoporosis are smokers.

- Babies whose mothers smoke during pregnancy may have low birth weights, be born prematurely, and be at higher risk for Sudden Infant Death Syndrome (crib death). Female smokers have more miscarriages, stillbirths and infant deaths than nonsmokers.

- Children exposed to cigarette smoke are more likely to develop respiratory problems, allergies, middle ear infections and lung disease, lower weights and slower growth and are more likely to develop cancer as adults.

A recent Health Survey on the Yankton Sioux Reservation conducted by the Resource Center showed that 49% of women and 66% of men are smokers.



## The Effects of Caffeine

For millions of people, coffee is the "drug of choice." Caffeine and related compounds are found in coffee, colas, caffeinated teas, and chocolate. Caffeine is partially responsible for a wide range of disorders: panic attacks, chronic nervousness and irritability; digestive difficulties, including heartburn, indigestion and ulcers; fibrocystic breast lumps; migraine headaches; and low blood sugar. It can lead to increased risk of pancreatic and bladder cancers, and, as a heart stimulant, is linked to blood pressure abnormalities and myocardial infarction.

"Decaffeinated" coffee is only about half decaffeinated - it still contains about three percent caffeine, compared to regular coffee's six percent, as well as other substances such as tars, acids and oils that may be part of the coffee/disease picture. If you drink several cups of decaf you are still getting a lot of caffeine. Chemically processed decaf has been specifically implicated in pancreatic cancer.

What can you do if you want to switch? When you feel like having a cup of coffee, find other ways to increase circulation and oxygen to the brain, such as aerobic exercise. Drinking milk, fruit juices, herbal beverages, and grain-based coffee substitutes can add a new flavor dimension to your life. Don't forget your need for water. Finally, evaluate your priorities, and see if you are pushing yourself harder than necessary using caffeine as a whip.



*Tell me what I think, and  
I'll parrot back the answer.  
Ask me what I think, and  
I'll tell you.*

from Apple Seeds

**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)**

## Indian Country Conference Targets Tourisms, Economic Development

Denver, COLO. - Join Native Americans, tourism specialists, consultants, educators, government officials and a host of business owners on March 16-18, 1994, for a major national policy planning conference that focuses on the booming Indian country tourism trade and its importance to economic growth.

Indian Country Tourism 2000, at the Stapleton Plaza Hotel in Denver, Colo., will address the experiences and issues confronting the development of that niche market. Already identified by the travel industry as a primary desired destination by North Americans, Europeans and Asians, the Native American culture carries great potential for economic growth.

The three-day conference features such notable speakers as Sen. Ben Nighthorse Campbell, New Mexico's Indian Tourism Program Director Calvin Tafoya, Manley Begay, executive director of the Project on American Indian Economic Development at Harvard University, and SBA Regional Administrator Tom Redder, whose Region VIII area includes Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming. The conference, which leads into the annual Denver March Powwow, planned for March 18-20, 1994, at the Denver Coliseum, is presented by the U.S. Small Business Administration Region VIII, Western American Indian Chamber and The National Endowment for the Arts.

The conference agenda is packed with American Indian speakers who possess extraordinary credentials in tribal affairs, tourism development, traditional concepts, education and native arts. Topics range for "Our Responsibility to the Land" and "Indian Tourism Networks" to "The Salish and Kootenai Experience" and "Using Public Resources to Support Indian Tourism."

All sessions promote active participation between conference participants and speakers.

The conference cost, including meetings, opening reception, luncheons, dinners, materials and discount passes to the Denver March Powwow, is \$150 for Western American Indian Chamber/Tribal members and \$170 for all others registered by March 15, 1994. After that date, an additional \$50 on-site fee will be charged.

For registration information, call Ben Sherman at 303-665-3476.

### UTTC Chapel Schedule

Sunday 10:00 a.m. - Catholic Mass  
Sunday 12:00-1:00 p.m. - Assembly of God-Bible Study  
1:00-2:00 p.m. - Assembly of God Services  
Sunday 4:00 p.m. - Episcopal Services  
Wednesday 7:00 p.m. - Catholic Stations of the Cross  
Thursday 7:00 p.m. - Assembly of God Services  
Any questions concerning campus ministry, contact  
Rev. Mr. Edward Johnson, Dr., Chaplain for  
United Tribes Technical College at 255-3285 ext. 204



# Theodore Jamerson Elementary School

On Thursday-March 10, TJES will not have school due to Parent/Teacher Conferences. Schedules have been mailed out-call ext. 304 if you did not receive yours or to reschedule.

TJES staff and administration would like to thank all the parents who attended the Parent Breakfast this past Wednesday at the Cafeteria. Your consistent support is greatly appreciated.

Mrs. Mueller, Chapter I Math teacher/coordinator will be on administrative leave all this week for rest and relaxation in sunny Cal. Actually she is going to San Diego, CA to attend a Chapter I conference.

The Dancing/Singing Club, Swimming at the Y and the "Say No" Club will not meet this week due to the spring break. Gymnastics will be held on Friday as usual, parents will be responsible for getting their children to the Academy. May want to check Transportation...sorry for the inconvenience.

The Chapter I Parent Corner will be open for biz due to TJES still having school. The Corner will be open from 4-5:00 p.m. on Tuesday-March 8.

The Parent Rap session has been cancelled due to spring break they will resume next week at noon at the Sakakawea Hall.

Mrs. Jechort, our resident "snowbird"/Special Ed. Coordinator will be on administrative leave Wed. through Friday (Mar. 9-13) to check out the weather in Phoenix, AZ. While checking out the temps down there she will also take in sessions at the Conference on At-Risk Students.

One energetic 4th grader will turn ten years old on Monday-March 7. She has brown hair, brown eyes, and stands almost 5 ft. tall and she'll need to eat lots of cake & ice cream to put some meat on her bones. Her name is Veronica Bull Bear. Happy Birthday Veronica!! Have a Great Day!

11 TJES students turned in their "In Celebration of Reading" slips. These 11 students read for a total of 112 hours and 5 minutes!!! Congrats. One name was drawn, by Mr. Azure, which was sent to the National drawing held in Washington, DC in April. Krista Harlan was the lucky name sent in this year. She has the chance to win Great prizes from the National drawing. Last year's name sent to DC was Kara Diserly who actually won something in the National drawing. So keep your fingers crossed for Krista year. Thanks to those Parents for returning the reading slips and keeping track of all those pesky minutes.

Help, Help...what's the number for 911? Chapter I needs help, they are missing two joysticks and a family fav. software program called "Reader Rabbit". Those families who have checked out computers the last couple of months Please re-check your drawer, closets, shelves, under beds, the fridge...will you get the picture. If found please return to the Chapter I building. Thanks a Bunch.

Chapter I project writing time is just a block down and around that corner. Please take time to complete the Needs Assessment Survey when it arrives at your home. Your input is greatly needed. A million Thanks.

Children's Support Group meetings are changed from Wed. to Thu., same time, 4-5:00 p.m. in Kindergarten Bldg.

Theodore Jamerson School will be presenting cultural events in March which include: ethnic food tasting and musical presentation. Presenters will be compensated with expenses, a consulting fee, and the satisfaction that you gave something back to your community. Any interested persons please contact Neil Regstad at T.J.E.S. (255-3285) Ext. 304, or (224-0723).

## 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 1:00 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.

## 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.

### MARCH

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)

# Policeman puts 'community first'

By Terry Johnson  
Today Staff

RAPID CITY — In a recent interview, Patrol Officer Ken James probably said the word "community" at least 50 times.

The concept of "community" never strays very far from his consciousness.

"I don't believe you can go home each night and just forget about this job,"

said Mr. James, a senior patrol officer who has served with the Rapid City Police Department for seven and a half years.

"If you're going to be successful in police work, you're going to have to get involved in the community," said Mr. James, an enrolled member of the Santee Sioux Tribe in Nebraska.

For Mr. James, giving back to the community can cover a wide variety of actions. It might mean coaching a little league baseball team, refereeing youth basketball, or serving on any number of task forces to address community concerns.

He is active in the city's Ateyapi group, and one can find him most Saturday nights through the middle of March at the YMCA helping out with the Midnight Alternatives program.

He was also instrumental in establishing the memorial for SuAnne Big Crow, the noted high school basketball player who was killed in an auto accident about two years ago.

Mr. James debunks the notion that police work is a matter of enforcement. "Enforcement is only part of the job," he says. "Ninety percent of it is social-type work.... Good police work is pro-active, not reactive."

That's why he finds ways to connect with the people on the street, especially the young people.

Recently, the Rapid City Police Department has developed a program where their officers appear on collectible cards, much like the baseball, football and other sports cards that kids have collected for decades.

Mr. James says the cards, sponsored by area businesses, have surprised the skeptics and turned out to be a "hot item," with officers

## SPECIAL FEATURE



Today File Photo

**CARING COP:** Rapid City Police Officer Ken James wishes to be a positive role model for kids while being "community first." Mr. James, an enrolled member of the Santee Sioux Tribe in Nebraska, has been on the Rapid City Police Department for more than seven years.

giving them to young people wherever they might happen to gather.

The cards contain a profile and a picture of the officer, along with a safety tip. They are a way, according to Mr. James, to help police officers and community members to get to know one another. He called them "a good reassurance program" that encourages "good, positive interaction."

Mr. James is active in various outreach programs for the Rapid City Police Department, too.

In recent months, he has been active in gang intervention programs, focusing especially on education-as-prevention.

### Small towns are not immune

As a representative of the Rapid City Police Department, he speaks to school assembly programs, most recently at Red Cloud Indian School in Pine Ridge and St.

Francis Indian School in Rosebud. He speaks especially to the issues of gang violence and the chronic and grinding problems surrounding chemical dependency.

As one who grew up in a small town, he warns school and community leaders, as well as parents, not to assume that small cities are immune to gang activity.

In short order, he ran off a list of changes that parents, teachers, and leaders should look for in their children: changes in clothing, moods, friends, attitudes, language (the addition of street slang is a warning sign), the appearance of tattoos, graffiti (even in their own rooms or on their clothing), and drug and alcohol use.

As children become involved in gangs, they will show increasing resentment toward authority figures, and show disrespect for themselves and others. Assaultive behavior and other violence, including vandalism and self-destructive

behavior, will show up.

Even as he gave these warnings, Mr. James said he sees much hope for Native Americans. He noted the number of sobriety dances and sobriety walks put on by youth, and said these were good things.

### Positive role models don't have to be supermen

Mr. James also spoke to the issue of positive role models, especially for young men.

He denied that they are necessarily scarce.

"A positive role model can be any influential person," he said. "An elder, a teacher, a counselor, spiritual advisor, or minister.... Anyone can serve as a positive role model, as long as he is responsible for himself, either through eating himself, practicing good health habits, or putting his tools and gifts to good use."

Kenny James graduated Sept. 1979, Police Science Program, United Tribes, Bismarck - Indian Country Today, Feb. 23, 1994