

# W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 3 NO. 16

April 3, 1995

## Weekly Menu

*April 3 to April 7, 1995*

### DINNER

- Mon - Goulash, Vegetable, Dinner Bun, Salad Bar, Assorted Fruit, Assorted Vegetable Tray, 2% Milk  
Tue - Bean Soup, Ham Sandwich on a Bun, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk  
Wed - Roast Beef and Mashed Potatoes, Natural Gravy, Vegetable, Salad Bar, Dinner Roll, Assorted Fresh Fruit, 2% Milk  
Thr - German Style Sausage and Beans, Salad Bar, Dinner Bun, Brownies, 2% Milk  
Fri - Old Fashioned Tomato Soup, Grilled Cheese, Potato Chips, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk

### SUPPER

- Mon - Hamburger on a Bun, French Fries, Salad Bar, Brownies, 2% Milk  
Tue - Pork Chops, Rice, Vegetable, Salad, Pineapple Upside Down Cake, 2% Milk  
Wed - Stew and Fry Bread  
Thr - Grilled Steak, Baked Potato, Garlic Toast, Tossed Salad, 2% Milk  
Fri - Fishwich and Chips, Dessert, 2% Milk



## Placement

### Northern Great Plains Research Laboratory Job Opening

Northern Great Plains Research Laboratory also has a job opening. The title of this position is Biological Science Aid. This position requires someone with a nursing/farming/ranching background. Or any Industrial Art and Science background. Please come and see me if you need more information/job description to fill this placement.

### Prairie Knights Casino

Prairie Knights Casino has seven new vacancies to fill. They are the following: Cocktail Server, Steward (3-positions), Hunters Club Server, Porter, Change Person (2-positions, Graveyard shift), Security Officer, and Hot Line Prep Cook. Please come and see me for job descriptions at Room 112, the Education Bldg. 31, ext. 280.

Vince Schanandore, Placement Officer

**All Graduating Students  
On April 6th, 1995 from 9:00 am to  
12:00 noon, Kuntson Photography will  
be taking graduation photos at the  
Russell Hawkins House.**

**You may pay cash or charge the cost  
against your student payroll.**

**If you should have questions, please  
call ext. #209.**

## REGISTRAR'S NOTES

Following are the list of TENTATIVE 1994/95 GRADUATES who, barring any unforeseen mishaps, should receive their diplomas/certificates. Graduation ceremonies are set for May 5, 1995 (approx. 0100 hours) at the James Henry Community Center (the gym) on campus. Official diplomas/certificates will be mailed out at a later date.: \* 1994 Fall Graduates

### TENTATIVE GRADUATES SPRING 1995

#### AASPN:

Faith Arlene Buffalo, Cheyenne River Sioux Tribe, Bridger, SD  
Wanda Ann Fetch, Belcourt ND  
Diane Marie Glatt, Bismarck, ND  
Connie Ray Gwyther, Bismarck, ND  
\* Karen E. Schaner, Bismarck, ND  
Vina Marie Snider, Fort Yates, ND  
Joy Lynn Toliver  
Carol Cree Two Hearts, Turtle Mountain, Dunseith, ND  
Julie K. Urlaub, Bismarck, ND  
Marilyn K. Vetter, Bismarck, ND  
Betty A. Weigand, Bismarck, ND

#### AUTOMOTIVE SERVICE TECH:

Merill Gary Catches, Pine Ridge, SD  
Dean N. Kitto, Sisseton, SD  
\* Anthony Michael Rowland, Pine Ridge, SD

#### CARPENTRY:

Greg W. Black Elk, Oglala Sioux, Pine Ridge, SD  
Corwin A. Blacksmith, Pine Ridge, SD  
Winna Joseph Buxton, Metlakatla, Alaska  
\* Gary D. Cournoyer, Yankton Sioux Tribe  
Dennis Kevin Garcia, Dulce, New Mexico  
Filmore W. He Crow, Oglala Sioux, Pine Ridge, SD  
Tyland Gene Homer, Oglala Sioux, Pine Ridge, SD  
Dan Reeves Howell, Ute Tribe, Fort Duchesne, Utah  
Charles Thunder Horse, Yankton Sioux Tribe, SD  
Frank Thomas Waters, Oglala Sioux, Pine Ridge, SD

#### COMMERCIAL COOK/NUTRITION/WELLNESS:

Gilbert Clarence Bad Wound, Pine Ridge, SD  
Amy J. Duncan, Metlakatla, Alaska  
Katherine Susan Eagle, Bullhead, SD  
Dana Lynn Federanko, Turtle Mountain Band of Chippewa  
LaVern D. Logg, Eagle Butte, SD  
Sherri Lynn Parisien, Turtle Mountain Band of Chippewa

#### CRIMINAL JUSTICE:

Mary Ellen Brown, Bullhead, SD  
\* Sam T. Cadotte, Standing Rock Nation  
Darin C. Gill, Sisseton-Wahpeton Dakota Nation, SD  
Joshua Ray Hewson, Dickinson, ND  
Kristi R. Knife, Bismarck, ND  
\* Charles Russell Mousseaux, Oglala Sioux, Pine Ridge, SD  
Michelle Vessie Murray, Neola, Utah  
Kathleen Marie Poolaw, Fort Duchesne, Utah  
Dillon Jr. Serawop, Roosevelt, Utah  
\* Rebecca Rose Waupoose, Menominee Indian Tribe, Keshena, WI

#### EARLY CHILDHOOD EDUCATION:

Marvin C. Aragon, Wind River Reservation, Wyoming  
Violet V. Arpan, Cheyenne River Sioux Tribe, SD  
Janine D. Barlese, Warm Springs Paiute, Pyramid Lake, NV  
Claudette Mae Cavanaugh, Fort Totten, ND  
\* Mary Jo Malaterre, Turtle Mountain, Belcourt, ND  
Debbie A. Painte, Fort Berthold  
Maxine Joyce Young, Rosebud, SD

#### ELECTRICAL WIRING:

Keith David Bordeaux, Rosebud Sioux Tribe, SD  
\* John L. Grant, Turtle Mountain  
\* Lucian R. Harvey, Bylas, Arizona  
\* Sheldon In The Woods, Cheyenne River  
Jay Dean James, Fort Berthold, ND  
Robert Lloyd Red Eagle, Pine Ridge, SD  
Gene Youngman, Poplar, MT

#### OFFICE TECHNOLOGY:

Ardell Marie Blueshield, Three Affiliated Tribes  
Clayton Earl Blueshield, Devils Lake Sioux, Fort Totten, ND  
Claudia A. Brooks, Lower Brule, SD  
Lisa Marie Catches, Lakota Sioux, Pine Ridge, SD  
Donnette D. Eagle, Sisseton-Wahpeton Dakota Nation  
Elizabeth L. Good Shield, Rosebud, SD  
Theresa Annette Handboy, Denver, Colorado  
Kendra Rae Kitto, Ponca  
Karlita Ann Knight, Ute Mountain Ute Tribe, Towac, CO  
Lynne Mann, Cheyenne River, SD  
Prudence Ann McKay, Metlakatla, Alaska  
Florence E. Mesteth, Oglala Sioux  
Christa Marie Paneto, Standing Rock Sioux Tribe  
Justine M. Parkhurst, Cannon Ball, ND  
Kari Lynn Schut, Sisseton, SD  
Genevieve Lynn Swift Eagle, Fort Peck, Poplar, MT  
Jimmie Carol Tiger, Shawnee, Oklahoma  
Marcella Joyce White Tail, Poplar, MT  
Tamara Marie Yellow Earrings, Standing Rock

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**PLUMBING:**

\* Daniel Morris, Omaha

**WELDING:**

\* Monte White Clay, Crow Agency

For the uninformed, Office Technology, Early Childhood Education and the AASPN programs will be the only vocations holding a summer session. **SUMMER STUDENTS ONLY...PLEASE** verify with Ray Dwelle, Financial Aid Officer, to make **CERTAIN** your funding is secured for the summer semester. Also verify your summer enrollment preference with the Admissions Office **IF YOU HAVE NOT DONE SO...YET.**

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If you 1) belong to a federally recognized tribe, 2) will have completed 3 semesters of undergraduate course work, AND 3) are considering future research study with a major in the math, engineering and science areas your time has come. The **UNDMARC/Ah' jo' gun** Summer program is offering selected Native American undergrads 8 weeks of "hands-on" research opportunities. Round-trip transportation, room & board, tuition, PLUS a \$7.00/hr wage are all provided. The session will last from June 12-August 12, 1995. For more information/application, etc. on this once in a lifetime opportunity please stop by my office or call ext. 216/269.

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**PLEASE** disregard the previous dates given for **FALL SEMESTER REGISTRATION ...** they changed with the weather. **NE DATES FOR FALL SEMESTER REGISTRATION ARE APRIL 18, 19, & 20.**

To sign up for summer classes, **SEE YOUR ADVISOR** as soon as possible.

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While I do not like to refer to people as slackers, there are a few instructors in the stuck in the idle mode regarding their **TENTATIVE 1995 FALL SEMESTER CLASS OFFERINGS.** Without all class offerings I am unable to set up the August & Fall terms and would appreciate these as soon as heavenly possible. As promised, here is the list of those instructors whose fall semester class offerings we have yet to eyeball:

- |                          |                            |
|--------------------------|----------------------------|
| Liz Miller - AASPN       | Beth Begg - Math           |
| Ann Heid - AASPN         | Ken Hall - Recreation      |
| Linda Edin - AASPN       | Richard Choi - Recreation  |
| Brian Palecek - English  | Butch Thunderhawk - HFA    |
| Bev Huber - English      | Brenda Dvorak - Recreation |
| Jennifer Randazzo - Math | John Beheler - Art         |
| Marge Palaniuk - Math    | Jim Young - Art            |
| Andrew Rendon - Math     |                            |

Thank you to the priceless collection of instructors who have already turned in their fall class offerings.

We wish a Happy Birthday to our April Fool TJ MaLaughlin, Admission Office.

## Our Children, Our Future

Child Abuse Facts for American Indians  
(Navajo Community College, Tsaile, AZ)

There is a growing awareness of the problem of child abuse in this country. We know that child abusers come from all races, religions, and social classes. American Indian Communities have about the same abuse as non-Indian communities. But because Native Americans place such a high value on their children, many people refuse to believe a problem exists.

It does exist. And it is not just a problem for the child and his or her parents - it is the problem of everyone in the family and the tribe. This is because the child abuse is physically, mentally and emotionally damaging. The damage can be long-lasting or permanent. That's why it is so important to give troubled families support to prevent abuse before it occurs, or stop it early.

It is estimated that more than one million children in the United States are victims of abuse.

In most Indian communities almost everyone knows everyone else, and most people are related to one another. This can be helpful in identifying abuse. Community closeness can provide support to the victim and watchfulness so that the abuse isn't repeated. Unfortunately, that same closeness can also lead to denial that the abuse is happening, with the result that the abuser is protected.

Understanding people who abuse children is important to understanding child abuse. There is no "typical" child abuser. As mentioned, they economic, ethnic and social groups. Most are "ordinary" people--like your neighbors or co-workers--who are having serious personal problems. Very few child abusers are mentally ill. Most know--even love--the children they abuse. Often, children are abused by a parent, another relative or a family friend. It is less common for children to be abused by a stranger.

Certain traits are common among people who abuse children:

1. Low self esteem - Many child abusers don't think very highly of themselves. Their feelings of failure and frustration may surface as child abuse.
2. Poor control over emotions - Many abusers are overwhelmed by their feelings.
3. A history of being abused - In many cases, children abusers were abused themselves earlier in life. They may have grown up thinking abusive behavior is "normal".

There is hope for people who abuse children, or fear they might. With help, they can overcome problems that lead to abuse.



**AASPN**

**AASPN Department Rejoicing**

Two nurses, Dr. Nancy Maebius and Ms. Deborah Kroll, representing the National League for Nursing, reviewed the various components of the UTTC Associate of Applied Science in Practical Nursing Program on March 22-24, 1995.

The review included visits with nursing and other faculty, Administrative staff, nursing students, alumni and Board of Nursing Advisory Community members, and St. Alexius Medical Center representatives. In addition, the visitors studied the 150 page Self Study Report prepared by the nursing department, various community minutes, student materials; they also observed classes and the clinical areas.

On March 24 the visitors gave a final report of their findings which included many positive comments and four small areas calling for improvement. Their final recommendation brought great joy to all: that the nursing program be accredited for five years. This recommendation must be acted upon by the Board of Review of the National League for Nursing which meets in May 1995 to make the final decision.

THANK YOU to the many who assisted the AASPN department for this interim good news.

**Next deadline for news for the Weekly Newsletter is April 5, 1995 please follow the deadline. Send all articles to Wanda at Arrow Graphics**

**FOR SALE Beaded Moccasins and Silver Jewelry at the Cultural Arts Department**  
Contact: Sandy Poitra

The girls at Sakakawea Hall would like to Thank Melda, Ed, Red, and all students who helped with our Spring Cleaning Taco night Wednesday, March 22. Even though the weather was kinda bad. Ed & Red helped get the things ready even though they were managing the Bingo games at the cafeteria.

**To Graduating Students!!!**  
You need to see Kathy Aller for measurements of your Cap & Gown. Also Graduation Invites are being made at the Printing Department The prices per invitation is 45¢ All Graduates need to get with their instructor or Ken Hall in setting a meeting to discussion how many invites you need and your correct name spelling for your invitations.

## Chemical Health Center

### Dealing With Anger

#### Assessing Your Anger - And Eliminating It

1. When was the last time you became extremely angry? Who or what caused that anger? Looking back at that incident, what do you think was your first emotional reaction to the situation? How might have ensuing event differed if you had dealt with your original emotion instead of funneling that energy into anger?
2. Have you ever had a boss or other authority figure unload their anger upon you over something that you did not think was so important as to warrant that kind of response? Look at the confrontation from the other person's viewpoint. Why do you think that person acted as he/she did? What can you do to minimize your chances for such an encounter in the future? Did your reaction at that time increase or decrease the anger? What might you try differently?
3. How do you help friends and acquaintances handle upsetting emotional situation? Aside from sympathy and humor, what are some other techniques that could help calm a friend whom someone else has made angry?
4. Confrontational situations are often said to trigger a "Fight or Flight" syndrome. How does this reference to the adrenalin rush from a highly emotional situation reflect the idea that anger is a secondary emotion?
5. Elementary school students have recess periods during which they can burn off excess energy. Except for physical education classes, students in the upper grades often have no times set aside for exercise. How could this lack of physical activity contribute to emotional outbursts? What are some of your favorite means of channeling energy into constructive ends?
6. Try keeping an Anger Journal and record any events that make you angry. Every two weeks, analyze the record to see if there is a pattern of people or situations that you need to avoid or areas where you need to improve how you deal with your initial emotions before they lead to anger.
7. Consider how giving in to anger means that you have at least partially accepted somebody else's negative judgment of you. Examine situations where you have lost your temper and determine what negative idea the other person had of you.
8. Maintaining a positive self-image can be difficult when others treat you badly. How do you reassert your own self-worth without sparking an angry confrontation?

### Lighten Up With A Laugh

A sense of humor is not only one of the best ways to enjoy life but it may actually help make you healthier. To be sure, laughter can't cure a serious illness. But it couldn't hurt and just might help, according to some recent studies. Laughing helps release special chemicals from the brain, which serve as natural painkillers in the body.

And when you laugh, you put your heart and lungs through a brisk mini-aerobic workout. How? While laughing, you breathe faster and deeper, which raises the amount of oxygen in your circulation, just like when you exercise.

But a good laugh does even more for you. It's a great stress buster. And it even provides some muscle conditioning. When you laugh heartily, your muscles tighten and relax, easing tension.

So try lightening up with some humor. A few fun examples: Rent a silly movie every now and then .. Amuse the kids by taking turn imitating the family dog ... Call an older friend who tells great jokes.

## CHAPLAINS CORNER

### Church Services

- Catholic Mass - 10:00 a.m. each Sunday
- Assembly of God Services - 1:00 p.m. each Sunday
- Episcopal Services - 4:00 p.m. each Sunday

### Special Services

- Assembly of God Prayer Services
- Tuesday evenings 7:00 p.m.

- Assembly of God Bible Services
- Thursday evenings 7:00 p.m.

- Catholic Stations of the Cross during Lent
- Wednesday evenings 7:00 p.m.

### First Communion Classes

- March 11, March 25, April 8th, 1995.
- First Communion will be on Easter Sunday,
- April 16, at 10:00 a.m.

If you have any questions call Rev. Ed Johnson, UTTC Chaplain at 255-3285 ext. 204.

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## Elementary

April 6, the topic is GRIEF ISSUES. How to help ourselves and our children cope with divorce, death and other losses will be discussed.

### PARENT WORKSHOP ON ABUSE AND NEGLECT

Sponsored by PTO and Parent Involvement Committee

Tuesday, April 4 - 5-7 pm, UTTC Gym

Organized Activities for the children, Speaker: Mary Miller, Social Worker from Standing Rock.

What is the definition of Child Abuse/Neglect?

What do I do if I suspect Abuse or Neglect?

What do I need to know about sexual abuse?

Supper will be served afterwards,

Video "Two Kinds of Touch" at 4:30 and 7:00 for families. This video uses puppets to explain good and bad touch, and discusses "secrets" in a simple and comfortable way. Parents are encouraged to watch this video with their children.

## Surviving a Snack Attack

A few wrong snacks can destroy your diet. Often they pack more fat than you should eat in a whole day. So try these healthy alternatives:

1. **FRUITS:** Nearly as sweet as candy, fruits pack a variety of fresh, delicious flavors - and they're rich in vitamins.
2. **VEGETABLES:** Vegetables, such as carrot sticks, are crunchy, nutritious - and filled with fiber.
3. **BEVERAGES:** Try low-fat milk, orange juice or vegetable juice. They're great between-meal snacks.
4. **POTATO CHIPS AND TORTILLA CHIPS:** Look for low-fat products that have been baked, not fried, and that contain less than two grams of fat per one-ounce serving.
5. **PRETZELS:** Regular pretzels are often lower in fat than low-fat chips...and more filling.
6. **CHEESE:** If you snack on cheese, make sure it's low-fat like one-percent fat cottage cheese or farmer's cheese.
7. **POPCORN:** Air-popped is best, with no added butter or margarine...and go easy on the salt.
8. **CRACKERS:** If a cracker leaves a grease mark when you rub it with a napkin-drop it-it has too much oil.



## The Difference Between Winners and Losers

- \* A winner says, "Let's find out". A loser says, "Nobody knows."
- \* When a winner makes a mistake, he (or she) says, "I was wrong." When a loser makes a mistake, he (or she) says, "It wasn't my fault."
- \* A winner isn't nearly as afraid of losing, as a loser is secretly afraid of winning.
- \* A winner works harder than a loser and has more time; a loser is always "too busy" to do what is necessary.
- \* A winner goes through a problem; a loser goes around it, and never gets past it.
- \* A winner makes commitments; a loser makes promises.
- \* A winner says, "I'm good, but not as good as I ought to be." A loser says, "I'm not as bad as a lot of other people."
- \* A winner listens; a loser just waits till it's his turn to talk.
- \* A winner respects those who are superior to him (or her) and tries to learn from them. The loser resents those who are superior to him (or her), and tries to find chinks in their armor.
- \* A winner explains; a loser explains why.
- \* A winner feels responsible for more than his (or her) job; a loser says, "I only work here."
- \* Winner says, "There ought to be a better way to do it.: A loser says, "That's the way it's always been done before."
- \* A winner paces himself (or herself); a loser has only two speeds-hysterical and lethargic.

## Cool Relief for Heartburn

Did you eat and drink a bit too much at a holiday party? It may now feel like you're paying for it. Complete with sound effects of burping and belching, the middle of your chest may actually feel like it's burning inside. No wonder this acid indigestion is known as heartburn.

**What it is:** Heartburn results when the stomach's contents go into reverse and flow back upwards into the tube called the esophagus, which links the throat to the stomach. This backwash, called reflux, creates a burning feeling because the corrosive acid from the stomach irritates the lining of the esophagus.

**What you can do:** An antacid can ease the symptoms of heartburn. **Best use:** Take it when it hurts, plus in between meals and at bedtime, until you feel relief (but not for more than a week or two).

**How to prevent it:** Avoid overeating-especially if it's just before you go to sleep. Try eating smaller portions, and drink less caffeinated beverages, alcohol and citrus juices. Also, smokers and overweight people are extra-prone to heartburn, so kicking the habit and losing excess weight can help.

**When to see a doctor:** There's no need to seek your doctor's help for occasional indigestion. But if severe heartburn bothers you often, you may have a condition called chronic gastroesophageal reflux, which is caused by a weakening of the opening between the esophagus and the stomach. If the burning feeling is lower in your belly, and persists for more than a few days, you might have a peptic ulcer.

## Thunderbird Basketball Report

The 1995 National AIHEC Basketball Championships were held on March 23, 24 & 25, 1995 at Polson, Montana and Salish Kootenai.

College did a excellent job in hosting this year's event. The tournament featured ten men's teams and six women's teams.

The Lady Thunderbirds opened up against a tough Blackfeet Community College team from Browning, Montana in the first round. Blackfeet Community College came away with the victory by the score of 70 to 45. The Lady Thunderbirds were led in scoring by Jenel Strikes Enemy with 16 followed by Brenda Kirkie with 13. Joy Condon and Brenna Guthrie chipped in with 9 and 6 points respectively. In the loser out game the Lady Thunderbirds faced a team that went on to win the championship which was Salish Kootenai College. The host team proved to be too much to handle and went on to post a 96 to 58 victory. The Lady Thunderbirds only played with 5 girls and all 5 girls scored. Jenel Strikes Enemy paced the team with 28 points followed by Brenna Guthrie with 11. Brenda Kirkie finished with 9, Keva Janis put in 7, and Joy Condon rounded out the scoring with 3 points. Brenda Kirkie was selected to the all-tournament team.

On the men's side of things all was going well. In the first round the Thunderbirds played a scrappy bunch from Fort Belknap College and the Thunderbirds balanced attack proved to be too tough for their opponents by winning 108 to 83. All nine players scored for the Thunderbirds. Leading the way was Joe Sazue with 33 points followed by Marcus Hollow Horn with 26, Donovan Red Boy with 13, Curtis Bad Bear with 12, Deland Hinkey came off the bench to score 8, Corwin Black Smith and Bernard Strikes Enemy each put in 6, and rounding out the scoring was Frank Waters and Bruce Eagleman scoring 2 points each.

In the semi-final game the Thunderbirds played a team that came from a 23 point deficit to cut the lead to 7 points early in the second half. The Thunderbirds put their full court pressure back on and it proved to give Stone Child College some problems and we wore them down to prevail 132 to 96. Donovan Red Boy led a balanced attack with 27 points followed by Curtis Bad Bear with 26, Joe Sazue 25, Bernard Strikes Enemy 18, Marcus Hollow Horn 13, Corwin Black Smith 8, Frank Waters 7, Deland Hinkey 6, and Bruce Eagleman finished with 2.

In the championship game the Thunderbirds faced the home standing Salish Kootenai College team and played in front of their home fans. The Thunderbirds were bound and determined to win their second straight championship and came away with the victory 91 to 70. Corwin Black Smith paced the Thunderbirds with 24 points and scored 15 of his 24 in the second half. Joe Sazue followed with 20, Curtis Bad Bear and Marcus Hollow Horn each scored 12, Donovan Red Boy put in 11, Bernard Strikes Enemy 9, Deland Hinkey finished with 3, Joe Sazue and Donovan Red Boy were selected to the all-tournament team and Curtis Bad Bear came away with the Most Valuable Player Award. Bernard Strikes Enemy won the Free Throw Contest making 22 out of 25 Free Throws. The Thunderbirds also won the Team Sportsmanship Award.

Donovan Red Boy was selected to this year's All Mon-Dak Conference team and Curtis Bad Bear was Honorable Mention. Donovan finished with some impressive statistics scoring 22.7 points per game, averaging 10 rebounds per contest and shooting around 52% from the field.

Curtis Bad Bear has improved his overall game as a player and had a more consistent year. Curtis scored 18.6 points per game and 6 rebounds per contest along with shooting around 80% from the line. Curtis has been one of many excellent 3 points shooters to go through the program. Congratulations go to the Men and Women from the Thunderbird Basketball teams.

## FOR SALE

68' Chevy 350 - 4 speed Pickup

\$500.00

Running Condition

Call: 663-2074, ask for Clyde

## Smoke Signals

Thunderbirds Basketball League was a success for all who participated on Tuesdays nights at the James Henry Building. The league had 8 teams with most of the teams coming from United Tribes community.

### T-Birds Teams

1. Recreation Staff
2. H2O's Students
3. Indians Students
4. White Swans Students
5. Should've'd Staff
6. Standing Rock College Students
7. Dakota Suns Staff
8. Regulators Fort Yates members

Winning the league with a record of 11 wins and two losses was Recreation Dept. 2nd placed was a tie between Regulators, Standing Rock College. 3rd Dakota Suns Staff team. The rest of the teams all placed respectable in the league.

Individual awards MVP Kenroy, Sportsmanship Frank Waters, most points Sonny Webster, most 3's Ess T.

United Tribes Technical College had two teams 6 & 7 in the YMCA 4 on 4 league. Team 7 won the YMCA 4 on 4 leagues. Teams 6 Members were Frank Waters, Marcus Hollow Horn, Sonny Webster, Jay James.

The YMCA also had a tournament at the end of the season. Team 7 also won the end tournament. Team Members for Champions Telly Standing Bear, Filmore He Crow, Winna Buxton, Marvin Milton, Jason Chase in Winter, John Wadsworth.

A trophy was awarded to the team.

Women, Bismarck Parks and Recreation District Volleyball Program ended this month with the United Tribes women placing 3rd with a 21 win 21 loss season.

Team Members: Liza Rouland, Michelle Murray, Rita Moran, Breand Sazue & Terri Abc.

On April 29 & 30, a Co-ed Softball tournament is scheduled. Student teams and staff teams are welcome to participate. Staff and students can combine to make teams for tournament. Entries will be accepted in the Recreation Dept. Teams have to be involved with a AIHEC school. UTTC is a member so students or staff can participate individual or together.

MONTH April

YEAR 1995

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 6:00-12:00 A.M. Pow-Wow/C.Danks Dakota Dance Theatre (small gym)
2	3 4:00-5:00 Open Gym Elem. 6:00-8:00 Open Gym (Women.) 8:00-10:00 Open Gym (Men) 7-8/Swimming (Y)	4 12:00-1:00 Aerobics (SG) 6:00-10:00-HORSE TOURNEY 7:00-8:00 (Tae- Kwon-Do) (SG)	5 4:00-5:00 (Open Gym Elem.) 6:00-7:00 (Aerobics 6-8 (Open Gym W) 8-10 (Open Gym M) 7-8 Swimming K-6 (YMCA)	6 6:00-10:00 P.M. Staff & Student Volleyball (Big Gym) 7:00-9:00 P.M. Softball Prac. (UTTC Field)	7 2:00-7:00 TJES Basketball Tourn (Big Gym) 7:00 P.M. 7th Grade BB Prac. (Big Gym)	8 9:00-5:00 TJES BB Tourney (Big Gym)
9	10 4-5 Open Gym Elementary 6:00-8:00 O.Gym (W) 8-10- O.Gym (M) 7-8 Swimming (Y)	11 12:00-1:00 Aerobics (SG) 6:00-10:00- (HORSE TOURNEY) Big Gym 7:00-8:00 - Tae- Kwon-Do (SG)	12 4:00-5:00 ( ) Open Gym Elem. 6-7 - Aerobics (SG) 6-8 -Open Gym (W) 8-10-Open Gym (M) 7-8-Swimming (Y) K-6th	13 6:00-10:00 P.M. Staff & Student Volleyball 7:00-9:00 P.M. Softball Prac. UTTC Field	14 Gym Closed Good Friday	15 Gym Closed
16 Gym Closed  Easter Sunday	17 Gym Closed  Easter Monday	18 12:00-1:00 P.M. Aerobics (SG) 6:00-10:00 (HORSE TOURNEY) Big Gym 7:00-8:00 - Tae- Kwon-Do (SG)	19 4:00-5:00 Open Gym Elem. 6-7 Aerobics (SG) 6-8 Open Gym (W) 8-10 Open gym (M) 7-8 Swimming (Y) K-6th	20 6:00-10:00 Staff & Student Volleyball (BG) 7:00-9:00-P.M. Softball Prac. UTTC Field	21 9th Grade BB 7:00-10:00 P.M. Big Gym Movie-7:00-9:00 Lounge	22 TJES Basketball Tournament
23 30 TJES Basketball Tournament 23rd  Jr. High Basket- ball Tournament 30th	24 4-5 Open Gym Elem. 6:00-8:00 - Open Gym (W) 8:00-10:00-Open Gym (M) 7-8 Swimming (Y)	25 12:00-1:00 Aerobics (SG) 6:00-10:00 HORSE TOURNAMENT Big Gym 7:00-8:00-Tae- Kwon Do (SG)	26 4:00-5:00 Open Gym Elem. 6-7 Aerobics (SG) 6-8 - Open gym (W) 8-10- Open Gym (M) 7-8 - Swimming (Y) K-6th	27 6:00-10:00 Staff/Students Volleyball (BG) 7:00-9:00-P.M. Softball Prac. UTTC Field	28 9th Grade BB 7:00-10:00 P.M.	29 Jr. High Basketball Tournament