

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 3 NO. 8

February 6, 1995

Weekly Menu

February 6 to February 10, 1995

DINNER:

- MON** - Poor Boy Sandwich with Turkey and Ham, Potato Chips, Salad Bar, Assorted Fresh Fruit, 2% Milk
TUE - Taco Salad, Dinner Buns, Assorted Fresh Fruit, 2% Milk
WED - Swedish Meatballs over Noodles, Vegetable, Salad, Dessert, 2% Milk
THU - French Dip with Au-Jus, Potato Chips, Salad Bar, Tossed Salad, Assorted Fresh Fruit, 2% Milk
FRI - Knoephle Soup, Chicken Pattie on a Bun, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk

SUPPER:

- MON** - Braised Beef over Noodles, Vegetable, Salad, Oatmeal Raisin Cookies, 2% Milk
TUE - Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% Milk
WED - Lasagna, Garlic Toast, Salad Bar, Brownies,
THU - Swiss Steak, Mashed Potatoes, Vegetable, Salad, Dessert, 2% Milk
FRI - BLT on Toast, Soup, Salad, Dessert, 2% Milk



Registrar

APPLAUSE ... APPLAUSE

DON CAIN, a 1992 spring semester graduate from the UTTC Criminal Justice program will be graduating from MINOT STATE UNIVERSITY this coming May, 1995. Mr. Cain will be graduating with a Bachelor's degree in Addiction Counseling with a minor in Criminal Justice. He is currently carrying a 3.73 GPA in his degree program.

Wylie Hammond, Multicultural Counselor for Minot State University (MSU) states that Don "is an excellent student and role model for Native American students currently attending MSU", and believes that "Don Cain will go far in life and that Minot State University is very fortunate to have gotten Don as a student". Mr. Hammond also stressed that MSU would love to have more distinguished students from United Tribes.

CHARLES HOLMES, a UTTC 1992 spring semester Criminal Justice graduate, will also graduate from Minot State University. Mr. Holmes will graduate with a degree in Criminal Justice this May as well. Charles credits UTTC for setting the foundation to continue his academic studies at MSU. He encourages more students to continue their education upon completion of United Tribes.

Don Cain and Charles Holmes are former students of Kass Hewson, our illustrious Criminal Justice instructor/advisor. I personally would like to congratulate Ms. Hewson in advising these students to continue their education as well as aiding our current students. Both former students acknowledge and appreciate our UTTC Criminal Justice program for assisting them in furthering their educational endeavors.

I would also like to remind graduates that it is not too late yet to turn in applications to attend other colleges/universities this coming fall, 1995. If you have any questions please do not hesitate to give me, Val Finley, Registrar, a call at ext. 216.

Our Minot State University campus visit, as most of you know, did not happen. We experienced engine trouble with the van. However, if you would like to look over their catalog please stop in my office as I have received the appropriate information needed should anyone wish to apply to MSU.

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Registrar continued.....

The trip to Valley City State University (VCSU) did come about and was a success as we were able to visit the campus. A couple of our students have made plans to transfer to VCSU next fall. These students are Clayton and Ardell Blueshield. Marcella White Tail and Elizabeth Good Shield are giving serious thought to transferring as well.

A representative from Dickinson State University will be visiting UTTC from 10-1:00 p.m., WEDNESDAY, FEBRUARY 15, 1995. Students wishing to take part in this campus visit should meet in the Skills Center Exhibit Hall. Please sign up with Val Finley at Ext. 216 or 269 as soon as possible to get a head count.

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!!!

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!

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)

FEBRUARY IS "HEALTHY HEART" MONTH

WHAT you eat, WHEN you eat, and HOW MUCH you eat can ENDANGER your heart or help PROTECT it.

Of all the things you can do for a HEALTHY HEART and LONGER LIFE, eating right is one of the most important.

Two major diet-related factors contribute to heart attack:

ATHEROSCLEROSIS - This is a buildup of fatty and other materials on the inner lining of the arteries, causing arteries to narrow and thicken, inhibiting blood flow.

OBESITY - Overweight people are more likely to have diabetes and high blood pressure which make them prime candidates for heart attack.

YOUR BEST BET for fighting obesity and atherosclerosis is to develop eating habits that control your intake of:

- Cholesterol
- Calories
- Saturated Fats

Make heart-y eating part of your **TOTAL HEALTH STRATEGY**:

1. Have **CHECKUPS** as often as your physician recommends.
2. Teach your **CHILDREN** healthy eating habits.
3. Keep a **ONE-WEEK DIARY** of everything you eat and drink. It is the best way to realize what foods you should cut down on, what you should eat more of.

IF you've already had **HEART TROUBLE**:

1. **FOLLOW PHYSICIAN'S ORDERS** to the letter.
2. **EXERCISE SENSIBLY**
3. **AVOID STRESS**

1994 United Tribes
International Anniversary
Powwow Tape
\$40.00 (90 minutes)
available in Cultural Arts
Program Ext. 331

Congradulations To:

Congradulation to Clayton Blueshield and Karlita A. Knight, who were nominated by Val Finley, Registrar, to receive the National Dean's List Honorary Award.

Clayton is a member of the Devils Lake Sioux from Fort Totten, ND and is a student in Office Technology. Clayton is married to Ardel Blue Shield and has two daughters. He will graduate in May, 1995.

Karlita A. Knight, a member of the Ute Mountain Ute Tribe of Southwestern Colorado. She was nominated to the Student Senate as Parliamentarian and the President of the Office Technology class. She was a judge for the Miss Indian Nations Pageant and is an active member of the Dakota West Arts Council of Bismarck. Karlita has been one the Presidents List two semesters and the Vice-Presidents list on semester. Karlita will graduate in May of 1995 with an Associate of Applied Science degree in Office Technology and plans to work in the Bismarck area.

American Indian Science and Engineering Society

This is a nationally recognized organization which nurtures building of community by bridging science and technology with traditional native values. Through its educational programs AISES provides opportunities for American Indians an Alaska Natives to pursue studies in science, engineering, business and other academic areas.

Who should join AISES?

Full-time college students at all levels and all majors. The objective is to assist American Indian students with the academic, financial, and social challenges of college life. Students who are interested in joining AISES, please call Bala at Ext 207 or stop by at SC 105. The membership application form can be obtained from him.

Benefits of joining AISES:

1. Eligible for Scholarships
2. Chance to participate at a national leadership conference
3. Placement information
4. Free copy of Winds of Change magazine
5. And much much more.

For further information, contact Bala at Ext. 207.

NCA - Study

Reminder: It's not to late to turn in Criteria 1 and 2. Also Criteria 3 is due on February 24, 1995.

These criteria's still need to be filled out and sent in. We appreciate your cooperation.

Students: Reminder on the Ice-Cream Social

BINGO!!!

In the Cafeteria on February 8th, 1995
Doors open at 7:30 - Bingo starts at
8:30 - Goodies and Cash Prizes -
One Progressive Pot starting at \$100.00
Open to all students and staff.
For more information, contact:
Security at 200 or 300.

Donate:

Make a food basket for Auction
at the Bingo. Proceeds to 95' Powwow.
Wednesday at 8:00 pm, February 8th

Theodore Jamerson Elementary local SCIENCE FAIR

Friday, February 10, 1995
Small Gym

Awards Presentation: 1:00 pm
Public Viewing: 1:15 - 2:30 pm

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.

AASPN

Nursing Students learn about the Political Process

UTTC nursing students were observers at last week's Legislative day for nurses. They were also among the many nurses who sat in on the legislative hearing concerning the Nurses Practice Act. Pro and cons arguments about health related personnel desiring to serve in a nursing capacity were animated and interesting.

Students soon realizes they will have to become increasingly well-informed if they are to "hold their place" in the rapidly changing health care areas. Obviously the political process is "alive and well".

submitted by Sister Kathryn Zimmer, Director, AASPN Program

Office Technology

CONGRATULATIONS

The Office Technology Department and Club extends a special congratulations to Karlita Knight and Clayton Blue Shield. These two students, who will be graduating this May with an AAS degree in Office Technology, have received the National Dean's Honor List Award. This is an exceptional award as only 1/2 of 1% of all college students receive this award. Congratulations on an excellent effort in reaching your educational and personal goals. The Office Technology Department is very proud of Clayton and Karlita in all their endeavors and accomplishments including this award.

POOL TOURNAMENT

The POOL TOURNAMENT will be held on February 11th, Saturday, starting at 1:00 pm at the Sitting Bull Hall's pool room. There were only two sets of balls for UTTC's Recreation Center's three pool tables, but both missing the eight balls. I will try to get some eight balls, with the help of Russell Swagger, as recreation informed me they will not be replacing the eight balls. What's a pool tournament with out eight balls in the set? Make believe! Thank Russell for encouraging me not to give up on recreation's tables. If we can get the balls in time there will be two more tables to support this tournament. Everyone interested in getting in on the competition and prize will have signed up so I can draw their names for a double elimination bracket. There will be a \$1.00 registration charge for singles and \$2.00 for teams which will all go for prize money or trophies if that is the choice of the winners. If this activity gets good support there can be more like it. For more information contact Paul Schneider, ext. 264, room 213 Ed. Bldg.

2nd Annual Office Technology Club Valentine's Day Fundraiser

Do you have a secret pal, admirer, favorite instructor, employee or special friend? Have a valentine delivered to them on Tuesday, February 14th.

Rules for Valentine purchase and delivery:

1. OT member will deliver the Valentine on February 14, 9:00 - 3:00. ON CAMPUS ONLY.
2. You must pay for your Valentine before it is delivered. Call Office Tech. Dept. for more info.
3. OT member will not tell who the sender is unless the recipient pays extra (cash/change)
4. OT member will not tell who the sender is, if the sender pays extra. (Secret Pal)
5. We will only take orders until Noon-Friday-February 10. Order Yours Today!!!
6. Call Sheri ext. 285 or Lynn ext. 358 or Luann ext. 328.
7. If student is not in the class you designate as delivery, the item will be brought back to the OT Dept.
8. Order only if you know where and at what time the person will there to accept delivery!!!

PRICES

ROSE - \$5.00

CARNATION - \$3.00

CUPCAKE - \$1.00

CANDY - \$.75

(We will include a message on your request)

**MAKE THAT SPECIAL FRIEND, EMPLOYEE,
INSTRUCTOR HAPPY.**

Send a Valentine special delivery from the
Office Technology Club



Recreation

The United Tribes Technical College Thunderbirds have played seven games so far in 1995 and have showed improvements in many areas. The addition of Donovan Red Boy has been a tremendous help to the squad. Since Donovan has joined the team he is leading the team in two categories. Donovan is scoring at a clip of 23.7 points per game and hauling down 9.1 boards per outing. Dave Jackson has made great strides to improve his game as the point guard for the Thunderbirds. When you take into consideration that Dave didn't even start on his High School team he really has come a long ways. Dave leads the team in assists with a average of 4.7 per game. Corwin Black Smith is leading the squad in free throw percentage with 80% from the charity stripe. Curtis Bad Bear leads the Thunderbirds in field goal percentage with 63% from two point land. The Thunderbirds have seven games remaining on their schedule and are looking for a strong finish. The National AIHEC Basketball Tournament dates have been set for March 23 thru 25, 1995 in Pablo, Montana.

Chemical Health Center

How to deal with an Alcoholic (continued from last week)

27. Break out of your isolation. It will help you get an emotional distance. You'll start to be able to make rational decisions again.
28. Stop asking permission. It feels good temporarily--it makes you feel secure and "taken care of", but it's still an illusion. It's your way of trying to please him and keep him pleased so he won't be nasty or drink anymore-but it doesn't work. It's not as scary as you think to start to learn to stand on your feet-not his-for emotional security.
29. Act as if you love you. Make believe, and you will believe, Get the body there, and the mind will follow. Act your way to good feelings.
30. Put him in the back of your mind. He doesn't think about you most of the time. Martyrdom is not a virtue.
31. Don't feel guilty when you're mad. Angry thoughts don't hurt people. They only hurt you, if you "hang on" to them. Anybody who's normal would want to thrash him.
32. Forget his bad mouth. If Florence Nightingale were married to an alcoholic, he'd tell her she was a lousy nurse. And he'd have her believing it.
33. Don't say you're changing-just do it. The alcoholic hears what you do, not what you say. The less you act afraid, the less afraid you'll be. When you "explain yourself," you come off like a victim. When you "explain yourself", you often don't cary through with what you said you would do.
34. Stop telling him how to get sober. Don't talk to brick

walls either. He will do what he wants to do, anyway. He will probably do just the opposite of what you ask him to do-just because you asked him to. Once you take your eyes off him, he will just revert back to his sick behavior if he intends to stay sick-so, it's a futile effort.

35. Don't get scared when he threatens to drink. At first, just act like you're not reacting. The worst thing you can do is to let an alcoholic think you're afraid of him. You will get to the point where you just don't care if he threatens or not.

36. Wipe out saying "you've been drinking again". He knows it. It's useless. There's a more effective way to make your point.

37. Don't expect him to be sober. He does mean it when he promises he won't drink again, but he probably can't keep that promise-he doesn't know it. The paradox is: when you truly stop expecting him to be sober, he has a better chance to be sober.

38. Stop checking the bars. I know it gives temporary relief just to know, but it's basically part of a downhill trip in self-esteem. If you can't stop it entirely, try to postpone the call, fill up your time with something very pleasurable, before you call. Remember that you must be easy on yourself, just even once in a while. You don't believe this now, because it is so hard to imagine, but you will get to a point where you really won't care whether he's at a bar, ever again.

39. Don't beg him to stay. You're not as vulnerable as you think you are.

40. Don't be scared that he will leave if he gets well. Well men don't do that! There's a big difference between "dry" and "sober". If he threatens this, he's still very sick.

41. Get help! "Don't look for your image in a cracked mirror."

Alcoholism-The Medicine Person and the Beast

This is a story about a Beast who visits the people of the tribe, knocking on their doors and wearing an untrue but beautiful face. It speaks with a smooth, musical voice, and covers its own smell with the clean scents of the forest. If the people allow it to enter their homes, the Beast promises to bring peace and happiness to them. At first the Beast is very friendly, and as the house fills with talking and laughter, the family learns to trust it.

As time goes on, the Beast begins to show its true, beastly face. It roars around the house, bumping, pushing, shoving, and knocking family members around. It becomes so crazy it even tears at itself with its own claws, making terrifying noises.

The entire household is upset. The family members do not have time to do other things because they have to take care of the demands of the Beast. It wants the attention of the whole family. Talking and laughter returns from time to time, but not for long. No one can guess when the Beast will be happy or when it will be angry.

As the Beast gets worse, its true beastly face appears more frequently. Every family member suffers from the Beast's pain. Soon the faces of everyone in the family begin to resemble the face of the Beast. The people's clothing and belongings are ripped apart by the Beast as they flee. Destruction is everywhere! The whole community is suffering from the presence of the Beast.

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The Medicine Person of the community knows the Beast and helps the families when they want to get rid of it. But the clever Beast always hides itself in different ways. The Medicine Person decides to meet with the elders to discuss the problem. All agree that few weapons will help fight the Beast. The Medicine Person reminds them that teachings from traditional values and "old ways" of the community can be used to battle the Beast.

All agree that the Beast cannot be defeated by one person alone, and all their people agree to meet. The Medicine Person shows them the two faces of the Beast. They learn about the power of the "old ways". And by studying the words and ways of their ancestors, they soon gain the wisdom and strength needed to resist the Beast. With fasting and prayers, singing and chanting and drinking only pure water from a spring above the tree line, the people prepare to battle the Beast. Together they are ready to restore their community to harmony and balance. They know that the Beast can reappear again if the people are weak. So, with the wisdom and insight they gained from studying the "old ways," they are ready to fight the Beast.

Adapted from a story by Carolyn Smiley-Marquez, San Juan Pueblo.

Just Say No Club

For those new student-parents who are not familiar with Just Say "NO" Club, and for the rest who may still be wondering about it, "Come on in, the water is fine". Those 41 children and 16 adults who attended our last activity can tell you how fine it is by the great time they enjoyed at Snooper's Tons of Fun. Speaking of sparkling water, Just Say "NO" Club is going to the Mandan Community Center Swimming Pool on Feb. 9th. The bus loads at 6:00 pm at the cafeteria. There is a water slide at the heated pool and a deep diving area for those who like to 'get down'. Parents are most welcome to swim with their children but swim gear of any kind is required. Some parents inquired about t-shirts over shorts but the pool said wet t-shirt contests are not allowed. Anything that passes as a swim suit other than underwear is good. Cut off jeans are not acceptable since the strings that can come off clog their filtering pumps. For cheap family fun, recreation and good exercise, the Mandan pool is hard to beat. You are always covered in club activities, but families can go on their own to the pool for a very reasonable admittance. Call the pool at 667-3260 to check on open swimming times and rates. Doing good things with your children is the best prevention for problems, builds family bonds and boosts a child's esteem. It also does wonders for parents who can recapture their youth and fill any gaps where they may have missed family fun in their experience.

Native American Historical Days

February 6th - Walnut Canyon National Monument: cliff dwellings in shallow caves built 1,000 years ago; 1642 acres; established in Arizona, 1915.

February 7th - War Department authorized General Sheridan to commence operations against "hostile Sioux", including bands under Sitting Bull and Crazy Horse, 1887.

February 8th - Dawes Severalty Act provided for division of Indian lands among Indian families; to be held in trust by U.S. for 25 years to prevent exploitation, 1887.

February 9th - In W.W.I. more than 8,000 Indians served in the Army and Navy; 6,000 by voluntary enlistment.

submitted by Paul Schneider

Life Time

Between when you are born and up to when you die there is a space of time. Life is time. What you do with your time makes all the difference in the life you have on this earth. If you just let time happen then life is more like a cloud blowing in the wind. It can still be beautiful but it is at the mercy of control outside of itself. If one grabs hold of time and masters the potential of it then the results are more dramatic, such as a giant redwood tree, an elephant, or a very successful person may bear witness. Time is of the essence. It is what life is made of.

Mastering your time that you have each day, each week, each month and throughout every goal or step of the way will bring more order, success and progress. This sums up to more happiness, less stress, and greater achievements. Time works for you when it is treated with value and respect. When someone says or feels they are, "killing time", that is quite likely what is happening. On other hand when another person is planning, organizing, and getting the most of their allotted time in life, you will see a very different person.

If you would like to try an experiment, make more of your time, feel in control of your life, reduce stress when things seem so busy, make the very most of your educational opportunities or employment possibilities, try this schedule for three weeks. It takes about that long to set a change in how you live in balance and motion. It's kinda like tuning a car so it runs better, the mechanic has to work on it awhile and make adjustments until it hums with perfection. Use the schedule and plan in your work, classes, homework, play, family, friends, relaxation and live by it.

From this planning, you will get more out of each day and week. You will see where you may be wasting your time (life) in areas that "kill them" and see where you are overdoing some things and neglecting others. Many people find most of all that they are neglecting themselves, their mates, their families, and other very important areas of their life. Because they are not planning in for those valuable relationships nothing happens to nurture and

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fulfillment them. The most important gift you can give someone you love is your special and planned time. The most important thing you can do for yourself throughout life is getting the most out of your time you have to live it.

Planning helps more than anything else you can do to have the best life possible. Planning your time as a student will help bring you success never before realized. Plan into the schedule not just the obvious things that are happening but the "self-time" to rejuvenate, the family or friend times, spiritual renewal time, exercise, etc. the favorite TV shows may have a place on the schedule and replace the "tube's" dominance over so much of some people's "time to kill". By planning more good into life you'll get more out of your "Time To Live".

by Paul Schneider

Cars and Pickups

For Sale: 1983 Thunderbird 3.8L, V6, Auto, Power Steering, Rear Defrost, Tilt Wheel, \$1,450. 00 or best offer.

For Sale: 1984 Bronco II 4X4, 6 Cylinder, 4 speed, needs work, \$1,5000 or best offer

For Sale: 1987 Tempo GL, 4 Door, Air, Power Steering, Power Brakes, Cruise Control, Tilt Wheel, Stereo, Auto, \$2,100 or best offer.

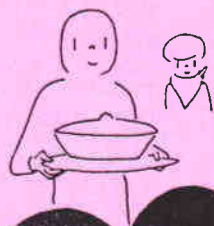
For Sale: 1973 Ford, 3/4 Ton, 4X4, 390, Auto, \$2,000 or best offer.

Can be seen at 104 Roodrunner Ave., Lincoln, ND or call at 222-2694.

GIVE AWAYS:

Caps, Scarves and Mittens for all ages. see the Student Health Center at your convenience. (Education Bldg. Room 118)







Women's Group meets Friday
Afternoon at 3:00
Skill Center, Room 108
Contact person: Wanda Walker, ext. 277



Here are some
BASIC
GUIDELINES
for you
to follow...



GUIDE TO "HEART-Y" EATING

FOODS	GOOD	GO SLOW
MEAT group 2 servings daily 	Moderate size portions of chicken, turkey, veal, fish. Beef, lamb, ham, pork – lean cuts with little marbling. Lentils, beans – use as substitutes.	Duck, goose – very fatty. Fatty meats, organ meats, egg yolks.
FRUIT and VEGETABLE group 4 servings daily 	ALL of them. Include 1 dark green or deep yellow vegetable for vitamin A and 1 citrus fruit or juice for vitamin C.	Potato chips, deep-fried vegetables, vegetables with cream or cheese sauce.
BREAD and CEREAL group 4 servings daily 	Whole grain or enriched breads. Whole grain cereals (skim milk for adults). Most pasta (spaghetti, macaroni).	Commercial baked goods (high saturated fat content, sugar). Egg-rich breads. Egg noodles. Mixes with high fat content.
MILK PRODUCTS 2 cups daily for adults 	Low-fat milk products (skim milk, buttermilk, yogurt, low-fat cheeses, etc.).	Whole milk and its products. Cream and cream products (including butter, hard cheeses).
FATS and OILS No more than 30% of daily calories 	Vegetable oils and margarines high in polyunsaturates. Salad dressings made with polyunsaturates.	Solid fats and hydrogenated margarines: butter, lard and other animal fats; coconut and palm kernel oil products.
DESSERTS and TREATS 	Condiments and spices – low in calories, high in taste. Fruit, gelatin, water-ice desserts.	Ice cream and other desserts with whole milk. Puddings, cream pies. Fried snacks. Commercial sweets.