



W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER R

VOL. 4 NO. 8

November 13, 1995

Weekly Menu

Nov. 13 to Nov. 17

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

Nov. 20

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

We Are Not Alone

by Chemical Health Center

Life is nothing without friendship.

- Cicero

We all need friends. In a way, that is the first thing the Twelve Steps tell us. How? By the very first word: We. "We admitted we were powerless..." From the very start of our recovery, we have friends.

What is a Friend?

Friends are people who really know us, good and bad, and still love us. What a wonderful feeling!

To make friends, we have to let people know us, our good and bad sides. We trust them to like us even though we are not perfect. The better they know us and still like us, the more we like them.

Friends add joy to our lives. They help us through bad times. Friends help us know ourselves. They love us as we are, yet they help us grow. Our Higher Power works through them to give us love, fun, support, and advice.

Friends can be counted on. We know that our friends will do their best to help us. They won't leave us when we make mistakes. They stick with us and help us work things out.

Friends know we are special. They want what we have to offer. They let us know that we are important to them. We can help them be better and happier than they are without us.

A friend is someone to be there for. Although we take care of our needs, we also care about our friend's needs.

Chemical Dependency Hurts Friendships

Chemical dependency hurt our friendships. We couldn't care for ourselves or others. We lost control of our behavior. Our chemical use caused many problems. We had not time to listen to others. We couldn't be close to anyone. We wanted friends, but chemical dependency took all we had to give. Alcohol and other drugs became our best friend, and we ended up lonely.

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FRIENDS (cont.)

We used a thing or replace people. Perhaps we felt we could not count on people. Our favorite chemical was easy to count on - at least in the beginning. It always did what we wanted it to do - it made us feel better. It was never too busy to spend time with us. It never said, "I'm too tired to go out tonight." It never said, "I don't like how you're acting." It just made us feel better. It expected nothing in return at first.

As our chemical dependency took hold of us, though, it began to ask for everything from us. It took our self-respect, relationships, money, jobs, health, spirit, and happiness. We became lonely. Our best friend - our chemical - was leading us toward death.

When our "best Friend" was a thing - alcohol or other drugs - we began to treat people like things too. We used them. That's what things are for - to be used. But people don't like to be treated that way. When we treated people that way - used them - we lost our friends.

Well, stand aside, addiction! We are clean and sober. We want to be friends with people again. Only people can love and care for us. No object or chemical can do this. We also want to help people; we want to be caring and giving. We need friends - real friends.

A Friendship Checklist

Here are questions we can ask ourselves once in awhile. This way, we can keep on knowing how to be a good friends.

- Do I listen well?
- Do I do my share of talking?
- Do I tell people what think?
- Do I talk about things I like to do?
- Do I think of fun things to do with my friends?
- Do I do what other people want to do sometimes?
- Am I willing to be clean and neat when I go out with my friends?
- Am I usually on time, or do I keep people waiting for me?
- Do I make time to spend with my friends?
- Will I go out of my way to help when a friend needs me?
- Am I honest?
- Am I responsible?
- Do I gossip?
- Do I tell and show my friends that I care about them?
- Do I usually have a good attitude about life?
- Do I smile and laugh, or do I whine and mope?
- Do I try to have a good sense of humor?
- Am I kind to others?
- Do I want my friends to be free, or have I put strings on them?
- Do I love to see my friends be happy?

Celebrate Reading! Children's Book Week, November 13-19!

**OPEN HOUSE
TJES LIBRARY
WED., NOV. 15
3:15 - 4:30**

TREATS CELEBRATE BOOK WEEK!

Learning Center Evening Hours

for the week of November 13-17

Monday, Nov. 13th: 7-9 p.m.

Tuesday, Nov. 14th: 7-9 p.m.


Wednes., Nov. 15th: 6-9 p.m.
(Math help available)

Thursday, Nov. 16th: 6-9 p.m.
(Math help available)

IF YOU FIND MISTAKES

in this publication, please consider that they are there for a purpose. We publish something for everyone, and some people are always looking for mistakes!





Great American Smokeout November 17, 1995

Join the Great American Smokeout on the third Thursday of November. Millions of smokers across the country will take a break and try not to smoke for 24 hours. How about you? Or, if you don't smoke adopt a smoker for the day and promise to help that friend get through the day without a cigarettes!

A Few Quit Tips:

1. Hide all ashtrays, matches, lighters, etc.
2. Obtain a supply of sugarless gum, carrot sticks, etc.
3. Drink lots of liquids, but pass up coffee & alcohol.
4. Tell everyone you are quitting for the day.
5. When the urge to smoke hits, take a deep breath, hold it for 10 seconds, & release it slowly.
6. Exercise to relieve the tension.
7. Try the "buddy system," and ask a friend to quit too.

Steps to Quitting Smoking - Get Ready, Get Set, Then Go...

Most people quit on their own, but there are numerous organizations that can help you quit smoking. For many people, these self-help groups are the answer to their prayers. Most of these groups build their programs around 3 principles. Understanding these principles may help you to prepare to quit smoking and stay free from cigarettes for life.

Get Ready to Quit

You earned to smoke and you can learn how to quit. First, understand your smoking habits. For one week, keep a diary of all the times you reach for a cigarette. Note how you felt, where you were, whether you enjoyed it, or if you lit up out of pure habit. The following week, set some guidelines to break those habits. First, agree to wait for a few minutes before lighting up to see if you really "need" that cigarette. Then, agree not to smoke while doing other things (like talking on the phone, driving in the care, etc.)

Set a Quit Date

When you've decided to quit, set a date to stop smoking for good. Try not to pick a time when you know you'll be under excess stress. It may help to stop smoking during a vacation or holiday. While these times can also be "stressful," they are a break in the routine and may make your new habits easier to assume. Tell as many people as you can that you're quitting smoking and ask for their support. When "quit day" arrives, do something special to reward yourself.

Go Smokefree for Good

Many of us have quit smoking for a day or so, but it's staying smokefree that is the real challenge. Start by actively appreciating your non-smoking behavior. Tell yourself daily how proud and good you feel. When you have an urge to have a cigarette, call a friend or distract yourself with some form of physical activity. Drink plenty of water to flush the nicotine from your system, and practice deep-breathing techniques. Quitting smoking does not have to be the "impossible dream." Rather, it can be the realization of a long-sought goal.

"More Bitz 'N Pieces"

from the office of the New (Acting) Registrar

By the way, my name is Amanda Bird Bear, I have been chosen to try and fill the size 12(>?) Reeboks of Mr. Val Finley, who has moved on to greener pastures and a long title (VPAA/ education building). I also handle Time & Attendance, as well as the grades, if anyone has any questions on either one, give me a call at ext. 216. If anyone wants to just shoot the breeze, give TJ a call at ext. 269.

1996 SPRING SEMESTER STUDENT PRE-REGISTRATION...for the 1996 Spring Semester, has been set up for Monday through Wednesday, November 20-21, 1995. Students will register with their vocational advisors during those days. Val Finley, VPAA will hand out the master course list before then.

** REMINDER **

The LAST DAY to DROP a CLASS is NOVEMBER 27, 1995. If you are failing a class and can pick it up during the spring semester, it is a good suggestion that you drop it now and save yourself the embarrassment of a FAILING grade on your transcript. Drop forms can be picket up from the Registrar's office.

AASPN Sets Up Tutoring Opportunities

A number of nursing students have been asking for tutoring helps. Such service is now available on Monday and Tuesday evenings - 6:30 pm to 9:00 pm. First year students with problems in Anatomy and Physiology or second year students, with Adult Health Nursing problems, will find assistance available in Room 201 of the Education Building.

Pierre Berger serves as the tutor on a one-to-one basis or for group study. If these times do not fit your needs, see or call Pierre personally (258-3673).

ALERT ALERT ALERT

As part of the statewide effort to address problems related to AIDS, Student Health and AASPN faculty and students are developing a program for Friday a.m., December 1. Students, as well as staff and faculty, will be participating. Watch for details !!!

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

**SAVE ALL
POP-TOPS FOR
RONALD MCDONALD
HOUSE !!!
Send to Arrow Graphics**

Call for Ornaments (Yes, the Holidays are coming)

This holiday season, the North Dakota Council on the Arts invites artists and craftspeople to provide hand-crafted ornaments for the North Dakota Christmas Tree. The tree will be on display in the Great Hall of the capitol and will be lit during a public ceremony in early December.

Ornaments that will be displayed can vary from traditional to contemporary arts. Traditional items can include art forms such as rosemaling, pysanka, paper cutting, and wheatweaving. Contemporary works can include such things as metalwork, stained glass, wood-carvings and pottery. Examples of fine arts include a one-line description of the item. A descriptive listing, crediting each artist, will be compiled and available. Ornaments must be in the NDCA office by November 24. The ornaments will be come property of the NDCA. For more information contact Wendy Scheuerman Schweitzer at 701-328-3958.

News for the next weekly
Newsletter should be turned in
no later than
November 17, 1995.

