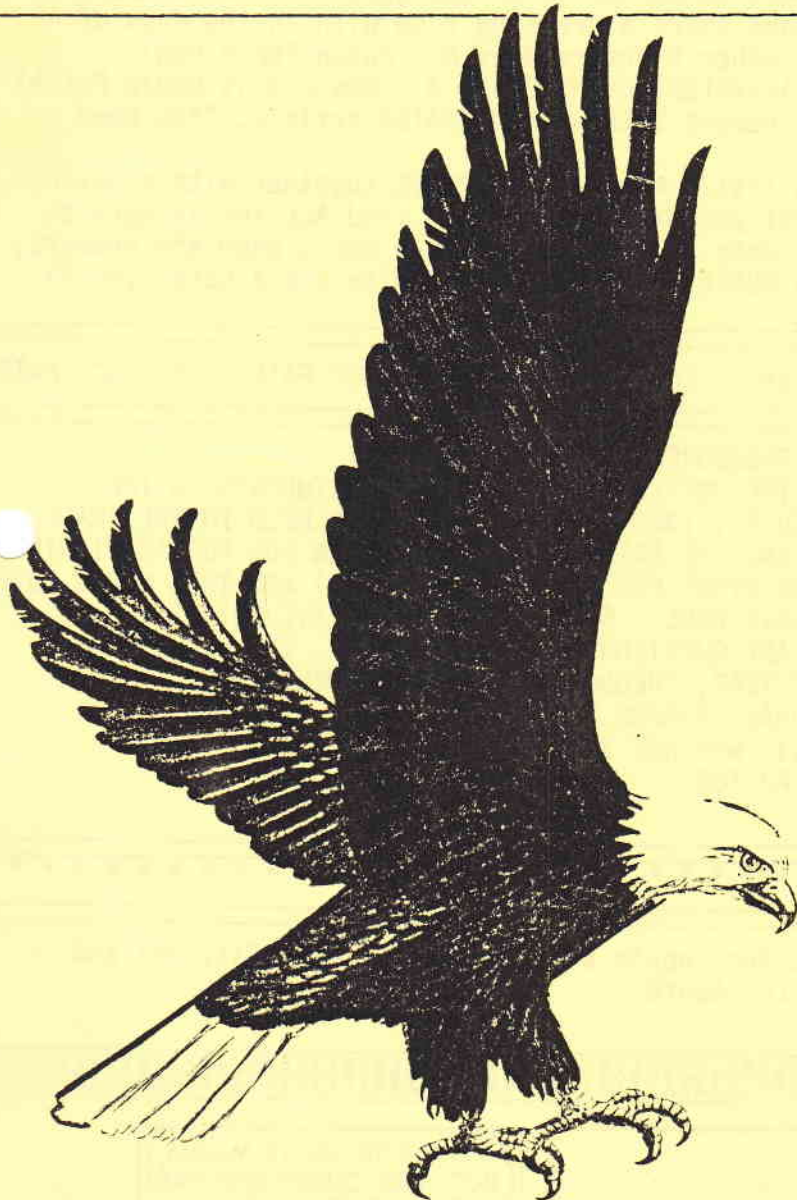




staff/student
NEWSLETTER

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"They that wait upon the Lord shall renew their strength. They shall mount up with wings as eagles. They shall run, and not be weary; and they shall walk, and not faint."

Isaiah 40:31

The first peace, which is the most important, is that which comes within the souls of men when they realize their relationship, their oneness, with the universe and all its Powers, and when they realize that at the center of the universe dwells WAKAN-TANKA, and that this center is really everywhere. It is within each of us.

This is the real PEACE, and the others are but reflections of this.

The second peace is that which is made between two individuals.

The third peace is that which is made between two nations or groups of people.

But above all you should understand that there can never be peace between nations or people until there is FIRST known that TRUE PEACE....WHICH IS WITHIN THE SOULS OF INDIVIDUAL MEN.

-Black Elk (Hehaka Sapa)

Cafeteria Noon Menu:

Dates: MARCH 13 to MARCH 17

- Mon.- German-Style Sausage
- Tues.- Hamburger on Bun
- Wed.- Turkey ala King
- Thurs.- Chili Schooner
- Fri.- Corn Beef with Cabbage because it's ST. PATRICK'S DAY

TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! WIN!

The NEWSLETTER TRIVIA CONTEST is always the most popular when NORTH DAKOTA'S OWN VIRGIL HILL is the subject of the question(s). The game in last week's NEWSLETTER was no exception. There were---are you ready for this?---SEVEN WINNERS.....all within five minutes! Lois La wore down five pencils and a set of magic markers trying to get everyone's name down! Here are the winners: MILO CHASE, MELODY SILK, JOEY MCLEOD, MARY LOU AZURE, all of whom are staff and JANICE CADOTTE, ROBIN MORSETTE, AND RUSSELL ETCITY, all students. CONGRATULATIONS, players! You realize you're putting enormous dents into the Coke budget, DON'T YOU? But we love winners, so you still each win a 6-pack of Coke.

Since Virgil is such a popular subject, Lois thought you fans of Virgil probably also know a lot about his trainer, Mr. Eddie Futch. So, this week's NEWSLETTER TRIVIA is about Mr. Futch. You must have the correct answers to ALL parts of the game: 1. What GREAT legendary boxer did Eddie Futch spar with and share a dressing room with in the days of early boxing? 2. Besides Virgil, how many other fighters does Mr. Futch TRAIN now? 3. Name ONE of the FIVE of Mr. Futch's HEAVYWEIGHT CHAMPIONS. 4. How old is Eddie Futch? 5. What fighter does Gary Smith tell in a recent SPORTS ILLUSTRATED article, "You need Eddie Futch as your trainer/manager"?

C'mon, now, NEWSLETTER readers! Do a little research, or get together with a boxing fan! Lois could give you a hint....and tell you exactly where to find ALL the answers to this week's game.....but that would be too easy.....right? If you don't know the answers, persuade a MONSTER TRIVIA PLAYER like MILO CHASE to help you. Promise him a Coke...he'll consider it!

SCIENCE FAIR! SCIENCE FAIR! SCIENCE FAIR! SCIENCE FAIR! SCIENCE FAIR! SCIENCE FAIR!

THE STUDENTS AT THEODORE JAMERSON ELEMENTARY SCHOOL WOULD LIKE TO INVITE THE UNITED TRIBES STAFF AND STUDENTS TO THE ANNUAL SCIENCE FAIR ON FRIDAY, MARCH 17, 1989. THE FAIR WILL BE HELD IN THE SMALL GYM. AWARDS WILL BE PRESENTED AT 1:30 PM AND THE FAIR WILL THEN BE OPEN FOR PUBLIC VIEWING FROM 1:30PM - 3:00 PM. THIS IS AN EXCITING EVENT FOR ALL STUDENTS (K-8) AND THEY WOULD LOVE TO HAVE ALL OF YOU COME TO SEE WHAT THEY HAVE DONE. STUDENTS WILL RECEIVE POINTS IF THEIR PARENTS ATTEND. IF YOU HAVE ANY QUESTIONS PLEASE CALL EXT. 304 or 305, THE ELEMENTARY SCHOOL. LAST YEAR, THEODORE JAMERSON STUDENTS WON STATE AND NATIONAL AWARDS FOR THEIR SCIENCE PROJECTS! WHY NOT THIS YEAR TOO?
?

ATTENTION, BARGAIN HUNTERS! For Sale: 20-inch boy's bike. \$20.00. Call EXT. 247 and ask for Mary Lou Azure.



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TO THE READERS OF THE NEWSLETTER: A reader has contributed the following article to the NEWSLETTER for your enjoyment and education. Thanks to the contributor!

Editor

Seven Ways to Teach Self-Discipline



"A GOOD BOY," said Robert Ruark, "is like a good hunting dog. They're both born with all the ability they need. All it takes to make them useful is a little discipline."

One big difference between a boy and a dog is that the dog stays under the control of his master. The boy, on the other hand, grows up, leaves his parents and goes out on his own. That's why it's important for children to learn something that dogs don't have — self-discipline.

Discipline trains children how to respond to familiar situations. Discipline lasts as long as an authority figure is present. Self-discipline continues even when the child is alone. It is a wonderful thing for a young person to become "his own boss" if he has learned Godly self-discipline.

Self-discipline is best learned at home when the child is young. Here's how you can teach it to your children.

BE CLEAR

By age 2, a child should learn the meaning of "No." Say "No" only when you mean it. Make sure your child understands what the rules are before you correct him for disobedience. Set clear, meaningful goals which your child will take pride in achieving.

BE BALANCED

If a child is corrected too much, he begins to feel that he can never do anything right. If he is corrected too little, he feels that no one cares for him. Try to find the balance between freedom and control.

BE CONSISTENT

If a child's actions are corrected one day and not the next, he gets confused about what is really right and wrong. When he is old enough to talk, begin explaining the reasons why he may or may not do certain things. Teach him that there are "higher laws" that everyone must obey. Encourage him to find out these laws for himself.

BE UNDER AUTHORITY

If Dad and Mom work together with God, the church, and the government, the child will more easily work with both parents. Teach him by your own example that *everyone* is under authority and must obey someone else.

BE HUMBLE

Everybody fails sometimes. Let your child hear you confess your own failures, repent, and start over again. He will learn to do the same. As children grow older, they should accept more and more responsibility for their own actions.

BETRUSTING

If a child is trusted, he learns to trust himself. If he is treated with suspicion all the time, he loses confidence in himself. This lack of confidence leads to feelings of guilt and fear.

BE CALM

If you discipline in anger, the child will see that you don't have self-discipline. Then he will become angry, too. Don't be hasty and correct your child before you know for sure what happened and why. A calm spirit will help you to avoid injuring your child and treating him unfairly.

BE SPIRITUAL

In your daily family worship, teach your children to trust God to give them self-control. Let them know that you depend on Him too. Trusting God will take away fear and worry and give the child a happy, confident spirit.

None of the earth's great men achieved their greatness without self-discipline. With this Godly virtue, greatness is within the reach of your child, too. □

VERY IMPORTANT ANNOUNCEMENTS! VERY IMPORTANT ANNOUNCEMENTS! VERY IMPORTANT!

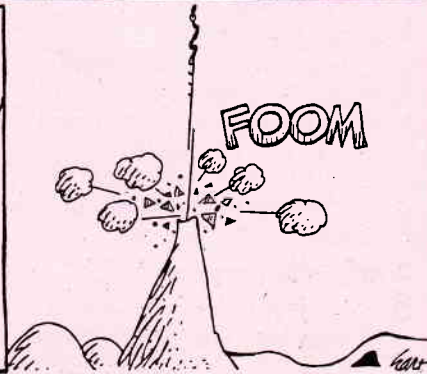
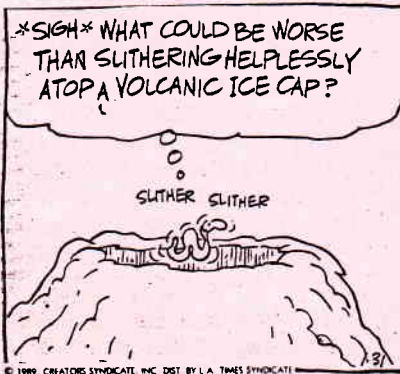
The Parenting Class for this week will be held on Wednesday, March 15th, from 12:00 noon until 12:50 PM in the Personal Development area of the Education Building. The topic of this week's class will be: "Active Parenting - Part II".

As has been reported before in the NEWSLETTER, the Cultural Center on campus is being rennovated to increase its serviceability to staff, students, and guests of UTTC. It will become a store for the selling of beadwork and beadwork supplies, craft work and craft work supplies, T-shirts with graphics, jackets with graphics, novelty items, coffee cups, candy, a limited assortment of magazines, the LAKOTA TIMES newspaper, and other items that staff and students may want. PLEASE COME BY TO SEE THE PROGRESS THAT IS BEING MADE IN THE RENNOVATIONS, and to offer your suggestions for items that you may be interested in for this store.

There may eventually be a place in the Cultural Center/Campus Store for students to sit and relax between classes...and it will be a place that visitors to the campus may be able to buy Indian crafts and books with Indian themes. This is especially appropriate now during the North Dakota Centennial because many visitors from other parts of the country will be coming to North Dakota, and many will be "in the market" for Indian art items. IF YOU HAVE A SKILL AND YOU WISH TO HAVE YOUR WORK DISPLAYED AT THE STORE, PLEASE GO SEE BUTCH THUNDERHAWK TODAY!

The Thunderbird A. A. Group meets each week on Thursday, at 8:00 PM in the Conference Room of TOUCHSTONE LODGE. The only requirement for membership is the desire to stop drinking.

The UTTC Al-Anon Group meets every Wednesday evening at 7:00 PM at Building 68, the UTTC Chemical Health Center.



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