

UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER

VOL. 3 NO. 4

January 9, 1995

Weekly Menu

January 9 to January 13, 1995

DINNER:

- MON** - Tator Tot Hotdish, Salad Bar, Dinner Buns, Dessert, 2% Milk
TUE - Baked Ham, Mashed Potatoes, Salad Bar Vegetable Relish Tray, Dessert - 2% Milk
WED - Turkey-Ala-King, Baking Powder Biscuit, Rice, Cranberry Sauce, Salad Bar, Pumpkin Bars, 2% Milk
THU - Bar-B-Que Beef On A Bun, Fries, Salad Bar, Green Beans, Assorted Fresh Fruit, 2% Milk
FRI - Indian Stew, Fry Bread, Salad Bar, Dessert, 2% Milk

SUPPER:

- MON** - Pork Cutlets, Instant Potatoes, Creamed Style Corn, Salad, Applesauce, Dessert, 2% Milk
TUE - New England Dinner, Boiled Potatoes, Boiled Vegetables, Salad Bar, Dessert, 2% Milk
WED - Meat Loaf, Hash Browned Potatoes, Salad, Dessert, 2% Milk
THU - Pepper Steak, Spanish Rice, Tossed Salad, Garlic Toast, Heinz 57 & A-1 Steak Sauce, 2% Milk
FRI - Chicken Breast on Rice, Au Gratin Potatoes, Salad Bar, Dessert, 2% Milk

The hours of operation for the serving of meals shall be as follows:

Breakfast M-F (Everyone):	7:00 am to 7:45 am
Breakfast M-F (Elementary):	7:45 am to 8:15 am
Lunch M-F (Elementary):	11:00 am to 11:30 am
Lunch M-F (Vocation Students):	11:50 am to 12:15 pm
Lunch M-F (Staff):	12:15 pm to 12:30 pm
Brunch (Sat, Sun, Holidays):	10:00 am to 12:00 pm
Dinner M-F (Everyone):	5:00 pm to 6:00 pm
Dinner (Sat, Sun, Holidays):	4:00 pm to 5:00 pm

All departments will notify the Cafeteria of special food requests by submitting a written request. A (3) day notice is required for groups of less, and (1) week notice for groups of 25 or more people.

The telephone in the Cafeteria is to be used for emergencies only with a **three minute limit** on each call. There will be no calls (outgoing or incoming) during the hours of 11:00 am to 12:00 pm.

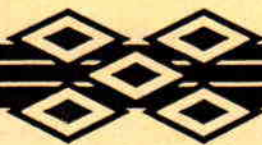
† Chaplain's Corner

CATHOLIC FIRST COMMUNION CLASSES:

First Communion Classes will begin on January 10, 1995 at 7:00 PM. The child should be at least in the 3rd Grade. Bring their birth certificates with them. Classes will last for one hour, every Tuesday night. First Communion on Sunday, April 16, 1995 "Easter Sunday."

Any questions or any needs that you may have contact Rev. Edward Johnson, Chaplain, UTTC at 255-3285 Ext. 204 or 314.





Student Health News

Chemical Health Center

IS IT A COLD OR THE FLU?

SYMPTOMS	COLD	FLU
Fever	Rare	Characteristic, high (102-104°F); lasts 3-4 days
Headache	Rare	Prominent
General Aches, Pains	Slight	Usual; often severe
Fatigue, Weakness	Quite Mild	Can last up to 2-3 weeks
Prostration (Extreme Exhaustion)	Never	Early and prominent
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort	Mild to moderate;	Common; can become severe
Cough	Hacking cough	
Complications	Sinus congestion or earache	Bronchitis, pneumonia; can be life-threatening
Prevention	None	Annual vaccination; amantadine (an anti-viral drug)
Treatment	Only temporary relief of symptoms	Amantadine with 24-48 hours after onset of symptoms

NEW STUDENTS:

If you have not filled out medical forms at the Student Health Center for you and/or your dependents, please see the Student Health Center located in Bldg. 31 (Education Bldg.) as soon as possible.

REMINDER TO PARENTS:

On December 9, 1994, letters were sent to those parents whose children did not have an immunization record or an up-dated immunization record on file at the Student Health Center or at the Elementary School. If you received a letter and have not provided a record or if your child needs immunizations you must have them completed or handed in by January 31, 1995.

If at that time your record is not on file at the Student Health Center/Elementary School, or your child has not received the needed immunizations, your child will not be allowed to attend Nursery, Preschool or Elementary School.



Do you or someone you love have a Gambling Problem?

Many Americans gamble. Recent studies indicate that somewhere between 70 to 80 percent of Americans at one time or another engage in some form of gambling. Today gambling is a way of life. It is supported by our state government and encouraged in the media. It is accepted by many people as a normal recreational activity and for many that's exactly what it is.

However, for a good number of people, estimated to be about 3% to 5% of those who gamble it can be deadly. It has devastating effects on them emotionally, financially, socially and spiritually. And in some cases it can impact one's physical health.

Gambling also takes its toll on the important people in the gambler's life; spouses, parents, children, friends and employers. All too frequently these extreme social costs are over-looked by society as a whole.

Compulsive gambling is a progressive disease with three distinct phases. The Winning Phase, Losing Phase, and the Desperate Phase.

The **Winning Phase** is often fun for the gambler and for his/her family and friends as well who are sometimes beneficiaries of the rewards of the gambler when there is "a big win." In this phase gambling increases in both frequency and ever increasing amounts of money being wagered. Once he or she starts gambling compulsively the losing phase will begin.

In the **Losing Phase** losses become considerably greater than winnings. In this phase personal finances and household funds are spent with abandonment as the compulsive gambler "chases his/losses." As losses increase so does the lying, deception, illegal and legal borrowing from friends, banks, credit cards, etc., writing bad checks and real property to finance gambling. Families are hurt, friends who loan money without repayment turn away. Trust is totally destroyed.

The **Desperate Phase** begins when the gambler spends nearly every waking moment scheming about ways to raise money to support his/her gambling. Frustration, anger, and fear takes over the life of the gambler and the family members. Often the behavior of the gamblers family becomes as bizarre as his/her own behavior.

No matter what action the family takes, the gambler is passionately consumed with the desire to gamble--it is no longer a choice--it is an all consuming compulsion to gamble--to catch the big win.

The only solution is treatment. Compulsive gambling is a treatable disease. However, the compulsive gambler is most generally in severe denial and he or she does not recognize the severity or seriousness of their disease. Others recognize the need for help, but not the compulsive gambler. Many if not most family members have little understanding of the compulsive gambler and are frustrated in their well-intentioned efforts to get the compulsive gambler to stop gambling.

REGISTRAR/ ADMISSIONS

HAPPY NEW YEARS from the Registrar/Admissions Office folks who would also like to WELCOME BACK all returning students and especially the NEW kids on the block. If everyone shows up there should be approximately 75 new faces and 165 old faces, for an approximate grand total of 240 students. ALL FALL TERM GRADES can be picked up in the Admissions office as well as SPRING CLASS SCHEDULES, hurry on over. Should you have any questions on grades or admission records you can give us a call at ext. 216, 269, or 334 and we will be glad to help you. GOOD LUCK WITH YOUR STUDIES...MAY THE FORCE BE WITH YOUR.

PLEASE REMEMBER THESE VID'S
(Very Important Dates)

JANUARY 20, 1995 - LAST DAY TO COMPLETE AN
INCOMPLETE

JANUARY 23, 1995 - LAST DAY TO ADD A CLASS

MARCH 28, 1995 - LAST DAY TO DROP A CLASS

* Those students needing to drop or add a class must have it in writing, forms are available from the Registrars office.

CONGRATULATIONS to the following students who have made the PRESIDENT'S LIST for the 1994 FALL SEMESTER. Each student must maintain between a 3.50-4.00 Grade Point Average (GPA) to be eligible.

Violet Arpan
*AUSTIN BACKWARD
Michelle Bearheels
Tedi Bell
*LEANN BERGER
*PIERRE BERGER
Ardell Blueshield
Clayton Blueshield
*BELYNDA CALDER
*LISA CATCHES
Claudette Cavanaugh
Colleen Condon
Evelyn Condon
Kristi Dionne
Katherine Eagle
*DANA FEDORENKO

Percy Good Eagle
Lee Halsey
*LUCIAN HARVEY
Theresa Harvie
Don Hoell
*STACEY IRON ROAD
*DAVID JACKSON
Brenda Kirkie
*BEATE LINE
Mary Malaterre
Lynn Mann
Clyde McHugh
Debbie Painte
Troy Oshkeshquoam
Sherry Parisian
Deanna Poowegup

Elaine Red Bird
Donavon Red Boy
Melanie Red Water
*DEBORAH SPERLE
Letitia Stewart
*RHONDA TAKEN ALIVE

*JIMMIE TIGER
Rebecca Waupoose
*MARCELLA WHITE TAIL
*SHEILA WILKINSON
Shirley Witt
Maxine Young

* RECEIVED A 4.00 GPA

CONGRATULATIONS to the following students who made the VICE PRESIDENT'S LIST for the 1994 FALL SEMESTER. Each student must maintain between a 3.00 - 3.49 Grade Point Average to be eligible.

Janine Barlese
Michelle Big Hair
Wileen Blacklance
Leah Blue Bird
Keith Bordeaux
Merril Catches
Teresa Colhoff
Frank Cottier
Tonia Crutcher
Bobbie Decoteau
Diane Glatt
Elizabeth Good Shield
Connie Gwyther
Cleveland Iron Heart III
Daniel Iron Road
Jay James
Tara James
Keva Janis
Roberta Johnson

Ronnette Kirkie
Karlita Knight
Rita Moran
Charles Mousseaux
Justine Parker
Robert Red Eagle
Lisa Rowlan
Mamie Sherwood
Emrick Spotted Horse
Mark Tiger
Jody Traversie
Shelley Two Bulls
Vernon Two Shields
Julie Urlaub
Duane Uses Arrow
Myra Vasquez
Kenneth Vaulters
Monte White Clay
Albert Witt

TJES School Board would like to thank all the faculty & staff who donated for the TJES Elementary Christmas presents, with out your help, the kids wouldn't have the Christmas they had. Thanks Again

NEXT
DEADLINE FOR NEWS IS
Wednesday, Jan.11th
12:00 p.m.