

Here's Jerome! Jerome Crazy Thunder was our Bingo caller for the evening and did a fine job at it.

Location will be announced in upcoming newsletters. Everyone, young and old, are welcome to play and win! Refreshments and snacks will be available.



Alysha Crazy Thunder, daughter of Jerome and Mechelle Crazy Thunder, is the proud winner of a \$20.00 regular game.

# BINGO!

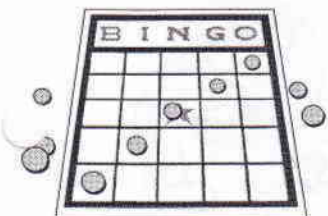
by Lori Pemberton, Assistant Student & Campus Services

On Friday, September 21, 2001, the Student Senate put on the first Bingo event of the school year. The turnout was pretty good and the prizes were plentiful! Regular games went for \$20.00 and the blackout jackpot was \$70.00 - not a bad payout for a night of food, fun and prizes.

The Student Senate will be sponsoring the Bingo games every other Friday evening starting at 7:00 p.m.



Sonja Cain and her sister, Sheena, enjoyed the Bingo night festivities.



**Lost and Found**  
**Lost In a gray case a brown**  
**Hearing Aid with clear mold** €  
**which inserts into ear area.**  
**Return to Heidi Everett at**  
**Preschool or call ext. 248**

*Quotes of the Day*

"I care not what others think of what I do, but I care very much about what I think of what I do. That is character!

--Teddy Roosevelt

"...If you can tell the difference between good advice and bad advice, you don't need advice."

-- Laurence J. Peter



**ARROW  
 GRAPHICS**

**PRINTING DEPARTMENT**

**UNITED TRIBES  
 TECHNICAL COLLEGE**

**Arrow Graphics  
 Department**

We apologize for the delay of getting out the UTTC On Campus newsletter. We have been quite busy lately. We shall try and get this On-campus newsletter out on time. With your help by getting articles here on time. We would like these items, articles, write-ups, pictures with captions by Monday at 5:00 p.m., so we may get the newsletter out by the next following week. We also have our new email address: [nduttcnews@hotmail.com](mailto:nduttcnews@hotmail.com). This week several people sent me news items on the site and I was very pleased to receive them. Please continue to use the email and all articles must pertain to campus and educational events.

**Dennis Lucier's**  
**~UTTC DINER~**  
**WEEKLY MENU**

*(Each meal served includes 2% or Skim Milk, Coffee or Tea and Salad Bar or Assorted Fresh Fruits/Vegetables)*

**DINNER**

**Sept.24 - Sept. 28**

- M Goulash
- T Bean Soup, Ham Sandwich
- W Roast Beef, Mashed Potatoes, Natural Gravy
- T German Style Sausage, and Bean or Kraut
- F Fishwich and Chips

**Oct. 1**

- M Spaghetti w/ Meat Sauce, Garlic Toast

**SUPPER**

**Sept.24 - Sept. 28**

- M Hamburger On a Bun, Oven Fries
- T Pork Chops, Rice, Vegetables
- W Swedish Meatballs over Noodles
- T Grilled Steak, Baked Potatoes
- F Lasagna, Garlic Toast

**Oct. 1**

- M Baked Ham, Au-Gratin Potatoes



# Survivor III at United Technical College

by Lori Pemberton



*Lori Pemberton, Assistant to Student Campus and Services, Helen Lindgren, counselor, and Criminal Justice Class*

**Congratulations to Criminal Justice!** They were last Spring's attendance incentive award winners of \$50.00.

The attendance incentive award is on again for this year with a few changes: The name has been changed to **"Survivor III at United Tribes Technical College"**, and the time period is changed from two weeks to one month. For you new students that don't know about this competition and as a reminder for those who may need a refresher, this is how it works:

UTTC will award a \$50.00 prize to the vocation for having the best attendance record for a one-month period. This award can be spent however the vocation chooses, whether it is a Friday afternoon Pizza Party, to purchase something for your department, or to **"Bank"** the awards you earn and have an end-of-the-year bash. It is up to you students to earn this award - encourage your classmates to come to class. Not only will you reap the financial award, you will also reap the education you are paying for. Our next award will be presented the first week of October.

**See you in your Classes!!!**

A decorative border with intricate black scrollwork and floral patterns surrounds the central text. At the top and bottom center of the border are two grey oval shapes.

# Student Health News

by Sharlene Cjermundson

## **Upcoming Events:**

September 26 & 27 - Vision & dental screenings at TJES - K-8th Grade.

October 10 & 11 - 8 am - 4 pm **daily**- Flu Shots- UTTC Students (tentative)

October 10th - 1 - 4 pm - Custer Family Planning Clinic

October 22 thru 24 - 1- 4 pm **daily** - Immunization Clinic.

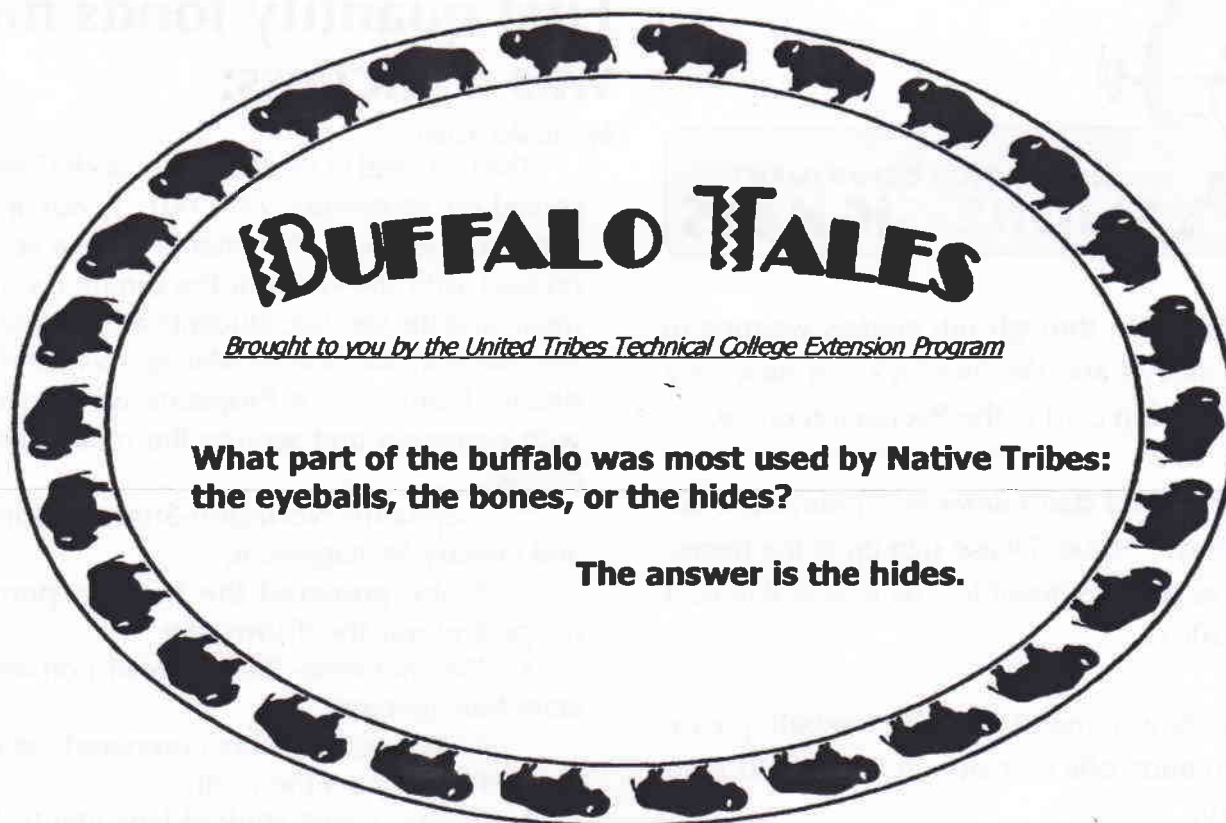
**What Time Do You Have?** Take a look at how tobacco affects your body.

**Taste & Smell** - Smoking dulls the senses. Smoke blocks air from reaching nerve endings, so the sense of smell and taste are lessened.

**Hair & Nails** - Smoke stains fingers and nails yellow. Cigarettes slow the circulation of nutrients to hair and nails, making them dry and brittle.

**Skin** - Tobacco smoke slows down the flow of nutrients to the skin, reducing elasticity and softness. The result can be thick, leathery skin & wrinkles.

**Immune System** - Immune cells are busy fighting off the damage of cigarette toxins and are less available to fight off disease and infection



## United Tribes Technical College Extension Program

### Diabetes in Indian Country Workshop



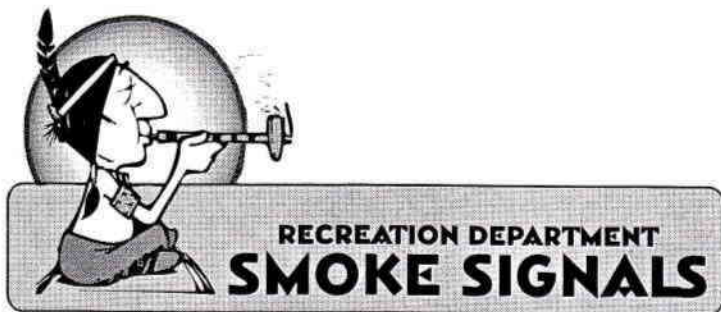
**What:** Basic Facts About: Epidemic in Indian Country, Risk Factors, Complications, and Prevention

**Who:** Students, Faculty, and Staff

**When:** October 11, 2001 from 2:30 to 4:00 pm

**Where:** IVN Classroom, Skills Center, Room 112

**For more information:** Contact Kim Hinnenkamp, Ext. 397



All Kindergarten through 6th graders wanting to swim on Monday's and Wednesday's can pick up a YMCA membership card at the Recreation office.

All Students and staff interested in playing a fall men's basketball league, Please sign up at the Recreation office as soon as possible. The league will start October 2, 2001.

All Students wanting to play flag football, please call the Recreation office or stop in and talk to Tom, John, or Kevin.

The Men's YMCA basketball league will start Wednesday September 26, 2001. Check with Recreation Department to see if you're on the roster. Pick up schedules at Recreation office.

We would like to remind all parents that elementary students will not be allowed in the gym without parental supervision. The men's and women's bathrooms have been trashed when elementary students were allowed in these facilities.

Eight-ball pool tournament will be held every Tuesday at 6:30 p.m. for men and 8:00 p.m. for the ladies.

Horseshoes will be held on Thursdays at 6:30 p.m. Eastside of gym.

Students interested in attending the Rodeo at the Civic Center, please sign up at the Recreation department. Cut off date for sign up will be Wednesday, October 3, 2001. Rodeo dates will be October 5th and 6th.

## First quantity foods meal was a success:

by Marsha Azure

The first meal of the Quantity Foods Class was served on September 24, 2001. It was a great success. The guests that attended were very impressed with the setup of the dining room, the meal, and the service. Students and staff of both the Nutrition and Dietary Management and Hospitality Management Programs were involved with preparing and serving the meal. They included:

- \* Stephanie Northbird-Student-Nutrition and Dietary Management.

- \* She prepared the Hidatsa pumpkin recipe and was the dishwasher.

- \* Naomi Horse- Student-Nutrition and Dietary Management.

- \* She was the baker ( prepared the apple pie and bread) and the waitress.

- \* Shelby Weist-Student-Hospitality Management.

- \* She was the head cook and prepared the roast beef, potatoes and gravy.

- \* Brenda Sam-Student-Hospitality Management

- \* She set up the dining room and prepared the cucumber salad.

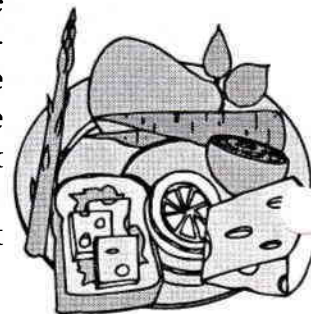
- \* Wanda Agnew-Instructor-Nutrition and Dietary Management

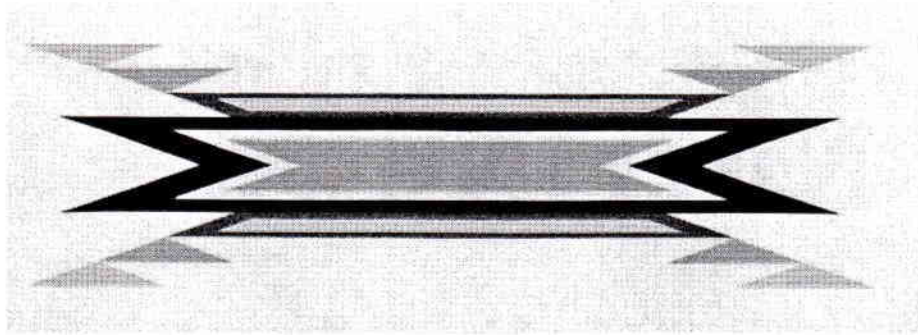
- \* She was the meal manager

- \* Katy Churchill-Instructor-Hospitality Management

- \* She was the kitchen supervisor.

Quantity Food meals in the future will cost \$4.00 and will be open to the UTTC staff and students. Watch for the meal announcements. The next meal is scheduled for October 10. There will be a limited number of people who will be able to attend each meal as we can only seat 30 or 40 person comfortably. If you have any questions about the class or the meals, contact Wanda Agnew, Nutrition and Dietary Management Program Director, at Ext. 420.





# United Tribes Technical College Extension Program announces

## Strong In Body and Spirit Training

October 16 -18, 2001

North Dakota Heritage Center, Bismarck, ND

UTTC students, staff and faculty are invited to attend a three - day training of how to use the Strong in Body and Spirit curriculum. The UTTC Extension Program will cover the registration fee for students, staff, and faculty interested in attending this workshop.

The goal of Strong in Body and Spirit is to encourage healthy lifestyle changes for people with diabetes, their families, and the community.

### The three - day training will include:

- \* how to teach the curriculum
- \* how to start the program in the community
- \* how to evaluate the program

### Team members will:

- \* be community members
- \* have time to commit to doing the program in their community
- \* have the desire to help their community deal with diabetes
- \* not necessarily be trained in the health care field.



### This training is co-sponsored by:

United Tribes Technical College Extension Program  
The American Diabetes Association  
The North Dakota Diabetes Control Program

For Information contact: Marsha Azure, UTTC Extension Director, 255-3285 Ext. 327.



# NutriNews

October 2001

Submitted by:  
Kim Hinnenkamp, LRD  
Ext. 397  
Skills Center 119D

## COMFORT FOOD: PLEASE PASS THE PEAS—AND THE LOVE

By Dayle Hayes, MS, RD

(From FIT Tuesday, The Billings Gazette, September 18, 2001)

“Food to a large extent is what holds a society together and eating is closely linked to deep spiritual experiences.” [Peter Farb in *Consuming Passions: The Anthropology of Eating*, 1983]

When I wrote my Nutrition News column last week, the world was a different place. The events of September 11, 2001, have left our lives more complicated, intensely painful, and very uncertain.

At this point, to continue writing about sugar and health seems trivial and unrelated to the rhythms of life after such a disaster. As I move back and forth through shock, anger, fear, sorrow, and hope, I—like all of you—am trying to put this tragedy into the context of my work and my family’s life.

I believe that food, and nutrition, have important roles in our lives as we move through personal grief, national tragedy,

and global insecurity.

Since then, I have listened carefully to wise thoughts from religious leaders, poets, counselors, musicians, and others. Many themes for healing, recovery and “getting back to normal” begin to emerge. Some words are mentioned repeatedly – family, ritual, and community among them.

Many people have also spoken of reordered priorities, of reminders of that which is truly important, of refocusing our lives on those things that really matter. Naturally, from my nutrition perspective, all these themes keep bringing me back to food.

My nutrition thoughts today are not about what to eat, but about how to eat. Since the beginning of human culture, eating together has been important to

families and communities - and the rituals that bind us together.

Unfortunately, in our fast food culture, everyday meals have too often been seen as something to get through quickly - so that we can get on to something more important. In this troubled time, as we search for a sense of safety, there may be nothing more important than rediscovering the joy and security of good food eaten with others.

As we face the uncertainty of the future, cooking and eating together are among the simple things that can comfort us. The strength we seek, as well as nourishment, health, communication, and stronger family bonds, are as close as our kitchens and dining rooms.

### Ways to Make Food and Nutrition “Normal” in the Weeks Ahead

- ★ **Cook together.** Preparing food is a loving way to share time and bring generations together.
- ★ **Eat together.** Make family meals a real priority as often as you can.
- ★ **Turn off the television.** Take a break from the news and focus on the tastes, smells, and textures of food.
- ★ **Return to rituals.** Making rituals part of everyday meals ties us to the past and to hope for the future.



- ★ **Take time to share.** Slow down and share—food, fellowship, memories, tears, laughter and the joy of time together.
- ★ **Invite others to join you for a meal.** A sense of community is one of the strongest ways to fight fear and move forward. By joining with others around the table, you can begin to take comfort from nourishing food and loving companionships.



**Free  
food and  
prizes**

# Is diabetes a concern in your family?

*Your invitation to a series of  
four diabetes education sessions.*

## WHAT: FACTS ABOUT...

- *Exercise*
- *Eating Less Fat and  
Sugar*
- *Helping Persons with  
Diabetes*
- *Goal Setting*



**WHO: STUDENTS, FACULTY, AND STAFF**  
(Limited to 10 participants. Administrative leave will be given  
for faculty and staff.)

**WHEN:**  
**OCTOBER 26, NOVEMBER 2, 9, AND 16**  
**10 AM - 12 NOON**

**WHERE: NUTRITION AND DIABETES  
RESOURCE ROOM (Skills Center next to  
Room 111F-Food Lab)**



**United Tribes  
Technical College  
Extension Program**

*"A Strong in Body and Spirit Project"*

**Call Kim Hinnenkamp  
at Ext. 397 TODAY to  
enroll!**