



U.T.T.C. Staff/Student NEWSLETTER

VOL. 14. NO. 11.

DATE: DECEMBER 2, 1991

.....IN THE SPIRIT OF THE SEASON.....

FROM THE ANN LANDERS COLUMN, Thursday,
November 28, 1991 in THE BISMARCK TRIBUNE
(Reprinted with permission)

EVERYDAY THANKSGIVING.....Even though I clutch my blanket and growl when the alarm rings each morning, thank you, Lord, that I can hear. There are many who are deaf. Even though I keep my eyes tightly closed against the morning light as long as possible, thank you, Lord, that I can see. There are many who are blind. Even though I huddle in my bed and put off the effort of rising, thank you, Lord, that I have the strength to rise. There are many who are bedridden. Even though the first hour of my day is hectic, when socks are lost, toast is burned, and tempers are short, thank you, Lord, for my family. There are many who are lonely. Even though our breakfast table never looks like the pictures in the magazines and the menu is at times unbalanced, thank you, Lord, for the food we have. There are many who are hungry. Even though the routine of my job is often monotonous, thank you, Lord, for the opportunity to work. There are many who have no job. Even though I grumble and bemoan my fate from day to day and wish my circumstances were not so modest, thank you, Lord, for the gift of life.

T.J.E.S. needs parents to volunteer their time to help decorate a float! The students have been invited to participate in the "PARADE OF LIGHTS" Parade to be held in downtown Bismarck, on DECEMBER 6th. Last year, TJES placed SECOND in the Parade! SIOUX SPORTING GOODS is sponsoring the school this year again, and they are providing most of the materials. What we need is the MAN/WOMAN POWER TO DECORATE, THOUGH! Call EXT. 304 for more info. REMEMBER: PARENT INVOLVEMENT POINTS will be earned for your time and muscle.

U.T.T.C. STAFF COMPLETE "FIRST RESPONDERS" TRAINING

In November, several UTTC Staff successfully completed
(Cont'd Page 3.)

CAFETERIA MENU	
MONDAY to MONDAY	
DATE: DEC. 2 to DEC. 6	
MON.	- Hulipsa Hot Dish
TUES.	- Ham Salad Sand.
WED.	- Roast Beef
THURS.	- Chili Schooner
FRI.	- Bratwurst/Saurkraut
Mon.	- Spaghetti with Meat Sauce

DID YOU KNOW....that the autumn of the year is the time observed in the United States when agencies who help victims of domestic violence wish to bring the subject of domestic violence to the attention of Americans....

DID YOU KNOW....that abuse occurs in all kinds of communities....

that abuse occurs among ALL age groups....

that battering in relationships victimizes primarily women, but that men and children are also victimized in domestic violence situations....

that domestic violence is one of the most common of all crimes....

that domestic violence is common and SERIOUS....

DID YOU KNOW....that just while you were reading this, FOUR WOMEN IN THE UNITED STATES WERE SEVERELY BEATEN? Yes, men are abused by women....but because of men's greater strength, women are most often more seriously injured....even killed.

DID YOU KNOW....that over 3,000 children were directly impacted in North Dakota in 1990 by violence in the home....

that in 1990, 15% of the women abused in North Dakota were DISABLED....

that weapons were used in one out of four incidents of domestic violence in N.D. in 1990...

that alcohol was used by the anuser in 44% of the incidents....

that in 1989, NINE HOMICIDES were committed in North Dakota in domestic violence situations and that all known assailants were male; FIVE of the victims were female; SEVEN were adults, and the CHILD VICTIMS were aged THREE and ELEVEN.

DID YOU KNOW....that when a partner begins a pattern of abuse, THE ABUSE PROGRESSES TOWARD MORE ABUSIVE SITUATIONS, NOT LESS.....in other words, things don't get better..... THEY GET WORSE.

ARE YOU A VICTIM OF VERBAL/EMOTIONAL ABUSE?

Does your partner:

- ignore your feelings?
- make fun of/insult your gender as a group?
- ridicule or insult your most valued beliefs, your religion, race, heritage, class, family?
- withhold approval, appreciation or affection as punishment?
- continually criticize you, call you names, shout at you?
- insult your family or friends?
- humiliate you in private or public?
- refuse to socialize with you?
- make all decisions for you and control your actions?
- threaten to hurt you?
- tell you about his other romantic/sexual involvements?
- manipulate you with lies and contractions?

Do you:

- ever doubt your own judgement?
- express your opinion less and less frequently?
- develop fears of doing the "wrong" thing?
- see others less and less frequently?
- feel less confident about your abilities or do you become depressed?

ARE YOU A VICTIM OF SEXUAL ABUSE?

Does your partner:

- tell dirty jokes or make demeaning sexual remarks?
- treat you as a sex object, just for his/her sexual satisfaction?
- get jealously angry, saying you would be sexually active with ANY available person?
- insist that you dress in a more sexual way than you want to?
- minimize the importance of your feelings about sex?

- criticize you sexually?
- insist on unwanted and uncomfortable sexual contact?
- withhold sex and affection?
- call you sexual names like "whore"?
- force you to take your clothes off when you don't want to?
- publically show sexual interest in others?
- go out with others after agreeing to a monogamous relationship?
- force particular unwanted sex acts?

Do you:

- feel less physically attractive than you did before?
- feel sexually ashamed or humiliated, or believe that no one else would want you sexually?

ARE YOU A VICTIM OF PHYSICAL ABUSE?Does your partner:

- push or shove you?
- hold you to keep you from leaving?
- slap or bite you?
- kick or choke you?
- hit or punch you?
- throw objects at you?
- lock you out of the house?
- abandon you in dangerous places?
- refuse you help when you are sick?
- subject you to reckless driving?
- force you off the road or keep you from driving?
- rape you?
- threaten to hurt you with a weapon?

Do you:

- feel fearful of the next assault?
- wonder if it will be worse next time?



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IF YOU NEED HELP, CALL: 222-8370 in Bismarck
or

1-800-472-2911 EMERGENCY TOLL FREE

This material is from the ABUSED ADULT RESOURCE CENTER NEWS BULLETIN, October 1991. The Abused Adult Resource Center is at P. O. Box 167, Bismarck, North Dakota 58502. The AARC is a United Way Agency.

"FIRST RESPONDERS"Continued from Page 1.

the "First Responders" Class, sponsored by the Indian Health Service at the Black Hills Training Center. The "FIRST RESPONDERS" is an advanced life support/life saving course, which includes CPR. Completing the November 4-8, 1991 session were: ED KNIFE, RED KOCH, STEVE POINTS AT HIM, and completing the November 18-22, 1991 session were: SHARLENE GJERMUNDSON, CHARLENE KNIGHT, and DUANE HIS CHASE. Everyone received a Certificate in CPR and Class C. BASIC LIFE SUPPORT. The I also bestowed a certificate of COMPLETION OF FIRST RESPONDERS.

After this, there will be a 24-HOUR A DAY AVAILABILITY on campus of one of these "FIRST RESPONDERS" --- either ED KNIFE, STEVE POINTS, DUANE HIS CHASE, or CHARLENE KNIGHT.

CONGRATULATIONS TO THE GRADUATES OF THIS VERY VALUABLE TRAINING!



WANT TO SAVE MONEY THIS CHRISTMAS!?! WANT TO GET YOUR FAMILY MEMBERS AND FRIENDS SOMETHING THAT NO ONE ELSE HAS? WANT TO SAVE YOURSELF THE "WEAR 'N TEAR" OF THE "MAD MALLS"? WANT TO SHOP EARLY AND NEVER HAVE TO STEP OUT OF YOUR OFFICE OR HOME?! WANT TO AVOID THE MAILING AND HANDLING CHARGES OF A CATALOG? WANT TO BUY SOMETHING YOU CAN BE PROUD TO GIVE, KNOWING IT'S ONE OF A KIND?! THEN BUY YOUR CHRISTMAS GIFTS FROM ONE OF THE EXCELLENT ARTISTS, ARTISANS, AND ENTREPRENEURS RIGHT HERE ON OUR CAMPUS! HERE IS A LIST OF THE PRODUCTS AND THE PEOPLE (AND IF ANYONE ELSE ON CAMPUS WANTS THEIR NAME ADDED TO THIS LIST, PLEASE CALL EXT. 227!)

BEHELER, JOHN.....ART WORK.....CALL ADMINISTRATION BUILDING

CARLASCIO, PAM.....EARRINGS, LADIES' PINS.....CALL EXT. 244

HUBER, BEV.....TURQUOISE JEWELRY.....CALL EXT. 294

LAUNDREAUX, LEROI.....NATIVE AMERICAN CRAFTS AND ART.....CALL EXT. 311

LEMCKE, MARY.....MEN'S, WOMEN'S, AND CHILDREN'S RIBBON SHIRTS.....CALL EXT. 227

OLSON, SHARI.....MEN'S AND WOMEN'S APPLIQUED SWEATSHIRTS (STAR DESIGN).....CALL C.D.C.

PAPKE, ROSE.....PIES, DECORATED CAKES: ALSO BEADED T-SHIRTS.....CALL EXT.311

SNYDER, SHERRI.....APPLIQUED/BEADED/PAINTED SWEAT SHIRTS.....CALL EXT. 239

THUNDERHAWK, BUTCH.....NATIVE AMERICAN ART AND CRAFTS, STAINED GLASS WINDOWS, GREETINGS CARDS, ETC.....CALL CULTURAL CENTER

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

Last week's Trivia Game was won by ADOLPH DIONNE, STAFF MEMBER. Congratulations, Adolph! This week's Trivia Question is also from the book entitled, THE AMERICAN INDIAN: A STUDY IN DEPTH, aa-aaa-nnnn-dddd the question is this: WHAT GOVERNMENTAL STYLE/Form WAS THE INDIAN CONFEDERACY, THE IROQUOIS LEAGUE OF FIVE NATIONS? (Example; Was it a communistic form of government? a monarchy? a democracy? a dictatorship?)

Quickly, call your answer into EXT. 227....the prize this week is a ladies' gold-colored neck chain. We're not talking Tiffany's here.....but the Bismarck merchant who donated it to our contest is a nice person!