

UNITED TRIBES EDUCATIONAL TECHNICAL CENTER
3315 SOUTH AIRPORT ROAD
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staff/student

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NEWSLETTER

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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.

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

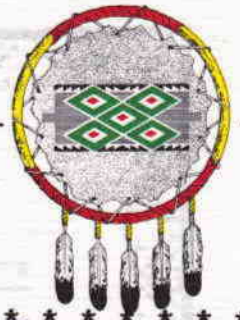
A JOINT RESOLUTION OF THE CONGRESS OF THE UNITED STATES HAS DESIGNATED SEPTEMBER 23-30, 1988 AS NATIONAL AMERICAN INDIAN HERITAGE WEEK. THIS WEEK WILL BE CELEBRATED ON THE UTCC CAMPUS.

Cafeteria Noon Menu:

Dates: SEPTEMBER 26 to SEPTEMBER 30

Mon.- Indian Tacos
 Tues.- Pork Cutlets
 Wed.- Indian Stew, Fry Bread, Wajapi
 Thurs.- Buffalo Steak, Swiss Style
 Fri.- Boulette with Galette (ASK AL!)

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***** 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. Children 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

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

"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

"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 injuries 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.

UNIVERSITY OF MARY RESULTS - SEPT. 16 MEET

<u>PLACE</u>		<u>TIME</u>
7th	VERNON WOODHULL	23:41
27th	RAY MOORE	25:50
31st	DENNIS FOUR BEARS	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

