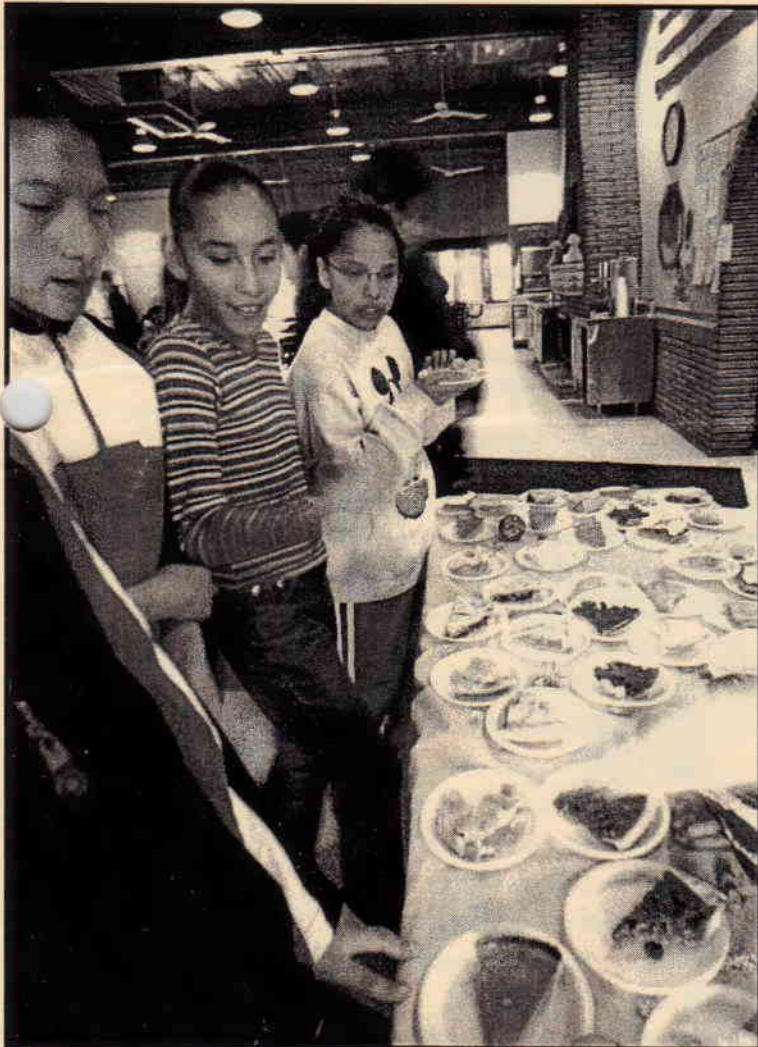


Our Thanks for the Thanksgiving Feast



Alyssa Elkshoulder, Gina White, and Amanda Otter Robe. Theodore Elementary students were picking out their Thanksgiving deserts at the dinner at UTTC cafeteria.

If you enjoyed UTTC's annual Thanksgiving Feast - of course all of us did - then give a hearty thanks to Creator and the cafeteria staff. Dennis Lucier and staff (and volunteers) served over 600 people on Wednesday, November 27.

The meal was superb - the staff prepared 26 turkeys and all the trimmings, along with 130 pies.

It took three hours for all the students, faculty, family and friends of UTTC to go through the line. The cafeteria staff said they didn't think the line would ever end!

So, our thanks and appreciation is everlasting. Good job on the feast - thanks for making Thanksgiving one of the highlights of the entire year.

Human Relations Committee Update

Membership on the Bismarck Human Relations Committee will be a topic during an upcoming meeting of the Bismarck City Commission. Mayor John Warford has forwarded a list of recommendations for membership to other members of the city commission. The topic is scheduled to be on the agenda of the commission's December 17 meeting. According to the mayor's office, 20 people applied for membership on the commission. Nine people will serve on the committee. The names of the finalists were not released. Bismarck City Commission meetings take place at the city hall building on 5th Street and can be viewed on Public Access TV, Cable Channel 12. Meetings begin at or about 5:30 p.m.

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Inventory reduction/ Christmas Sale — page 9



Dennis Lucier's UTTC Diner

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

Dec 9 - 13

Dec. 16 - 20

DINNER

- M Spaghetti, 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

- M Baked Ham, Au-Gratin Potato
- T New England Dinner
- W Salisbury Steak, Boiled Potato
- T Shish-ka-bob-Casserole, Wild Rice
- F Fish Fillet, Potato Wedges

DINNER

- M Chili, Garlic Toast
- T Taco Salad On Chips
- W Swedish Meatballs, Gravy Over Noodles
- T French Dip w/Au-Jus, Noodle Salad
- F Knoephle Soup, Chicken Fillet On A Bun

SUPPER

- M Beef w/Gravy, Noodles
- T Bar-b-Que Chicken, Baked Potato
- W Pizza, Individual
- T Sweet & Sour Chicken, Rice
- F Burrito, Spanish 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) only 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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campusnews@uttc.edu
 Jan Whiteman

Deadline for next issue: 5:00 pm - December 16, 2002



OLSON SPEAKS TO COLLEGE SUCCESS CLASS

by Bev Huber

Dusty Olson, Nutrition and Food service student, brought his advice and wisdom to the College Success class

October 30 telling the class of 70 about the need for good study habits, good class attendance, and commitment to education. Dusty, well-prepared and motivated, spoke of some "wasted" years, his military training, and pride in an older brother, Elmer Four Dance, a UTTC graduate. He spoke highly of his teachers, especially Wanda Agnew for her encouragement and Liz Miller for her high standards of learning. Dusty told the class that he had recently reread his commitment paper, a good

reminder of the path he chose; another reminder was his rock which was given to members of his class by Sheri and Bev as a symbol of steadfastness, strength, and respect to all in the multiverse in which we live. He will graduate in May with an AAS in nutrition and says that his strength will be teaching the importance of good nutrition and good health to other men. Dusty is a member of the Three Affiliated Tribes of Ft. Berthold.

Attention Fall graduates!

You must complete an exit Tab test to graduate. Testing dates are December 3rd, 5th at 5:00-8:00 PM, at the Jack Barden Center. Julie Creed, SSS counselor, room 217, extention 467.

Campus Calendar

Friday, December 6

Craft Fair, 3:30 p.m. to 9 p.m.,
small gym, James Henry Building
UTTC staff, faculty & board Christmas
party, Doublewood Inn

Saturday, December 7

Craft Fair, 9 a.m. to 9 p.m.,
small gym, James Henry Building
Thunderbird Classic, Men's Basket-
ball Tournament, UTTC Gym

Saturday, December 7

Parent Appreciation Holiday
Celebration

5:30 - 7:00 pm

Jack Barden Center, Lower Level

Sunday, December 8

Thunderbird Classic, Men's Basket-
ball Tournament, UTTC Gym

Thursday, December 12

UTTC Student's Study Day

TJES Christmas Program, 2 p.m.,

UTTC gym

Friday, December 13

UTTC Student's Study Day

Saturday, December 14

Thunderbirds men & women at
NDSCS, Wahpeton, ND 2 & 4 p.m.

Sunday, December 15

Thunderbirds men & women at
Concordia JV, Moorhead, MN, 1 & 3
p.m.

Monday, December 16

UTTC Final Exams

Tuesday, December 17

UTTC Final Exams

Wednesday, December 18

UTTC Final Exams

Thursday, December 19

Semester Grades Due

Friday, December 20

UTTC Fall Graduation

December 23 - January 3, 2003

Winter Break (No Classes)



Nursing home resident Harold Iron Shield joined in at the drum with the Cannon Ball Singers. Harold sends his best wishes to the Thunderbirds basketball teams for a great season.



Cultural Visit Made to Nursing Home

by Julie Cain

The UTTC Culture Committee presented a Native American dancing and singing performance at the Med Center One Nursing Home in Mandan, ND. The director of the ND Indian Affairs Commission, Cheryl Kulas, arranged the November 19th honoring.

UTTC students and staff honored eight Native elders with song and dance. The Cannon Ball Singers drum group provided the traditional music and honor songs.

The event was very well received. Non-native elders were also present and enjoyed the program.

The Culture Committee thanks all who took part in honoring UTTC's veterans in November. Also, thanks to the cafeteria staff for such a wonderful job on the traditional Sioux meal.

The Culture Committee wishes everyone in the UTTC family a Happy Holiday Season!



Class assignment sparks student essay

by Emmett Whiteman

This article was written as part of a class assignment for English for Careers. The class watched a video called Primal Mind, and we were asked to write a two paragraph report on what we got out of the video. The instructor of the class, Bev Huber, did this to celebrate Native American month. I wanted to write about something that I found interesting, not only to me but others as well. It was a challenge for me to get this written, and it wouldn't have been possible without the help of my instructors, Bev Huber and Sheri Bear King-Baker. These two ladies were more than happy to help me. With what they have taught me, I have the skills to write and keyboard an assignment.

PRIMAL MIND Image and Culture



L to R: Emmett Whiteman, Sheri Bear-King Baker, Bev Huber

I thought the video we watched was interesting. One of the things that got my attention was the statement, "Words are powerful, images are devastating." The reason I say this is that most people go by what they see instead of what they hear. For example, people downtown will remember the Indian staggering down the

street or the one that is passed out on the sidewalk. What most of them don't see is the Indian who goes to work or school everyday and tries to be successful.

The other thing that got my attention was the statement, "The greatest distance between two people is culture." Most white people don't understand why we do the things we do, such as the annual Powwow held each year, the sweats that people have, or the different ceremonies we take part in. One thing that I have noticed is that it's not only the white people who don't understand the things we do, but it is our own young people who don't understand their own culture. This makes me feel bad because if we don't know who we are, or where we came from, then how do we know where we are going? I feel that it is important for those of us who know something about our culture to pass it on to both the young people, as well as the white people and, yes, it is possible for both the traditional and modern world to be combined.



HIT Corner of Events!

by : Shawna Zastoupil, RHIT

Interview with HIT Student about Clinicals..



Each of the second year Health Information Tech. (HIT) students, is to visit a variety of health care facilities. At the facilities, they get to do hands-on work. It is a very exciting and scary time. We thought we would celebrate their experiences by interviewing them for the newsletter.

Jamie Pecore just finished her 90 hours of clinicals on November 1st. To start the interview, Jamie was asked of the 3 types of facilities she visited, which was her favorite. She chose the "acute care facility" because it was a fast paced and she visited with many different departments. At this facility she worked on;

- Assembly of medical charts
- Review for deficiencies of the medical record
- Retrieval and filing of medical records

On the flip side, she did not particularly like the long-term care facility. Partly due to "it was hard to see the elderly like that." Most of the elderly were in wheelchairs and unable to do daily living skills. Although, Jamie did state that it was nice to know that there were apartments attached to the long-term care facility for the spouses to be close to the patients.

The next question got to the "meat" of what HIT is about. I asked, "Did you think HIT was going to be like this?" Jamie responded, "Yes, because I have worked in the medical field before."

Jamie had some words for encouragement for next year students. "Don't get frustrated, in the long run, it is worth it!!" Now of course, being an instructor, I had to ask this next question.

"Do think your training at UTTC was a benefit?" Jamie reported affirmatively.

Now for the fun part, Jamie was enthusiastic about HIT career so I wanted to know her plans in 5 years. Jamie confidently stated, "Graduated with a B.A. and having RHIA! And a Great Job!"

Thank you Jamie for taking the time to discuss this with us. Everyone wishes all the clinical students, the best of luck.



HIT Corner of Events!

by Shawna Zastoupil, RHIT



Interview with HIT Student about Clinicals..

Each of the second year Health Information Tech. (HIT) students are to visit a variety of health care facilities. At the facilities, they get to do hands-on work. It is a very exciting and scary time. We thought we would celebrate their experiences by interviewing them for the news letter.

Kathi Reiter just finished her 90 hours of clinicals on October 31st. To start the interview, Kathi was asked of the 3 types of facilities she visited, which was her favorite. There was no hesitation when she answered "acute care facility." She elaborated that the acute care facility was a fast paced and interesting place to be. At this facility she worked on;

- Assembly of medical charts
- Scanned in records for the computerized records.
- Quality assessment
- Release of information
-

On the flip side, she did not particularly like the small out patient facility, due to the constant repetition. She worked on the assembly, creation and completion of medical records.

The next question got to the "meat" of what HIT is about. I asked, "Did you think HIT was going to be like this?" Kathi responded "No, because doing the work was more interesting to actually do it then learn it."

Kathi had some words for encouragement for next year students. **"Try your best, don't be afraid to ask questions, have fun!"**

Now of course, being an instructor, I had to ask this next question.

"Do think your training at UTTC was a benefit?" Kathi reported, "Yes, right on target with everything HIT department taught us so far."

Now for the fun part, Kathi seemed enthusiastic about HIT career so I wanted to know her plans in 5 years. Kathi responded with confidence, "Supervisory position in an acute care facility."

Finally, I asked Kathi for any more input to anyone who will be going into clinicals.

Kathi's quote is, "Don't be SCARED. Each place is different for each individual."

Thank you Kathi for taking the time to discuss this with us. Everyone wishes all the clinical students, the best of luck.

Center for Student Success holds Food Drive

On Thursday, November 21, 2002, the Center for Student Success held its first annual UTTC Food Drive. There were 617 pounds of food and \$45.00 collected for the Bismarck Emergency Food Panty. Over 50 lbs. food was collected during the Haunted House held on October 31 putting the total over 667 lbs. The Bismarck Emergency Food Pantry is one of several pantries set up in the

community to assist families through tough times. It has been in operation for 20+ years and is completely funded through donations. Volunteer staff at the Food Pantry was excited to see the amount of food donated as they said they had served more families than usual throughout the week.

The vocation that donated the most food was Food and Nutrition Services. They donated 65 pounds of food, which averaged out to 6.5 pounds per student. Totals from all vocations were as follows:

Automotive Technology – 23 lbs.
Computer Support Technology – 50 lbs.
Criminal Justice – 15 lbs.
Early Childhood Education – 53 lbs.

Food & Nutrition – 65 lbs.
Health Information Technology – 43 lbs.
Practical Nursing – 27 lbs.
Office Technology – 15 lbs.
(Vocations not listed above had less than 2 lbs. of food or did not participate.)

The top three campus departments were:
General Education/Library – 68 lbs.
Center for Student Success – 38 lbs.
Administration – 32 lbs.

The Food & Nutrition students have decided to donate their \$50.00 prize to the Abused Adult Resource Center. A challenge has been extended to all departments to increase their totals for next year's food drive and a very special thanks to all those who participated this year!

Job Opening

by Marla Trail

In order to better serve the technology needs of the campus, UTTC will be opening a help desk, located in the Barden Center. We will be hiring several students for the Spring Semester. The hours are flexible to work around students schedules. We are offering students not only a paycheck, but a way to work through cooperative education for school credit. Hours will be between 8 am and 8 pm. The positions are open to students not only from the computer support vocation. I would be interested in students from all vocations, not only Computer Support, the main requirement is computer skills, not their enrolled vocation.

Sharing and Caring Drive

by Cindy Baliet

Looking for ways to make Christmas more special for yourself and others? Donations of non-perishable food, new or used children's books and toys, and/or clean coats, hats, and mittens are now being accepted by the Elementary Education Club for distribution to UTTC students and their families who may need a helping hand this Christmas. If you'd like to contribute, bring your donations to B-15 in the Education Building (the old bookstore). All items will be available for distribution in the same room on Friday, Dec. 13, 2002 at 2:00 PM.

University Center News

by Barbara Schmitt, Economic Development Director

Many of you may not know about the new and exciting program located downstairs in Building 61. The newly created function of UTTC is the University Center. In May 2002, UTTC received the designation as the **first** Native American University Center in the United States. The U. S. Department of Commerce, Economic Development Administration (EDA) funds the effort.

I work with all Tribes in the region to link Tribal EDA planners into the services and support from existing University Centers. I also provide training to planners through consultation and training to stimulate and enhance economic development on the reservations. Upcoming training includes community and economic development training. This includes training in leadership development and strategic planning.

Partnering for economic development is a "top priority" of the University Center. Providing resources and linking to the Universities will help overcome some of the barriers for Tribes.

Integrated Studies' students experience Dr. Baker

Dr. Biron Baker, Mandan/Hidatsa, Three Affiliated Tribes of Ft. Berthold, spoke to the Psychology/Composition class of 65 students October 12. The topic of the day was "Identifying Problem Behavior". Included in his presentation were the following topics: personality disorders, anxiety disorders, and mood disorders. Dr. Baker presented facts and experiences related to anorexia and bulimia, schizophrenia, bipolar disorder, OCD, PTSD, SAD, depression, substance abuse and addiction, and conversion disorders among other topics. Students asked many thoughtful questions and received thoughtful answers. One disorder of great interest to students is multiple personalities. Dr. Baker said that, although extremely rare, he has had experience with patients suffering from the disorder. He also talked about effective medications and other appropriate treatments that give hope to the patient and their families. Dr. Baker is a UND graduate and has practiced at Standing Rock and Ft. Berthold. He is currently a Family Practice physician at Medcenter North. To see a video of Dr. Baker's presentation contact Bev Huber at ext. 294.

MOTIVATION...More Than Just a Word

by Anita Green for ED 210-
Educational Psychology

BELIEVE: while others are doubting.

PLAN: while others are playing.

STUDY: while others are sleeping.

DECIDE: while others are delaying.

PREPARE: while others are

daydreaming.

BEGIN: while others are procrastinating.

WORK: while others are wishing.

SAVE: while others are wasting.

LISTEN: while others are talking.

SMILE: while others are pouting.

COMMEND: while others are criticizing.

PERSIST: while others are quitting.

Tips for Getting Started with Online Learning

by Leah Woodke, Director of Distance and Continuing Education

Online Education is the wave of the future and it is here now. Have you been thinking about taking courses online or even earning a degree online? There are some things you should consider before making that commitment.

#1 Information

First, find out all you can about the institution in which you are thinking about enrolling. Check out the website, send for a catalogue, and check the accreditation status. Some accrediting agencies are not recognized, so be sure that a recognized accrediting body accredits the college. You may find the following site helpful:
www.ncahigherlearningcommission.org

#2 Advisement

Online courses are not held at a designated time or place. Talk to a school representative about what will be expected from an online learner at that institution. In fact, it is probably best to talk to a Department Chair at the school. They can give the best information specific to particular degree you are seeking. Maybe you only want to take a class or two? It is still best to speak with a Department Chair, Advisor, or online instructor.

#3 Computer Skills

You'll need basic skills to take courses online, but you don't have to be an expert. You will need to know how to "surf the Net" and do email. You should probably know a little about word processing (people called it typing when I was growing up) and how to format a document. That means you know how to italicize, underline, bold, center and generally make the document easy to read. Your advisor can tell you more about what computer skills you will need for particular classes.

#4 Internet Access

You need reliable Internet access. Most of the online coursework will probably be in print and will load fairly quickly.

However, if your access is very limited or your computer is slow, you may become frustrated with the time it takes to submit and receive documents. Some rural areas have slow or no Internet access. In those cases, people access their online courses from local schools or libraries. If this is reasonable for you and your schedule, it may work for you. Typically, however, people do their online coursework later in the evenings and on weekends.

#5 Funding

Online courses are typically more expensive than campus-based courses. The plus side is that you don't have to move or give up your job. Some employers will pay for their employees to take classes online. They like it when employees learn new things and increase their skills. You may be eligible for other types of funding. Investigate this before you begin your online coursework.

#6 The Will to Learn

Finally, you have to have the will to learn. While you do have deadlines to meet, you have no one pushing you to go to class and no one to "face" when you don't have assignments completed on time. It takes a high degree of self-direction and self-discipline to take an online course. Do you have what it takes to be a successful online learner?

If you would like more information about online education at United Tribes Technical College, contact:

Barbara Archambault, Online Learner Support Coordinator

Telephone: 701-255-3285 ext. 431

Email: barchambault@uttc.edu

OR

Leah Woodke

Director of Distance & Continuing Education

Telephone: 701-255-3285 ext. 339

Email: lwoodke@uttc.edu

OR

Check out the United Tribes Technical College Online Education website:

www.uttc.edu

Request Brochures:

Distance & Continuing Ed. Dept.

Building 35

3315 University Drive

Bismarck, ND 58504

LITTLE THINGS IN LIFE...

Something to think about in this holiday season, an email I received from a friend.

by Jan Whiteman

Lisa Beamer on Good Morning America — If you remember, she's the wife of Todd Beamer who said "Let's Roll" and helped take down the plane that was heading for Washington D.C. She said it's the little things that she misses most about Todd, such as hearing the garage door open as he came home, and her children running to meet him. She's now the Mom of a beautiful little girl, Mary.

Lisa recalled this story: I had a very special teacher in high school many years ago, whose husband died suddenly of a heart attack. About a week after his death, she share some of her insight with a classroom of students. As the late afternoon sunlight came streaming in through the classroom windows and the class was nearly over, she moved a few things aside on the edge of her desk and sat down there. With a gentle look of reflection on her face, she paused and said, Class is over, I would like to share with all of you, a thought that is unrelated to class, but which I feel is very important.

Each of us is put here on earth to learn, share, love, appreciate and give of ourselves. None of us know when this fantastic experience will end. It can be taken away at any moment. Perhaps this is the powers way of telling us that we must make the most out of every single day. Her eyes, beginning to water, she went on, so I would like you all to make me a promise. From

continued on back page



Training at the Cooper Institute

By Mark L. Mindt

After the initial frisk given by the airport security, I found Lonnie Delorme awaiting me at the airport terminal. As the UTTC Physical Activities Coord., I found myself very anxious to attend this training seminar. Along with Lonnie Delorme, the UTTC Career Counselor/Activities Coord., we boarded the plane. Our dreams were coming true. We were on our way to the prestigious Cooper Institute in Dallas, TX. Our goal was to earn the "Physical Fitness Specialist" certification.

The Cooper Institute is a research facility, which offers the latest data and information on fitness and wellness. In addition to the quality training the institute offers, the atmosphere is truly motivational. Three paths for either walking, jogging or running surround the facility for physical exercise. There were all ages using these paths at all times of the day. If you were to look very carefully in the early morning, you might have seen two Natives keeping up with the Texans.

As the representatives for the United Tribes Technical College, Lonnie and myself were proud to absorb the knowledge, which would make **UTTC the only tribal college in the nation to be certified with the Cooper Institute of Aerobics and Research.** With the advancements in our institution, the UTTC community has another tool to help/aid with the construction of a healthier self with a greater meaning of wellness.

To inquire about a training assessment or a sample weight-training workout, please contact Mark L. Mindt @ ext. 239.

United Tribes Technical College **PARENT APPRECIATION HOLIDAY CELEBRATION**



December 7th, 2002

Downstairs of the Jack Barden Center

5:30 - 7:00 p.m.



If any students are interested in inviting their parents, please contact Helen Lindgren ext. 277 or Jesi Silbernagel ext. 314.

The Thunderbirds play @ 2:00 & 4:00, and your parents are also invited to attend the games.

The Cultural Committee will also be holding a craft fair in the small gym from 9 a.m.-9p.m.

We will be serving holiday beverages and appetizers.

TRIP TO KENEL, SOUTH DAKOTA

by Larry Carlson

The following IP Students went to Kenel, SD to give talks on traffic safety. Hope White Bear, LeRay Skinner, Treyci Compton and Natasha No Heart (former student).

They all gave presentations on traffic safety. LeRay gave excellent talks based upon personal testimony in which she describes the loss of two members of her family in a traffic crash.

Natasha gave an interesting hands-on demonstration of the use of child safety seats. Treyci gave a talk in which she reminded the audience that crashes are not accidents because they are predictable and preventable.

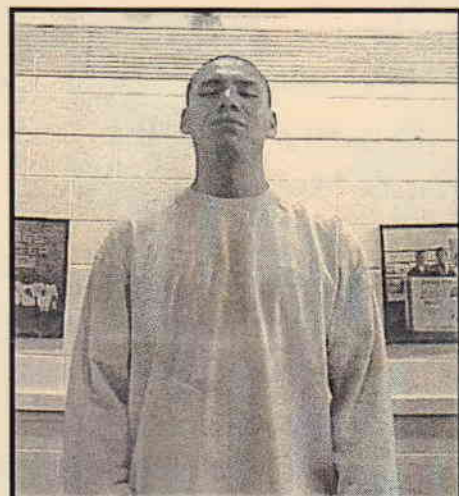
Hope White Bear talked about the need for injury prevention specialists on reservations to reduce epidemic rates of homicides, traffic crashes and suicides.



IP FLOAT IN THE UTTC HOMECOMING PARADE: LeRay Skinner and Kateri DuBray display the IP float. Four teenagers were in this car but all walked away because they were all wearing their seatbelts.

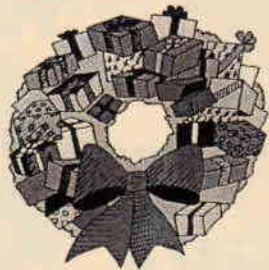


Second Year Student of the Month: Hope White Bear



First Year Student of the month: Delmar Clown

Inventory Reduction/Christmas Sale



Arrow Graphics Dept. Bldg. 7,
Monday and Tuesday,
December 9 & 10, 2002

From 1:00 to 5:00 pm. each day

All items very, very reasonable priced



**Powwow Coats, Campfire mugs, souvenir mugs, Caps,
Calendars, notecards, postcards, scarfs and BLANK long
and short sleeve T-shirts, Sweatshirts, Tank tops, magnets
and Christmas Cards**

This is a Two Day Sale Only!!!

Staff and Students may payroll deduct



A Time to Give Thanks

It is time for thanks for all that we have and all that we have benefited by.

It is time to share with one another this day of thanks.

We do this by celebrating with humility with others, and by gathering among friends and relatives.

We share this plentiful day with the harvest of good food with all who are in our company on this day of thanks.

But, we also offer a prayer for those in need and for those who do not have the benefit of such a gathering, nor the resources for such a meal. Indeed, the world is filled with many who will go hungry. Sharing food and help with our brothers & sisters are as much a part of our tradition, as ever.

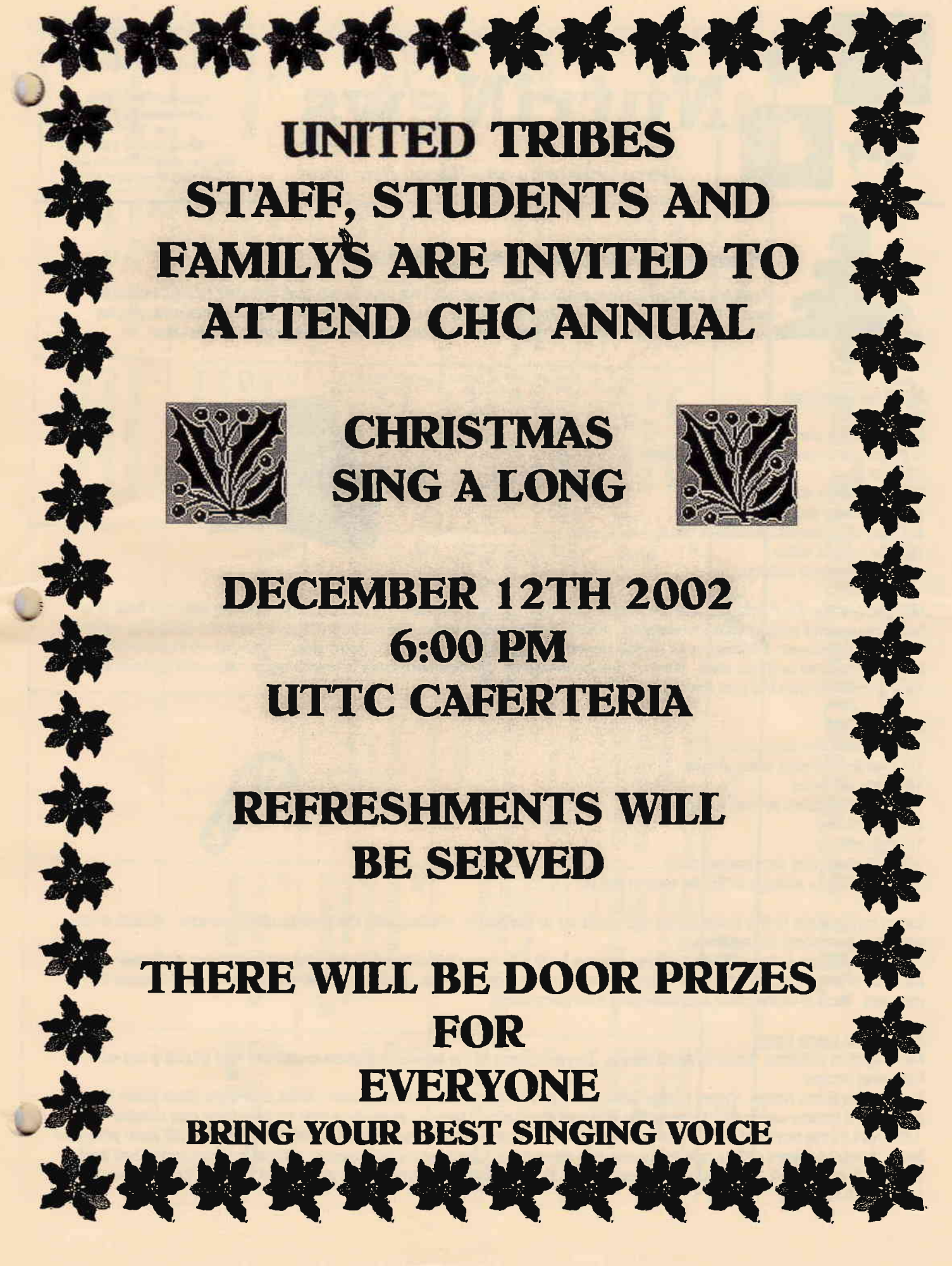
Certainly, it is the story of American Indians offering vital help in times of need to those who first settled in the New England area—who would not have survived. They celebrated thanks in the custom and with the foods of First Americans.

*We can be thankful here, today at United Tribes Technical College for the wonderful support from so many of our friends in assuring that the College continues. The vital support to fund the College—made by congress—was because so many of you believe in our cause—**helping others to the road to independence and building cultural integrity.** It is the place—since 1969—where adults and children begin anew and take the stepping stone to success!*

There are many on the list to whom we give thanks, but we especially give our thanks and praise to Wakan Tanka—The Great Spirit!

At the beginning and end of this holiday, I hope you will enjoy each moment of your good company—your friends & family—and give thanks for all the good things that happen. Give thanks and good thoughts and a small prayer for others, as well—especially those in need.

David M. Gipp
President, UTTC



**UNITED TRIBES
STAFF, STUDENTS AND
FAMILYS ARE INVITED TO
ATTEND CHC ANNUAL**



**CHRISTMAS
SING A LONG**



**DECEMBER 12TH 2002
6:00 PM
UTTC CAFETERIA**

**REFRESHMENTS WILL
BE SERVED**

**THERE WILL BE DOOR PRIZES
FOR
EVERYONE**

BRING YOUR BEST SINGING VOICE



NutriNews

Merry Christmas and Happy New Year!



Homemade Christmas Gifts

Are you looking for some easy Christmas gifts for your family and friends? Listed below are some homemade food gifts that are inexpensive and healthy too. Most ingredients can be found already in your kitchen cupboards. Make this a new family tradition this year!

Sand Art Brownies

- 3/4 cup flour
- 3/4 teaspoon salt
- 1/3 cup unsweetened cocoa powder
- 1/2 cup flour
- 2/3 cup brown sugar
- 2/3 cup white sugar
- 1/2 cup semi-sweet chocolate chips
- 1/2 cup vanilla chips
- 1/2 cup chopped walnuts



Mix the 3/4 cup flour with the salt. In a quart jar layer the ingredients in the order given, starting with the flour and salt mixture and ending with the walnuts. Attach a decorative tag to the outside of the jar with the following recipe. *Sand Art Brownies: Preheat oven to 350 degrees. Grease one 9x9-inch square pan. Pour the contents of the jar into a large bowl and mix well. Stir in 1 teaspoon vanilla, 2/3 cup vegetable oil and 3 eggs. Mix until just combined. Pour the batter into the pan and bake for 25-30 minutes.*

Soup in a Jar

- 1/3 cup beef bouillon powder
- 1/4 cup dehydrated onion flakes
- 1/2 cup split peas
- 1/2 cup small shell or ring macaroni
- 1/4 cup barley
- 1/2 cup lentils
- 1/3 cup white rice (not instant rice)
- Tri-color rotini- enough to fill the rest of the jar



Layer ingredients in the order given in a quart jar or container, starting with the beef bouillon powder. Attach a tag with these cooking instructions.

Soup: In a large kettle, brown 1 pound ground beef. Remove tri-color rotini from the top of the jar and reserve. Add the rest of the contents of the jar to the kettle with 3 quarts of water. Bring to a boil; reduce heat and simmer for 45 minutes. Add tri-color rotini and simmer 15 minutes more.

Friendship Bean Soup

Mix together different kinds of dried beans. Layer 2 cups of the beans in a glass container and attach a tag with the following recipe.

Friendship Bean Soup: Cover beans with 1 1/2 quarts room-temperature water. Soak overnight, then drain the water. Add 2 quarts water to a large kettle and add the drained beans. Bring to a boil, reduce heat and simmer for 2 1/2 hours in the covered kettle. Be sure the beans are covered with water during this time. Add 1 1/2 cups chopped ham, 1 cup chopped onion, one 28-ounce can tomatoes, 1 teaspoon chili powder, 1 clove minced garlic, salt and pepper to taste, and 3 tablespoons lemon juice. Bring to a boil. Reduce heat, cover and simmer for 1 1/2 hours. Makes 12-15 cups.

Chemical Health Center

Schedule of Events for December 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 On Call: Harriet Schneider</p>	<p>2 CHC Staff Mtg. 8:00 Counselor Mtg. 8:30 To 9:30</p>	<p>3 Supervisors Mtg. Chema 102 Class 9:00 & 2:00 p.m. AA CHC. At 7:00 p.m.</p>	<p>4 Chema 102 Class 10:00 a.m & 1:00 pm</p>	<p>5 Chema 102 @ 2:00 Al-Anon @ 3:00 LIGHTING OF THE CHIRSTMAS TREE UTTC Cafeteria 4:00</p>	<p>6 Art/Craft Fair Small Gym @ 3:30 pm to 9:00 pm UTTC Staff Christmas Party</p>	<p>7 On Call:T.J.McLaughlin Art/Craft Fair 9:00 am to 9:00 pm Parent Appreciation 5:30 to 7:00 p.m. (JB)</p>
<p>8 On Call: T.J. McLaughlin</p>	<p>9 Counselor Christmas Mtg. 8:00 to 10:00 pm</p>	<p>10 Supervisors Mtg. Chema 102 Classes 9:00 am & 2:00 pm AA mtg. At 7:00 pm at CHC</p>	<p>11 Chema 102 Class 10:00 am & 1:00 pm Touchstone Christmas Dorm Party 7:00 p.m.</p>	<p>12 Chema 102 @ 2:00 CHERSTMAS Sing-A- Long UTTC Cafeteria @ 6:00 pm</p>	<p>13 Holiday Bazaar (JB Center) 11:00 am. 3:00 p.m.</p>	<p>14 On Call Julie M. Cain UTTC Staff & Student Bingo Cafeteria 6: 00</p>
<p>15 On Call: Julie M. Cain</p>	<p>16 CHC Staff Mtg. 8:00 Counselor Mtg. 8:30 To 9:30 pm</p>	<p>17 Supervisors Mtg. Chema. 102 Classes 9:00 am and 2:00 pm AA meeting at CH C 7:00 P.M.</p>	<p>18</p>	<p>19 Chema @ 2:00 Al-Anon @ 3:00 Alateen @ 4:00</p>	<p>20 UTTC Honoring Ceremony for Fall Graduates @ Jack Barden Center 11:00</p>	<p>21 On Call Russell Gillette</p>
<p>22 ON Call Russell Gillette</p>	<p>23 CHC Staff Christmas Party</p>	<p>24 Supervisors Mtg. Christmas Eve Catholic Mass at 7:00 pm UTTC Chapel</p>	<p>25 CHIRSTMAS DAY</p>	<p>26</p>	<p>27 CHC Staff Training Rapid City, SD</p>	<p>28 CHC Staff Training Rapid City, SD</p>
<p>29 CHC Staff Training Rapid City, SD</p>	<p>30 CHC Staff Training Rapid City, SD</p>	<p>31 NEW YEAR'S EVE CHC Staff Training Rapid City, SD</p>				

December 2002

TJES Calendar 9/03/02

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Homework Center Science Club 3:15-4:15	3 Homework Center Computer Club 3:15-4:15	4 TJES Staff Meeting 3:30	5 Homework Center Computer Club 3:15-4:15	6	7
8	9 Homework Center Science Club 3:15-4:15 TJES School Board Meeting	10 Homework Center Computer Club 3:15-4:15	11 TJES Parent Teacher Breakfast UTTC Cafeteria 7:45-8:15	12 TJES Christmas Program Small Gym 2:00 pm	13	14
15	16 Homework Center Science Club 3:15-4:15 RIF for all TJES	17 Homework Center Computer Club 3:15-4:15	18 TJES Staff Meeting 3:30	19 Homework Center Computer Club 3:15-4:15	20 End of 9 Weeks at TJES UTTC Graduation	21
22	23	24	25	26	27	28
Christmas Break .. NO SCHOOL at TJES until Monday, January 6, 2003						
29	30	31				

If you have any questions or concerns please phone TJES (255-3285 #304-305). PLEASE watch for notes or notices concerning your child.

CAMPUS HAPPENINGS

December 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <i>Noon-1pm—Lunch & Learn Ed. Bldg.-Rm B02 Ext. 319, Pam-For info.</i>	4 GRAND OPENING <i>Jack Barden Center</i> 7pm-MOVIE NITE	5 <i>4pm—Tree Lighting- Cafeteria</i>	6 <i>4pm— Craft Fair-Small gym 6pm-STAFF/FACULTY Xmas Party</i>	7 <u>T-BIRD CLASSIC-GYM</u> <i>9am-9pm —Craft fair (cont) 5:30-7:00pm Parent Appreciation Night—JBC</i>
8 <u>T-BIRD CLASSIC-GYM</u>	9	10 <i>Noon-1pm—Lunch & Learn Ed. Bldg.-Rm B02 Ext. 319, Pam-For info.</i>	11 7pm-MOVIE NITE	12 <u>6:00-Sing-a-long- Cafeteria</u>	13 9:30pm-THUNDER ALLEY BOWLING	14 <u>6pm-CHRISTMAS BINGO</u> <i>Cafeteria</i>
15	16 <i>FINAL EXAMS</i> →	17 →	18 <u>Center for Student Success Open House 9-4pm</u> 7pm-MOVIE NITE	19	20 <i>FALL GRADUATION</i> <i>CHRISTMAS VACATION STARTS</i>	21 →
22 →	23 →	24 →	25 →	26 →	27 →	28 →
29 →	30 →	31 →				

Little Things in Life

continued from Page 7.

now on, on your way to school, or on your way home, find something beautiful to notice. It doesn't have to be something you see, it could be a scent, perhaps of freshly baked bread wafting out of someone's house, or it could be the sound of the breeze slightly rustling the leaves in the trees, or the way the morning light catches one autumn leaf as it falls gently to the ground. Please look for these things, and cherish them. For, although it

may sound trite to some, these things are the "stuff" of life. The little things we are put here on earth to enjoy. The things we often take for granted. We must make it important to notice them, for at anytime... it can all be taken away.

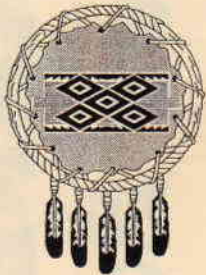
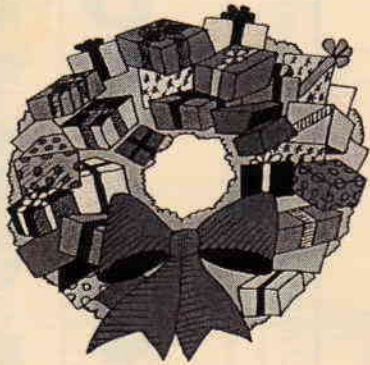
The class was completely quiet. We all picked up our books and filed out of the room silently. That afternoon, I noticed more things on my way home from school than I had that whole semester.

Every once in a while, I think of that teacher and remember what an

impression she made on all of us, and I try to appreciate all of those things that sometimes we all overlook. Take notice of something special you see on your lunch hour today. Go barefoot. Or walk on the beach at sunset. Stop off on the way home tonight to get a double dip ice cream cone.

For as we get older, it is not the things we did that we often regret, but the things we didn't do. If you like this, please pass it on to a friend.

"Life is not measured by the number of breaths we take, but by the moments that take our breath away."



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