

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

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\* \* \* \* HAPPY NEW YEAR! \* \* \* \*

THE FOLLOWING ANN LANDERS COLUMN ON "NEW YEAR'S RESOLUTIONS" IS FROM THE BISMARCK TRIBUNE, AND IS REPRINTED WITH PERMISSION.

Let this coming year be better than all the others.

Vow to do some of the things you've always wanted to do but couldn't find the time.

Call up a forgotten friend. Drop an old grudge and replace it with some pleasant memories. Share a funny story with someone whose spirits are dragging.

Vow not to make a promise you

don't think you can keep. Pay a debt. Give a soft answer. Free yourself of envy and malice. Encourage some youth to do his or her best. Share your experience and offer encouragement.

Make a real effort to stay in closer touch with family and good friends. Resolve to stop magnifying small problems and shooting from the lip.

Find the time. All of us have the same allotment: 24 hours a day. Give a compliment. It could make someone's day. Think things through. Forgive an injustice. Listen more.

Apologize when you realize you were wrong. An apology never di-



minishes a person. It elevates him. Don't blow your own horn. If you've done something praiseworthy, someone will notice sooner or later.

Try to understand a point of view that is different from your own. Few things are 100 percent one way or another. Examine your demands on others. Lighten up. Take a quiet walk alone when you feel like blow-

ing your top. Laugh the loudest when the joke is on you.

The sure way to have a friend is to be one. We are all connected by our humanity and our need for one another. Avoid malcontents and pessimists. They drag you down and contribute nothing. Be kind. Don't discourage a beginner from trying something risky. Nothing ventured means nothing gained. Be optimistic. The can-do spirit is the fuel that makes things go. Go to war against animosity and complacency. Express your gratitude.

Read something uplifting. Deep-six the trash. You wouldn't eat garbage; why put it in your head? Don't abandon your old-fashioned

principles. They never go out of style. When courage is needed, ask yourself, "If not me, who? If not now, when?"

Take better care of yourself. Remember, you're all you've got. Pass up that second helping. You really don't need it. Vow to eat more sensibly. You'll feel better and look better too.

Don't put up with secondhand smoke. Nobody has the right to pollute your air or give you cancer. If someone says, "This is a free country," remind him or her that the country may be free, but no person is free if he has a habit he can't control.

Return those books you borrowed. Reschedule that missed

dental appointment. Clean out your closet. Take those photos out of the drawer and put them in an album. If you see litter on the sidewalk, pick it up instead of walking over it.

Get real. Phoniness is transparent and tiresome. Take pleasure in the beauty and the wonders of nature. A flower is God's miracle. Walk tall. Look people in the eye. Don't be bound by superstition and fear. Smile more. You'll look 10 years younger.

Don't be afraid to say, "I love you." Say it again. Say it still one more time. They are the sweetest words in the world.

Make this year the best ever. —  
L & K, Ann Landers

CAFETERIA MENU	
MONDAY to MONDAY	
DATE: JAN. 6 to JAN. 13	
MON. -	Hulipsa Hot Dish
TUES. -	Ham Sandwiches and Soup
WED. -	<del>INDIAN</del> INDIAN Tacos
THURS. -	<del>ROAST</del> ROAST BEEF
FRI. -	<del>GERMAN</del> GERMAN SAUSAGE
MON. -	Spaghetti

THE FOLLOWING ARTICLE IS FROM THE BISMARCK TRIBUNE OF DECEMBER 18, 1991, and is reprinted with permission. MRS. PALECEK IS THE WIFE OF BRIAN PALECEK, ONE OF THE ENGLISH INSTRUCTORS AT UNITED TRIBES TECHNICAL COLLEGE.

# Perseverance pays off for Bonnie Palecek

By TAMMY SWIFT, Tribune Staff Writer

**B**onnie Palecek was once introduced by a friend as "a quiet stick of dynamite."

An oxymoron? Not when you're talking about someone who has worked tirelessly for 15 years to build programs and legislation that protect abused women in the state.

Palecek heads the North Dakota Council on Abused Women's Services and the North Dakota Coalition Against Sexual Assault. With an articulate, soft-spoken style, she convinces you that her cause is vitally important and there's a lot more work to be done.

Originally, Palecek wanted to be a teacher. During a happy childhood on a farm near McKenzie, she described herself as a "nice person" who used to shy away from conflict. Today, this petite wisp of a woman constantly meets conflict, whether she's working on the

## MOVERS & SHAKERS

issues of battling families or dealing with clashes in "the big S" — the system.

Palecek got involved in battered women issues while working at Community Action, where it was her job to organize volunteer lawyers for the poor. She found that most of those who needed legal advice were low-income, abused women. "That was a real eye-opener for me," Palecek says.

It was 1976, and the nation was just starting to acknowledge the plight of battered women. Five coalitions were formed to support abused women around the state, and Palecek headed one of them.

By 1979, the coalitions had worked with the Legislature to pass the first domestic violence statute in the state.

"It's certainly a different bent than I expected," Palecek says of her career. Still, "I feel this is where I belong."

Often Palecek and other women in her line of work are accused of being "man-haters." That's not true, Palecek says. Instead, they want "mutual respect and compassion" shown to those who are the first to suffer in desperate times: women and children.

Is she worried about growing jaded in such an emotionally demanding field? Not at all. Palecek says longtime advocates of victims actually become more sensitive to pain. Some can't even watch made-for-TV dramas on battering, because it's all too real.

Palecek's accomplishments reveal anything but burn-out: She's been recognized several times for outstanding victim advocacy, and is excited that the legislature appropriated general fund money to direct services for domestic violence for the first time last session.

She's done all this with "perseverance. I'm not going to go away."

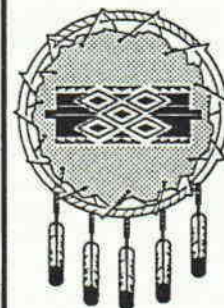
### BIO BITS



**NAME:** Bonnie Palecek  
**OCCUPATION:** Director of the North Dakota Council on Abused Women's Services and the North Dakota Coalition Against Sexual Assault

**PERSONAL:** Married to Brian Palecek, an English instructor at United Tribes Technical College. Three children: Sarah, 21; Justin, 18; Jeremiah, 13.

**WHO I AM:** 'I am a woman who has been blessed with work that is real, parents who have always loved me unconditionally, and a husband and children who refuse to take life, or me, too seriously.'



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THE THREE WEEKS IN LATE NOVEMBER AND EARLY DECEMBER, 1991, BEFORE UNITED TRIBES TECHNICAL COLLEGE AND THEODORE JAMERSON ELEMENTARY SCHOOL STUDENTS WENT ON THEIR CHRISTMAS BREAK, THERE WAS EVIDENCE EVERYWHERE ON CAMPUS OF HOLIDAY ACTIVITIES.

NO WHERE ELSE WAS THERE MORE EVIDENCE OF CHRISTMAS SPIRIT, CHEERFUL ANTICIPATION, AND EXCITED PREPARATION FOR THE HOLIDAYS THAN IN JUDY DASOVICK'S CLASSROOM.




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TRIVIA! TRIVIA! TRIVIA!! !

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NOW, THIS WEEK'S TRIVIA GAME IS A LITTLE DIFFERENT FROM MOST! This week's Trivia Question can only be answered by ONE OF THE CHILDREN IN THIS PICTURE! THE FIRST CHILD IN THIS PICTURE WHO CALLS EXT. 227 and IDENTIFIES HERSELF/HIMSELF WINS A GOLD NECK CHAIN. By the way, last game's winner was CLIFFORD FOX!! CONGRATS!

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THE ADULT STUDENTS WERE BUSY GETTING READY FOR CHRISTMAS, TOO! STUDENTS IN PAM CARLASCIO'S FOOD SERVICES VOCATION MADE GINGERBREAD HOUSES....EVER MADE A GINGERBREAD HOUSE? WANT TO KNOW THE TRUE MEANING OF THE WORD "PATIENCE"????! JUST MAKE A GINGERBREAD HOUSE -- FROM MIXING BOWL TO FULLY-DECORATED, FREE-STANDING EDIBLE ARCHITECTURE!!!!



PATTY POOR BEAR, EVALUATING THE CONSTRUCTION PROCESS.....

AND HE-EEE-EERE'S LILLIAN ROGERS, PUTTING HER FINISHING TOUCHES ONTO HER CREATION.....

