

United Tribes Wins First & Fourth Places at the National AIHEC Basketball Finals

by Katie Beheler



Back (Left to Right): Donovan Abbey, Marlin Dickensen, Walter Runs Above, John Nelson, John Lincoln, Delwyn Holthusen, Terry Little Thunder, Orlando Morrison, Assistant coach Kevin Finley. Front (Left to Right): Billy McDonald, Damian Pete, Francis Azure. They all received jackets and a trophy. United Tribes men's team took 1st place at AIHEC Basketball Tourney in Huron. They defeated Turtle Mountain CC. 116- 91.

Huron, S.D. — After returning with an eighth place finish at the National NJCAA Division II Finals, the United Tribes mens' basketball team captured first place at the 2002 American Indian Higher Education Consortium (AIHEC) National Basketball Tournament held March 27-29th at Huron, S.D.

The UTTC Thunderbirds drew a bye in the first round, and then defeated Little Big Horn College of Crow Agency, Mon-

tana and Stone Child College of Box Elder, Montana. UTTC advanced to Friday evening's championship game and outscored Turtle Mountain Community College of Belcourt, N.D., 116-91, for the first place trophy.

United Tribes Technical College also fielded a women's team at the national Tribal college finals. The Lady Thunderbirds took fourth place competing against the Southwestern Indian Polytechnical Institute of Albuquerque, N.M. in their last game of the season.



Left to Right: Fatima Finley, Sonja Cain, Beni Roberts, Sherri Wolf, Myra Grant, June Renville. UTTC Lady T-Birds took 4th place at AIHEC Basketball tourney.

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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

Apr. 1 - 5

- M** Spaghetti w/Meat sauce
- 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

Apr. 8 - 12

- M** Chili, Garlic Toast
- T** Taco Salad On Baked Chips
- W** Swedish Meatballs w/ Gravy Over Noodles
- T** French Dip w/ Au-jus
- F** Knoephle Soup, Baked Chicken

Supper

Apr. 1 - 5

- 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

Apr. 8 - 12

- M** Braised Beef w/ Gravy
- T** Bar-B-Que Chicken, Baked Potato
- W** Pizza - Individual
- T** Sweet & Sour Chicken, Rice
- F** Burrito, Spanish Rice

National AIHEC basketball finals

Continued from first page.



Terry Little Thunder received a jersey for the "Mr. Rebound" award for having the most rebounds during the tourney.

Three UTTC players on the men's squad were recognized for their tourney accomplishments. T-Bird forward John Lincoln of the Sisseton-Wahpeton Sioux Tribe was named the Most Valuable Player. Damian Pete of Montana's Fort Peck Sioux Tribe received the "Mr. Hustle" award. UTTC's center player, Terry Little Thunder of the Cheyenne River Sioux Tribe in South Dakota, was named "Mr. Rebounder" for grabbing the most rebounds in the tourney.

A week earlier, the United Tribes men's team traveled to Danville, Illinois for the NJCAA national basketball finals and finished in eighth place. It was the third time in five years that the T-Birds qualified.

FEDERAL REPRESENTATIVES VISITING UTTC IN APRIL

Two federal agencies will be sending department representatives to visit United Tribes Technical College during the first half of April 2002.

The U.S. Department of the Interior notified the college of a tentative site visit by Bureau of Indian Affairs (BIA) Education director Bill Mehojah on Thursday morning, April 11th. UTTC is awaiting an official confirmation of the site visit agenda, which is expected to cover consultation and campus tour activi-

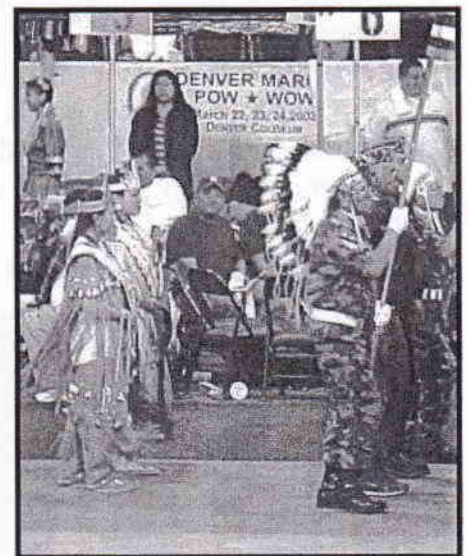
ties from 9:00 am to 12:00 pm.

During the following week, on April 18-19th, U.S. Department of Education (ED) program officer Paul Geib, Jr. will conduct an official site visit to the UTTC campus. Mr. Geib, representing the Office of Vocational and Adult Education, will be reviewing those programs and services supported by the Carl Perkins Vocational and Applied Technology Act of 1998. He has also

continued on Page 7.



Miss Indian Nations X, Dillene Sunshine Hoffman



On the left is Lauren Frank, who was the Denver March Powwow Princess for 2001-2002. On the right is Michelle Flying Man, who was crowned Miss Denver March 2002-2003.

2002 DENVER MARCH POWWOW

UTTC Tribal Tourism Partnership Initiative, in partnership with UTTC Recruitment Office, attended the 28th Annual Denver March Powwow held on March 22nd - 24th in Denver, Co. The

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United Tribes Technical College

First Annual Wellness Week

The UTTC Wellness Circle would like to announce the 1st Annual Wellness Week, April 15 - 19, 2002. Wellness Week activities will take place on the United Tribes Technical College campus.

Wellness Walks will be held from 7:45 to 8:15 am and 12:00 to 12:30 pm April 15 - 19. Come and walk the UTTC loop, register for prizes, and receive a healthy snack.

Tuesday, April 16th, brings the excitement of the Wellness Fair to be held the large gym from 12:00 to 4:00 pm. Bring your friends and family. Register for a variety of prizes worth over \$500. There will be many tables to explore on a variety of topics such as traditional wellness, financial literacy, gardening, stress management, "got" milk, vital signs, cholesterol screening, blood sugar screening, vision screening, dental, health injury prevention, folic acid, 5 A Day, Wheel of Fortune, smoking cessation, food safety, bison and nutrition facts, and a fishing pond.

Concluding the activities for Wellness Week will be the "Strong In Body & Spirit" Workshop on wellness and diabetes, April 19th from 10:00 am - 12:00 pm in the UTTC Land Grant Resource Room (Skills Center).

An exciting and fun week is scheduled, so make plans to attend the 1st Annual United Tribes Technical College Wellness Week April 15-19, 2002.

If you have any questions about any of the Wellness Week activities, please contact Mark Mindt or Marsha Azure at Ext. 327.



Cafeteria Staff Take National Food Safety Training

by Kim Hinnenkamp, UTTC Extension Program

On January 3, 2002, the cafeteria staff participated in a one-day food safety training by the UTTC Extension Program. The curriculum used was the Na-

tional Restaurant Association's ServSafe program. The purpose of the training was to inform the staff about the dangers of foodborne illness and ways it can be prevented. Topics addressed were proper cooking temperatures, personal hygiene practices, and cooling and thawing procedures.

Since foodborne microorganisms cause 76 million illnesses in the United States each year, there is a need for foodservice staff to be educated on the im-

portance of food safety. Even though learning about food safety can be as simple as learning to wash your hands, most people do not realize its importance. The cafeteria serves meals to a variety of populations such as young children, elders, and people with diabetes. These people are more susceptible to foodborne illnesses due to their weakened or underdeveloped immune systems. By learning about food safety, the cafeteria staff is doing their best to prevent foodborne illnesses from occurring on our campus.

After completing the training, the staff took a national exam where they could become ServSafe certified. Cafeteria staff, Dennis Lucier, Marilyn Eagle, Wayne Koppinger, and Julia Wise, were recognized for becoming ServSafe certified. The next time you are eating at the cafeteria, please recognize the staff for their hard work and willingness to learn.



Mr. Neil Taylor, Assistant Dean of Student and Campus Services

New Assistant Dean of Student and Campus Services

by Russell Swagger

Mr. Neil Taylor is the new Assistant to the Dean for Student and Campus Services. Mr. Taylor started on March 20, 2002. He replaces Ms. Lori Pemberton. Mr. Taylor is from Wolf Point, Montana and he is an enrolled member of the Fort Peck Tribes.

Prior to coming to UTTC, Mr. Taylor worked at the University of North Dakota's Indians Into Medicine (INMED) Program as the College Coordinator. He has also worked for the WoRC Program, a component of welfare reform, as Education Coordinator on the Fort Peck Reservation.

Mr. Taylor's education background consists of a Bachelor of Arts degree in the Social Sciences and a Masters Degree in Vocational Education. Both degrees were obtained from MSU-Northern in Havre, Montana.

Mr. Taylor enjoys camping, fishing and spending time with his family. He also said he looks forward to his new job and hopes to meet everyone on campus.

WEEKLY WIC WORDS

by Wanda Agnew

WIC is available on the UTTC Campus at the Infant and Toddler Building. There are many open hours where WIC staff are available by appointment, to issue food vouchers and do nutrition education. Please call Ext. 420, leave a message with your phone number so we can call you back if the Extension does not answer right away.

NOTICE. During the months of February and March many families chose not to participate with WIC. The reasons may be many, but we have heard it was because of the breaks and students could not fit everything into their schedules. This unfortunate happening meant many families did have the free food available to help feed their children (over 20 children from birth to age 5). Students at all colleges, not just UTTC, are generally financially

strapped and need some help. Be responsible, keep your appointments, and use the help available to you while you are very busy in college. Parents of over 30 children did participate. Good job. We want the WIC service available to UTTC families next year.

QUESTION: Why would a WIC staff member talk about things other than nutrition during my appointment? Is that their business?

ANSWER: Nutrition is just one tiny part of having a happy, healthy family. April is Child Abuse Prevention Month and WIC staff will likely use that month to empower UTTC parents to feed their children's emotional being in a healthful manner. Some things that can be done to nourish a child's emotional health so he can feel safe,

loved and worthwhile include: #1. Spend time with each child individually. #2. Listen to each child and respect his feelings, fears, and thoughts. #3. Tell children the truth and only make promises you can keep. #4. Protect children from violence from other children - family and non-family members. #5. Praise each child for their abilities and input offered to the family's routine. #6. Teach children how to cope in a positive way when faced with failure and disappointments. #7. Help children think about and solve their own problems #8. Let children tell you about their solutions and offer guidance so their solutions can work. #9. Make time each week where your family cannot be interrupted so you develop traditions, games, and stories for future generations. **AND #10. Never use words that HURT.**

Another Bill!!

by Shawna Z., RHIT

Are you baffled by the amount of a bill from a clinic or hospital? How many of those bills do they send? How do you know if they are correct?

These are some questions that a RHIT (Registered Health Information Technologist) person could answer for you. We are proud to say that the Health Information Technology department at UTTC is producing intelligent coder/billers.

Did you know that you have a right as a consumer of health care, to call the billing staff and ask for an explanation of your bill? This is all due to consumer rights written in an act of legislation called HIPAA. Many people struggle with mounds of papers, from the insurance company to the bills from the hospital and clinics. Unfortunately, many people pay these bills without checking them. You might be losing money.

If you are in doubt, call the billing department and most are happy to explain the bill to you. To find out more about IHS benefits, call your local tribe or go to their excellent website <http://www.ihs.gov/>. Medicaid also has a toll free number (1-800-755-2604) to call to ask any questions. Most other insurance companies have a toll free number on your insurance card.

When you do call, on the other end, might be one of our RHITs that can help you understand the billing process.

Just one more way that a RHIT can benefit you, your family, and possibly a new career.



Ed Moore Sr. *Akicita Wakan* Memorial Golden Gloves Smoker

6:00pm Saturday April 13, 2002

BIA Old Gym Fort Yates, ND

(Must have a valid USA Registration Pass Book)

Weigh-ins from: 10am - 2pm

feed will follow weigh-ins

Contact:

Sam Moore (701) 854-4380
Ray Moore (701) 445-3383
Duane Phillips (701) 854-7573
Lisa Moore (701) 854-3161 w
(701) 854-4701 h

*Jackets, Sweatshirts, Shirts, Trophies:
Outstanding Sr. Fighter Outstanding Jr. Fighter
Best Fight of the Night Traveling Trophy*



*1960 GOLDEN GLOVE Champs
Chicago, ILL*

ATTENTION GRADUATES

Graduation Pictures
April 15, 2002
12 Noon to 2 PM
Skills Center - Exhibit Hall

\$25.00 Photo Package includes:

- 1- 8X10 Photo
- 8 - Wallet size photos

(additional photos available upon student's request for additional fee).

Photos will be delivered to Wanda Agnew Ext. 420 or Terry Anderson Ext. 242. Call Terry or Wanda if you have questions regarding April 15 date, photo package, retakes, or photo delivery and pick-up times. (payment is due at the time the photos are taken or before they are picked up).

**Continued from page 3.
Federal Rep. visit UTTC.**

agreed to be a guest at the annual UTTC Staff Recognition Banquet scheduled on Friday evening, April 19th at the Doublewood.

Acting Academic Dean Phil Baird, who is also serving as the interim Carl Perkins project director, is forwarding a tentative agenda to all departments that will be reviewed during the ED site visit. There will be a staff meeting on Monday, April 15th, 3:30 pm at the Skills Center to finalize plans for Mr. Geib's visit.

**Continued from page 3
Denver March Powwow.**

Denver March Powwow is an American Indian Cultural Festival and is often viewed as the "kick off" for the new powwow season. This year's event was a huge success with 60 drums in attendance, providing traditional songs for contests, specials and many intertribals. UTTC was one of many vendor booths that provided information regarding academic opportunities for potential students as well as the 33rd Annual United Tribes International Powwow held in September. The Denver March Powwow event proved to be a successful recruitment vehicle as several students were recruited and signed up for a variety of vocational programs offered at United Tribes Technical College. The UTTC recruitment booth was staffed by Shirley Iron Road, with assistance from the UTTC Tourism staff.

Miss Dillene Sunshine

Hoffman, Indian Nations X from White Mountain, AZ, was also on hand to promote and recruit candidates for the Miss Indian Nations XI pageant to be held in conjunction with the United Tribes Powwow in September 2002. Miss Indian Nations was accompanied by Karen Paetz Fox and Ryanne Redbird of the UTTC Tourism Office. Miss Hoffman did an excellent job of promoting the pageant and was asked to accompany the Denver March Powwow Princess in leading in the powwow royalty during the grand entries. UTTC students, their friends, or relatives who are interested in entering the pageant should contact Misty Delgado at the UTTC Administration building for further information.

The Grand Entry was a spectacular event, the processional began with the Heart Beat drum group carrying their drum and singing the Denver March Powwow Song "A Living Hoop". Following them was the eagle staff carried in by respected tribal elders in full Buckskin regalia and feather bonnets and various color guards from across the country who carried in the American Flag, Canadian Flag, and Indian Nation Flags. Miss Lauren Frank, 2001 Denver March Powwow Princess and the 2002 Denver March Powwow Princess along with Miss Dillene Sunshine Hoffman, Miss Indian Nations and other royalty led the dancers into the Denver Coliseum arena. Powwow dance categories were Golden Age Men, Senior Men, Men's Northern Tradi-

tional, Southern Men's Straight, Men's Fancy, and Men's Grass, Golden Age Women, Sr. Women's, Women's Southern Buckskin, Women's Southern Cloth, Northern Women's Traditional, Jingle Dress, Fancy Shawl and Junior & Teen boys and girls categories and finally the tiny tots.

Another highlight of the Denver March Powwow was the Friday afternoon coronation of the 2002 Denver March Powwow, Miss Michele Flying Man, Kiowa, from Albuquerque, New Mexico. She was crowned by the outgoing 2001 Denver March Powwow Princess, Miss Lauren Frank from Bismarck, ND, who concluded her reign with honor, respect and traditional farewell during the Friday afternoon session. Lauren is the daughter of Deborah Painte, the Sacred Child Project Director for the United Tribes Technical College. In keeping with her traditional ways, Miss Lauren Frank and her family and relatives hosted a "give-away" and sponsored a special Teen Girl's Fancy Shawl and Women's "Old Style" Fancy Shawl 45 year + over contest in honor of her aunt, Carol Painte Walker and the many other women who helped to pioneer this category. Carol Walker, formerly employed with UTTC Personnel before returning to college, was the 1967 & 1968 Association for American Indian Activities (A.A.I.A.) Shawl Dance Champion, the first championship titles of the kind to be awarded to outstanding American Indian participants in the American Indian Rodeo and Pow

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wow circuits. As part of the old style fancy shawl contest, Lauren's family called upon some of the women who danced in the shawl dance category in the 1960's to help judge this special contest. This included none other than Karen Paetz Fox from the UTTC Tourism and Julia Roach Ren Coudre from Rapid City, SD.

The winner's of the Old Style Women's Fancy Shawl were: 1st place - Delores Hayes, Rapid City, SD; 2nd - Alta Swift Bird, Rapid City, SD; 3rd - Nelda Goodman - Keshena, WI; Consolation - Gladys Jefferson, Crow Agency, MT and Carmen Clairmont from Littleton, CO. The special Teen Girl's Fancy Shawl winners were 1st place - Jolynn Begay, Salt Lake City, UT; 2nd - Amber Cleveland, Wisconsin Dells, WI; 3rd - Danielle Stanley, Crockett, CA; and consolation - Crystal Willie, Orem, UT and Sally Ann Jack, Fort Hall, ID. Other specials included: Mr. & Mrs. Wacipi, Jr. Boy's All Around, Jr. Boys Traditional, Women's Fancy Shawl, Chicken Dance - Jr. Boys & Teen Boys, and Teen Girls All Around. Winners for the regular Denver March Powwow Contests and pictures of the event will be listed on their official web site.

The crowd enjoyed the anecdotes and announcing skills of Masters of Ceremonies Dale Old Horn and Tom Phillips. Other head staff included well-known champion Men's Grass dancer, Jonathan Windy Boy and long-time champion Men's Fancy and current Sr. Men's Grass dancer, Chico Her Many Horses. The Head Southern Judge was Juaquin Hamilton-Young Bird, a

champion Southern Men's Straight dancer and a member of this year's Grammy nominated Native American drum group, "Young Bird" and also the 1999 United Tribes International Singing Champions (the group's first international singing title before their Schmetizun Championship the following year). The Head Northern Judge was well-known Champion Men's Northern Traditional dancer, Fred Fox, Sr. from Fort Berthold. While the 2002 Denver March Powwow was a successful kick off event for the powwow season, please remember to plan ahead for the season's finale event, ***the 33rd Annual United Tribes International Powwow, Singing and Dance Championships to be held on Sept. 5 - 9th, 2002 at the Lone Star Arena on the beautiful campus of United Tribes Technical College, Bismarck, ND! Reserve your vendor space and lodging early!***

American Diabetes Association Tip of the Day

by the UTTC Extension Program

Question: How can I reduce the pain of frequent finger sticks?

Answer: One technique is to stick the side of your finger where there are fewer pain sensors instead of sticking directly into your fingerpad. Another technique is to use an automatic (spring loaded) lancet holder, which can

vary how deep the lancet goes. Use the shortest depth that will give you an adequate drop of blood for testing. Since skin thickness varies from person to person, you'll need to try different depths to see what works for you. Because of the danger of transmitting hepatitis and other blood-borne diseases, never "borrow" another person's device. Hopefully, in the next few years, noninvasive blood sugar monitors will become available for you to use. These monitors shine a light beam through the skin to read the amount of sugar in your blood. Because of the great need and demand for these monitors, it isn't a question of whether they will be available, but when. Keep in touch with your healthcare team for information in this area. **Source:** <http://www.diabetes.org>

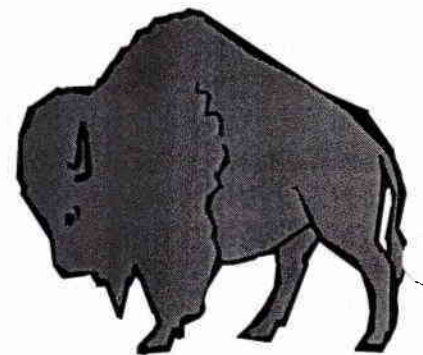
Buffalo Tales

by the UTTC Extension Program

Did you know?

There are two types of buffalo that make their home in

North America. They are the Wood buffalo and the Plains buffalo.



United Tribes Technical College AIHEC participants are winners

by Suzanne Shields-Cadotte

United Tribes Technical College students and staff/coaches attended the 21st annual American Indian Higher Education Consortium held at the Ramkota in Rapid City, S.D. on March 24-26, 2002. The host college was Oglala Lakota College. The theme of the conference was "Maintaining Our Tribal Traditions While Learning Modern Technology." There were 20 students attending and competing in various competitions from UTTC. A total of 33 tribal colleges and universities were represented.

UTTC Student Senate President Mechelle Crazy Thunder represented the college as AIHEC Student Congress Historian. She attended several Student Congress meetings along with being nominated for Student Congress Vice President. She was elected as Historian for another year. Mechelle was named one of the tribal college Student of the Year award recipients and earned a scholarship. We are very proud of her.

Mark Mindt was 1st runner up for Mr. AIHEC and Sonja Cain came in 2nd for Ms. AIHEC.

The Art/Art Marketing students set up their beautiful displays of artwork. The winners included: Sonja Cain: 1st place in quill work, 2nd place in graphic art, 2nd place clay sculpture, and 2nd place in bead work. Anna Johnson: 2nd



Back (L to R) Mark Mindt, Thomas Black Hawk, William Swan, Anna Johnson, Pete Two Bulls. Front (L to R) Royce Irwin, Rondeena Hamilton, LeRay Skinner, Merry Brunelle at the conference awards banquet.



Anna Johnson and Sonja Cain receiving awards for their artwork at the 2002 AIHEC conference in Rapid City, S.D. Anna received 2 awards and Sonja received 4 awards.

place in pottery and 2nd place in sculpture, John Nelson: 2nd place in parfleche traditional art, and Alexa Azure: 3rd place in parfleche traditional art.

UTTC students in the Knowledge Bowl placed 6th among 25 teams.

Mark Mindt's writing entry was recognized and will be published in the Tribal College Journal Student edition.

Special thanks are extended

to the staff who coached and supported all the students: Rondeena Hamilton, Business Coach, Ruth Snider, Art/ArtMarketing Coach, Marge Palaniuk, Website Coach, Kathryn Fairchild, Speech and Theater Coach, Royce Irwin, Handgames and Speech coach, Julie Cain, Mr. & Ms. AIHEC coach. Thanks to the Bill St. Claire for transporting the students in a safe manner.

United Tribes Technical College

Wellness Fair

Tuesday, April 16th, 2002
12 to 4 pm in the UTTC Gym

Bring your friends and family for an afternoon of fun!
Many tables to explore on a variety of topics such as:

Traditional Wellness Financial Literacy Gardening Stress Management
Got Milk Vital Signs Cholesterol Screening Blood Sugar Screening
Vision Screening Dental Health Injury Prevention Folic Acid
5-A-Day Wheel of Fortune Temporary Tattoos Smoking Cessation
Food Safety Fishing Pond Buffalo and Nutrition Facts

Over \$500 in PRIZES to be GIVEN AWAY!!!!
Prize Drawing at 4 pm in the Small Gym

Wellness Walks

Walk the UTTC Loop & Register for Prizes
Walk starts in front of Education Building
April 15-19 at 7:45 to 8:15 am and 12 to 12:30 pm

Strong in Body & Spirit *Workshop*

Wellness & Nutrition Workshop
Friday, April 19, 2002, 10 – 12 noon
Land Grant Resource Room, Skills Center

Contact Mark Mindt or Marsha Azure at Ext. 327 for more information.

NutriNews

April is Month of the Young Child!

April 2002

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

Teaching Children Healthy Behaviors

We want our children to learn good habits necessary for a long and healthy life.

Parents are a child's first and most important role model and teacher. Therefore, parents need to set a good example when it comes to healthy eating and being physically active.

Actions speak louder than words. Children may not listen to what their parents are trying to tell them, but they will grow up doing what their parents did. If parents tell their children to drink less pop or not to smoke, but continue to do those things themselves, they are setting a poor example for their children to follow.

Below are some tips from The American Dietetic Association on how parents can encourage their children to eat healthfully:

- * Page through a cookbook together to find a new recipe for a vegetable or fruit dish.
- * Create family meals which include a variety of fruits, vegetables, whole grains, beans, lean meats, and low-fat dairy products.
- * Have your kids help make dinner. Even if it's just stirring or pouring, children want to feel like they're a part of the process. They also are more likely to want to eat what

they helped make.

- * Offer kids a variety of healthy snacks after school.

Whenever possible, make meals a family affair. Enjoy your time together.

Traditionally, elders and grandparents helped teach and mold a child's future. They were helpful in teaching children healthy habits. Therefore, these activities are great to do with grandchildren, nieces, and nephews.

Source: The American Dietetic Association, <http://www.eatright.org/feature/0302.html>, (03/01/2002)

Fun Things for Kids to do Instead of Watching TV

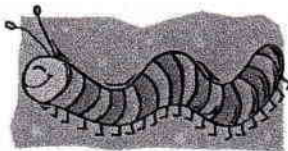
Did you know that on the average, children in the US will spend more time in front of the television (1,023 hours) than in school this year (900 hours)?

Be active with your children by celebrating National Turn Off the TV week April 22-28 by doing some of the following activities.

- * Hold a family jump rope contest.
- * On warm days, ride bikes (remember helmet and pads).
- * Use colored chalk to create a sidewalk mural.
- * Turn up the radio and dance inside.
- * If there's snow, make a snowman or go sledding.
- * Play a game of tag or kickball.
- * Enjoy a walk in a nearby park.

Source: The American Dietetic Association, <http://www.eatright.org/feature/0302.html>, (03/01/2002)

Healthy Kid's Snack: Make a Caterpillar



Ingredients

- * One ripe banana
- * 2 tablespoons peanut butter
- * 1/2 cup Chex-type cereal

- * 2 grapes or raisins
- * 1/4 cup granola
- * 1 lettuce leaf

1. Peel banana and spread peanut butter over top side of banana.
2. Make eyes with grapes.
3. Place cereal on end down center of ba-

nana to form finds, starting right behind the eyes.

4. Sprinkle granola down both sides of cereal to form scales.
5. Arrange on lettuce-lined plate.

Source: Byerly's. The Byerly's Bag. September 1997.



Department of Veterans Affairs
VA Healthcare Network
Upstate New York at Buffalo



February 14, 2002

Historically Black Colleges and Universities (HBCU),
Hispanic Association of Colleges and Universities (HACU),
and Native American Tribal Colleges (NATC)

SUBJ: Summer Internship Program

*VA Western New York
Healthcare System*

*Buffalo
3495 Bailey Avenue
Buffalo, NY 14215*

*Batavia
222 Richmond Avenue
Batavia, NY 14020*

*Outpatient Clinics:
Dunkirk
Jamestown
Niagara Falls*

The VA Western New York Healthcare System (VAWNYHS) has been awarded a grant to support a summer internship program targeted for college students currently enrolled in Historically Black Colleges and Universities (HBCU), Hispanic Association of Colleges and Universities (HACU), and Native American Tribal Colleges (NATC).

This program is designed to provide participants a practical work experience related to their major and allow students to earn salaries and other benefits which may help ease the financial burdens of higher education. Upon graduation and successful completion of work requirements some of these students can be offered permanent positions with the VA in their chosen field through the Department of Veterans Affairs.

Employment applications and program information are currently available through April 15, 2002 by visiting the Human Resources Management Service, 3495 Bailey Avenue, Room 610C, Monday through Friday 8:00 am – 4:30 pm or by calling (716) 862-6008 or 1-800-532-8387, extension 6008 or by visiting <http://www.va.gov/visns/visn02/>.

Students who are selected for the summer internship program will be required to contact their learning institution's Co-Op Program Office to complete the necessary forms. These forms must include the signature of the Co-Op Program Officer, formally agreeing in conjunction with the Director, VAWNYHS, to offer each student a cooperative education experience as part of a career readiness program. Students will be paid based upon the level of their related education, experience and qualifications.

The interviewing process will be held at the end of April through the beginning of May. All candidates selected for the internship program will start on May 20, 2002 and end August 9, 2002.


WILLIAM F. FEELEY
Director, VA Western New York Healthcare System

Enclosure: Vacancy Announcement No. 528-02-36



CDC NEWS

A Newsletter for Families

April 2, 2002

READ

Week of the Young Child

READ

**The week of April 8-12
The Infant Toddler Center
And
The Preschool
Invite
All Parents
To
Read a Story
To
Your Child
At The Center.**

READ



READ

**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
(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)**

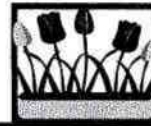


**United Tribes
Technical College
Extension Program**

"A Strong in Body and Spirit Project"

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

CAMPUS HAPPENINGS



APRIL 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
HAPPY EASTER	¹ <u>NO CLASS</u> EASTER MONDAY	² 7:00p AA Mtg.	³	⁴ 3:00p Ala-non Mtg. 4:00p Ala-teen Mtg. 7:00p AA Mtg.	⁵ <u>Diabetes Education Class</u> Land Grant Resource room @ Skills Center 10a-noon- FREE Food & Prizes Call Kim @ x397 for more info.	⁶
⁷	⁸	⁹ 7:00p AA Mtg.	¹⁰	¹¹ 3:00p Ala-non Mtg. 4:00p Ala-teen Mtg. 7:00 AA Mtg.	¹² <u>Diabetes Education Class</u> Land Grant Resource room @ Skills Center 10a-noon- FREE Food & Prizes Call Kim @ x397 for more info.	¹³
¹⁴	¹⁵ 7:45a & Noon-Wellness Walk on Campus— Everyone is invited!	¹⁶ 7:45a & Noon-Wellness Walk on Campus-Everyone is invited! 12-4p Wellness Fair-GYM 4-5p Wellness Fair Door Prize Drawing in Small Gym GRAND PRIZE: 1 Adult & 1 Youth Mtn. Bike from Dakota Cyclery!!! 7:00p AA Mtg.	¹⁷ 7:45a & Noon-Wellness Walk on Campus— Everyone is invited! <u>Pre-registration for Summer/Fall 2002</u>	¹⁸ 7:45a & Noon-Wellness Walk on Campus— Everyone is invited! 3:00p Ala-non Mtg. 4:00p Ala-teen Mtg. 7:00p AA Mtg. <u>Pre-registration for Summer/Fall 2002</u>	¹⁹ 7:45a & Noon-Wellness Walk <u>Diabetes Education Class</u> LG Resource rm. @ Skills Center 10a-noon- FREE Food & Prizes Call Kim @ x397 for more info. CRIMINAL JUSTICE DRAWING: WIN A DVD PLAYER & 3DVD'S Purchase your tickets early!!! <u>Pre-registration for Summer/Fall 2002</u>	²⁰
²¹	²²	²³ 7:00p AA Mtg.	²⁴	²⁵ 3:00p Ala-non Mtg. 4:00p Ala-teen Mtg. 7:00 AA Mtg.	²⁶ <u>Diabetes Education Class</u> Land Grant Resource room @ Skills Center 10a-noon- FREE Food & Prizes Call Kim @ x397 for more info.	²⁷
²⁸	²⁹	³⁰ 7:00p AA Mtg.				

САНДЫНГА НАРЬБЕРИНИНГ

АРБИТ 3003



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

Сун	Мон	Тув	Мед	Лрт	Фт	Сст
1 HAPPY EASTER	2 EASTER MONDAY NO CLASS	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				