



Vol. 9 No. 13
February 2, 1988

UTTC

staff/student

NEWSLETTER

— NOON MENU —

February 2 to February 5

Tues. — Beef Strips

Wed. — Braised Beef over Noodles

Thurs. — Canadian Style Pork Chops

Fri. — Fish

February 8

Mon. — Roast Beef

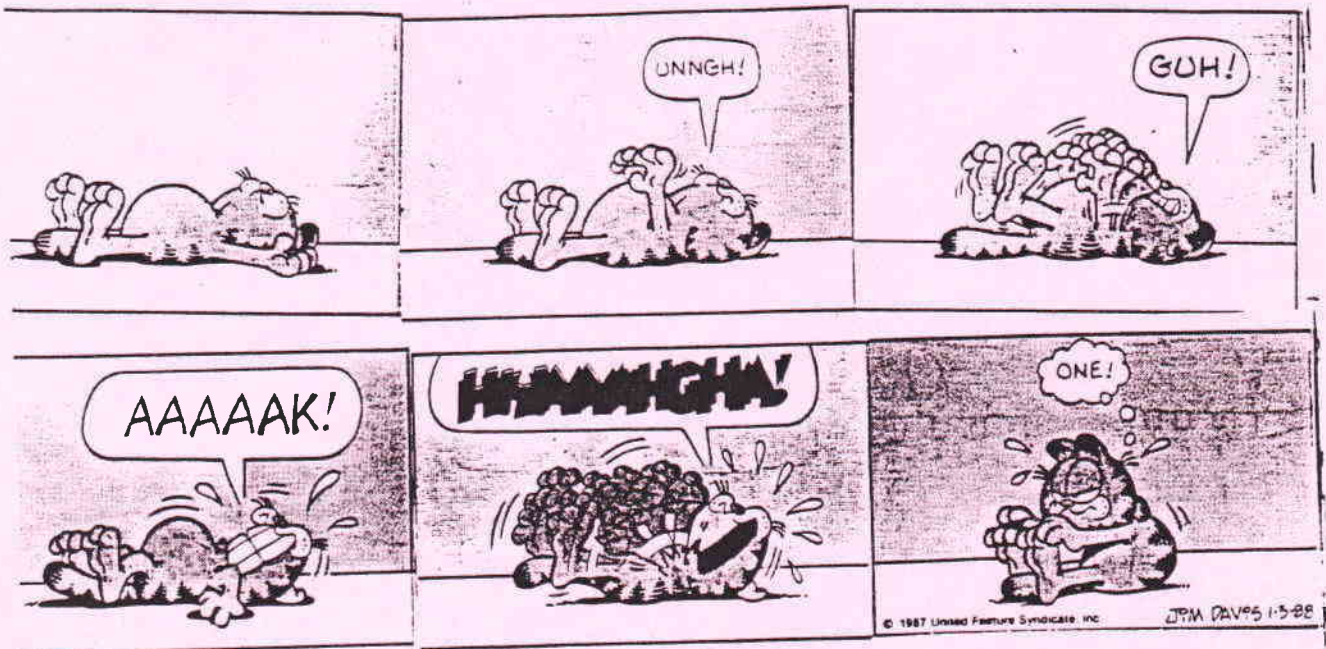
FIRST COMMUNION CLASSES

There will be First Communion Classes starting Tuesday, February 2. They will be held on Tuesdays and Thursdays from 6:30 - 7:30 p.m. in the Chapel. For more information contact Mary Lou Azure at ext. 247. We also will need volunteers to help with the classes.

CHEMICAL HEALTH CENTER

The Thunderbird A.A. Group meets every Thursday evening at 8:00 in the Touchstone Lodge Conference Room. The only requirement for membership is a desire to stop drinking.

The Chemical Health Center provides transportation to the Mid-City A.A. Group meeting which meets Tuesdays at the Bismarck-Mandan Anonymity Society Clubhouse. The car leaves from the Chemical Health Center at 7:45 every Tuesday evening.



HI! FROM TJ ELEMENTARY

If your exercise program looks like Garfield's, here are some points to ponder:
You're not exercising enough if:

* You buy a new pair of tennis shoes every two years because the old ones are dirty, but not worn out.

Continued

* You have so much power equipment that you don't work up even a mild sweat when doing yard work.

* You always look for an elevator or escalator at the department store.

* You drive around the parking lot for 15 minutes looking for a space close to the store entrance.

You're probably getting enough exercise if:

* You can climb to the third floor without stopping to catch your breath.

* Your most heavily used shoes have neither wing tips or high heels.

* Bowling once a week isn't your sole means of exercise.

(Check out the programs offered at the gym.)

Taken from: North Dakota Dairy Council - Nutrition Education Specials

FEBRUARY - National Children's Dental Health Month

MARCH - National Nutrition Month
