

UNITED TRIBES TECHNICAL COLLEGE
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staff/student

NEWSLETTER

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TEN TRAITS OF SUCCESSFUL PEOPLE

Successful people in all walks of life have ten basic traits, says author Robert M. Schwartz. These traits are as follows:

- l. They have the RIGHT ATTITUDE. That attitude is that you are RESPONSIBLE TO YOURSELF and that no one else owes you anything.
- 2. They DEVELOP A PLAN AND STICK TO IT. Successful people don't change course easily and they stick to things in order to succeed.
- 3. They ACT CONFIDENT. Successful people know what you think of yourself projects outward from yourself to others. Walk with good posture. Talk clearly so people can understand you. Make eye contact. Even if you don't <u>feel</u> confident, you will appear to be....and you often are treated as your body language "says" you want to be.
- 4. They DEVELOP A SUPPORT GROUP. Learn to make friends. To get friends, be a friend. Be available when others need you and they'll likely be there when you need them.
- 5. They LEARN TO BOUNCE BACK. On the road to success are a number of failures, but when you don't succeed, evaluate why you didn't, and $\frac{1}{1}$ from your mistakes. Then $\frac{1}{1}$ again. No "failure" is permanent.
- 6. They STOP PUTTING THINGS OFF. Break your plans into small steps.... remember, every day can only be lived ONE DAY AT A TIME, one moment at a time.
- 7. They LIKE THEMSELVES. Don't try to impress others or be a phony---accept yourself for what you are. Of course, you can always improve yourself, but if you start out by liking yourself, you'll like yourself even better when you've made your improvements.
- 8. They ARE REALISTIC. Set goals that can $\underline{\text{work}}$, then work at them!
- 9. They DON'T EXPECT LIFE TO BE FAIR Life treats all of us badly sometimes. Don't give energy to negative thoughts.
 - 10. They HAVE FUN. Relax!

Caleteria Noon Menu:

Dates: OCTOBER 2 to OCTOBER 6

Mon.- Cold Pork Sandwich with Soup Tues.- Lasagna

Wed.- Sloppy Joe-on-a-Bun
Thurs.- Corned Beef and Cabbage
Fish Platter

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

Last week's Newsletter Trivia was won by DONNA TROSPER and KELLY CAMERON, students of UTTC who answered the question together and shared the prize, and staff-person Killer Trivia Player MILO CHASE. The answers were Rob Reiner, "All In the Family", and Carroll O'Connu

This week's TRIVIA QUESTION is about the movies, again, but there is an added element: "Music From the Movies". Here is the question: What current rock star wrote the music

used in the soundtrack of the movie "Batman"?

The winner of this week's TRIVIA will win a free trip to Las Vegas for three days--and if you believe that, I have a good used car to sell you! No....actually, this week's winner will get a 6-pack of Coke. Call EXT. 227 and ask for LOIS LANE! Good Luck!!!

The winners of last week's SCHOOL BOARD ELECTION were: Staff Parent: DON CADOTTE, and At Large: PAM CARLASCIO. The Student Parent candidate will be selected in the separate election later on in the school year.

This announcement is for ALL AUTOMOTIVE STUDENTS: you are to meet at 10:30 AM in Joe Helmar's classroom on Tuesday, OCTOBER 3rd. Please be there!

UTTC WOMEN.....INTERESTED IN BECOMING SLEEKER AND IN BETTER PHYSICAL SHAPE??????AEROBICS are now being held in the Small Gym on campus every MONDAY and WEDNESDAY from 4:30 PM to 5:30 PM.

All ladies on campus are invited to come to AEROBICS.....that means STAFF and STUDENTS! The classes are open to ladies who're interested in aerobics but who may not care to joi an expensive class elsewhere in the city.

This week's "DID YOU KNOW?" column will feature not a PERSON this time but a PLACE on campus.....a place so new that it deserves some special attention!

"DID YOU KNOW" that the UNITED TRIBES CULTURAL CENTER is open daily from 8-5? "DID YOU KNOW" that the coffee pot is always on....and that you can "drop in" anytime during the day

that you'd like (unless you're supposed to be in class!)?

Actually, the Cultural Center has become a bookstore, gift shop, and art gallery now. New supplies will be coming in this month (October), so the store's inventory will be steadily increasing. The store also takes art work on consignment, so if you do beadwork, paintings, drawings, etc. etc., contact BUTCH THUNDERHAWK at the store and put your work on display to sell.

The CULTURAL CENTER GIFT SHOP has beadwork, books, magazines, coffee mugs, pens,

T-shirts, jackets, (all with UTTC logos) sunglasses, etc.

ALL STAFF AND STUDENTS ARE INVITED TO STOP IN AT THE GIFT SHOP TO SEE FOR THEMSELVES WHAT THE STORE HAS TO OFFER. "DID YOU KNOW" that the old has now become THE NEW.....the NEW CULTURAL CENTER GIFT SHOP AND BOOKSTORE has emerged from the old UTTC Cultural Center? Come on by to help us make the transition!

FOR SALE: Tappen Microwave (digital with meat probe) 2 years old. \$150.00 21" RCA XL100 Color TV \$75.00. See at Printing Dept. Building 51

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