

Conference focused on "No Child Left Behind"

by Jesi Silbernagel and Dr. David M. Gipp

Staff members represented United Tribes Technical College at important national meetings in late October and early November. The American Indian Higher Education Consortium (AIHEC) annual membership and board meeting and the National Indian Education Association (NIEA) annual conference, both convened in Albuquerque, NM.

"No Child Left Behind" was the theme of the NIEA conference, attended by 800 participants. Conference sessions attended by UTTC staff included strategies for teacher improvement, effective student learning, cultural perspectives on Indian education, and student assemblies and leadership training.

The No Child Left Behind Act was created to reform education and help close the scholastic achievement gap for disadvantaged and minority students. The four principals are: strong accountability for results; increased flexibility and local control; expanded options for parents; and an emphasis on teaching methods that have been proven to work.

According to education leaders if these principles are implemented, reservation school systems should see vast improvements in education. Each state will be required to submit an annual report card on student achievement. The B.I.A. will also establish a new standards based assessment system.

Attending NIEA from UTTC: Dr. David M. Gipp, Russell Swagger, Wanda Gigger, Julie Cain, Jesi Silbernagel, Zanne Cadotte, Wes Long Feather,



Cheryl Kulas with noted author and enrolled member of the Standing Rock Sioux Tribe, Vine Deloria Jr. following his keynote address at NIEA. Kulas (Oglala Sioux/Turtle Mountain Band of Chippewa) is one of Deloria's former graduate students at the University of Arizona, Tuscon, AZ. She is the executive director of the North Dakota Indian Affairs Commission and completed her third year as a member of the NIEA board. Deloria advised Indian educators to "think outside the box and be concerned with the overall legal standing of Indian people and tribes." He said, "We must be concerned with rest of Indian Country." (photo by D. M. Gipp)

- ◆ Annual UTTC Noonday Thanksgiving Meal - Wed. Nov. 27
Roast Turkey and Dressing, Baked Ham, Cranberries, Mashed Potatoes, Sweet Potato, Corn, Assorted Pies
- ◆ Thanksgiving Break — Thursday, Nov. 28 and Friday Nov. 29, 2002. No Work and No Classes

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Dennis Lucier's UTTC Diner

Includes 2% or Skim Milk, Coffee or Tea and Salad Bar , Fresh Fruit, Vegetables. Menu subject to change

NOV. 25 - 29

Dec. 2 - 6

DINNER

- M Beef Stroganoff
- T Indian Taco, Wojapi
- W Hamburger On A Bun, Baked Beans
- T Thanksgiving Meal
- F Pork Chow Mien, Rice

SUPPER

- M Chili, Dinner roll
- T Bar-b-Que Chicken, Baked Potato
- W Chicken Burger, Chicken Noodle Soup
- T Sub Sandwich, Bean Salad
- F Tater Tot Hot Dish

DINNER

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

SUPPER

- M Hamburger Steak, Mashed Potato
- T Pork Chops, Rice
- W Lasagna, Garlic Toast
- T Grilled Steak, Baked Potato
- F All Beef Hotdogs On A Bun, Glorified Rice



Submit your article

- ◆ Published Bi-weekly on a Monday.
- ◆ COPY should be about UTTC, the campus family, or related to the college.
- ◆ COPY and photo deadline is 5 p.m. on the Monday below.
- ◆ Send articles through e-mail to campusnews@uttc.edu
- ◆ Submitted copy in MS WORD, TEXT (txt) format.
- ◆ Submit photos either on disk or zip or e-mail as a JPEG, TIFF, OR EPS. Do not send PDF files. All photos should be 300 resolution.
- ◆ PLEASE EDIT AND PROOF your own copy.
- ◆ "HARD COPY" submissions may not get published
- ◆ Posters/ads or announcements will run at half-page 8 1/2" x 5 1/2" or quarter page 3 3/4" x 5".
- ◆ List a contact person and phone number with your article.
- ◆ Attached photos to articles
- ◆ Newsletter is sent nationwide. Show your UTTC spirit with great news articles.

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Tribal Management students follow elections



Tex G. Hall, "Red Tip Arrow," is the first person to win election to a second term as chairman of the Three Affiliated Tribes.

Results from contests during the General and Tribal Elections were followed closely by UTTC students in the Tribal Management program. Of particular interest was the re-election of Tex G. Hall as chairman of the Mandan, Hidatsa and Arikara Nation. Hall narrowly defeated challenger Malcolm Wolf by 76 votes to become the first chairman ever re-elected to the office in that tribe's history.

The students expressed

their congratulations to Hall and noted that he has made a positive impact at the tribal level and nationally in his capacity as president of the National Congress of American Indians.

Students following the election were Anthony Rodriguez, Quannah Washakie, Jackie Foote, Les Ogle, Merry B. Brunelle, Leighton Eagle, Barbara Lynn Abrams, Andrew Estes and Elizabeth Bullhead. UTTC Tribal Management and Tribal Government instructor is Brenda

Dvorak.

Elsewhere, the tribal vote had a significant impact in the South Dakota race for U. S. Senate won by incumbent Democrat Tim Johnson. Johnson's slim 507-vote victory over Republican John Thune was largely credited by Standing Rock sources to his margin of victory in Corson County. The predominantly tribal vote the gave Johnson a 415-vote edge in the county, which is the southern portion of Standing Rock.

Community dinner is free, reservation needed

Everyone is welcome to attend the Bismarck/Mandan Annual Community Thanksgiving Dinner. The free, hot turkey dinner complete with all the trimmings is served at First Presbyterian Church, 214 East Thayer Avenue in Bismarck on Thanksgiving Day, Thursday, November 28.

You are asked to phone your reservation for the dinner by Friday, November 21st. Call 223-9150.

AID, Inc. and Dan's Supermarket sponsor the event. Volunteers are needed to help with the dinner. To volunteer, call the same number above.

SHARING AND CARING DRIVE

by Cindy Balliet

Are you interested in doing something for UTTC students and their families who might need a little help this Christmas? Why not take part in a Sharing and Caring Drive sponsored by the Elementary Education Club. Bring donations of non-perishable food, new or used children's books, and/or clean coats, hats, and mittens to B-15 (the old bookstore) downstairs in the Education Building. All items will be available for distribution to interested people in the same room on Friday, Dec. 13, 2002, at 2:00 PM.

Cindy Balliet
Education Building
United Tribes Technical College
3315 University Drive
Bismarck, ND 58504
255-3285 ext. 252

Bookstore adds new clothing and other gift items

by Dennis J. Neumann

The UTTC bookstore has added new clothing items featuring the "Thunderbirds" name and expanded its line of card and novelty products. The new merchandise is in stock and ready for holiday gift giving according to Bookstore Manager Cathy Mastrud.

The newly arrived clothing includes basketball t-shirts and sweatshirts in adult and youth sizes that come from Coaches Choice, a vendor in Fargo, ND. The design features the Thunderbirds name over a basketball.

We also have knitted winter caps with the same logo," said Mastrud. "These are good holiday gift ideas."

The bookstore has expanded their line of novelty products from the Colorado company, Leanin' Tree. The company's popular Native American greeting cards were in stock last year, said Mastrud. This fall a line of Leanin' Tree posters was added. Newly arrived are stationary, magnets, journals, mugs and Christmas cards. "We have a pretty good selection of these products now."

Bookstore purchases can be made in the regular way by check or cash and through payroll deduction, said Mastrud. Credit card purchases are not possible at this time. Mastrud hopes to have bookstore sales on the UTTC website in the future.



Clerk Leah Fox from Fort Berthold, at left, and manager Cathy Mastrud are in the bookstore Monday through Friday from 8 a.m. to noon and from 1 p.m. to 5 p.m. The bookstore is located in the lower level of the Barden Building.



One of the new design t-shirts gets the approval of Thunderbirds basketball center Mavrick Valandra, a UTTC freshman from Standing Rock.

UTTC Staffers present about gifted students

by Jen Maier

Jen Maier, United Tribes Rural Systemic Initiative (UTRSI) Director, and Jamie Higlin, Theodore Jamerson Elementary School, Bismarck, ND presented a session for parents, teachers, curriculum supervisors, and school administrators at the forty-ninth Annual Convention of the National Association for Gifted Children (NAGC) on Saturday, November 2, 2002 in Denver, Colorado.

The session, entitled "Dancers, Data and Math Standards-What's the connection", focused on a project between the UTRSI and Theodore Jamerson 6th graders and their study of the registered dancers competing in the United Tribes Annual Powwow. The

students entered 9 years of registered dancers data into a database. The students then studied the data and presented their findings to numerous groups. The project is ongoing with new activities and data being added each year.

Jen Maier and Jamie Higlin had the opportunity to meet with and discuss issues of concern to teachers and parents of gifted children with more than 3,500 attendees from across the United States.

NAGC is the leading advocacy organization in the nation promoting appropriate educational opportunities for the nation's more than three million gifted and talented students.

TJES Christmas Program

by Judy Johnson

Thursday, Dec.12, 2 pm
UTTC GYM

Do you want to get in the mood for Christmas? All UTTC students, faculty, and staff are invited to the TJES Christmas program. There will be songs and poems by the Kindergarten and 1st grade students, a puppet show by Grades 2, 3, 4, with 7-8 serving as the puppeteers for "Santa and the Star Search", and songs and a light show by the 5th and 6th Grades. Even if you don't have a child enrolled at TJES, please come and get in the mood for Christmas. The children work hard to learn their parts and it means so much to them to have the support of family and friends. Please plan to attend now.

November is Diabetes Awareness Month!

Diabetes is a disease, which affects over 17 million Americans and contributes to almost 450,000 deaths a year. Native American people are at high risk of developing Type 2 diabetes. This disease is affecting their communities in epidemic proportions throughout the country. Diabetes is four to eight times more common in Native Americans compared to the general US population. It is also now affecting large numbers of Indian children.

Do you know if diabetes is a concern for you or your family? Listed below are some of the factors that increase your risk of developing diabetes and some of the symptoms.

Risks of Developing Diabetes

- Are you over the age of 40?
- Are you overweight?
- Are you inactive?
- Are you a woman who has had a baby that weighed more than nine pounds at birth?
- Are you of Native American ancestry?
- Do you have a parent, brother, or sister with diabetes?

Symptoms of Having Type 2 Diabetes

- Feeling thirsty
- Losing weight when you are not trying to
- Needing to urinate (pass water) often
- Feeling tired most of the time
- Feeling hungry
- No symptoms at all, but are at risk and blood sugar is high (which damages blood vessels).

If you have any of these risk factors or symptoms, you should have your blood sugar tested. On campus, you can go to the Student Health Center (Education Bldg., Extension 247) and be tested for FREE. It is important for everyone to have their blood sugar levels tested at least once per year.

For more information on diabetes, call Kim Hinnenkamp, UTTC Extension Program at ext. 397 or stop by her office in the Skills Center (Room 115).

HIT Corner of Events!

by Shawna Z.



Exciting Report of Health Information Technology Week !

What a week! Fun, food and prizes were all to be had at our department. This week is all about celebration of who we are and to inform the public of our work.

So much happened, so here are some highlights:

- **Laurie Laundreaux** won the HIT Scavenger Hunt contest. Her prize was a beautiful embroidered UTTC red T-shirt, donated by Cathy at the UTTC bookstore.
- **Elizabeth Hamilton** won the Student Scavenger Hunt contest. Her prize was an autumn oil candle.
- If your name is listed below, you won a door prize. Call me at Ext. 402 or stop by to pick up your prize!
- o **Kalsey BirdenGround**
- o **Dean Schantz**
- o **JoAnn RoastingStick**
- Sloppy Joes Sale was a success. HIT students whipped up a yummy lunch! Thank you!
- Group picture was outside on a beautiful day! See enclosed picture.
- Each day of the week had a theme. So if you saw someone **Miss Matched**, or **patriotic**, or wearing a **hat**, this was all in the spirit of the week.

Thank you everyone for stopping down to support us. Thank you to all the students who participated. A special "Thank you" to all the instructors who donated their time to make it so fun!



Health Information Technology group, fun in the sun! 2002



L to R: Cheryl Danks, Uli Fox Shock and Kathi Reiter, Health Information Club selling sloppy joes for their club.



Kathi Reiter, Student and member of Health Information Technology class and club.



Hanna Small, participating in "Hat Day"!

Chemical Health News

by Julie Cain

Myths and Facts about addiction and treatment

Myth: *Addiction is a bad habit, the result of moral weakness and over-indulgence.*

Fact: Addiction is a chronic, life-threatening condition, like hypertension, atherosclerosis and adult diabetes.

Fact: Addiction has roots in genetic susceptibility, social circumstance, and personal behavior.

Fact: Certain drugs are highly addictive, rapidly causing biochemical and structural changes in the brain. Others can be used for longer periods of time before they begin to cause inescapable cravings and compulsive use.

Myth: *If an addict has enough will-power, he or she can stop abusing alcohol and using drugs.*

Fact: Few people addicted to alcohol and other drugs can simply stop using them, no matter how strong their inner resolve. Most need one or more courses of structured substance abuse treatment to reduce or end their dependence on alcohol and other drugs.

Myth: *Many people relapse, so treatment obviously does not work.*

Fact: Like virtually any other medical treatment, addiction treatment cannot guarantee lifelong health. Relapse, often a part of the recovery process, is always possible—and treatable. Even if a person never achieves perfect abstinence, addiction treatment can reduce the number and duration of relapses, minimize related problems such as crime and poor overall health, improve the individual's ability to function in daily life and strengthen the individual



TRIBAL TOURISM PARTNERSHIP INITIATIVE & SACRED CHILD PROJECT HOLIDAY BAZAAR

December 13, 2002
11:00 AM - 3:00 PM
Jack Barden Center

*"FIND A UNIQUE GIFT FOR
THAT SPECIAL PERSON"*

~ Arts ~ Crafts ~ Bake Sale Items ~
Items Welcome

To reserve your booth, please call Tribal Tourism at ext. 426 or
ext. 427, by December 11, 2002

FOOD SALE
TRIBAL TOURISM
STUDENTS



to better cope with the next temptation or craving. These improvements, reduce the social and economic costs of addiction.

Myth: *We have reached the limits of what we can do to treat addiction.*

Fact: The more we learn about addiction, the more effective treatment becomes. Matching clients to the services they most need, while supporting continuous and focused engagement in treatment is imperative. Today's treatment providers are better able to do this than ever before.

Myth: *People with alcohol and other drug problems get sent to 28-day treatment programs, where they dry out and emerge new individuals, cured of their problems.*

Fact: Treatment is provided in many different settings, in many different ways, for different lengths of time. It is important to provide the most appropriate mix of services and settings for each client based on an assessment of individual needs and cultural relevance.

Fact: Treatment is provided in both outpatient and inpatient settings, with different levels of intensity. Residential treatment is provided in the form of short-term treatment and therapeutic communities. Outpatient treatment is available in three general formats: 1) intensive day treatment; 2) intensive outpatient treatment; and 3) traditional outpatient treatment. General phases of treatment include: 1) detoxification; 2) rehabilitation; 3) continuing care; and 4) relapse prevention.

Thunderbirds open basketball season

by Kevin Finley

Winter is here, that means the winter sports are in full swing. Both of the United Tribes basketball teams hit the floor for the 2002-03 basketball season in the preseason Mon-Dak basketball tournament. Each team went 1-2, both teams lost to Lake Region State and Dawson CC before defeating MSU-Bottineau. "These games were a good start for both teams," said woman's coach Kevin Finley, "it was good to get some game time in and see where we are at and where we need to be, right now wins and losses don't mean a thing, improvement is the key." "It was good to get out and see where we measure against other teams and see what our strengths are and what we need to improve on," said men's coach Joe Ware. Both teams are young as each team has all freshmen on their rosters. "Young teams take some time to develop" said Finley, "don't count us out though, when it's time to play for a trip to the NJCAA National finals we will be right there, both teams are loaded with talent" concluded the coach.

This year's line up for UTTC men's and women's basketball team

Men's Team

| | | | | | |
|----|-------------------|-------|---|---|---------------------|
| 3 | Chuck Archambault | 6'0" | G | 1 | Standing Rock, ND |
| 4 | Brandon Stevens | 5'11" | G | 1 | Oneida, WI |
| 5 | Mike Linklater | 5'9" | G | 1 | Thunderchild, SK CA |
| 11 | Luke Wells | 6'4" | F | 1 | Ft. Thompson, SD |
| 33 | Avery Thompson | 5'11" | G | 1 | Spirit Lake, ND |
| 34 | Tyler Charging | 6'1" | G | 1 | Ft. Berthold, ND |
| 40 | Bryce Kirk | 6'5" | F | 1 | Ft. Peck, MT |
| 44 | Kyle DeCoteau | 6'4" | F | 1 | Turtle Mountain, ND |
| 50 | Darren Redboy | 6'5" | F | 1 | Ft. Peck, MT |
| 51 | Maverick Valandra | 6'8" | C | 1 | Standing Rock, ND |

Head Coach: Joe Ware
Assistant: Joel Welstad
Athletic Director: Kevin Finley
President: David M. Gipp

Women's Team

| | | | | | |
|----|-----------------------|-------|---|---|--------------------|
| 3 | Samantha Lewis | 5'3" | G | 1 | Ft. Berthold, ND |
| 11 | Carla Stewart | 5'7" | F | 1 | Crow Agency, MT |
| 21 | Kalsey Bird In Ground | 5'4" | G | 1 | Crow Agency, MT |
| 23 | Kristen Finley | 5'8" | F | 1 | Ft. Berthold, ND |
| 32 | Talana White Woman | 5'6" | G | 1 | Pine Ridge, SD |
| 33 | Brittany Knife | 5'9" | F | 1 | Cheyenne River, SD |
| 44 | Margaret Stevens | 5'10" | C | 1 | Oneida, WI |
| 51 | Jamie Stead | 5'8" | C | 1 | Rosebud, SD |

Head Coach: Kevin Finley
Assistant: Tanner Albers
College President: David M. Gipp

Demand Is Good For CST Students

by Jeff McDowell

The Computer Support Technology (CST) vocation at United Tribes Technical College finished its second year of classes in the spring of 2002 and two students from the very first semester are already working in the computer industry. The government was quick to hire one student to program state-owned routers. Another student moved back home to find work as a computer technician on the reservation.

The CST program is just beginning its third year and another student will graduate this December. She already

has a job offer from her tribe to work on their network and computers.

Even the CST students beginning their first semester see employment opportunities as network administrators, computer technicians, website designers, and technical support professionals when they graduate. It's encouraging to hear CST students discuss their employment offers even before graduating.

Students with job offers are highly motivated to learn everything they can about computers, computer networks, computer programming, and are eager to practice their skills by helping other students, faculty, and staff on the UTTC campus. It's a Win - Win situation that adds real work experience to a graduate's resume while earning their Computer Support Technology degree at United Tribes Technical College.

Year books

Year books are now on sale. Order your book now and have it waiting for you on Sept. 1, 2003. Look for our booth at the UTTC Powwow. They are only \$15 each. We can also do payroll deduct.

Highlights:

- ◆ Fellow classmates
- ◆ Activities/Clubs/Vocations
- ◆ Sports
- ◆ Faculty/staff
- ◆ Theodore Jamerson Elementary/Child care centers

So order your ***Dream Catcher*** today!!

United Tribes 2002-03 Men's and Women's Basketball schedule

| | | | |
|-----------------------|--|----------------|------------------|
| Nov. 2 & 3 | LADY THUNDERBIRDS CLASSIC | W | TBA |
| Nov. 7, 8 & 9 | Mon-Dak Conference Tournament | M&W | TBA |
| Nov. 19 | Jamestown State University JV, Jamestown | M&W | 5:30-7:30 |
| Nov. 23 & 24 | JSS Classic, Mason City, Iowa | M&W | TBA |
| Dec. 2 | Minot State University JV, Minot, ND | W | 7:00 |
| Dec. 4 | University of Mary JV, Bismarck, ND | M&W | 5:30-7:30 |
| Dec. 6 & 7 | THUNDERBIRDS CLASSIC | M | TBA |
| Dec. 14 | NDSCS-Wahpeton, Wahpeton, ND | M&W | 2:00-4:00 |
| Dec. 15 | Concordia College JV, Moorhead, MN | M&W | 1:00-3:00 |
| Jan. 4 | Miles Community College, Miles City, MT | M&W | 2:00-4:00 |
| Jan. 5 | Dawson Community College, Glendive, MT | M&W | 2:00-4:00 |
| Jan. 8 | Lake Region State College, Devils Lake, ND | M&W | 6:30-8:30 |
| JAN.10 | CONCORDIA COLLEGE JV | W | 7:00 |
| JAN.15 | UNIVERSITY OF MARY JV | M&W | 5:30-7:30 |
| JAN. 17 | LAKE REGION STATE COLLEGE | M&W | 5:30-7:30 |
| JAN. 19 | MILES COMMUNITY COLLEGE | M&W | 2:00-4:00 |
| JAN. 21 | JAMESTOWN STATE UNIVERSITY JV | W | 6:00 |
| JAN. 24 | WILLISTON STATE COLLEGE | M&W | 5:30-7:30 |
| JAN. 26 | NDSCS-WAHPETON | M&W | 2:00-4:00 |
| FEB. 1 | MSU - BOTTINEAU | M&W | 6:00-8:00 |
| Feb. 5 | MSU-Bottineau, Bottineau, ND | M&W | 6:00-8:00 |
| Feb.9 | Bethany Lutheran College, Mankato, MN | M&W | 1:00-3:00 |
| Feb. 13 | Bismarck State College, Bismarck, ND | M&W | 5:30-7:30 |
| Feb. 17 | Williston State College, Williston, ND | M&W | 6:00-8:00 |
| FEB. 21 | DAWSON COMMUNITY COLLEGE | M&W | 5:30-7:30 |
| FEB. 26 | BISMARCK STATE COLLEGE | M&W | 5:30-7:30 |
| Mar. 2 & 3 | Region 13 Play-offs | M&W | TBA |

*All games Central Standard Time. **HOME GAMES IN BOLD

Not only a new team member but also a new department

by Jayme Davis

Have you ever wished there was a person on campus that you could go to if you ever need help on your parent-child dilemmas? For instance, needing help on how to get your child to bed at a certain time, or potty trained, or just need someone to talk to and get some advice on parenting. Then Pamela Emmil, in Early Childhood Education Department would have to be your woman to turn too.

Pamela is the Infant Toddler Coordinator for United Tribes. She hails from New Hampshire where she attended Notre Dame College and earned her Bachelors Degree in Science. From there she moved to North Dakota with her husband, who is a North Dakota native, to raise there two daughters



Pamela Emmil

Courtney four and half, and Kaitlyn 18 months.

Since her two daughters keep her busy, her main hobby right now is her

job. She loves coming to her job in the morning, and looks forward to each day.

Pamela started with us in September, and ever since she has been a busy woman. She has been setting up a Parents Education class called "Lunch & Learn Tuesday's" where parents can talk and learn different parenting style or different ways to discipline.

Its all free thanks to the Bush Foundation, she also is in the process of opening the "Lending Library" it will include supplies for parent and child needs. The "Lending Library" will hopefully be up and running before Christmas. It will be downstairs in the education building. Please fill free to call Pamela at ext. 319, or stop by for a visit. "There's nothing too big or too small," she said.

United Tribes Technical College Expands Courses Available Online

 **Leah Woodke, Director of Distance & Continuing Education**

United Tribes Technical College is expanding its online course offering. Over 20 courses are available online Spring Semester 2003! Online courses are ideal for life-long learners and those who wish to pursue their education without sacrificing job or residence. Read what our current learners are saying about our online courses:

· "I have talked more with my instructors now than I ever did with my other classes."

· "...online is less intimidating for the shy personalities."

· "The discussion area is wonderful and the staff support is terrific."

· "This is an excellent way to learn, you go at your own pace."

The Visitors link on the UTTC Online Course Website will be available for viewing by November 25, 2002. There, anyone will be able to see what courses are available online and take a tour of the virtual campus. The course

site is www.uttc.edu. From this link, anyone can apply for admissions and register for courses online.

A couple of weeks ago, we ran the Self-Assessment below. At that time, the format was such that it was difficult to read; therefore, we decided to rerun it this week. We invite you to take the self-assessment provided below. When you have finished, add up your score. The chart will help you decide if online learning is right for you.


Student Self-Assessment United Tribes Technical College Online

Directions: Read each statement. Rate yourself according to the scale below each statement. Be honest with yourself.

1. I am able to work independently.

5 ----- 4 ----- 3 ----- 2 ----- 1
Strongly Agree Agree Unsure Disagree Strongly Disagree

2. I am willing to spend personal time in order to complete assignments and readings.

 5 ----- 4 ----- 3 ----- 2 ----- 1
Strongly Agree Agree Unsure Disagree Strongly Disagree

3. I am able to write clearly and put my thoughts into words in a coherent manner.

5 ----- 4 ----- 3 ----- 2 ----- 1
Strongly Agree Agree Unsure Disagree Strongly Disagree

4. I am able to effectively manage my time and meet deadlines.

5 ----- 4 ----- 3 ----- 2 ----- 1
Strongly Agree Agree Unsure Disagree Strongly Disagree


5. I have strong study skills.

5 ----- 4 ----- 3 ----- 2 ----- 1
Strongly Agree Agree Unsure Disagree Strongly Disagree

6. I am able to speak up in a group and assert my position.

5 ----- 4 ----- 3 ----- 2 ----- 1
Strongly Agree Agree Unsure Disagree Strongly Disagree

7. I am a self-starter.

 5 ----- 4 ----- 3 ----- 2 ----- 1
Strongly Agree Agree Unsure Disagree Strongly Disagree

8. I am able to understand materials without an instructor providing a direct lecture.

5 ----- 4 ----- 3 ----- 2 ----- 1
Strongly Agree Agree Unsure Disagree Strongly Disagree

NIEA conference

continued from front page

Karen Paetz, student Lavetta Fox, and Miss Indian Nations XI Vijaya Watson.

Most national conferences offer a stimulating slate of activities both day and evening but NIEA apparently does it better than any. The conference received the "Favorite Indian Conference" designation for two years in a row by the Native American Times Readers Poll. Activities this year included

entertainment from the Native reggae band, Native Roots, and a Navajo Rap Duo that rapped about native values and traditions in their own tongue. The conference also included a banquet and a powwow.

Deans Phil Baird and Russell M. Swagger attended the AIHEC committee and board meetings, accompanied by UTTC President David M. Gipp. Dr. Gipp also attended a planning meeting of the American Indian College Fund. He currently serves as vice chair of the AICF board.



Miss Indian Nations XI Vijaya Watson appeared at the NIEA annual conference - seen here with UTTC Tourism Director and faculty member Karen Paetz and MIN Advisor Jesse M. Clairmont. (UTTC photo)

TJES students launch vacuum powered rockets?



How far can you shoot a rocket with a vacuum cleaner? The answer is over 34 feet if you're going with the wind. That's what students in the Theodore Jamerson Elementary School Science Club learned on a sunny fall day on the powwow grounds at UTTC. Resource Teacher Gail Spilovoy (at rear) and "mad scientist" Mark Anderson, TJES computer technician, at right, concocted the one-day assignment in pneumatics, the mechanical use of air.

Science Club students built their own lightweight rockets, which were sucked up and out the launch tube by a 5.5 horsepower Shop Vac vacuum cleaner.

"It's lots a fun to build things," said the winner, Ethan LaRoche, who posted the longest launch at 34 feet 4 inches.

News from the Walking Circle

by Mark L. Mindt

What a wonderful week of weather! As a large group, our goal was to get together and experience some fresh air and good company. We did this by walking together around the small loop each day at 12:00 pm/noon. What a turnout!

With such great enthusiasm and persistence, our next goal is to meet for an off-campus walk sometime between November 25-27. Our goal is to load up on the school bus and travel to the Kirkwood Mall for fifteen to twenty minute walk as a large UTTC Walking Circle Team. This would be at the 12:00pm/noon time period and we would be back on campus before 1:00 pm.

Not only will we be walking as a large group towards a common goal, we will be burning our fat reserves for the upcoming Thanksgiving Feast (aye!). If you are interested in joining the Walking Circle, or if you would like to travel off-campus with us, contact Mark Mindt, Physical Wellness Coordinator ext. 239.

ND First Lady Visits UTTC

by Evelyn Orth

North Dakota's First Lady Mikey Hoeven, was a guest in the Practical Nursing Department on November 7th. Hoeven, an advocate for substance abuse, shared her message with students from the Practical Nursing and the Injury Prevention Programs. UTTC students discussed strategies to deter young people from situations where they might be exposed to illegal addictive substances, and suggested media sources for getting the message to our youth. Students thought Mrs. Hoeven's presentation was very interesting.



NutriNews

Have a Happy Thanksgiving!



Cooking a "Turkey-riffic" Turkey

With Thanksgiving just around the corner, we have turkey on our minds. Here are some interesting facts about turkey and tips for cooking turkey safely.

Did you know?

- According to the National Turkey Federation, Americans gobble up about 18 pounds of turkey per person every year.
- Overall, we eat about 675 million pounds of turkey on Thanksgiving Day.
- People in the United States eat the most turkey, followed by people in France, Italy, and Germany.
- Minnesota leads the United States in turkey production.

Food Safety Tips for Cooking Turkey

- Thaw frozen turkeys in the refrigerator, allowing about 24 hours of thawing time for every 5 pounds. Frozen turkey can also be thawed under cold water, but the water should be changed every 30 minutes. Allow 30 minutes per pound for cold water thawing.
- Clean and sanitize any surface that came in contact with juices from the thawing turkey to prevent cross-contamination.
- If you choose to stuff your bird, mix the ingredients together just before stuffing the bird, allowing about three-fourths cup of stuffing per pound of turkey. Stuff loosely just before you put the turkey in the oven. To be even safer, cook the stuffing in a separate dish.
- Cook the bird in a 325°F oven. Use a food thermometer to measure doneness, because in some studies, pop-up thermometers have been shown to "pop" before the bird reaches a safe internal temperature. Check the thickest parts of the turkey, including the breast and thigh, and cook to an internal temperature of at least 180°F. An unstuffed 12 to 16 pound turkey will take 3 ½ to 4 ½ hours to reach 180°F, while a stuffed turkey of the same weight will take about an hour longer. Cook the stuffing to an internal temperature of at least 165°F.
- After removing the bird from the oven, allow the turkey to stand about 15 minutes for easier carving. Remove the stuffing before serving.
- After serving, remove remaining turkey from the bones and chill the leftovers promptly in shallow pans in the refrigerator.



Veterans Day program honored UTTC Veterans

by Wes Long Feather

In honor of the veterans of the past, present and future, and also in conjunction with Native American Heritage Month, the UTTC Culture Committee sponsored a recognition ceremony at the cafeteria on Thursday, November 14. Phil Baird was the emcee for the event, which was titled, "Native Ameri-

cans Standing in Unity, Remembering All Veterans."

The cafeteria was nearly filled to capacity. Two guest speakers, Louis Laundreaux and Suzanne Cadotte, talked about honoring and remembering our service men and women. Dr. Gipp also spoke in recognition of vet-

erans and the flag.

A traditional Sioux meal was served consisting of Buffalo stew, wojapi, and frybread. The UTTC staff members who are veterans were asked to stand and be recognized and receive gifts. The song "God Bless America" was sung by all in attendance in honor of the veterans and our country.



UTTC employees who served in the military were asked to stand and be recognized during the ceremony November 14 and receive gifts of American flags and tobacco.



United Tribes Technical College

Office of Administration

3315 University Drive
Bismarck, North Dakota 58504



Dennis J. Newmann
1165 102 Street
Fort Yates, ND
58538