



W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL.4 NO.4

October 16, 1995

Weekly Menu

Oct. 16 to Oct. 20

DINNER

- Mon Chuckwagon Stew, Baking Powder Biscuit, Salad Bar, Fresh Fruit, Relish Tray, 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
- Thr - Bar-B-Que Beef on a Bun, Fries, Salad Bar, Green Beans, Assorted Fresh Fruit, 2% Milk
- Fri - Chicken Nuggets/Fish Platter, Wild Rice, California Blend Vegetables, Salad Bar, Lemon Bars, 2% Milk

Oct 23

- Mon- Goulash, Vegetable, Dinner Bun, Salad Bar, Assorted Fruit, Assorted Vegetable Tray, 2% Milk

SUPPER

- Mon - Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% Milk
- Tue - New England Dinner, Boiled Potatoes, Boiled Vegetables, Salad Bar, Dessert, 2% Milk
- Wed - Chicken Breast on Rice, Au Gratin Potatoes, Salad Bar, Dessert, 2% Milk
- Thr - Pepper Steak, Spanish Rice, Tossed Salad, Garlic Toast, 2% Milk
- Fri - Roast Pork, Mashed Potatoes & Gravy, Vegetable, Salad Bar, Dessert, 2% Milk

Oct 23

- Mon- Hamburger on a Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies, 2% Milk

Homecoming Activities October 16-20, 1995

Monday, Oct. 16 - "Opposite Sex Day" Everyone dress like the opposite sex. Two winners will be chosen from the student body to receive FREE movie passes from Grand Theater.

Tuesday, Oct. 17 - "Nike Day" You must wear clothing, hats, or shoes, with the NIKE wear. The person with the most NIKE trademarks will win a FREE \$10 gift certificate from Scheels Sports.

Wednesday, Oct 18 - "Wild Hair Day" Show your WILD hair do's....Two winners will be chosen for a FREE haircut from Cost Cutters, and a FREE shampoo and conditioner from MasterCuts.

NOMINATIONS FOR HOMECOMING KING AND QUEEN WILL BE TAKEN IN THE LIBRARY FROM 10:00 AM - 3:30 PM. YOU MAY NOMINATE AT THIS TIME.

Thursday, Oct. 19 - "Little Caesar's Day" Show off your TOGA outfit. (White Sheet wardrobe) The winner will receive a FREE large pizza from Little Caesar's, Bismarck.

VOTING FOR HOMECOMING KING AND QUEEN WILL BE IN THE LIBRARY FROM 10:00 - 3:00 P.M. THERE WILL BE A BALLOT BOX AND A LIST OF NOMINATIONS.

7:00 P.M. - ALUMNI VS. UTTC MEN'S COLLEGE BASKETBALL TEAM. Game will be at the Gymnasium.

FRIDAY, OCT. 20 - HOMECOMING DAYS!! "School Color Day" Show your school spirit !!! All students and staff are encouraged to dress in school colors...RED, WHITE, and BLACK!

1:00 pm - Homecoming Parade. All floats please register at east main gate of campus.

PRIZES!! For floats are: 1st Place\$100.00, 2nd Place....\$75.00, 3rd Place....\$50.00

Winner's will be chosen after Parade.



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FRIDAY, OCT. 20 - HOMECOMING DAY!!!

2:00 p.m. - Flag Football Game

UTTC Thunderbirds vs. Standing
Rock Community College SUNS.

9:00 p.m.-1:00am - HOMECOMING DANCE!

Night Life "Azure Blue" Disk Jockey and Dancer
System, with a guest appearance by Y-93 FM
Radio Station, giving away free CD's and gifts
DANCE WILL BE HELD AT UTTC GYM.

Catered dish trays, snacks, and drinks will be provided!

*WINNERS..of the homecoming week contests will be announced
with the prizes.*

*DRAWINGS...for Free door prizes and gift certificates will be
given during the dance.*

Sorry, no Alcohol or Drugs Allowed.

EVERYONE IS WELCOME.....EVERYONE IS WELCOME

AASPN Spreading Wings

*submitted by Sister Kathryn Zimmer, Director,
AASPN Association*

The Nursing Student Association is reaching out to the civic community. Representatives from the Bismarck District Nurses joined with representatives on Thursday evening from the UTTC Nursing Student Association. The meeting was held at the Russell Hawkins Conference Center and provided the opportunity to get acquainted with each other and the goals of each organization.

The Bismarck group provided refreshments and agreed there should be more sharing times. It's a good way to learn about the issues in the workplace.

CHEMICAL HEALTH CENTER

WHAT IS A BINGE DRINKING?

It's drinking a lot in a short time -- 5 or more drinks in a row. Binge drinking is drinking to get drunk. It's drinking as much as possible, as fast as possible. People who drink to get drunk may have a serious problem with alcohol. A drink is: 12 ounces of beer, 5 ounces of wine, 1 1/2 ounces of 80 proof liquor. Each drink contains about the same amount of alcohol -- and is equally dangerous.

Why should I learn about binge drinking? Because binge drinking can be deadly! and because binge drinking is especially dangerous for young adults who may ignore it or be unaware of it.

It can lead to alcohol poisoning, car crashes, unprotected sex, violence, problems at home, school, and work, serious injury or death.

Alcohol is a dangerous drug. It's a powerful depressant. That means it slows down the body and mind. Binge drinking can quickly cause intoxication. Some people mistakenly believe getting drunk is harmless fun. It's not. Alcohol "knocks out" control centers in the brain. This is what causes intoxication. The more that you drink, the greater your risk of intoxication -- although it can occur after just one drink.

Intoxication happens in stages:

1. Emotional changes -- erratic behavior, impaired thinking, loss of control.
2. Confusion -- disoriented, double vision, staggering, exaggerated fear, anger, etc.
3. In a stupor -- unable to walk or stand, near paralysis, vomiting, incontinence, passing out.
4. In a coma -- completely unconscious, at risk of death from respiratory paralysis.

Drinking games can kill.. Drinking a lot at one time puts you in immediate danger. You can move through the 4 stages of intoxication very quickly. Playing drinking games is playing with your life.

Binge drinking -- even once -- is very risky! Any use of alcohol is dangerous, but binge drinking is much more likely to lead to: unprotected sex, drinking and driving, violence, trouble with the law, poor performance in school or at work, overdose and death. Binge drinking can ruin your health! It can lead to alcoholism, liver disease, cancer, heart disease, brain damage or other major disorders.

- Learn how to resist pressure for binge drinking
- Keep your distance from alcohol and other drugs
- Raise your self-esteem
- Keep stress under control
- Get help if you or a friend has an alcohol problem

We at the Chemical Health Center will gladly answer any questions you have and we also have materials and literature on hand for your use.



1995 Bureau of Indian Affairs Outstanding Programs in Math, Science and Technology

THEODORE JAMERSON
ELEMENTARY SCHOOL
Bismarck, North Dakota

"Native Americans in Science Program"

Theodore Jamerson Elementary School is located on the campus of United Tribes Technical College (UTTC), three miles south of Bismarck, North Dakota. The school was established in 1973 as a P.L. 93-638 school to provide elementary education in grades K-8 to students that attend United Tribes Technical College. While the primary tribe served by the school is the Standing Rock Sioux Tribe, in 1994 the school served students from twenty-one (21) tribes throughout the nation.

The "Native Americans in Science Program" evolved from one persistent, dedicated teacher, Mr. Dorvin Froseth, who insisted upon science being taught in every grade level.

The four primary goals of the program include the following:

- (1) To assist Native American students in becoming aware of the numerous types of jobs available to them in math and science;
- (2) To elevate student awareness of their environment;
- (3) To elevate student awareness of their natural resources and conservation; and,
- (4) To motivate students in the areas of science and mathematics.

Attending a science workshop coordinated by the American Indian Science and Engineering Society (AISES), a science teacher. Mr. Dorvin Froseth, was made aware that there were very few Native Americans in the science and engineering fields. The American Indian Science and Engineering Society (AISES), is the leading national American Indian science organization in the United States. AISES was established via the visionary leadership of the late Mr. Andrew "Andy" Anderson, an Iroquois and former top executive with Union Carbide Company of New York City, New York. When he went back to his classroom at Theodore Jamerson Elementary School, located on the United Tribes Technical College campus at Bismarck, North Dakota, the science teacher decided it was time to get the students involved in science by holding science fairs. He felt that this would give them an opportunity to explore areas of science and engineering unfamiliar to them. He could see that motivating and excitement of the students while they were working on their science fair projects. When the first

school science fair was over, the students excitedly told him what they wanted to do for the next science fair. From this time forward, the science fair was an annual event at Theodore Jamerson Elementary School.

Students in kindergarten, first, and second grades are included in the science fair through class projects. Some of the second grade students who wish to do individual projects are permitted to do so. Beginning in the third grade, students have the option of doing individual projects or working on teams of three per project. There are seven categories in which science exhibits are accepted: (1) Life Sciences (i.e., Behavioral/Social, Plant/Animal Life, and Botany); (2) Physical Sciences (i.e., Biochemistry, Chemistry and Physics); (3) Earth and Space Sciences; (4) Engineering/Computer Science/Mathematics; (5) Environmental Sciences; (6) medicine and Health; and (7) Team Projects. Each category is judged and given a first, second or third place award. Grade levels are judged as K, 1 & 2 group, or individually, according to category with 3-4 grades, 5-6 grade, and 7-8 grades together.

HALLOWEEN CARNIVAL

All persons running a booth will be required to be at the gym on Wednesday & Thursday Oct. 25 & 26 for set-up and decorating their area. For further times call Arrow Graphics at 293 & 351.

In the past week donations came from the following people:

Ann Kraft, Maintenance Crew, Carol Anderson & Small Bus. Mgmt.

Liter of Pop donations are still needed.

News for the next weekly
Newsletter should be turned in
no later than
October 20, 1995