



W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 3 NO. 7

January 30, 1995

Weekly Menu

January 30 to February 3, 1995

DINNER:

- MON** - Spaghetti with Meat Sauce, Garlic Toast, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk
- TUE** - Steak Sandwich, Au-Gratin Potatoes, Garlic Toast, Tossed Salad, Assorted Fresh Fruit, 2% Milk
- WED** - Oven Baked Chicken, Rice, Vegetable, Salad Bar, Assorted Fresh Fruit, 2% Milk
- THU** - Hamburger on a Bun, French Fries, Salad Bar, 2% Milk
- FRI** - Roast Pork, Mashed Potatoes, Gravy, Vegetable, Salad Bar, Apple Sauce, 2% Milk

SUPPER:

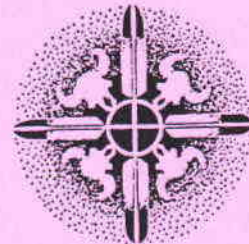
- MON** - Baked Ham, Au-Gratin Potatoes, Vegetable, Salad Bar, 2% Milk
- TUE** - New England Dinner, Boiled Potatoes, Boiled Vegetable, Salad Bar, Dessert, 2% Milk
- WED** - Salisbury Steak, American Fries, Salad Bar, Dessert, 2% Milk
- THU** - Shish-ka-Bob Casserole, Wild Rice, Salad Bar, Dessert, 2% Milk
- FRI** - Fish Platter, French Fries, Salad Bar, Dessert, 2% Milk



Cultural Arts Center Department

The Cultural Arts Center would like to thank the United Tribes Technical College Staff, Students and individuals from within the community for participating in the 3rd Annual "Art in the Heart of Winter" festival, this past weekend, which was sponsored by Dakota West Arts Council. It was a great success and we are invited back again next year. Special Thanks goes to:

Severt Young Bear, UTTC Staff Singer
Andy Vasquez, Singer
Timmy Cottonwood, Singer
John Melnary, Singer
Lloyd Bald Eagle, Singer
Purcee Lefthand Bull, Singer
Wendell White Eyes, Singer
Summer Young Bear, Dancer
Joni Young Bear, Dancer
Cherish Bull Bear, Dancer
Chelsea Spoonhunter, Dancer
Bobbi Joe Spoonhunter, Dancer
Lucy Cantrell, UTTC Staff Dancer
Todd George, UTTC Art Student, Dancer
John Beheler, UTTC Art Instructor, Dancer
Channel Poolsaw, UTTC Elementary, Dream Catcher Demonstrator
Karlita Knight, UTTC Volunteer



Sandy A. Poitra, Cultural Arts Director



ICE CREAM SOCIAL

Students:

The NCA Self-Study will be holding an ice-cream social on February 14, 1995 at 3:00 pm in the Cafeteria. We would appreciate it if you can all attend. There will be a student questionnaire that we would appreciate if you would complete for us. This would be a perfect time to all get together and know one another. Plus its free ice-cream and door prizes if you attend.

SEE YOU THERE!! DON'T FORGET!!
VERY IMPORTANT!!!

STUDENT HEALTH

"Jump for a Healthy Heart"

February 15, 1995 Small Gym, UTTC
6:30 pm - 9:00 pm

Divisions: K-2nd Grade, 3rd - 5th Grade,
6th - 8th Grade, Females: 16, Males: 16

Prizes to be awarded to 1st, 2nd & 3rd places in each division.

Grand Prize to over-all winner
small presentation by D. Rush prior to activity.
(snack to be served)

NEW STUDENTS:

If you have not filled out medical forms at the Student Health Center for you and/or your dependants, 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 of 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.

NCA - SELF STUDY

REMINDER - Criteria 1 & 2
need to be completed as soon as possible and turned in.
Criteria 3 will be sent out
on February 3, 1995
and will be due on
February 24, 1995

AEROBICS

We are having Aerobics Classes on Tuesdays at 12:00 (noon) and on Wednesday at 6:00 p.m. We would like to invite all staff to participate, come and workout for one hour, and have some fun and socialize. This is free to all staff and students. Don't wait get in shape now!





Lost Three Keys: one belonging to mailbox #16, three keys on a keyring with three basketball medals on the keyring also. If found please turn in to security.

Placement Office

New Placement Counselor

Yes, there is a new face in the Placement Office and my name is Vince Schanandore. I live here in Bismarck with my wife; Charla and two daughters, Nicole and Chantel. Both my wife and I are graduates of the University of Mary. My native home is Mandan, North Dakota where I was raised with three sisters, Monica, Juanita, Patricia and one younger brother, Steve. My parents are Edwin and Regina Schanandore. Some of you may be familiar with my mother's newspaper column, "From my Lodge to your Lodge". I have been in the educational field for close to six years now and looking forward to serving you in my seventh.

My job as Placement Counselor is primarily to see that you are placed in a secure job after graduation. You may also seek employment during school if you so choose to do so. This is done by entering our Cooperative Education program. This program is designed to give you work experience in your chosen vocation before graduation while you get paid.

Other placement news. The State Historical Society is offering internships available for the summer of 1995. These internships cover a broad range of fields including history, museum studies, historic preservation, art history, sociology, anthropology, education, public relations, communications and marketing, etc. Applications are due February 17.

The Historic Sites Division at the State Historical Society of North Dakota has employment opportunities available at the following sites for the 1995 summer season. Fort Buford (Williston), Chateau de Mores (Medora), Fort Totten (Devils Lake). For more information on these items please feel free to visit me anytime at the Placement Office, Room 112 in the Education Building #31.

Vince Schanandore
Placement Counselor

North Dakota ACTS Project Display exhibiting at the State Capitol, February 6-10, 1995

The North Dakota Vocational-Technical Education Marketing Council will be Showcasing cooperative education at the State Capitol. All ten two-year colleges in North Dakota will be in attendance. The focus of these displays will be on cooperative education in the vocational-technical programs. The purpose of these exhibits are to let legislators and others experience the quality of vocational-technical programs in North Dakota. Also to see the dedication of students and the training they receive. So we need every representation we can get. People needed to represent our booth are students and advisory personnel from each vocation. The theme of these exhibits is Vocational-Technical Education---Schools-to-Work Transition.

The Schedule is as follows for February 6-10:

Monday - Standing Rock & United Tribes

Tuesday - NDSCS - Wahpeton & Little Hoop

Wednesday - UND - Williston & Turtle Mountain

Thursday - NDSU Bottineau & UND-Lake Region

Friday - Bismarck State & Fort Berthold

If you want to be a representative for your college and vocation at this showcase please contact me (Vince Schanandore, Placement Counselor, Education Building #31, Ext. 280). All department Heads or Advisors, please send me brochures and other display materials that you are most proud of to represent your vocation. Or you may be there in person to represent yourself. Thank you.

Northern Lights Speaks to Integrated Studies

Using the "voice" of his flute and the "music" of his voice, Keith Bear, whose Indian name means Northern Lights, enraptured and educated Integrated Studies students Tuesday morning.

In the oral tradition of the Mandan and Arikara people, Bear related those stories and songs used for teaching values, courting, recounting brave deeds in battle, and passing to the other side. In doing that, he told his personal story of foster homes, his battle with drugs and alcohol, what these traditional stories and songs mean to him and the responsibility that accompanies the right to relate the stories.

Bear, a native of Fort Berthold, was the first in a series of speakers for Integrated Studies this semester relating to the Theme, VOICES and VITURES.

AASPN

Program assessment can take several approaches: seeking observations from students currently in the program, review by an outsider, evaluation by faculty members. One of the more common methods is that of conducting a follow up study on program graduates.

Two years ago, a follow up study was attempted; however, the response was inadequate to arrive at any significant results. Now the number of graduates has grown and their current places of employment are being established. A date-gathering instrument is to be given to each graduate. Replies will be tabulated and summarized.

When this process is completed, nursing faculty will review the findings. These will be used in further program planning and development. The findings will also be shared with interested others such as members of administration, present nursing students, and college co-workers.

by Sister Kathryn Zimmer, Director, AASPN Program

Office Technology

The Office Technology Department is in full swing and would like to give a warm welcome to all new students. The department would like to recognize the following students for the:

President's Honor Roll

Elaine Red Bird, Clayton Blue Shield, Leann Berger, Michelle Bear Heels, Lisa Catches, Belinda Calder, Colleen Condon, Evelyn Condon, Theresa Harvie, Stacey Iron Road, Brenda Kirkie, Deanna Poewegup, Sheila Wilkinson, Marcella White Tail, Lisa Rowland, Jody Traversie, Jimmie Tiger, Lynn Mann and Ardell Blue Shield.

Vice President's Honor Roll

Tonia Crutcher, Cleveland Iron Heart III, Ronnette Kirkie, Karlita Knight, Justine Parkhurst, Michelle Big Hair, Leah Blue, and Elizabeth Good Shield.

The department has hired a student tutor. Marcella White Tail will be tutoring various students and classes. If you are interested in individualized tutoring, contact the Office Technology Department. Do not hesitate, her schedule is currently filling up fast.

The department has hired a student Office Assistant. Jimmie Tiger will be working for the department. The computer room is scheduled to be open on Tuesday's from 4:00 - 8:00 under the supervision of Jimmie. If you have any questions on your courses, Jimmie will be able to answer most of them. REMINDER: No pop, no coffee, food in computer room, children must be supervised and not allowed to use the computers, and please keep children from running the hallways or else you could put the computer room in jeopardy of closing.

The department has begun a new policy, the instructors along with Bev Huber and Paul Schneider meet every Friday afternoon to discuss the weeks happenings. If you are missing classes, coming in tardy, having troubles in classroom work, or if you have had any accomplishments this week your name will probably come up. We are utilizing this in order to keep better track of our students in the vocation.

A note to all instructors who have Office Technology Students: We also invite you to give us a call if you have concern on a student. You can either leave a message with Sheri, Lynn or Luann on our Voice Mail system.

*** Office Technology Club Meeting ***

January 31, 1995, Education Building, Room 219 at 3:00 pm

All new students to the campus are invited to attend and become a member. The club will be discussing fundraising events and what we will be doing with the MONEY! DOOR PRIZES will be given.

Found - Man's Watch - Please Identify to claim it
See Sheri Baker, Education Building, Room 215

Registrar

1995 Spring Semester at a Glance

Sun., Jan. 29, 1995 Super Bowl XXIX Sunday - Go Charge!
Mon., Feb. 20, 1995 President's Day Holiday
Fri., March 3, 1995 Midterm Grade Reports due
Fri., March 3, 1995 All Spring Graduation Applications due to vocational advisors - no ifs, ands or buts.
Mon.-Fri., March 3, 1995 Spring Break - Hello Bismarck!
Mon., March 13, 1995 Classes Resume-Welcome Back, Kotter
Tues., March 28, 1995 Last day to DROP a class
Tues.-Thu., April 4-6, 1995 Fall Pre-Registration
Fri. & Mon. April 14-17, 1995 Easter Holiday
Tues., April 18, 1995 Classes Resume
Tues.-Thu., May 2-4, 1995 Final Examinations - the final frontier!
Fri., May 5, 1995 Commencement-Congrats!

Attention All Students & Staff!

The Chemical Health Center will be hosting an Open House on February 14, 1994 from 8:00 a.m. to 4:00 p.m. This year we would like to have a King & Queen for the day. All students and staff are eligible to nominate individuals and vote for the candidates of their choice. Please come to the Open House, cast your vote for King & Queen, enjoy some refreshments, receive educational materials and enjoy yourself. Voting will take place at the Chemical Health Center on February 14, 1994, from 8:00 a.m. to 11:00 .m. The winners will be announced at the Cafeteria at 12:15 p.m.



WINTER DAZE POOL TOURNAMENT

With three pool tables available now in the student lounge of the UTTC gym it seems like a good time for a campus pool tournament. Student sign up will be at the gym office, cafeteria, or Paul Schneider's office, Education building, room 213. There will be single and team tournaments with a double elimination setup. Join in on the fun of competition and win some prize money or a nice trophy to remember your "conquests" by. Entry fee to the tournament is \$1.00 per person to go as prize pot or trophy. Bracket placement will be by the draw. Sign up as team or individual. Entry will be collected at play time which will be announced after the entries are enough for a tournament. Make your campus a fun place by participating in his event for the social, recreational, and competition fun it has to offer. With good shooting, there will be more to come. Good Shootin'.

Chemical Health Center

How to deal with an Alcoholic

1. Do not take the blame for their drinking. You are not responsible for the drinking. If they accuse you of driving them to drink, quickly say that I am not responsible for anyone's drinking. It is your business. Don't argue or discuss it again.
2. Be gentle with yourself. Keep calm. You must learn a new behavior. Don't yell or overreact. Don't feel responsible for him or her. It doesn't help him or her to be able to hurt you. In fact, it makes them sicker. If you learn to take care and be gently with yourself, you will be helping them, in the highest sense of help.
3. Don't worry about whether they're really an alcoholic. If it's that much of a problem, they probably are. Social drinkers don't usually upset their families with their drinking.
4. Don't pour out the booze. They'll get more--don't they always. It costs too much to replace it, it's your budget too.
5. Learn to relax. Panic is distressing but not dangerous. Don't be afraid of being afraid.
6. Don't be a afraid of losing them because you're changing. The alcoholic is an addict--a very dependent person. Their dependence is not just on alcohol--they are very dependent on you. They need you. The alcoholic is a denier--he denies his alcoholism. He denies he is dependent on you. Instead, he says that you need him more than he needs you. It's very hard to lose an alcoholic.
7. Stop arguing with him, it works. It's like arguing with a bottle. It's totally useless.
8. Do one thing every day just for yourself. Make it last at least fifteen minutes. It must be something that is pure fun. It must be something that is just for you. Use tough love. Tough love is tough on everybody. It hurts as much as surgery, and it's every bit as necessary.

9. Don't ride with him when he's drunk. Don't put up with his "cute" games of gunning the motor, driving too fast, letting go of the wheel (and holding it with his knees). Don't be afraid of losing him to someone else if you say "no" to this kind of driving. He won't drive more or less carefully, whether you're with him or not. Remember this when you worry about whether he will hurt himself.

10. Confront him, when he is sober and you are calm. Say what is necessary only once, tell him what he does when he drinks, that you are ashamed of him and don't repeat this process.

11. Walk away from abuse. The battering will get worse. It won't stop "tomorrow". Things are as bad as you think. Not being battered is certainly a reasonable expectation from a lover/husband.

12. Accept yourself. Accept the fact that you can't leave emotionally. Accept the realization that you hate staying. Both of these feelings are normal.

13. Don't believe "drunk is fun". He's absolutely crazy if he acts like it's fun. Living with him is like living in an insane asylum--without doctors. No one in the "outside world" who is not an alcoholic thinks his world is fun--or sane.

14. Only tell your families if you want to. You are not a failure if he is sick.

15. Mean what you say and say what you mean. Think before you make a threat or a promise. You can conquer your guilt feelings. Learn to accept yourself as a human being.

16. Deal with his arrogance. He is only a paper tiger. The real world sees him as pathetic. You are a lot more powerful than you think you are.

17. Don't change your address. Booze is everywhere. Running increases panic. Running helps him to continue to deny.

18. Hide the car keys? Let go, and let God. You must do what is least uncomfortable for you.

19. You have the right to get sick too. He expects that he will always "make mistakes". He expects that you will never fail him.

20. Learn about blackouts. It's like being unconscious--while fully awake. It's like amnesia, afterwards.

21. Try to remember it's a disease. But it doesn't mean you have to accept unacceptable behavior. Don't punish the alcoholic; it will only add to your guilt. Don't pity the alcoholic, it will only lean you back into rescuing him.

22. Let the crises happen. It might save his life. It will save your sanity.

23. No more lying to his boss. Losing his job may be just what he needs to want sobriety. Every time you let go of his problem, you get healthier.

24. Start to get help, even though he's the alcoholic. If you live with insanity long enough, you: a. feel insane, b. act insane.

25. Stay with him or leave him "just for today". Don't be angry with yourself for not having left him before. You have more options than you think: -you can stay, and leave the room or the house for a while, -you can leave for a few days, -you can leave for weeks or months and see your spouse when you want to. You'll think of many more choices when you remember that your alcoholic needs you very much, even though he denies it.