

# W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 2 NO. 23

APRIL 11, 1994

## CAFETERIA

**Apr. 11 to Apr. 15, 1994  
Dinner**

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

Tue. - Steak, Fries, Garlic Sticks, Tossed Salad, Fresh Fruit, Vegetable

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

Thu. - Hamburger on a Bun, French Fries, Fruit, Vegetable

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

**Apr. 18, 1994  
Dinner**

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

**Apr. 11 to Apr. 15, 1994  
Supper**

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

Tue. - Roast Pork, Mashed Potatoes, Gravy, Veg., 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

**Apr. 18, 1994  
Supper**

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



## ATTENTION GRADUATES

Graduation Invitations can be purchased at Arrow Graphics during working hours. Cost is 25¢ each, please bring correct change with you.

All financial obligations with UTTC must be taken care of before transcripts or Diplomas can be released, contact Finance for any further information regarding this matter.

Knutson Photography will be on center in the Financial Aid Office April 12, 1994 to take pictures. The cost for this sitting is \$20.00 per pack with the session starting at 10:00 a.m. Payments may be payroll deducted if the student arranges it with the Financial Aid Office prior to the session.

**Cholesterol, Blood Glucose  
& Blood Pressure Screening  
Tuesday, April 12, 1994**

**9:00 am - Noon**

**Skill Center Hallway**

**Please Come Fasting - No Food  
or Drink after midnight**

**Monday, April 11**

**Door Prize to be given away  
\$5.00 charge for staff cholesterol  
Students Free**

## OFFICE TECHNOLOGY DEPARTMENT

The United Tribes Business Bowl team finished in 3rd place overall during the American Indian Higher Education Conference. The team members were: Shanna Keeswood, Marcella White Tail, Juanita Young, John Young Jr., Mickie Deserly, Valirie Serawop and Theresa Harvie. Shanna Keeswood placed 1st in Keyboarding, Juanita Young placed 3rd in Keyboarding, and John Young Jr., placed 4th in Business Communications. WE ARE ALL PROUD OF YOUR ACCOMPLISHMENTS AND YOUR TROPHY IS ON DISPLAY IN THE CAFETERIA.

The Office Technology Department has the following jackets for sale. These will be sold on a first come first serve basis.

- 1 xxlarge - Turquoise - \$51.00
- 1 xlarge - Turquoise - \$48.00
- 1 xxlarge - Turquoise - \$30.00 (Defect in printing)
- 1 large - Red - \$48.00

### JOB OPENING

H.I.T. Inc. has positions open working with individuals with developmental disabilities.

Ideal hours to work around college schedule

Apply at Housing, Industry, Training, Inc., 201 Missouri Drive, Mandan

### MEDICAL RECORDS

The winners in our Easter basket giveaway were: Verna Koch - gaint basket, Sam Cadotte - small basket, Billy Bell - Royal Fork meals, Tami Georgeson - Stuffed rabbit/chocolate rabbit.

The medical records students would like to thank all those who bought tickets and made our fundraiser a success.

To the students who sold tickets, brought in donations, and worked at the bake sale during AIHEC. I would like to extend a big thank you for offering your time.



Fear group - think.

from Apple Seeds

### THEODORE JAMERSON ELEMENTARY

presents  
MUSIC

&

MOVEMENT

Thursday, April 28, 1004  
2:30 p.m., Large Gym

**PRESCHOOL  
MUSIC PROGRAM**  
Thursday, April 21, 1994  
12 Noon  
at  
Preschool

### UTTC STUDENT

Office Technology is offering a  
Federal Clerical Exam  
9:00 a.m., Wednesday, April 13, 1994  
in Ed. Bldg. Room 220A  
The test is FREE  
plan to spend 3 hours to take the test  
Bring Social Security Number  
Personal Identification  
Transcripts of Courses

## Americans Define Success by Happiness

A survey sponsored by The Wall Street Journal indicates more Americans define success by happiness, not money. Here's how responses defined success:

|   |     |
|---|-----|
| Being a good parent .....               | 95% |
| Happy marriage .....                    | 90% |
| Happy relationship with another .....   | 86% |
| Having friends who respect you .....    | 83% |
| Being one of the best at your job ..... | 80% |
| Being well-educated .....               | 77% |
| Being true to religious beliefs .....   | 68% |
| Doing things useful to society .....    | 63% |
| Ample time for leisure .....            | 53% |
| Job that pays above average .....       | 44% |
| Having power and influence .....        | 16% |
| Having a vacation home .....            | 13% |
| Being wealthy .....                     | 12% |
| Prominent/famous .....                  | 8%  |

From this rating you can see where you are with the same values as the majority or out in left field. Another important revelation is that the highest rated are family, friends, education and spirituality. Education plays a vital role in the achievement of the majority of these ratings. The other important foundational factor is one's upbringing and childhood background which has a major influence on friendship, marriage and parenting, the highest definition of happiness. See a counselor of your choice if you need help in these areas.

### 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.

**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 \$66.00 with 55 members. (blackout); Women's Basketball League - Check your schedules or call Recreation; Free Student Bowling - this activity will be held

**REMEMBER !!!  
KEEP  
UNITED TRIBES CAMPUS  
CLEAN  
BY NOT LITTERING  
AND KEEPING YOUR GARBAGE  
PICKED UP**

**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 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.

#### APRIL

14th - 6:00 p.m.: Earth Day (Memorial Planting) (bus)

28th - 6:00 p.m.: River Walk -N- Picnic (Awards)

### 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, Chaplain for  
United Tribes Technical College at 255-3285 ext. 204