

UNITED TRIBES

On-Campus News

VOL. 11, NO. 6

October 23, 2000

National Red Ribbon Week to be hosted by the UTTC Chemical Health Center



Come join in the Red Ribbon Campaign for a Drug and Alcohol Free Campus at the Chemical Health Center, United Tribes Technical College. We will be hosting an Open House on Monday, October 23, from 9:00 a.m. to 4:00 p.m. We will be giving our door prizes to students and staff members who are willing to take the **Red Ribbon Pledge to Lead a Healthy, Drug-Free Lifestyle.** (No use of illegal drugs, no illegal use of legal drugs.) We will be giving our red ribbons to all participants. Come join the fun, goodies, door prizes, at the Chemical Health Center, Building 68.

Let's all join in for a Drug and Alcohol Free Campus at United Tribes Technical College.

Bring the Pledge Card below to the Chemical Health Center.

I, _____, a UTTC STUDENT/STAFF PLEDGE TO LEAD A HEALTHY, DRUG-FREE LIFESTYLE. (No use of illegal drugs. No illegal use of legal drugs at United Tribes Technical College.



Signed By _____

Russell Gillette, Chemical Health Center Supervisor, United Tribes Technical College

THE SECOND 8-WEEK CHEMICAL AWARENESS CLASS WILL BE STARTING ON OCTOBER 31, 2000 IN THE SKILL CENTER - ROOM 107B.

*So many gods, so many creeds,
So many paths that wind and wind,
When just the art of being kind
Is all this sad world needs.*

Ella Wheeler Wilcox
(1850 ~ 1919)

Light Portion Meals Now Available at the Cafeteria

If you are trying to watch the portion sizes of the foods that you eat, take note of the new light portion size meal at the Cafeteria. Signs are now posted on the Cafeteria food line indicating a regular or a light portion. Please let the Cafeteria staff know if you want a light portion.



United Tribes Extension and Diabetes Education Center



WEEKLY MENU

(Each meal served includes 2% or Skim Milk, Coffee or Tea)

October 23-27

DINNER

- M Steak Sandwich, French Fries, Garlic Toast, Tossed Salad
- T Ham Salad, Assorted Fresh Fruit, Salad Bar
- W Hamburger On A Bun, French Fries, Salad Bar, Brownies
- T House Special Pizzas, Salad Bar, Fresh Fruit, Shakes
- F Pork Chow Mein, Rice, Chow Mein Noodles, Salad Bar

October 30

- M Goulash, Vegetable, Dinner Bun, Salad Bar, Assorted Fruit, Assorted Vegetable Tray

SUPPER

October 23-27

- M Roast Pork, Mashed Potatoes, Gravy, Vegetable, Salad Bar
- T Barb-B-Que Chicken, Baked Potato, Vegetable, Salad, Brownies
- W Pork Chops, Rice, Vegetable, Salad Bar, Peanut Butter Cookies
- T Grilled Steak, Baked Potato, Garlic Toast, Tossed Salad
- F Tater Tot Hotdish, Vegetable, Salad Bar

October 30

- M Hamburger On A Bun, French Fries or Potato Chips, Salad Bar, Brownies

OPEN HOUSE



CHEMICAL HEALTH CENTER
(BUILDING 68)

OCTOBER 23, 2000
MONDAY

9:00 A.M. TO 4:00 P.M.

Come pickup your red ribbons for

Red Ribbon Week

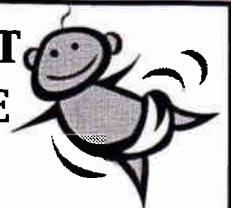
October 23-27, 2000

(Stop Drug and Alcohol Abuse Across the Land)

Door Prizes!
Goodies!
Fun!



THOUGHT FOR THE DAY!



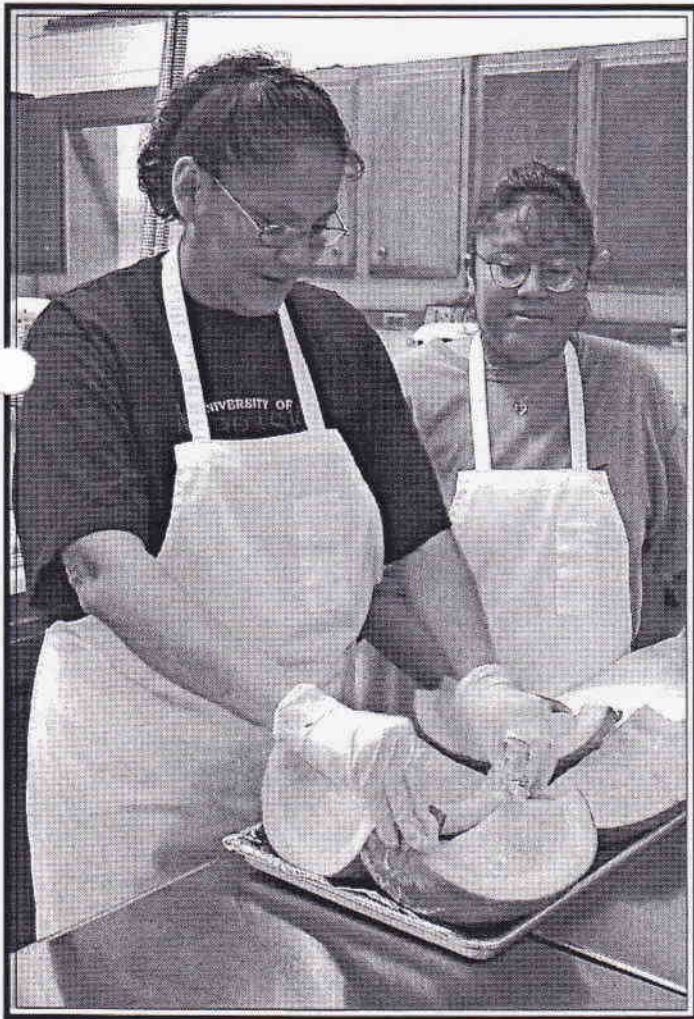
If they squeeze olives to get olive oil, how do they get baby oil?

~ UTTC Vocational Program Highlights ~

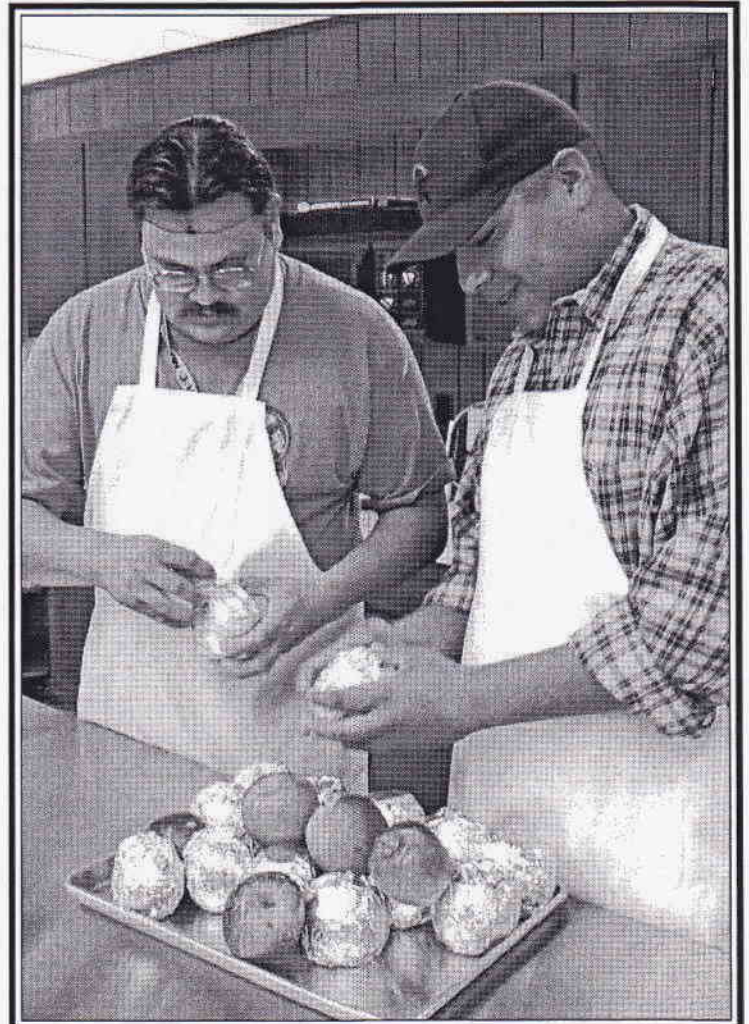
Hospitality Management

by Katy Churchill

The Hospitality Management service industry is one of the fastest growing industries in the nation. The casinos and their dining areas, for example, make a degree in the hospitality industry very marketable. Presently, there are 12 students in the UTTC Hospitality Management vocation. A few hope to open their own restaurant some day, while others have expressed a career in food and beverage management.



(L to R) Lee Brown and Brenda McKean are rubbing pumpkin with oil and preparing it for baking. Once baked, it will then be pureed and prepared for freezing.



(L to R) Andy DeMarce and Thomas Jenó preparing apples for baking.

HAVE A HAPPY & SAFE, HALLOWEEN!

Please Don't Drink & Drive. Buckle Up.

Web site provides easy access to college students on career information

A government-wide web portal entitled **students.gov** makes it easy for college students to find any kind of federal service or information they need. The U.S. Department of Education is coordinating with other federal agencies to provide this "one-stop-shop" giving students access to information about financial aid, career development, education planning, consumer protection, and a wide variety of other topics.

You are invited to visit **students.gov** and take a look at all the valuable resources it makes available to students. Your feedback on the site and your suggestions for other resources you would like them to include on the site would be greatly appreciated.

If you have feedback or would like to see specific information on UTTC added to the website, please contact the Program Manager, Lynda Folwick at lynda_folwick@ed.gov.

Strong in Body and Spirit Classes

Strong in Body and Spirit diabetes education classes are now being offered by the United Tribes Extension and Diabetes Education Center.

These classes are for staff with diabetes. Topics include exercise, fat and sugar intake, support and goal setting. The informal classes will be on Tuesdays starting November 7 from 1-3 PM for five weeks. Class size is limited to the first 10 staff members. Please contact Kim Hinnenkamp at Ext. 397 to enroll.

United Tribes Episcopal Ministries Services

**Sunday:
12:30 PM**

POTLUCK
after every service

Location:
United Tribes
Technical
College Chapel

*Carol DeWall,
Lay Pastor*

*Thought
For The
Day!*

(In reference to our commercials on TV)

If four out of five Americans suffer from diarrhea, does that mean that one of them enjoys it?



CDC NEWS

A Weekly Newsletter for Families

October 20, 2000

For Your Information

• **FREE SATURDAY MOVIES:** On Saturday, Oct. 21, everyone is invited to come watch movies. The children's movie will begin at 1 PM (parents must be with their children). At 2 PM, there will be a movie for the adults. Everyone is invited-free popcorn! This will take place in the gym.

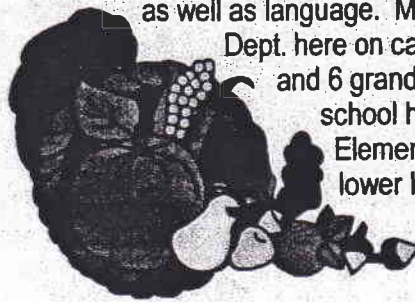
• **NATIVE SINGING & DANCING:** As a community resource, Andy Demarce, a student here at UTTC, will be teaching the 2 - 5 year old children at the Preschool how to drum and sing in the Native language. He will meet with the children twice a week for an hour. This is a great opportunity! Ask your kids about it! (If you have a skill or talent you would like to share with the children, please contact Marie Brown, ext. 406.)

Let Me Introduce Myself:

Hi! My name is Doris Red Bird and I am a Cheyenne River Lakota from Eagle Butte, South Dakota, commonly referred to as "God's Country". I am the LEAP (Lakota English Acquisition Project) support teacher. My job is to go into the child development centers and work with the teachers and children teaching the Lakota language. This includes making materials the teacher can use in their activities. We are promoting literacy and technology



as well as language. My husband, Tom, works in the Recreation Dept. here on campus. We have 3 sons and 2 daughters, and 6 grand-children. Two of my grandchildren attend school here on campus at the Theodore Jamerson Elementary School. My office is located in the lower level of the education building and you can reach me at ext. 405 if you have any questions or concerns.



2-Year Old Group

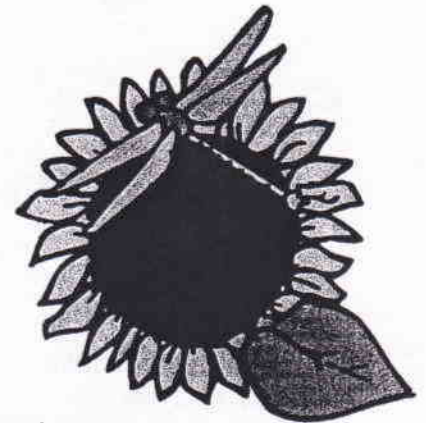
Greetings! This week, we started our unit on the Farm and Ranch. So far, we have covered pigs, sheep, ducks and chickens. Parents, if you have any ideas about this unit, anything you could add, please feel free to come in and share with us. Cathy Still Day & Juanita Reiner

CDC NEWS

3-Year Old Group

Hi Parents! This week the children began a Farm and Ranch unit. So far we are having a really fun time, making animal sounds, cooking animals and working on the differences between the animals. The children show a lot of interest in learning about the farm animals. We are also learning about the color green. Have a great Homecoming!

Teachers Jodie Pepion & Roberta Hand Boy



4-Year Old Group

Hi everyone! We did some fun stuff in class with "Trees and Leaves". We went for a walk around campus, looking for fall colors. I would like to compliment all of you parents for bringing your kids to school. This week, they met a new teacher. Her name is Maria. I encourage you to come and visit the class. See You!

Erin Slides Off

5-Year Old Group:

Hello! This week we learned about the "Fall" season. Our activities consisted of many colorful paintings and "leaf" creatures made with real leaves picked by Maria. We read stories and had discussions about how everything changes in the Fall season, as well as the other three seasons.

When your child brings their work home from school, ask them to tell you about it. You will be amazed at their stories! It also shows the children that you value what they are learning in school. Thank you.

Barb West

Hello from Head Start:

"Everybody is Happy at Head Start!"

We have been learning about Fall/Autumn, leaves, the color brown, and the letter "L". We collected leaves and made pictures. Thanks to all parents who took their children on a walk to collect leaves! Anybody wanting to make the color leaf project we sent home - please let me know if you need supplies (paper, etc.). Please remember we play outside every day. The children need to be dressed for the weather. Thank you! "Smile - and the whole world smiles with you!" Denise Zenker & Heidi Everett



CDC NEWS

Infant/Toddler Center



Halloween Party!

WHERE: Infant/Toddler Center

WHEN: Oct. 30, 2000

TIME: 2:30 PM

THERE WILL BE TREATS!

Parents, children and staff- dress up for
the party!

Trick or Treat,

Smell my feet,

Give me something good to eat!

Campus Masquerade PowWow

Theodore Jamerson Elementary School
& L.E.A.P. are going to be sponsoring a Masquerade PowWow

October 27th at the gym from 7 PM - 10 PM.

Both adult and children prizes will be awarded.

Candy bags will be handed out.

All families are invited to attend!

If you have any suggestions or ideas for other information
you would like to see in this newsletter, please contact Lisa
Azure @ ext. 407.

CDC NEWS

Community Literacy Task Force (CLTF) News:

The next scheduled meeting for CLTF:

October 23 - CLTF Meeting 4 PM @ Preschool

The CLTF is for anyone to join...also, there have been people wondering when the iBooks (laptop computers) will be ready for check-out. This will be discussed at the meeting. We are also planning to have a "Basket Auction". The proceeds from this auction will be used to buy materials to make dancing regalia for your children. Please plan to attend this meeting! Any questions, contact Marie Brown @ ext. 406 or Mechelle Crazy Thunder. (The classroom at the Preschool that has the most parents attending this meeting, will get a treat!!!)

L.E.A.P. News

We will be passing out candy bags for all of the children at the Campus Masquerade PowWow that will be held Oct. 27th at 7 PM.

Inside these candy bags, you will find a coupon worth 1 free reading for the child from a parent or guardian. After you have read to your child, please return the coupon to your child's teacher. We will have a drawing with the returned coupons on November 3rd. Watch for the results in the newsletter.