



staff/student
NEWSLETTER

VOL. 11. NO. 31.

DATE: APRIL 17, 1989

KEEP DUMB DRUNKS IN DRIVEWAYS

Reprinted with permission from the
MYSTICIAN, Bismarck State College,
Bismarck, North Dakota 58501.

Most people know someone who drinks and drives. Many people have driven drunk or with someone who has been drinking. But no matter the excuses given, there is just no reason for taking the risk of drinking and driving.

According to the Hazelden Foundation, the world's largest source of information on alcohol, 55% of ALL FATAL ACCIDENTS are alcohol related, and 700,000 people are injured by them each year. Not only are alcoholics at risk of drinking and driving, but so is anyone with a blood alcohol content of just .05%, a level that doubles the chances of getting into an auto accident.

As if statistics aren't enough to stop the drunk from getting behind the wheel, laws concerning Driving Under the Influence (DUI) have gotten much tougher.

According to the North Dakota State Highway Patrol, a first time DUI offender can expect a penalty of 24 points on his/her license. Eleven points result in loss of license, and each point over eleven is a seven-day suspension. A point total exceeding 12 usually results in a 91-day suspension with the possibility of getting a permit to drive to work. There is also a \$250 fine to go along with the suspension of the driver's license.

Of course, second time DUI offenders can expect much stiffer penalties.

There are many ways a drunk will try to convince himself/herself and others that it is all right to drive. "I don't have far to go" or "I'll drive slowly and carefully" are just a few of the excuses a drunk person will use to get behind the wheel.

No matter how far he/she has to travel or how fast a drunk person drives, alcohol affects the body in such a manner that makes it too dangerous to drive. According to Hazelden, alcohol affects driving through these factors:

- SLOW REFLEXES: The body will not react as fast
- BAD COORDINATION: Harder to do more than one thing at a time
- POOR VISION: Tougher to see pedestrians, signs, etc.
- LESS CONCENTRATION: Makes it harder to pay attention to the road
- POOR JUDGMENT: Distances, braking, and turning are easily misjudged.

Keeping the drunk off the road is a team effort. A drunk person will show poor judgment, and often, the responsibility of keeping him/her off the road lies with friends.

Some ways to avoid the problems of drinking and driving are to designate someone in the group the official driver and have that person avoid alcohol. Other ways are to drink slowly and moderately, and to set a limit to what one will drink before starting.

Cafeteria Noon Menu:

Dates: APRIL 17 to APRIL 21

Mon.-	Meat Loaf
Tues.-	Poor Boys
Wed.-	Hamburger-on-a-Bun
Thurs.-	Pork Cutlets
Fri.-	Macaroni and Cheese

THE ADMINISTRATION, FACULTY, STAFF, AND STUDENTS OF UNITED TRIBES TECHNICAL COLLEGE EXTEND TO ANNE KUYPER, PERSONAL DEVELOPMENT INSTRUCTOR, SINCERE SYMPATHY UPON THE DEATH OF HER MOTHER, DOROTHY MCLAUGHLIN.

THE MASS OF THE RESURRECTION WAS HELD FOR MRS. MCLAUGHLIN ON APRIL 11, 1989 AT THE CHAPEL OF MISSOURI SLOPE LUTHERAN CARE CENTER, IN HONOR OF HER REQUEST. BURIAL WAS IN MCLAUGHLIN, SOUTH DAKOTA.

PRAYER

GITCHE MANITO,

Help me to listen to my parents, my children, my family, and friends.

Help me to be as kind and patient with them as I want them to be with me.

Help me to be a person whose actions show that honesty does create respect and happiness in relationships.

Help me to diminish the anger, meanness, impatience, and arrogance within me, for though the world is not always fair, I diminish myself by allowing any of these to control my behavior.

Help me to set my loved ones free that they may be themselves, and give me the strength to remind them that I must also be myself.

Help me to be a person of courage that I may deny myself indulgences that I know are harmful to me and to others.

Help me to be fair, just, honest, kind, and respectful, for though not everyone will love me, all will see within me a reflection of Your Spirit if it can be said I was an honorable person.

--Prayer at Sunrise Ceremony
on Manitoulin Island,
Ontario, Canada spoken by
Ottawa Medicine Woman; Summer,
1987.

FOR SALE! FOR SALE! FOR SALE! FOR SALE! FOR SALE! FOR SALE! FOR SALE! FOR SALE!

NOW AVAILABLE for sale are "20th ANNIVERSARY UNITED TRIBES INTERNATIONAL POW WOW sweat shirts. Sizes: large and extra-large; Colors: turquoise, white, gold, and light blue; Price: \$15.00 per sweat shirt. CONTACT: Jess Clairmont in Administration, or call EXT. 217.

ALSO AVAILABLE are Virgil Hill buttons for \$2.00 each. The buttons will be on sale until Virgil's title defense against Joe Lasisi on May 27, 1989 at the Bismarck Civic Center. CONTACT: Lois Lane at EXT. 227.



In the "NEWSLETTER SPOTLIGHT" is

***** * ARLENE BENSON, the C.H.C. Supervisor *****

The following is an article about ARLENE BENSON, the Supervisor for the Chemical Health Center on campus. The Editor of the NEWSLETTER wishes to thank Arlene for this article; Arlene, herself, wrote the article for the readers of the weekly.

"In each life, an event or incident takes place as a beginning of a new era for a person. My chance came on the day that I arrived here at UTTC on October 24, 1975.

Having to return to school as an 'older-than-average student' was terrifying and shameful to me...shameful because I'd waited so long or neglected to complete school when I was younger...and terrifying because I lacked the confidence in myself. I kept worrying about all the negative thoughts that I imagined that other students were thinking about me, such as: 'What is that old lady doing here?'

Then, UTTC's Dean of Education at that time, Mike Ward, reassured me that it 'will all work out'. Soon after, all this negative thinking passed, and 'DETERMINATION' set in and took hold of me. That is when I accomplished my first goal: my General Equivalency Diploma (GED). Then came my completion and graduation from the 'Human Services' Vocation on September 9th, 1976...and my first job with the Alcohol Program on Center. Later, I became the first Women's Half-Way House Manager. After working one year and nine months, that 'DETERMINATION' was still working on me to do something MORE challenging for a better future. So, I enrolled at Mary College, now the University of Mary here in Bismarck. Four years later, I graduated with a major in Social Work and a minor in Theology. On that very day of graduation, as my daughters and I were driving past UTTC, I told them, 'I want to get off here and kiss the ground, because this is where it all began for me.' But they didn't allow me to do that!

I never dreamed of ever setting foot again onto another college campus, unless it was for one of my children (never for myself). I had planned to just be a wife, a mother and grandmother, and grow old gracefully. But sometimes plans for one's life do not always turn out that way! They didn't turn out that way for me! Not only did I set foot on another college campus, but I returned to UTTC! Today, I am the Program Director for the Chemical Health Center on the campus of United Tribes Technical College. Since my graduation from college and coming back, so many positive things have taken place in my life that I have to stop sometimes and assess all that's happening as it's happening...and then continue to move forward.

I am in my third year here at UTTC as of March 24th (1986-1989). Prior to my position with C.H.C., I was a Vocational Counselor and Social Worker at UTTC from 1983-1986.

I take much interest and pride in my job here at UTTC and in my Indian people, 'THE STUDENTS'. But getting to this point in my life hasn't been easy. The accomplishment of the goals that I set for myself hasn't been easy! Fourteen years ago, I moved to Bismarck, North Dakota from the reservation. I came here a broken person...physically, emotionally, financially, and whatever else. Even after I made up my mind that I'd stand up with 'DETERMINATION', it was not easy. There was so much going on with me then...family problems, bills, financial problems, pain, hurt, anger, and resentments...all these were right there, standing hand-in-hand with me all the way! During that time of 'trials and errors', my relationship with the 'Almighty' grew tremendously because I had no one else to turn to. When I came to UTTC, I tried very hard not to be influenced by pleasures and 'goings-ons', and to just try to humbly walk before the Almighty and mankind. To my astonishment, I learned that 'DETERMINATION' and my will-power outweighed ALL THE NEGATIVENESS, especially after I let God be the Lord and Master of my life. All that I now am, I owe to the Almighty, and I am, indeed, grateful!

Today, all I ask is that I will be able to continue to serve my people and the Almighty.

Last, but not least, I want to say about myself that I am a mother of four daughters and ten grandchildren. They are the prizes of my life!

I am an enrolled member of the Fort Peck Sioux Tribe at Polar, Montana. I read, write, and speak my Siouxan language fluently and I practice my culture every day, the way my maternal and paternal grandparents taught and set examples for me.

I have one statement for the students of United Tribes: 'United Tribes is a place for opportunity. So while you are here, apply yourselves and be proud to be a part of this school where you can learn and even practice your culture. If you are here to ABUSE the school and your time here, YOU are the loser.'

My thanks to the Editor for asking me for this article about the 'bits and pieces' of my life."



"LET US PUT OUR MINDS TOGETHER AND SEE WHAT KIND OF LIFE WE CAN MAKE FOR OUR CHILDREN....."

Tantanka Iyotaka
(Sitting Bull)

"In the NEWSLETTER Spotlight" Continues

The April 3, 1989 U.T.T.C. NEWSLETTER featured the THEODORE JAMERSON ELEMENTARY SCHOOL BASKETBALL TEAM in the "Spotlight" section.

In this issue, the NEWSLETTER is proud to feature the CHEERLEADERS of T.J.'s team. Here is a picture of the cheerleaders. The girls are pictured as follows:

(Back Row): KRISTI BLAINE, VALERIE DECOTEAU, and JAIMIE BRAVE BULL

(Front Row): MERANDA MARCELLAIS, DARLITA DECOTEAU, and JOLENE LAVALLIE. Congratulations, Cheerleaders! T. J. had a very successful year!



Also in the NEWSLETTER "Spotlight" this month is LEROY LAME, JR., a May, 1988 graduate of the United Tribes Technical College Police Science Vocation.

LEROY is a policeman in Eagle Butte, South Dakota. He was hired on October 1, 1988. About his job, Leroy says, "I love what I'm doing for people; I guess all those classes I went through (at UTTC) were for a good cause." About United Tribes, Leroy says, "I have a lot of respect for the UTTC staff, and there are times when I wish I could go through it again.....I carry a lot of pride for UTTC because your people invite a lot of different tribes to make better people of themselves....I also have a message for KASS HEWSON and MR. RICHARD DIONNE: please tell them I say 'Howdy' and keep up their good work. I'd like to hear from them.....tell all my instructors to take care and keep teaching the students....because it sure comes in handy in the long run."

Pictured is Leroy with his graduating vocational class, May, 1988.



Leroy would like to hear from his old friends at UTTC. His address is:
P. O. Box 1384, Eagle Butte, South Dakota.

Mr. Lame, Jr. has been invited to return to UTTC to speak to the students here at UTTC about school & his work; hopefully, Leroy will be making the trip to Bismarck soon.

The administration, faculty, staff, and students wish Leroy well and thank him for his continued interest in his "old" school!

TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA!

Four winners broke the Coke Bank last week! Those who answered the "Current Events" Trivia Question were: DON CADOTTE, a UTTC Staff Person (who is, we are proud to say, still not smoking cigarettes!), and students BERNICE GRAZIER, CURTIS RED FOX, and LISA JO CRAWFORD. Congratulations, Winners! You listen well to TV news casts!

You will not find this week's Trivia Question easy! But give this a try, Readers! Here is the question, in four parts; (the question concerns THE MEDIA):
1. Name the news anchor for NBC-TV News; 2. Name the news anchor for CBS-TV News;
3. Name the news anchor for ABC-TV News; and, 4. Name the news anchor for CNN TV News, Washington Bureau.

QUICKLY NOW, call Lois Lane with your answer! She's waiting by the phone, as she keeps one eye glued to CNN News! EXT. 227



**“You can’t soar with the eagles
if you fly with the owls.”**

The UNITED TRIBES TECHNICAL COLLEGE NEWSLETTER
is an on-campus publication of the United Tribes
Technical College, 3315 University Drive,
Bismarck, North Dakota 58504. Phone: 701-255-
3285, EXT. 227.

SUPERVISORS: David M. Gipp, President
Dr. Loretta DeLong, Vice-President
of Student Affairs

EDITOR: Mary Lemcke

CONTRIBUTORS: Faculty, Staff, and Students of UTTC

PRINTER: Terry Lewis