

UNITED TRIBES TECHNICAL COLLEGE
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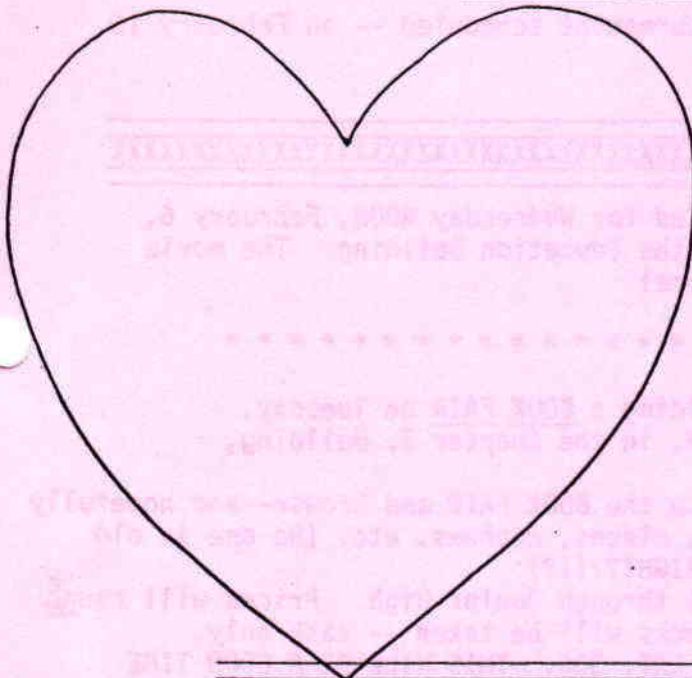
staff/student

VOL. 13. NO. 16.

DATE: FEBRUARY 4, 1991

NEWSLETTER

FEBRUARY IS NATIONAL HEART MONTH



Mid-Dakota Clinic and St. Alexius Medical Center are offering FREE Cholestral Screening Clinics each Wednesday in February. These dates are:

- February 6
- February 13
- February 20
- February 27

The FREE Clinics will be held from 8 A.M. until 12 NOON on these days.

For more information on the February FREE CHOLESTRAL SCREENING CLINICS AT MID-DAKOTA CLINIC and ST. ALEXIUS MEDICAL CENTER, please call the UTTC Student Health Center. Transportation to the FREE CLINICS will be provided to students without cars.

FEBRUARY IS ALSO "BIG HEART" MONTH AT UTTC

Each week in February, the UTTC STAFF AND STUDENT NEWSLETTER would like to recognize people on campus who are known for their "big-hearted" or generous natures. If you have a nomination for a "Big Heart" on campus, please call the NEWSLETTER Editor at EXT. 227.

Look on Page 3. for this week's "Big Heart".

ARE YOU PLANNING A VALENTINE PARTY???? The Perfect Party Store, located on 16th Street and Broadway at the Box Shop in Bismarck, is offering a 25% DISCOUNT on Valentine decorations to Staff and Students of UTTC!

The Box Shop also has a good buy on storage boxes for records; each box is only \$1.50 and some may be discounted less than that! Also available are new and used cartons for moving and storage,

Cafeteria Noon Menu:

Dates: FEBRUARY 4 to FEBRUARY 8

- Mon.- Chicken Patty On-A-Bun
- Tues.- Swedish Meat Balls
- Wed.- Poor Boys
- Thurs.- Pork Chow Mein
- Fri.- Taco/Chili Boat

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This is a SPECIAL THANK YOU to all the parents who supported the basketball team of Theodore Jamerson Elementary School, THE TJES WARRIORS! Thanks, Parents!

ROBERT and LOIS RAINBOW -- DON and RUBY CADOTTE

NORMA RED CLOUD -- ELLA MANY BEARS -- BERTHA GONE

GEORGE and KAREN SHORT -- CAROLYN SPOTTED HORSE

BURT and DORIS WHITE PLUME -- ANITA DU MARCE

MAURENA DE SHEQUETTE -- KEITH and ALFREDA LONGIE

IRENE STEVENSON -- DIANE PONGA -- ALTHEA CHOPPER

(Sorry if we missed anyone! Please call EXT. 304 if we have!)

There will be one final basketball tournament scheduled -- on February 16, 1991. DON'T MISS IT!

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Another movie for parents is being scheduled for Wednesday NOON, February 6, 1991, in the Personal Development Area of the Education Building. The movie is entitled, "Drugs and Youth". Please come!

* * * * *

THEODORE JAMERSON ELEMENTARY SCHOOL is holding a BOOK FAIR on Tuesday, February 12, 1991, from 8 A.M. until 5 P.M. in the Chapter I. Building, located next to the elementary school.

ANYONE ON CAMPUS is invited to come to the BOOK FAIR and browse--and hopefully to purchase some books for their children, nieces, nephews, etc. (No one is old enough to have grandchildren out here....RIGHT??!!?)

The books will be for ages Pre-school through Junior High. Prices will range from 95¢ per book to around \$5.00. No checks will be taken -- cash only.

If you have questions, please call: EXT. 306. THIS WILL BE A GOOD TIME TO BUY THOSE VALENTINE GIFTS....SO COME TO THE BOOK FAIR AND SEE THE SELECTION! BOOKS MAKE WONDERFUL GIFTS!

NEWSLETTER CLASSIFIEDS! BARGAINS! REMEMBER...YOU SAW IT HERE FIRST! FOR SALE!

ANDERSON TAX SERVICE is open for business again this year. We are computerized for effeciency and accuracy, and we are REASONABLE. Call: 222-0800 after 6 PM on weekdays, and on weekends.

YOU MEAN YOU HAVEN'T ORDERED YOUR VALENTINE CAKE YET!? Have your cake personalized, and pick your flavor! Time's a-wastin'! Call Rose at EXT. 311. Each cake is only \$12.00. DO YOU HAVE ANY IDEA HOW MUCH ROSES ARE???

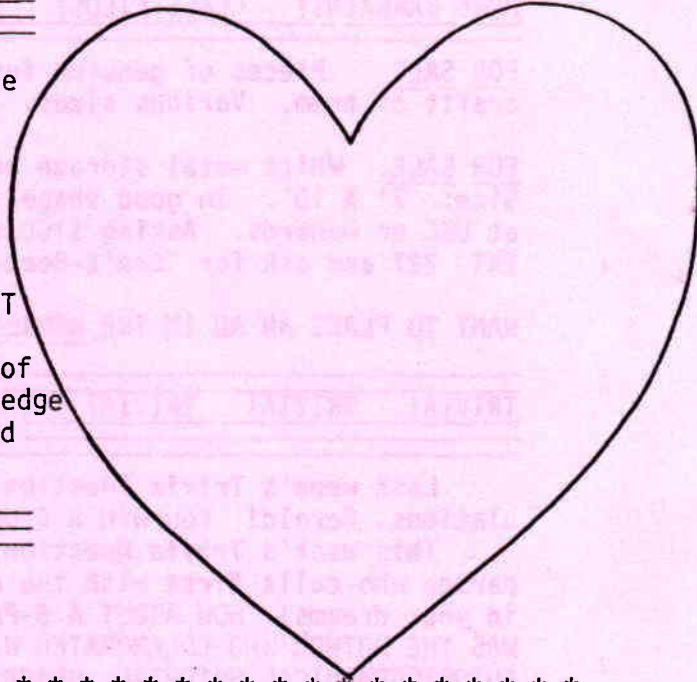
FOR SALE: Fine Southwestern turquoise jewelry. Call Bev at EXT. 294. A good turquoise ring, bolo, or watchband would make someone very happy on Valentine's Day!

FOR SALE: Formica-topped, drop-leaf table, ideal for sewing, serving food, etc. Call EXT. 227. MORE ADS ON PAGE 4.

The Winner of the "Big Heart" Award for the first week of February is SHERRI SNYDER, "Plant Lady" of the Skill Center!

SHERRI has a very tender heart, and she is often involved in activities that benefit those who need help but who have no voice to be able to communicate their needs.

"SHERRI, YOUR KIND HEART AND GENEROUS SPIRIT ARE APPRECIATED! You understand that God has put human beings into the world to be Stewards of the Earth, and you do so many things to acknowledge God's many gifts to us in the trees, plants, and other living things. Thank you for that!"



CEREMONY TO HONOR INDIAN MEMBERS OF THE ARMED FORCES
TO BE HELD AT UTTC

An American Indian Flag Ceremony and Prayer Service will be held for American Indian Armed Service men and women who are serving in Operation Desert Storm in the Mid-East.

The Ceremony and Prayer Service will be held on FEBRUARY 9, 1991 at the United Tribes Technical College Lone Star Arena, beginning at 1:00 P.M.

Individual flags will be posted in the arena for over 100 North Dakota men and women of American Indian ancestry who are serving in the Mid-Eastern conflict. Yellow ribbons will accompany each flag, signifying the call for a safe return of service personnel. Color guards from each of the tribal communities are being invited in addition to representative of veterans' groups from Bismarck.

Prayers will be offering by United Tribes Chaplain Ed Johnson and members of the clergy from the American Indian communities.

Following the open air ceremonies, all of the flags will be taken and posted in the James Henry Community Building on the United Tribes campus, where they will remain until the end of the armed conflict and the return of the American Armed Service veterans.

This event is being sponsored by concerned members of the American Indian community from Bismarck/Mandan and the surrounding area. LINDA GONZALES and ANITA BAIRD are coordinators.

For further information, please contact: (701)-222-8978, or UTTC at (701)-255-3285, EXT. 208.



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.
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MORE BARGAINS! CLASSIFIEDS! FOR SALE! DO WE HAVE A DEAL FOR YOU! BARGAINS!!

FOR SALE: Pieces of genuine fur--light and dark mink, fox, etc. Ideal for crafts or trim. Various sizes. Call EXT. 227.

FOR SALE: White metal storage unit with wooden floor and sliding doors, padlock. Size: 7' X 10'. In good shape. New ones this size cost three times as much at UBC or Menards. Asking \$100.00. Can be dismantled or moved as it is. Call EXT. 227 and ask for "Can't-Beat-A-Deal-Like-That-Lois-Lane".

WANT TO PLACE AN AD IN THE NEWSLETTER? Call Lois at EXT. 227.

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

Last week's Trivia Question was correctly answered by GERALD PAKINEAU. Congratulations, Gerald! You win a 6-pack of Coke!

This week's Trivia Question is also about American Indian Literature. The person who calls first with the correct answer will win---a trip to Hawaii---only in your dreams! HOW ABOUT A 6-PACK OF COKE INSTEAD? Here's the question: WHO WAS THE AUTHOR WHO COLABORATED WITH BLACK ELK IN THE WRITING OF BLACK ELK'S AUTOBIOGRAPHICAL MATERIAL, BLACK ELK SPEAKS and THE SACRED PIPE?

Quickly, now, call Lois at EXT. 227!

HEALTH NOTES

This material was presented to the NEWSLETTER by a Medical Records student. HEALTH NOTES will be a feature of the NEWSLETTER for the month of February.

DO YOU KNOW HOW MUCH CAFFEINE YOU ARE CONSUMING IN THE BEVERAGES YOU DRINK AND THE OVER-THE-COUNTER-DRUGS YOU'RE TAKING?

<u>COFFEE (5 ounces)</u>	<u>Milligrams</u>	<u>DRUGS (1 Tablet)</u>	<u>Milligrams</u>
Regular brewed (perked)	110	Vivarir	200
" (dripolator)	150	NoDoz	100
Instant	66	Excedrin	65
Decaf brewed	4.5	Vanquish	33
Instand Decaf	2	Anacin	32
		Dristan	15.2
<u>SOFT DRINKS (12 oz.)</u>			
Dr. Pepper	61		
Mountain Dew	49		
Tab	45		
Coca-Cola	42		
RC Cola	36		
Pepsi	36		
Diet Pepsi	34		

OTHER DRINKS

Instand Brewed Tea	45
Cocoa	13
Milk Chocalate (1 oz.)	6