

3315 SOUTH AIRPORT ROAD BISMARCK, NORTH DAKOTA 58501 • PHONE 701-255-3285

staff/student

# NEWSLETTER

VOL. 10, NO. 5.

DATE: SEPTEMBER 23, 1988

Though you may be passing through a dark and anxious time, smile and keep your courage, for surrender is a crime. Gratitude works magic, like the waving of a wand. Lift your eyes above the shadows to the world beyond.

WITH A GLAD AND GRATEFUL HEART, YOU'LL TAKE A DIFFERENT VIEW. THINK OF ALL THE BENEFITS THAT FATE HAS SHOWERED ON YOU. DO NOT DWELL UPON MISFORTUNES AND THE TEARS YOU'VE SHED. COUNT YOUR BLESSINGS, DROP YOUR CARES, AND COUNT YOUR JOYS INSTEAD.

SO WHEN IN THE MORNING YOU AWAKE TO GREET THE DAY, DO THIS LITTLE SUM BEFORE YOU GO UPON YOUR WAY. ADD UP ALL YOUR BLESSINGS, PAST AND PRESENT, GREAT AND SMALL. YOU WILL FIND THAT LIFE IS NOT SO EMPTY. . AFTER ALL.

The above thoughts were contributed to the NTTC NEWSCETTER by a student. He carries a copy of this inspirational message in his packet. His copy is all, worn, and yellowed.....and it means a lot to him. We hope that you like it too!

A JOINT RESOLUTION OF THE CONGRESS OF THE UNITED STATES HAS DESIGNATED SEPTEMBER 23-30, 1988 AS NATIONAL AMERICAN INDIAN HERITAGE WEEK. THIS WEEK WILL BE CELEBRATED ON THE UTIC CAMPUS.

## Cafeteria Noon Menu:

Dates: SEPTEMBER 26 to SEPTEMBER 30

Mon. Indian Tacos

fues. Pork Cutlets

Wal. Indian Stew, Fry Bread, Wajapi

Thurs. Buffalo Steak, Swiss Style
M. Boulette with Galette (ASK AL

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## MURPHY'S LAW

"If anything can go wrong, it will...and at the worst possible moment!"

## O'TOOLE'S COMMENTARY ON MURPHY'S LAW

"Murphy was an optimist!"

## THE UNSPEAKABLE LAW

"As soon as you mention something, if it's good...it goes away; if it's bad, it happens!"

## THE GOLDEN RULE OF ARTS AND SCIENCES

"Whoever has the gold makes the rules!"

And speaking of Murphy's Law, I've noticed that I've misdated the UTTC NEWSLETTER....every issue, has been dated one week ahead, instead of for the week it comes out! Perhaps this was some subconscious short-circuiting in my brain, such as an attempt to rush payday or something.... but, in any case, I apologize to the readers of the UTTC NEWSLETTER. Please note that THIS issue's dated September 23rd, as was LAST week's issue! NOW, perhaps, I'm on track....at least, as far as the date of the month is concerned!

## #\*#\*#\*#\*#\*#\*#\*#\*#\*#\*#\*#\*#\*#\*#\*#\*#\*#

ATTENTION WISE SHOPPERS! ATTENTION WISE SHOPPERS! ATTENTION WISE SHOPPERS!

A COUPON EXCHANGE has been started at UTTC. This was the idea of one of the Food Service instructors, Pam Carlascio.

The UTTC COUPON EXCHANGE is a box, appropriately marked, which is now sitting on a table next to the COKE machine in the UTTC Cafeteria.

A COUPON EXCHANGE is just a system that permits people who receive coupons they don't/won't use to give them away to people who want them, so anyone using the exchange can toss in coupons or take out any coupons they want. Most supermarkets have a box, prominently displayed, which is used in the same way. Anyone can contribute unused coupons to a COUPON EXCHANGE, and anyone can take coupons from a COUPON EXCHANGE. The idea is just to get the coupons circulated to the people who want them and who will use them.

We encourage you to contribute your coupons that you know you don't use, and to take the coupons you want. Please be courteous in using this COUPON EXCHANGE. Please try to give and take! Remember, if you take a coupon and not use it, this prevents someone else from having the discount. PLEASE DON'T TAKE A COUPON AND THEN JUST WASTE IT!

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The UTTC NEWSLETTER would like to acknowledge the excellent work that Carper ry student JERRY ANDERSON did in the painting of the letters TOUCHSTONE on that building used by the Chemical Health instructor Dave Tompkins. NICE WORK, JERRY!

NEW THIS FALL SEMESTER! \*



A ten-week Parenting Course is being offered this fall to ALL UTTC students. The course meets every Tuesday or Thursday from 4:00 PM to 5:30 PM in the Personal Development area of the Education Building.

One semester hour of credit will be given to all students completing the course. Childen can be left at the Day Care Center during the class.

If you have questions about the course or if you wish to join one of the classes, please call: Dottie Schmeling at EXT. 253, or stop in to see Mrs. Schmeling at the Theodore Jamerson Elementary School.

The following is a schedule of the classes AFTER September 22nd:

CLASS	3
CUASS	_

Tuesday, Sept. 27 Thursday, Sept. 29 Film: (Part 2 - Dobson Seminar)
Love vs. Control - Anger vs. Action
Shape the Will Without Breaking the Spirit
What Every Parent Should Know -Dr. Gordon

CLASS 4 Oct. 4 Oct. 6

"Active Parenting" - Session I Freedom Within Limits Styles of Parenting Family Enrichment Activities

CLASS 5 Oct. 11 Oct. 13

"Active Parenting" - Session II Understanding Your Child ; Behavior and Misbehavior

CLASS 6 Oct. 18 Oct. 20

A CARD HIT

"Active Parenting" - Session III
Instilling Courage
The Encouragement Circle Exercise
Report Card for Parents
Teacher Conference Preparation for Parents

CLASS 7 Oct. 25 Oct. 27

"Active Parenting" - Session IV Developing Responsibility "I" Messages Natural and Logical Consequences Assertive Discipline Examples

CLASS 8 Nov. 1 Nov. 3 "Active Parenting" - Session V Winning cooperation Avoiding Communication Blocks Expressing LOVE

CLASS 9 Nov. 8 Nov. 10

"Active Parenting" - Session VI
The Democratic Family in Action
How to Handle Problems in a Group
Raising a "WE" Generation!

CLASS 10 Nov. 15

IDEAS FOR THE FUTURE....Course Evaluation Single Parenting Parenting Bibliography for Further Study Traditions and Materialism

## VERY IMPORTANT ANNOUNCEMENTS!

The THUNDERBIRD A.A. GROUP meets each week on Thursday, 8:00 PM in the Conference Room of TOUCHSTONE LODGE (Building "U" on the Campus Map, formerly the South Men's Dorm). The only requirement for membership is a desire to stop drinking.

On Friday, September 16th, Cable Access TV (Channel 12 on Bismarck channels) camera people were on the Campus of UTTC to do some filming of UTTC students, staff, and classroom areas. THANK YOU to all of you for your cooperation during the filming! Filming went very smoothly, thanks to you!

The completed project will be aired about a month from now. We will try to keep you informed when a specific date for viewing will be available.

ATTENTION! ATTENTION! ATTENTION! ATTENTION! ATTENTION! AWAKE??

ALL STUDENTS needing a G.E.D. should contact English Instructor BEV HUBER in the Learning Center or at Ext. 294 in the Education Building AS SOON AS POSSIBLE!

ARE YOU WATCHING THE OLYMPICS? Well....naming no names, but we know of one staff person, who is known to be an avid basketball fan, who nearly had THE BIG ONE on Tuesday night, September 20th, watching the men's basketball game between the United States and Brazil!!! The idea came to that nameless staff person to start a TRIVIA GAME in the UTTC NEWSLETTER. The subject of the TRIVIA GAME will be the Olympics, appropriately enough, at least for the next several issues.

The weekly prize for the first person who has the right answer will be a six-pack of Coke. You may call in your answer to Ext. 227 and ask for "Lois Lane",or you may stop in to Mary Lemcke's English classroom in the Education Building. Any staff person or student may participate in the weekly TRIVIA GAME.

Here is this week's TRIVIA GAME QUESTION (in three parts):

A. Name the two U. S. runners who gave the Black Power salutes on the medal stand in the 1968 Olympics; B. Which of the following DID NOT win two gold medals in the decathlon...Bill Toomey, Daley Thompson, Rafer Johnson, Bob Mathias? C. To stay on the theme of TRACK and RUNNING, what three world track and field records set in the 1968 Olympics at Mexico City still stand?

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FOR SALE: 10 gal. aquarium, pump, plus all the other goodies that go with aquariums! Also: Small "foos-ball"table CALL: Sheri, Ext. 239

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FOR SALE: Black "leather" couch with wood trim (\$45); matching gas range and electric refrigerator - avacado color, great shape! CALL: Ext. 22



## UNITED TRIBES EDUCATIONAL TECHNICAL CENTER

3315 SOUTH AIRPORT ROAD BISMARCK, NORTH DAKOTA 58501 ● PHONE 701-255-3285



### VERY IMPORTANT ANNOUNCEMENTS!

Continued...

Theodore Jamerson Elementary School is sponsoring a RAFFLE for a star quilt!

The drawing for the star quilt will be on October 4, 1988 in the Library of the TJES. Until that time, the star quilt will be on display in the TJ Library.

Tickets for the drawing went on sale September 20, 1988. Elementary students will be going around Campus selling them. Tickets are 50¢ a piece, or \$1.00 for three tickets.

Please come to the Library to see the star quilt! It's beautiful! It is done in blue and white, and there are eagles and teepees at the star points! This raffle is to raise money for TJES, so please buy a raffle ticket....or several!....when the students come around to your area.

If you have any questions....or if the children miss you and you want to buy a raffle ticket, please see Carol at TJ...or call her at Ext. 304 or Ext 305.

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A SPECIAL THANKS GOES TO THE FOLLOWING STAFF AND STUDENTS WHO MADE THE STUDENT FOOD STAND AT THE 19th ANNUAL UNITED TRIBES INTERNATIONAL POW WOW A SUCCESS!! Whether they chopped up toppings, made fry bread, transported food, or worked the stand, all the named people CONTRIBUTED!

A SPECIAL THANKS goes to ROSE PAPKE for her extra work with the fry bread....and an EXTRA-SPECIAL THANKS goes to AL STOCKERT for the use of his area for our preparations!

KEN BROWN

PAR

INEZ BERRERA

JOANN BETZEL

INEZ ASHES

BRENDA SMITH

DORIS FOX

PAUL FOX

VIRGINIA WILKINSON

JEFF LAUNDREAU

ROGER YELLOW CLOUD

LAVONNE RED FOX

MELODY SILK

CHARLENE LASCHKEWITCH

REBECCA WEED

PAT TWO BEARS

RICK BLEICHNER

KASS BEWSON LARRY GRANBOIS VERNON WOODHULL BARRY WEBSTER DEANNA WEINHOLZ DARREN DAVIS SWEDE THIEBERT ROSE PAPKE LEROY LAUNDREAU VICKY JOSHUA BUD ANDERSON AL ECKROTH CARL BOBENSTEIN RON NEWMAN ED FASTHORSE STEVE POINTS AT BIM ROY RED BOW AL STOCKERT DAVE TOMPKINS VERN LITTLE BIRD TWILA VALANDRA GARY DAVIS

ANN KRAFT



# "THUNDERBIRD"



SMOKE SIGNALS FROM
THE UTTC ATHLETICS AND RECREATION
DEPARTMENT

## CROSS COUNTRY

\*

RESULTS: UNIVERSITY OF MARY CROSS COUNTRY MEET - SEPTEMBER 16, 1988

The THUNDERBIRDS of UTTC finished 5th out of seven teams at the University of Mary Cross Country Meet. UTTC was the only junior college team participating in the 8,000 meter run 5.0 miles. It's just a matter of time before the THUNDERBIRDS win 1st because they improve weekly.

The team missed Wes Brown; he was sidelined due to injurie but Wes is back working out with the team this week. Ray Moore and Dennis Four Bears have really improved in the past week. Roger Yellow Cloud and Todd Volk have also moved up with their times. We look to see all the UTTC runners move up to the top 20 and remain there for the rest of the season. Top runner thus far is Vernon Woodhull; Vernon has placed 6th and 7th so far this year and should break into the top 5 this Friday at Dickinson State University.

UNIVERS	ITY OF MARY RESULTS	_	SEPT.	16	MEET
PLACE				_	TIME
7th	VERNON WOODHULL			:	23:41
27th	RAY MOORE				25:50
31st	DENNIS FOUR BEARS			E .	26:26
35th	ROGER YELLOW CLOUD				26:53
38th	TODD VOLK				27:10

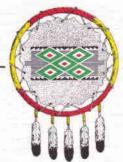
## FLAG FOOTBALL LEAGUE

The UTTC Recreation Department would like to see all the guys who are interested in flag football to contact Ken, John, or Don.

The UTTC "BOMBERS" will be playing in the State Pen League.
The first game was Tuesday, September 20th. The League will be played on Tuesdays and Thursdays at 5:30 PM. We urge all players TO BE ON TIME! The bus will leave from the gym at 5:20 PM SHARP!! Don Medicine



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Horse will be conducting practices nightly, so if you have any special plays or trick plays, put them down on paper, bring them to practice, and give them to Don.

## BOWLING

Once again, the weekly Sunday bowling activity was a success! There was a total of 15 participants.

The Recreation Department encourages students to make use of this activity. THERE IS NO COST TO THE STUDENT FOR BOWLING! Please also remember that bowling starts at 1:00 PM Sunday afternoons.

Our winner of the free six-pack of Coke this week was Julie Red Eye; she had a high game of 186! CONGRATULATIONS, JULIE!

STAR QUILT TO BE RAFFLED

OFF CAN BE SEEN AT T.J.E.S. LIBRARY!

This beautiful star quilt will be raffled off on October 4, 1988 at the TJES Library. Tickets are now on sale!

