

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

VOL. 14. NO. 24.

DATE: MARCH 16, 1992

DESIDERATA

Found in old St. Paul's Church...Dated 1692
Contributed to the Newsletter by Charlene
Peterson, TJES Librarian

Go placidly amid the noise and haste....

And remember what peace there may be in silence. As far as possible without surrender, be on good terms with all persons. Speak your truth quietly and clearly; and LISTEN to others, even the dull and ignorant...they, too, have their story!

Avoid loud and aggressive persons....they are vexations to the spirit.

If you compare yourself with others, you may become vain...or bitter...for ALWAYS, there will be greater or lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble: it is a real possession in the changing fortunes of time. Exercise caution in your business affairs, for the world is full of trickery. But let this NOT blind you to what virtue THERE IS: MANY PERSONS STRIVE FOR HIGH IDEALS....AND EVERYWHERE, LIFE IS FULL OF HEROISM.

BE YOURSELF. Especially, do not feign affection. Neither be cynical about love, for in the face of all aridity and disenchantment, it is perennial as the grass.

Take kindly the council of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. MANY FEARS ARE BORN OF FATIGUE AND LONELINESS.

Beyond a wholesome discipline, be gentle with yourself. YOU ARE A CHILD OF THE UNIVERSE....NO LESS THAN THE TREES AND THE STARS: YOU HAVE A RIGHT TO BE HERE.

And whether or not it is clear to you, no doubt the universe is unfolding as it should!

THEREFORE, BE AT PEACE WITH GOD, WHATEVER YOU CONCEIVE HIM TO BE....AND WHATEVER YOUR LABORS AND ASPIRATIONS, IN THE NOISY CONFUSION OF LIFE, KEEP PEACE WITH YOUR SOUL.

With all its sham and drudgery and broken dreams, IT IS STILL A BEAUTIFUL WORLD!
BE CAREFUL.

STRIVE TO BE HAPPY.



CAFETERIA MENU

MONDAY to MONDAY

DATE: MAR. 16 to MAR. 20

MON. - Tater Tot Hot Dish
TUES. - ST. PAT'S DAY!
 Corned Beef
WED. - Turkey A La King
THURS. - Bar-B-Q Beef
FRI. - Fish Platter
MON. - Burritos

UNITED TRIBES TECHNICAL COLLEGE WINS FIRST PLACE FOR ADVERTISING!

On February 27, 1992, United Tribes won a prestigious award for creative and artistic advertising for its International Pow Wow. A copy and description of the award is below:

*Twentieth Annual
AdMark Advertising Federation
of Bismarck-Mandan
Addy Awards Competition*

Advertiser

United Tribes Technical College

Category

Less Than Full Page, Color

Creative Credits

Bob Saueressig
Jess Clairmont
Native Peoples

Rebecca Hunt-Snyder
Rebecca Hunt-Snyder
1991 AdMark President

First

CAPETERIA
MENU
MONDAY MIDDAY
DATE: 11/10/91
MRS. -
TUES. -
WED. -
THURS. -
FRI. -
SAT. -
SUN. -

THE FOLLOWING ARTICLE WAS CONTRIBUTED TO THE NEWSLETTER BY THE CHEMICAL HEALTH PROFESSIONALS ON THE CAMPUS OF THE UNITED TRIBES TECHNICAL COLLEGE.

Changes Your Body Goes Through When You Quit Smoking

Within 20 minutes of your last cigarette:

- Blood pressure drops to normal
- Pulse rate drops to normal rate
- Body temperature of hands and feet increases to normal

After eight hours:

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

After 24 hours:

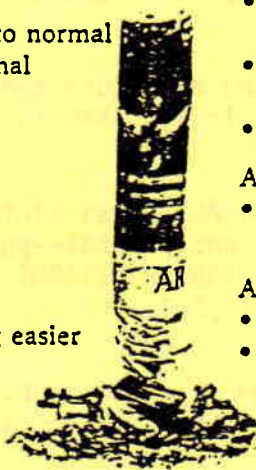
- Chances of heart attack decrease

After 48 hours:

- Nerve endings start regrowing
- Ability to smell and taste is enhanced

After 72 hours:

- Bronchial tubes relax, making breathing easier
- Lung capacity increases



After two weeks to three months:

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30 percent

After one to nine months;

- Coughing, sinus congestion, fatigue and shortness of breath decrease
- Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs and reduce infection
- Body's overall energy level increases

After five years:

- Lung cancer death rate for average smoker decreases from 137 per 100,000 people to 72 per 100,000 people

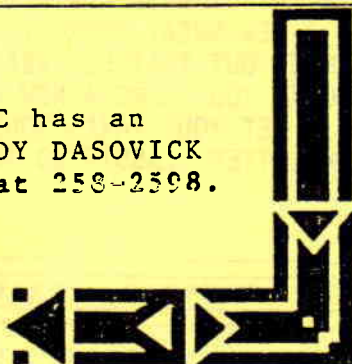
After ten years:

- Pre-cancerous cells are replaced with normal cells
- Risks of other cancers, such as those of the mouth, larynx, esophagus, bladder, kidney and pancreas, decrease

The Drug Education Center Newsletter, Winter 1991

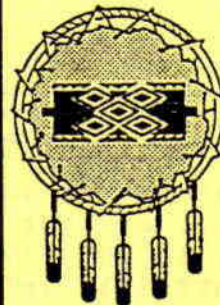
"AVON CALLING!"

DID YOU KNOW that UTTC has an Avon Lady? She is JUDY DASOVICK and you can call her at 258-2598.



GREAT SPIRIT....GRANDFATHER.... THANK YOU
 for all your blessings....for spiritual
 guidance, for family, friends....
 for health, employment, for education....
 for political freedom, for food, shelter,
 and clothing.

Please teach us the value of sharing our blessings with others.....



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NEWSLETTER CLASSIFIED ADS! BARGAINS! SERVICES! FOR SALE! GIFTS! IDEAS!

ANDERSON TAX SERVICE has the expertise and the software to do your 1991 taxes accurately, quickly, and efficiently! AND IT WON'T COST YOU THE FIRST \$300 of your tax refund! Call today: 222-0800.

FOR SALE: Authentic, well-made turquoise jewelry from the American South West. Bolos, watch bands, rings, etc. Make excellent gifts! Call Bev at EXT. 294.

FOR SALE: Used carpet. Good shape. Earth tones. 120 square yards. ALSO: General Electric stove and refrigerator--self-cleaning and frost-free. Gold color. Excellent condition. CALL: 258-4108.

FOR SALE: Sweat shirts decorated with the traditional star design in satin: all sizes and colors. Excellent workmanship for a beautiful look! Call Shari Olson EXT. 339.

FOR SALE: BEAUTIFUL beaded, painted, and appliqued sweat shirts in many colors and many, many exquisite designs--flowers, Indian themes, etc. Reasonably-priced! Call Sherri Snyder at EXT. 239.

FOR SALE: Traditional ribbon shirts in ALL sizes (infant to XXXL!) All Colors! ALSO: women's ribbon dresses, stoles, and ponchos--purses and tote bags! AND POW WOW BAGS AND GYM BAGS PAINTED WITH INDIAN DESIGNS AND THEMES OR TRIMMED WITH RIBBONS! Reasonable! Call Mary at EXT. 227.

FOR SALE: 1982 Ford half-ton pickup--6 cyl, air; many recent new additions and improvements, including paint job. Asking \$2800. Call Bud at EXT. 302.

FOR SALE: Easy Glider exercise machine. Good condition! \$30.00 Call Bud at EXT. 302.

POW WOW SEASON IS COMING....SPRING IS ON ITS WAY! THROW AWAY YOUR WINTER BLUES! GET YOURSELF A NEW RING OR WATCH BAND....OR A NEW SWEAT SHIRT....OR A NEW RIBBON SHIRT....OR TOTE BAG....OR DIAPER BAG.....THROW OUT THAT OLD REFRIGERATOR THAT'S BEEN LEAKING ALL OVER THE KITCHEN FLOOR....GIVE YOUR HOME A NEW LEASE ON LIFE TOO! BUY AN ITEM FROM THE NEWSLETTER CLASSIFIEDS! GET YOUR TAXES DONE! DON'T WAIT TIL APRIL 14th! YOU CAN FIND IT ALL IN THE NEWSLETTER CLASSIFIED ADS!

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

The winner of last week's Trivia Game was TERRY LEWIS. (The answer by the way, of what five U.S. Presidents who are not buried on American soil, is THE FIVE LIVING PRESIDENTS! NOW AREN'T YOU SORRY YOU DIDN'T GUESS?!) This week's Trivia Question is: What thing did the Europeans find in the New World that sparked the flurry of colonization and genocide that began in the 1600's, to the detriment of the Indians, who had this thing in their possession?

Call EXT. 227 with your answer! The winner gets a Mickey Mouse pen.