

Vol. 17 No. 16

UNITED TRIBES TECHNICAL COLLEGE • BISMARCK, ND

Mar. 18 - 29, 2002

United Tribes Technical College Thunderbirds go to Nationals

by David M. Gipp, UTTC President



Front Row L to R:

23 Orlando Morrison, 12 Francis Azure, 3 Damien Pete, 5 Pete Bass, 32 Randy Holthusen.

Back Row L to R:

4 Billy MacDonald, 33 Delwyn Holthusen, 22 Terry Little Thunder, 44 John Lincoln, 34 Marlin Dickenson, 21 Walter Runs Above.

(UTTC Photo - David M. Gipp)

Newsletter Guidelines

Below are a few guidelines for submitting articles for the newsletter. We would appreciate it if you could follow these guidelines as it makes the newsletter more interesting and more timely for all concerned.

1. ALL COPY SUBMITTED should relate to UTTC, its students, faculty or staff - or be directly beneficial to the functions/daily operations of UTTC.

2. PLEASE, EDIT YOUR COPY before sending it over for publications. This is a "Newsletter" not a newspaper. Limit your article to what is necessary and informative. Also, limit all POSTERS to 8 1/2" X 5 1/2". It is not necessary to use the full sheet. Posters or advertisements can be just as effective when half the size.

3. If contact persons are required with your article, please make sure you list that person's name and where they can be reached.

4. If submitting photos, please submit them either on disk or zip or email directly to the newsletter e-mail site as a JPEG, TIFF, OR EPS or SUBMIT THE ACTUAL PHOTO. Do not send over photos that have been preprinted on your computer printer. They are not clear and do not reproduce well. Also, if submitting an article needing photos make sure these are attached.

5. ALL ARTICLES SHOULD BE SUBMITTED ONE WEEK IN ADVANCE. All articles submitted for the newsletter should be in Arrow Graphics the preceding Monday before the next newsletter is due (1 week in advance). Any late article will be included in the following newsletter.

We receive a lot of articles and it takes 2-3 days to type all of the articles. PLEASE adhere to the deadline and policy. The newsletter is distributed by Monday.

6. If you are sending your articles through e-mail, please send them to nduttcnews@hotmail.com.

SEND ARTICLES AS "TEXT FILES" AND PHOTOS AS EPS, TIFF, OR JPEG, TO ABOVE EMAIL ADDRESS.

Our newsletter is sent all over the nation so other colleges and organizations can see how we are progressing. Let's show our UTTC spirit with great news articles.

Dennis Lucier's ~UTTC Diner~ Bi-Weekly Menu

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



Dinner

Mar. 18 - Mar. 22

- M Goulash, Waxed Beans
- T Bean Soup, Ham Sandwich
- W Roast Beef, Mashed Potatoes, Gravy
- T German Style Sausage, Sauerkraut
- F Fish Sandwich, Potato Salad

Mar. 25 - Mar. 29

- M Spaghetti w/ Meat Sauce, Garlic Toast
- T Steak Sandwich, Macaroni Salad
- W Oven Baked Chicken, Bread Dressing
- T Buffalo Burger On A Bun, French Fries
- F Grilled Cheese Sandwich, Tomato Soup

Supper

Mar. 18 - Mar. 22

- M Hamburger Steak, Summer Squash
- T Pork Chops, Rice
- W Lasagna Square, Garlic Toast
- T Grilled Steak, Baked Potato
- F Hotdog On A Bun, Glorified Rice

Mar. 25 - Mar. 29

- M Baked Ham, Au-Gratin Potatoes
- T New England Dinner w/ Baking powder Biscuits
- W Salisbury Steak, Boiled Potatoes
- T Shish-ka-bob Casserole, Wild Rice
- F Fish Fillet, Oven Baked Potato Wedge

UTTC T-Birds to represent North Dakota at NJCAA Nationals

Bismarck, ND – The United Tribes Technical College (UTTC) men's Thunderbirds will go to the National Junior College Athletic Association's (NJCAA) basketball Division II finals for the third time in five years, representing a 2002 district championship and the North Dakota junior colleges.

According to Activities Director Kevin Finley, the UTTC Thunderbirds are the only American Indian college team in 2002 to go to any national community and junior college basketball finals.

The NJCAA finals are scheduled March 20-23, at Danville, Illinois.

Despite a struggling first half in the basketball season, the T-Birds found the right mix of talent and discipline to beat Central Community College of Nebraska, North Platte, NE., in two overtimes, 113-111, on March 10, 2002, to win the District 11 championship. The win put the T-Birds (16-16) into the Division II nationals out of some 249 competing junior and community colleges across the country.

The T-Birds will play their first game at Danville Area Community College at 1:00 p.m. (CDST), March 21, 2002, against the winner of the game between Wallace State Community College, Alabama, and Penn Valley Community College, Kansas. The first game will be broadcast on KLXX AM radio and other area stations.

The T-Birds beat Central Nebraska with its reserves from the bench, coming from behind

to win the game in two overtimes.

UTTC, an accredited inter-tribal two-year college, has been serving American Indians and their families since 1969 from as many as 40 tribes in a given year.

The Thunderbirds are now regional and district champions, having taken regional honors five years in a row.

Says Pete Bass, a freshman from the Winnebago Tribe, "You could say this was the biggest shot of my life," when he hit the winning basket with 2.3 seconds left in the second overtime period against Central Nebraska.

Before that action sequence, Bass tied the score, making one of two free throws when he was fouled driving to the basket. UTTC Coach Rusty Gillette said he had a play in mind when he called the last timeout with nine seconds left on the clock.

"I was going to go with Pete again," said Gillette. "In the huddle, he kept saying he wanted the ball. That's the kind of player he is."

In the final moments of the game, Bass took the inbounds pass, dribbled up the middle, and set up a 7-foot jump shot that rolled several times around the rim before dropping in, securing another championship for UTTC.

Thunderbird players contributing double figure points were Walter Runs Above, (Northern Cheyenne) with 38 points, Randy Holthusen and John Lincoln (Sisseton-Wahpeton Sioux) with 19 apiece, Terry Little Thunder, (Cheyenne River Sioux) 14 points, and season high point

scorer, Orlando Morrison with 12.

A week earlier, UTTC won the Region 13 basketball tournament championship by defeating MSU-Bottineau, 105-83, and Bethany Lutheran College of Mankato, Minnesota, 75-61.

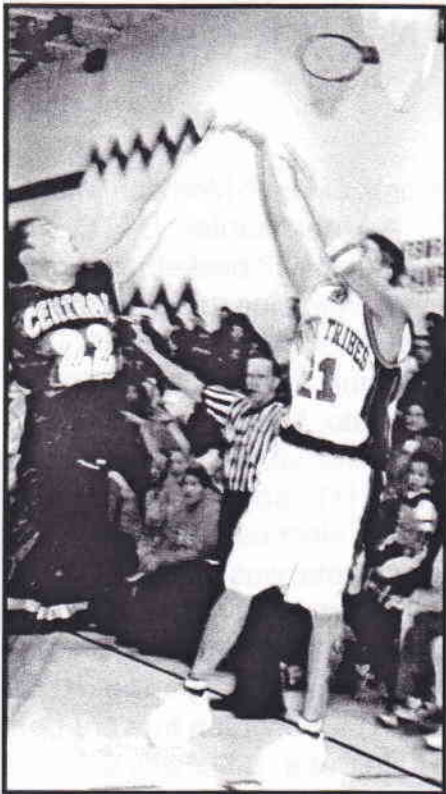
Along with the regional team title, UT sophomore guard Randy Holthusen of Red Lake, Minnesota was named Region 13 tourney's most valuable player. UT teammate Orlando Morrison, (Cheyenne River Sioux) a freshman forward from Eagle Butte, S.D., was selected as an all-tournament player.

UT Thunderbirds head coach Rusty Gillette of Bismarck, N.D., a former Bismarck High School and University of Mary standout basketball player, was voted the 2002 Region 13 "Coach of the Year."

UTTC is accredited through 2013 by the North Central Association of Colleges and Schools and is a member of the American Indian Higher Education Consortium (AIHEC).

For further information contact Misty Delgado, Administration Secretary, at (701) 255-3285 ext 218.





Walter Runs Above making a 3 point shot during the District 11 championship game at UTTC.



Randy Holthusen going for the 3-point shot while under full defense from Central Community College player.



Orlando Morrison taking the shot from the 3-point



Orlando Morrison playing some tough defense against Central Community College, District 11 Championship game.

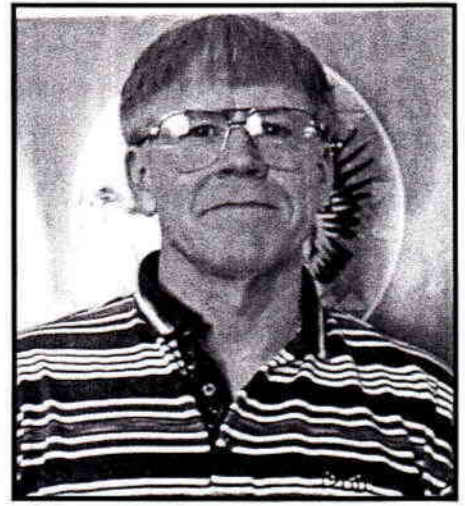


Pete Bass interviewing with NBC after the gam Pete Bass made the final winning point of the game. Score was 113 -111.

*****Indian entrepreneurs*****

Are you or someone you know back home interested in starting a small business? We provide free general counseling and assistance to Indian Entrepreneurs in North and South Dakota. Give us a call at 701-530-0608 or Email: ndsdnabdc@hotmail.com.

**North Dakota/ South Dakota Native American
Business Development Center
Bldg. #61
3315 University Drive
Bismarck, ND 58504**



David Raymo, Property & Supply Manager.

Welcome our new Property and Supply Manager

David Raymo, is the new Property and Supply department manager. He has been married 20 years to wife Lyn, and has two children, Bria, age 15 and Nikko, age 11. Dave has been a resident of Bismarck since 1988. He retired as a Master Sergeant from the North Dakota Army National Guard. He served 20 years managing Property and Supply during his career.

He really likes the atmosphere here and is eager to provide quality customer service. "I enjoy golfing and watching home-improvement T.V. shows. I would also like to get a noon pinochle game going so I could meet more of the staff."

Nursing Students Attend Conference

by Evelyn Orth

UTTC's second year nursing students joined licensed nurses and fellow nursing students in attending a Peaceful Death: End of Life Nursing Care Conference held February 22nd. This conference, utilizing the End of Life Nursing Education Consortium curriculum, was sponsored by the Matters of Life and Death state project, the North Dakota Nurses Association, and nursing honor societies. Amongst the topics presented were: Nursing Care at End of Life; Preparation and Care for the Time of Death; Pain Management; Symptom Management; Grief, Loss, and Bereavement; Ethical and Legal Issues; Communication; and Keys to Effective Caregiving. A panel discussion was held that represented several professional disciplines, including a registered nurse from Fort Berthold who discussed cultural traditions of her tribe. Students said they found the conference to be very interesting. They commented how talking about death and dying is not always easy, but very important, and that they were unaware that a person's grief can resurface unexpectedly years later.

Thoughts for those who take life to seriously

- Save the whales. Collect the whole set.
- A day without sunshine is like, night.
- On the other hand, you have different fingers.
- I just got lost in thought. It was unfamiliar territory.
- 42.7 percent of all statistics are made up on the spot.
- I feel like I'm diagonally parked in a parallel universe.

Positive Experience with Diabetes Classes

by Kim Hinnenkamp

Several people have attended the Strong in Body and Spirit diabetes education classes taught by the UTTC Extension Program last year. Here is a testimonial from a person who had a positive experience from the classes.

"I have been diagnosed as a Type 2 diabetic since 1994. At first I was in denial. I now wish that I had accepted the diagnosis back then while I was on just the pills. I am now taking insulin two times a day. I have been doing a lot of walking and exercising back then and now.

I decided to sign up for the diabetes classes held on campus. I am very happy that I did. I learned a lot, such as what causes diabetes, where your pancreas is located, how to look at labels when you buy food. The videos were also great. The instructors were very knowledgeable and interesting to have classes with. I can't forget all the items that we did receive while attending these classes. The information that was handed out was and still is very informative.

Thank you, and I sure hope you keep having these and other diabetic classes. I would like to have more advanced classes if possible. Once again thank you and keep up the good work."

If you would like to learn

more about diabetes, come to the next session of the Strong in Body and Spirit diabetes education classes.

WHO: STUDENTS, FACULTY, AND STAFF

(Administrative leave will be given for faculty and staff.)

WHEN: FRIDAY APRIL 5, 12, 19 AND 26 FROM 10 AM -12 NOON.

WHERE: LAND GRANT RESOURCE ROOM (Skills Center next to Room 111F - Food Lab).

Call Kim Hinnenkamp at Ext. 397 to sign-up today!



Park Maintenance (temporary) State Parks and Recreation Dept.

Position No: 750-9004
Category: Park Technician1
Salary Range: \$6.00 to \$7.00/hr
Closing Date: April 1, 2002
Status: Temporary seasonal
Recruitment: Internal/external
Location: State Parks in North Dakota

Minimum Qualifications

Able to use objects associated with general maintenance (Ladders, buckets, stepstool, etc.) in all park areas.

Able to move 50-100 lbs. on a regular basis.

Able to withstand exposure to varying weather conditions/temperatures for extended periods.

Able to operate and use power tools and equipment.

Required to wear necessary safety equipment.

Require valid drivers license with ability to operate motor vehicles to include car, tractor, riding mower.

Application Procedures:

Please include a brief summary of work experience and submit with state application form #10950. Please indicate on your application if interested in being considered for more than one position. Applicants claiming veteran preference must submit Form DD214 with the completed application and those applicants needing accommodation with the application and/or interview process should call ND Parks & Recreation at (701) 328-5357 or the North Dakota Job Service TDD 1-800-438-2513.

An application must be sent to each park in which you are requesting consideration for employment. Please call the State Parks and Recreation Department for specific addresses (701) 328-5357 or visit our web site at www.ndparks.com.

Continued on page 6.

Summary of Work:

Responsible to the park manager, the classified park ranger, or supervisory temporary employee for maintenance of park facilities and grounds. May be required to work evenings, weekends, and holidays.

- Cleaning and maintenance of park facilities such as comfort stations, vault toilets, shelters shops, visitor centers, and cabins.
- Mowing, turf and tree care.
- Painting.
- Garbage collection and litter pickup.
- Cleaning and maintenance of park equipment such as mowers, power tools, and vehicles.

TABE TESTING

FOR GRADUATING STUDENTS

Dates for TABE testing are 4-9-02 at 3:00 pm, 4-16-02 at 5:00 pm, 4-18-02 at 5:00 pm, and 4-30-02 at 3:00 pm. All testing will be in room 113 at the Skills Center. Please sign up for a testing date at the computer lab in the education building. If you have any questions contact Julie Creed, Student Support Counselor at the Skills Center #115, or call #234. This testing is mandatory for graduating students.

News from Theodore Jamerson Elementary School

Parent conferences to be held from 3:30 pm to 7:00 pm on Thursday, March 21 and 3:30 pm - 7:00 pm on Tuesday, March 26. Please watch for conference notices.

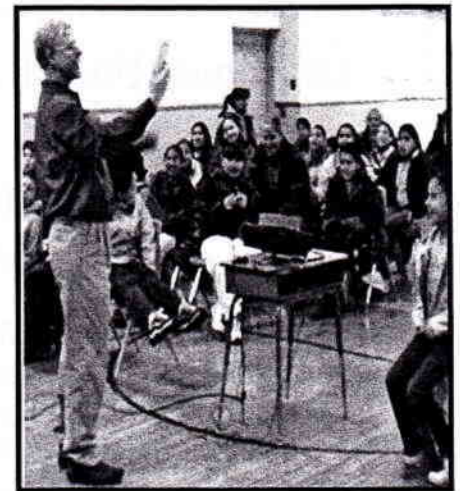
Ski Outing



Students from grades 4 - 8 skied at Huff Hills, a few miles south of Mandan on February 21. This annual event allowed many students to ski for the first time.



In cooperation with the Bismarck Public Library, TJES was able to host the renowned children's author Ben Mikaelson. Mr. Mikaelson spent the better part of a day with our students giving them three different age appropriate presentations. Some of our 1st grade students were initially disappointed as the author did not bring his fully grown pet bear. It didn't take long before they were delighted with participating in the story building process. The older students were treated to wonderful background stories and a slideshow. "He was totally cool" is among the many comments made by the middle school students at TJES.



Famous Children's Author Ben Mikaelson makes guest appearance.

Sign here...with your E-Signature

by Tammy Carlson, Coordinator College Information Service
Student Loans of North Dakota

From the very first day of school, we learned how to write the one thing most important to us - our name. The teacher would instruct us to write neatly so that everyone could read our handwriting. Now, fast forward to the day of the "electronic age."

No longer are signing our name with only a pen and paper. With the electronic age, our signatures are now made up of a combination of characters known as a "digital" or "e-signature." This new signature can be used to sign things electronically on the Internet.

Currently, digital signatures are used in many industries. They are now taking on a new role in the financial aid industry. Students and parents can now complete the Free Application For Federal Student Aid (FAFSA) form online and, yes, you guessed it, sign your name with the use of a digital signature. In this case, the digital signature is an assigned PIN (Personal identification number), comprised of four characters, from the U.S. Department of Education.

It goes even further! After you have applied for federal financial aid, you will receive an award letter from the college you will be attending. Then you will be asked to complete loan information, such as a Master Promissory Note (MPN), which can now be done online!

The main benefit of using a digital signature to sign either the FAFSA or an MPN is quicker turnaround time. No longer do you have to wait to receive your MPN in the mail to complete, sign and send back to the lender. The new e-signature will get you through the financial aid process faster, which means your money to attend college will be in place when you need it.

1st Annual United Tribes Technical College

"Wellness Week"

April 8-12, 2002

Look forward to the **Wellness Fair** and other exciting events to keep us well. Keep posted for the latest update in the Campus Newsletter. Remember to keep your week open for the "Wellness Week" April 8-12, 2002 at United Tribes Technical College.

Contact Information: Mark L. Mindt, ext. 327

In only a 100 years

submitted by Jan Whiteman, Arrow Graphics Dept.

Think this is interesting, what a difference 100 years have made. We can't even think about what the next 100 might bring, things are moving even faster now!

Now that 2001 is history, how did it compare to 1901? Here are a few items of interest from the last "first year of the century":

The average life expectancy in the United States was 47.

Only 14% of the homes in the United States had a bathtub.

Only 8% of the homes had a telephone. A three minute call from Denver to New York City cost eleven dollars.

There were only 8,000 cars in the U.S. and 144 miles of paved roads.

The maximum speed limit in most cities was 10 mph.

Alabama, Mississippi, Iowa, and Tennessee were each more heavily populated than California.

With a mere 1.4 million residents, California was only the twenty-first most populous State in the Union.

The tallest structure in the world was the Eiffel Tower.

The average wage in the U.S. was twenty-two cents an hour.

The average U.S. worker made between \$200 and \$400

Continued on next page.

per year.

A competent accountant could expect to earn \$2000 per year, a dentist \$2500 per year, a veterinarian between \$1500 and \$4000 per year and a mechanical engineer about \$5000 per year.

More than 95% of all births in the United States took place at home.

Ninety percent of all U.S. physicians had no college education.

Instead, they attended medical schools, many of which were condemned in the press and by the government as "substandard."

Sugar cost four cents a pound. Eggs were fourteen cents a dozen.

Coffee cost fifteen cents a pound.

Most women only washed their hair once a month and used borax or egg yolks for shampoo.

Canada passed a law prohibiting poor people from entering the Country for any reason, either as travelers or immigrants.

The five leading causes of death in the US were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart Disease
5. Stroke

The American flag had 45 stars.

Arizona, Oklahoma, New Mexico, Hawaii and Alaska hadn't been admitted to the Union yet.

The population of Las Vegas,

Nevada, was thirty. The remote desert community as inhabited by only a handful of ranchers and their families.

Plutonium, insulin, and antibiotics hadn't been discovered yet.

Scotch tape, crossword puzzles, canned beer and iced tea hadn't been invented.

There was no Mother's Day or Father's Day.

One in ten U.S. adults couldn't read or write.

Only 6% of all Americans had graduated from high school.

Marijuana, heroin, and morphine were all available over the counter at corner drugstore.

Tidbits

The human heart creates enough pressure when it pumps out to the body to squirt blood. (O.M.G!)

A cockroach will live nine days without its head before it starves to death. (creepy)

The flea can jump 350 times its body length. It's like a human jumping the length of a football field.



Kids Korner



After putting her children to bed, a mother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. At last she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard her three-year-old say with a trembling voice, "Who was THAT?"

A mother was telling her little girl what her own childhood was like: "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this in. At last she said, "I sure wish I'd gotten to know you sooner!"

My grandson was visiting one day when he asked, "Grandma, do you know how you and God are alike?" I mentally polished my halo while I asked, "No, how are we alike?" "You're both old," he replied.

A little girl was diligently pounding away on her father's word processor. She told him she was writing a story. "What's it about?" he asked. "I don't know," she replied, "I can't read."

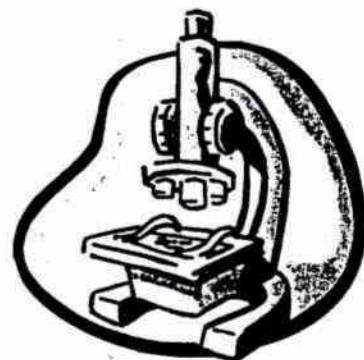
SUMMER JOBS IN SCIENCE

BACKGROUND: The Agricultural Research Service (ARS), the principal research agency within the U.S. Department of Agriculture (USDA), invites currently enrolled college students who are pursuing further education to apply for Summer Program positions. Up to three interesting and challenging job opportunities will be open this summer at ARS Livestock and Range Research Laboratory, (LARRL) in Miles City, Montana. These positions provide students a paid summer intern experience involving substantive work assignments during the summer months (eight weeks, or longer depending on funding) and provide knowledge about career opportunities and future employment prospects at ARS.

WHO IS ELIGIBLE TO PARTICIPATE?

Any student who:

- ✓ is a U.S. citizen;
- ✓ is currently enrolled in a college or university; and
- ✓ is planning to continue their education in the fall of 2002.



LOCATION: USDA, ARS, Fort Keogh
LARRL, 243 Fort Keogh Road
Miles City, MT 59301

KNOWLEDGE REQUIRED: General knowledge of the basic principles of biological science (e.g., plant pathology, plant physiology, plant identification, soil sampling, etc.) to perform routine or recurring techniques and studies, record instrument readings (e.g., soil moisture instrument, leaf area meter, etc.) collect samples, and take measurements. Ability to keep exact and detailed records of data obtained from experiments. Ability to operate a personal computer using word processing and/or other software programs. Ability to recognize subtle variations in often repeated experiments. Ability to independently carry out basic work assignments.

OTHER JOBS TOO!

Other summer positions are available for students at Fort Keogh with Montana State University, Agricultural Experiment Station such as FARM CREW, SHOP CREW and MAINTENANCE CREW.

For more information & application forms, contact us at 406-232-4970
Ask for Keith Klement, Phil Dailey, Sandi Lockie or Byron Hould
Or contact us by e-mail at keith@larrl.ars.usda.gov or phil@larrl.ars.usda.gov

APPLICATION DEADLINE: APRIL 12, 2002

USDA and MSU are equal opportunity providers and employers.

MUSEUM INTERNSHIP

SIOUXLAND HERITAGE MUSEUMS

200 West 6th Street
Sioux Falls, SD 57104

The Siouxland Heritage Museums is a joint county-city museum system which includes the Old Courthouse Museum and the Pettigrew Home and Museum. The Old Courthouse Museum is the former Minnehaha County Courthouse opened in 1890 at Sixth Street and Main Avenue. The 1889 Pettigrew Home and its later museum gallery additions are located at the corner of Eighth Street and Duluth Avenue. Both buildings underwent restoration in the late 1980's and further improvements continue whenever funding permits. The organization is committed to the ideals that museums are learning institutions which collect, preserve, interpret and exhibit collections of regional significance.

OBJECTIVE:

The Siouxland Heritage Museums has established an internship program to provide college students with practical experience working in the museum field.

ELIGIBILITY:

Students currently enrolled in a degree program in the areas of history, education, art or museum studies.

TERM OF EMPLOYMENT:

40 hours per week for 12 weeks. Some evening and/or weekend hours may be required.

COMPENSATION:

\$7.00 per hour

SELECTION PROCESS:

Applications will be reviewed by the Intern Advisory Committee. Top applicants will be invited for interviews. Please submit the following materials:

- *Cover letter and resume
- *Completed Minnehaha County job application form

APPLICATION DEADLINE:

All materials should be received no later than Friday, March 15, 2002

CONTACT:

Minnehaha County Human Resources
415 North Dakota Avenue
Sioux Falls, SD 57104
Phone: (605) 367-4337
Fax: (605) 367-4488
E-mail: nbuckman@minnehahacounty.org



CDC NEWS

A Newsletter for Families

March 18, 2002

For You Information:

The Child Development Center staff has nominated 2 employees (one for each center) of the month for February. Criteria such as: personal responsibilities, parental involvement, involvement with children and involvement with fellow co-workers were all considered in the decision.

The Infant Toddler Center nominated:

Brenda Bauman

The Preschool Center nominated:

Miriam Orengo

Congratulations, Brenda and Miriam on a job well done.



Let Me Introduce Myself:

Hi!

My name is Leaha Fast Horse. I am an enrolled member of the Standing Rock Sioux tribe.

I have worked at the Infant Toddler Center for four years and love every minute of it. I am currently working with the 12-15 month old group.

I enjoy playing basketball and love playing soccer in the summer time.

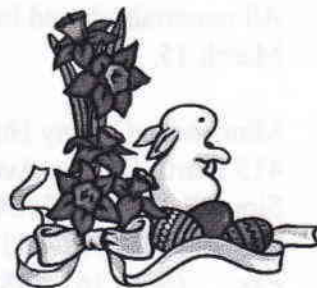
Happy Easter to all.

Leaha



Quotes from Connie

“Not to
Choose
Is A
Decision.”



“Even Your
Silence
Holds A
Sort Of
Prayer.”
(Apache)

CDC NEWS



PRESCHOOL CENTER

5 Year Old Group

The five year old area is doing a clown and circus unit. We have been designing clown faces, making elephant puppets, and we have been busy making clown impressions on big paper. To bring in the month of March we will be making kites. We also have planned Easter and St. Patrick's Day activities.

We have been working on the alphabet and our numbers in Lakota, Yolumni and English.

Happy Easter,
Linda, Lexi and Virgil

3 Year Old Group

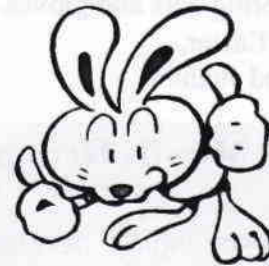
Hello!

This month we will be working on the color green.

We will also be busy doing activities with St. Patrick's Day and Easter.

The children are doing great. If any of you have any questions, please feel free to stop in and ask us.

Thank You,
Vivian and Jada



4 Year Old Area

We are continuing to practice counting in English and Lakota. We are also learning to write the letters of the alphabet. We hope to be writing our numbers by spring. The students have also had various art lessons to go along with the letters they are learning to write.

Happy Easter,
Clancie, Miriam and Wendelin

2 Year Old Area

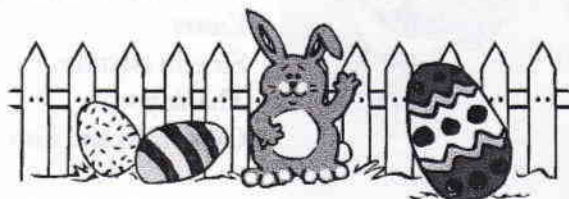
Hello again,

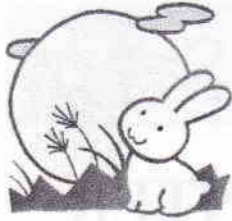
It is March and for this month we are focusing on family and relatives. We will be asking the parents to send pictures of their family with their child.

This will be a good time for your child to show everyone their families.

As a reminder, we encourage parents to stop in and visit anytime

Thanks and Happy Easter,
Jackie and Lynette





CDC NEWS

Infant Toddler Center

18-24 Month Group

Hello,
March's activities will be centered around St. Patrick's Day and Easter. Painting shamrocks and Easter eggs, coloring and gluing are just a few of the fun projects to be done in our area. The children always enjoy puzzles, music and dancing throughout the day. Depending on our unpredictable, we do go for walks as often as we can. Please, remember to bring hats and gloves. Happy Easter,
Jean and Juanita

15-18 Month Group

Hello!
We are starting our new month with the oval shape and color green/zito. The body parts that we will be working on for March are the neck/tahu, the shoulder/hinyete and the elbows/lspa. Excuse me was added the the list of manners. The month of March our activities will center on St. Patrick's, Easter and farm animals (chicks, ducks, cows and horses). If your child has a favorite book they would like to share with the class, feel free to bring them in. It makes the children feel good to share their favorite books.
Have a Happy Easter,
Brenda and JoAnn.



12-15 Month Group:

Hello!
In March we will be doing St. Patrick's Day and Easter projects. We also have a new addition to our group. Jaren Guina graduated from Sis and Gypsy's area. We send him a big hefty welcome. Please feel free to stop by anytime. Thank you and Happy Easter,
Leaha and Lisa



6-12 Month Group

Hello Everyone!
We would like to welcome back Malia White and Celysce Stiffarm. We would also like to congratulate Jaren Guina on graduating from our area to Leaha and Lisa's area. He was a joy to have and will be missed. We would like to wish everyone a safe Spring Break, a Happy St. Patrick's Day and a Happy Easter. Stop in anytime. Thank you,
Gypsy, Sis and Kim

0-6 Month Group

Hello!
We would like to welcome Jerome Crazy Thunder to our area! It sure is fun to watch these little ones grow and change every-day. Their smiles and cooing make our days. We have started filling out Sunshine Reports (information for parents on how their child's day went). Your input on these will be greatly appreciated. Have a Happy Easter,
Lenore and Dutchess

NutriNews

March 2002

Written by: Kim Hinnenkamp, LRD

March is National Nutrition Month®!

Supermarket Psychology

The chore of going grocery shopping is one thing that I dread every week. But by following a few practical tips, you can make your grocery trips more time efficient, economical, and hassle free.

- **Keep a shopping list and stick to it!**

A list jogs your memory and saves time as you walk the supermarket aisles. With a list, you're less likely to spend money on items you really don't need.

- **Avoid extra shopping trips.**

If possible, shop just once or twice a week. You'll spend less on impulse items and save time, too.

- **Check supermarket specials printed in newspaper inserts and plan menus around them.**

If the store runs out of an

item on special, ask for a rain check.

- **Try not to shop when you're hungry.**

You'll be less likely to give in to impulse items, including more expensive, less nutritious snack and dessert food.

- **Buy fresh produce, fruits, and vegetables in season.**

Most are available year-round. However, by purchasing produce in season, the price may be lower, and the produce, more flavorful.

- **Use food labels as you shop.**

Remember that information on food labels can help you find foods that match your needs, provide the facts for comparison shopping, and help you get the most nutrition for your food dollar.

- **Stock up on canned and other nonperish-**

able foods when they're on sale.

At home, rotate your food supply, so that the "first in" is the "first out."

- **Buy perishable food in amounts that will be eaten before they would spoil.**

An extra bunch of broccoli that spoils in the refrigerator is no savings.

- **Consider the cost of convenience foods.**

Prepared, presliced, and precooked foods usually cost more.

- **Pay attention at the checkout.**

See that prices ring up as advertised or as indicated on the shelf label, especially for sale items.

- **Try to buy store brands, which are usually cheaper.**

- **Clip coupons for items you really need.**

Source: Duff, Roberta Larson. *The American Dietetic Association's Complete Food and Nutrition Guide*. 1996.

Healthy Grocery

Shopping Tour

Since March is National Nutrition Month®, the UTTC Extension Program and the Community Nutrition students will be offering a healthy grocery shopping tour.

"Start Today for a Healthy Tomorrow" by learning tips on how to bargain shop for food and still make healthy choices.

WHO: Students, Staff, and Faculty

WHEN: Wednesday, March 27 from 9 to 10 am

WHERE: Meet at Dan's Supermarket South

IF YOU NEED A RIDE OR HAVE QUESTIONS: Call Kim Hinnenkamp, Ext. 397.

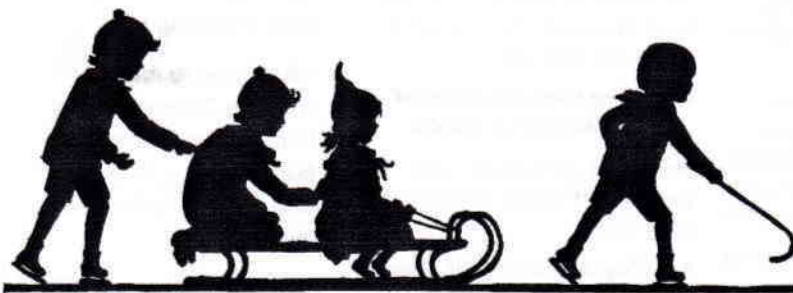
Easter Recipe: Marbled Eggs



- ∪ 4 hard cooked eggs
 - ∪ 1 envelope unsweetened Kool-Aid, any flavor (go for desired color)
 - ∪ 3 cups cool water
1. Tap hard cooked eggs gently all over until the shells are a network of fine cracks.
 2. **DO NOT REMOVE THE EGGSHELLS**
 3. In 4-cup bowl, combine the Kool-Aid and water.
 4. Put the eggs in the bowl. Cover.
 5. Let stand in the refrigerator overnight.
 6. Remove from liquid.
 7. If used for a decoration, do not eat hard cooked eggs that have stood at room temperature for more than 2 hours.



**United Tribes
Technical College
presents
*"Week of the Young Child"***



- **Children's Book Festival (Books for sale—payroll deductions available).**
- **Rock n' Read (UTTC staff/faculty are invited to come to the CDC and read to the children.)**
- **Poetry Contest**
- **Open House at both Child Development Centers**
- **T-Shirts (or bibs) for all CDC children, staff, and ECE students.**
- **Watch for a calendar of daily activities for the week that will be sent home with your child!**

Poetry Contest - \$50 Prize

There will be a cash award given to the selected poem. All UTTC students and families are encouraged to enter!

For More Info, Contact:

Marie Brown, CDC Director, ext. 248

Kathy Schneider, Co-Director, ext. 392

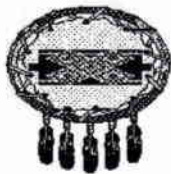
Lisa Azure, ECE Dept. Chair, ext. 407



**Free
food and
prizes**

**WHAT:
FACTS ABOUT...**

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



**United Tribes
Technical College
Extension Program**

"A Strong in Body and Spirit Project"

Is diabetes a concern in your family?

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



WHO: STUDENTS, FACULTY, AND STAFF
(Administrative leave will be given for faculty and staff.)

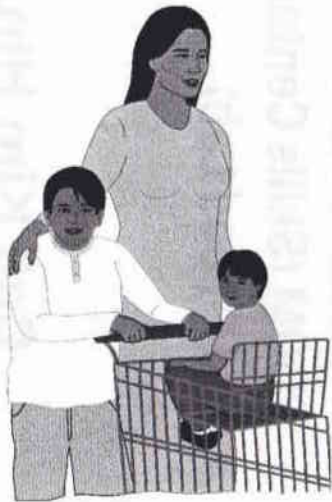
WHEN: FRIDAY, APRIL 5, 12, 19, 26
10 AM - 12 NOON

**WHERE: LAND GRANT RESOURCE
ROOM (Skills Center next to Room
111F-Food Lab)**

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

Healthy Grocery Shopping Tour

Given by the Community Nutrition Students and UTTC Extension Program



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CAMPUS HAPPENINGS



March 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <u>COMMON SENSE PARENTING</u> 6-8p TOPIC: Preventive Teaching. BLDG. 36 Gr. 7 Classroom	5 7:00p AA Mtg.	6	7 3:00p Ala-non Mtg. 4:00p Ala-teen Mtg. 7:00p AA Mtg.	8	9
10	11 <u>NO CLASS</u> SPRING BREAK	12 <u>NO CLASS</u> SPRING BREAK	13 <u>NO CLASS</u> SPRING BREAK	14 <u>NO CLASS</u> SPRING BREAK	15 <u>NO CLASS</u> SPRING BREAK	16
17 St. Patrick's Day	18 <u>COMMON SENSE PARENTING</u> 6-8p TOPIC: Corrective Teaching. BLDG. 36 Gr. 7 Classroom	19 7:00p AA Mtg.	20	21 3:00p Ala-non Mtg. 4:00p Ala-teen Mtg. 7:00p AA Mtg.	22	23 1-3p FAMILY CLUB Bowling; Capital Lanes FREE - For TJES Families
24	25 <u>COMMON SENSE PARENTING</u> 6-8p TOPIC: Teaching Self Control. BLDG. 36 Gr. 7 Classroom	26 7:00p AA Mtg.	27 9-10am Healthy Grocery Shopping Tour- Meet at Dan's Supermarket South OPEN TO ALL STUDENTS AND STAFF 7-9p Drivers License Workshop Room B-14	28 3:00p Ala-non Mtg. 4:00p Ala-teen Mtg. 7:00p AA Mtg.	29 Good Friday <u>NO CLASS</u> EASTER BREAK	30 EASTER BREAK
31 EASTER	4/1 <u>NO CLASS</u> EASTER BREAK	2	3	4	5	6



United Tribes Technical College
 OFFICE OF ADMINISTRATION
 3315 University Drive
 Bismarck, North Dakota 58504

Aug	Mon	Tue	Wed	Thu	Fri	Sat
1 13 28 41 54 67 80 93 106	2 14 27 40 53 66 79 92 105	3 15 28 41 54 67 80 93 106	4 16 29 42 55 68 81 94 107	5 17 30 43 56 69 82 95 108	6 18 31 44 57 70 83 96 109	7 19 32 45 58 71 84 97 110

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