

# Infant Toddler Enrichment Program (ITEP)

## January 2003 News

### Infant Play: Overview

Children need few toys during babyhood. Parents' ample love and attention is far more critical for infants' healthy development and well-being. In fact, newborns are more captivated by human faces than by inanimate playthings, and infants continue to prefer people over toys. Being gently and playfully cuddled, touched, and talked to contribute to children's earliest impressions that the world is wonderful and safe and can be explored without fear.

Infants need extremely close, almost constant, supervision. They are engaged in the vigorous process of self-discovery, and are becoming acquainted with their new world by looking, listening, chewing, smelling, and grasping. Most of their learning comes through play. Thus, they require safe toys that appeal to all of their senses and stimulate their interest and curiosity.

Babies have extremely short attention spans, so simple, repetitive play and sensitive, appropriate responses from you are best. Play only while your infant seems to enjoy it. Look to your baby for clues for changing a game. For example, if your baby begins to look bored after mastering a game of batting at a dangling toy, vary the play by moving the toy farther away or off to one side.

Your infant needs to feel some control over the new environment. Play experiences that encourage your child to make things happen lead to a solid base of confidence and trust. Your baby learns what to expect when he or she drops a ball or squeezes a squeak toy. Your little one also delights in causing you to do something over and over like picking up a toy that has been dropped again--and again.

By the end of your child's first birthday, a strong preference will probably develop for



### Art Project 12 months & Up

**Snow Dough** - Children will enjoy creating snow people and animals with this play dough variation:

- flour 2 cups
- 1 cup salt
- 2 cups water
- Vegetable oil 2 TB.
- Cream of tartar

Mix all ingredients together until smooth. (Do not add food coloring.) Cook over medium heat until mixture thickens and sticks to the spoon. Knead in several spoonfuls of silver or iridescent glitter. Store in zip bag  
\*Young toddlers will enjoy poking small objects into the play dough such as candles or crayons.

### Math Project 3 yrs & Up MITTEN MATCH

Cut mittens of like color out of construction paper. Write uppercase letters on some of the mittens and lowercase letters on others. Children take clothespins and clip mittens with matching



Infant Toddler Coordinator  
Pam Emmil ext. 319

### Finger Plays for Little Ones

**ME**  
I've got ten little fingers  
And ten little toes.  
Two little eyes  
And a mouth and a nose.  
Put them all together,  
And what have you got?  
You've got me, baby,  
And that's a lot!

**I'M A LITTLE SNOWMAN**  
(Tune: "I'm a Little Teapop")  
I'm a little snowman,  
Short and fat.  
Here is my broom  
And here is my hat.  
When the sun comes out I'll melt away,  
But I'll be back Another day!

Finger plays are great to do while changing your child. You have their complete attention.

One of the most important qualities of good parenting is nurturing your child. Nurturing means showing your children they are loved and accepted so that they can grow and develop. One way to nurture your child is to begin giving them responsibilities within the family that are appropriate for their age and will provide them with a sense of accomplishment and pride. It will require some time, patience and perseverance but will set the stage for developing your child's character and responsibility. Some appropriate chores for toddlers include:

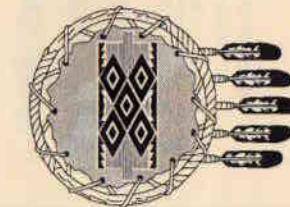
- Clean up spills -Pick up toys -Wipe off part of the table after a meal -Set plates, utensils, cups on the table (if they are unbreakable items) -Match socks -put clothing in the hamper -Pour dry cereal -Get batter -Shut off TV or lights -Put folded clothes in a drawer -Hold the door for others -Carry small, unbreakable items from the car.

Remember to praise your child when he/she accomplishes a task and tell them how responsible they are by doing the chores. This will help them to begin to understand responsibility and see that they have a role in the family that is helpful and meaningful.

Parenting Classes  
Located in B11 in the  
Education Bldg.  
Tuesdays  
"Lunch-N-Learn"  
Free catered lunch  
And giveaways

January 21st  
"Good Discipline, Good  
Kids"

January 28th  
"1-2-3 Magic"  
Discipline



**United Tribes Technical College**  
**Office of Administration**  
3315 University Drive  
Bismarck, North Dakota 58504



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



# UNITED TRIBES

## *On-Campus News*

Vol. 11 No. 9

UNITED TRIBES TECHNICAL COLLEGE \* BISMARCK, ND

January 20, 2003

## New students urged to "be ready"

by Dennis J. Neumann

Not all of the incoming class of UTTC students automatically knew the phrase "Nake nula wounwelo," when UTTC Academic Dean Phil Baird spoke those Lakota words during student orientation. That's because many of the newest students on campus come from places where the tribal language isn't Lakota. But the message in the translation was understood by all.

"It means, 'I will be ready, anytime, anyplace, anywhere,'" said Baird, a Lakota from the Rosebud Tribe. "That's how you have to be to succeed as a student."



Academic Dean Phil Baird quoted a phrase in Lakota to prepare new students, "I will be ready, anytime, any place, anywhere."

Baird joined with other college officials on January 7 to welcome and orient new students in the lower level of UTTC's Student Life and Technology Center, the Barden Building. A surge of new students is expected to push Spring 2003 enrollment higher than the record single-term enrollment experienced last



New UTTC students filled the lower level of the Barden Center during Spring Semester Orientation.



New students heard from counselors Helen Lindgren and Karen Siegfried during orientation on January 6.



semester. Fall 2002 enrollment at UTTC was 356. That figure has already been exceeded for the spring and school officials await the enrollment deadline at the end of January to see what the final figure will be.

"What I ask students to think about when they start this process is, what you want to do the day after graduation," said UTTC President David M. Gipp. "Think about what you want to

do and where you want to be when school is over."

The college president explained  
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Postal Customer Council .....	pg. 6



# Dennis Lucier's UTTC Diner

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

**Jan. 20 - 24**

**Jan. 27 - 31**

## DINNER

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

## SUPPER

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

## DINNER

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

## SUPPER

- M Baked Ham, Au-Gratin Potatoes
- T New England Dinner, Baking Powder Biscuit
- W Salisbury Steak, Boiled Potatoes
- T Braised Beef, Egg Noodle
- F Fish Fillet, Oven Baked Potatoe Wedges



## 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 listed below.
- ◆ Send articles through e-mail to [campusnews@uttc.edu](mailto: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 or DOC files. All photos should be 300 resolution.
- ◆ PLEASE EDIT AND PROOF your own copy before sending.
- ◆ "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.
- ◆ Attach photos with captions to articles
- ◆ Newsletter is sent nationwide. Show your UTTC spirit with great news articles.

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 Jan Whiteman

**Deadline for next issue: 5:00 pm - January 27, 2003**

## ANNOUNCEMENT:

### College Success Students Fall 2002

Students in Bev and Sheri's fall semester college success class can pick up their books from Bev (ED216) or Sheri (ED217). Remember to continue your commitment to your learning and healthy lifestyle!



## Is diabetes a concern in your family?

WHAT: FACTS ABOUT...

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

Your invitation to a series of four diabetes education sessions.

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

WHEN: FRIDAY, FEBRUARY 7, 14, 21, 28  
FROM 10 AM - 12 NOON

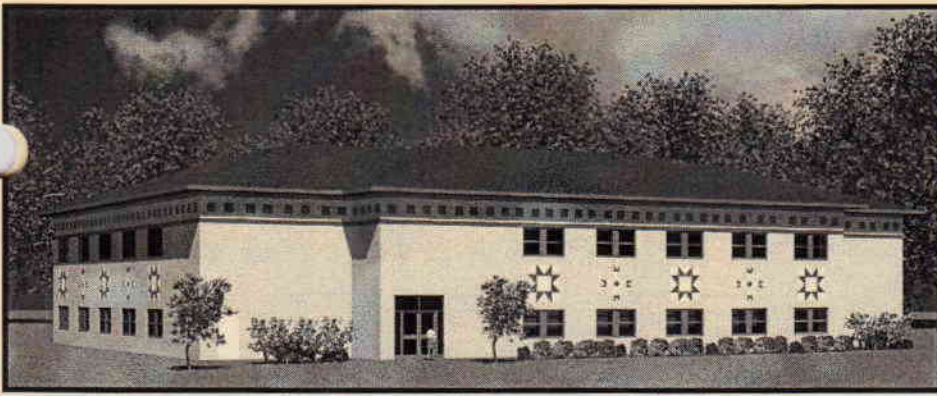
WHERE: LAND GRANT RESOURCE ROOM (Skills Center next to Room 111F-Food Lab)



United Tribes Technical College Extension Program

*\* A Strong in Body and Spirit Project \**

Call Kim Hinnenkamp at Ext. 397 TODAY to enroll!



Architect drawing of what the new single student dorm being constructed between the cafeteria and first row of houses.

## New dormitory building will look like this

by Dennis J. Neumann

If you haven't quite been able to picture the end result of the construction work underway southeast of the cafeteria, here's what the architect says the finished product will look like. It's a new dormitory building to house single students.

The exterior look is designed to blend with other newer campus buildings like the Barden Center. According to architect Bill Ellig, senior partner in the Ritterbush and Ellig firm of Bismarck, ND, architects for the project.

"Designs can be painted on the exterior, which is made of precast concrete panels," said Ellig. "Interior walls would also accommodate painted designs, such as murals similar to what we see in other campus buildings."

The two-story structure will provide 28,000 square feet of space and provide housing for 86 students. Design of the interior space is without corridors, as recommended by UTTC President David M. Gipp. Commons, lounge and study ar-

reas occupy center locations while student rooms are arrayed along the perimeter walls, providing each room with an exterior window. Two students will occupy each room, which will be wired for phone and Internet access.

"We're on a fast track for completion," said Ellig. "The target is August 1st. It's extremely important for the college that it be done."

Rather than bid the entire project at one time, the ambitious construction schedule has required separate bids on the project's major phases, according to Ellig. Capital City Construction of Bismarck did the foundation work and also won the bid for erection of the steel frame, which will be the next activity seen at the site. The precast concrete panels will be made by FABCON, Inc. of Savage, MN. Another round of bid letting will take place in mid February.

UTTC staff members who have been most involved in planning the new building include David M. Gipp, Russell Swagger, Shirley Bordeaux, Phil Baird, "Bud" Anderson, Rick Peek, Marla Trail, Bill Reynolds, Butch Thunderhawk, Debbie Grassrope, and Wes Long Feather.

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## Native American comedy night will make you laugh

by Cheryl Long Feather

What's guaranteed to make you laugh until you cry? Good old Indian humor at Native American Comedy Night. Held in conjunction with the Indian Child Welfare Act conference, Native American Comedy Night will feature the comedic talents of Mitch Factor (Seminole/Menominee) and Vanessa Short Bull (Oglala Lakota).

The show will be held on Wednesday, January 29, at the Doublewood Inn in Bismarck, North Dakota, and will begin at 7 p.m.

Comedian Mitch Factor is a Seminole/Menominee from Oklahoma City, Oklahoma. Mitch began his stand-up comedy after getting his start as a stunt double for actor Wes Studi in 20th Century Fox's "The Last of the Mohicans". His humor focuses on family and relationships. Vanessa Short Bull is an Oglala Lakota from Vermillion, South Dakota. She is the reigning Miss South Dakota 2002 and represented the state in the Miss America Pageant. Both Vanessa and Mitch recently won a nation-wide NBC Talent Search and were able to showcase their performances in New York City.

Tickets for Native American Comedy Night are \$10 for adults and \$7 for youth and participants attending the ICWA Conference. Tickets can be purchased by calling the Native American Training Institute at 701-255-6374.



# Welcome to all new and returning students and families!

January 2002

## Busy Children at ITC

Welcome to a new semester! We hope everyone had a joyous holiday season and are ready to begin a new semester.

This month at the Infant Toddler Center our two year olds will be learning about cold weather and nutrition! The first week back we will be welcoming new and old children and learning and remembering the schedule and the teachers! The next two weeks the children will be learning about winter, cold weather clothing, and snow. The last week of January the two year olds will be learning about nutrition. They will be making chef hats, lunch bags, and place mats. The body part for the month is the hand/nape, the color is blue/to, the number is four/topa, and the letter is D.

The 12 to 18 month olds will be working on crawling, walking, throwing and rolling balls, crawling through tunnels, and eating with silverware.

The 6 to 12 month olds will be working on crawling, sitting, and they will be introduced to sippy cups and silverware.



The newborns to 6 month olds will be working on sitting up, rolling, and will be plenty busy eating, sleeping, and growing.

We strive to make this center a learning environment daily for your children. Feel free to stop by on breaks and spend time with your children, we love to see you here! If you have any questions or concerns please contact Kathy or Heather. We want this to be a pleasant experience for both you and your children!

**“Give me knowledge, so I may have kindness for all.”**

*Plains Indian*

## Special Reminders

- Regular hours are 7:45am - 4:00pm, Monday thru Friday
- Extended Care hours are 4:00pm - 5:00pm, Monday thru Friday (please see Kathy if you are interested)
- Free After Care hours (for students only) are 5:00pm - 9:00pm, Monday thru Thursday, starting January 21st. It is on a first come first serve

basis. More information will be posted soon.

- January 20th is Martin Luther King Jr. Day...the center will be closing at 1:00pm

Quotes from Connie the Kitchen Coordinator:

- “What does a clock do when it gets hungry?”  
“It goes back four seconds.”

### Areas and Caregivers:

Joann and Shannin	0 - 6 months
Brook and Sis	6 - 12 months
Juanito and Roger	12 - 15 months
Brenda and Erin	15 - 24 months
Dawn and Jennifer	2 year olds
Heather and Robyn	2 year olds

# Nutrition resource guides released at press conference

Dennis Neumann



Local media came to UTTC on January 14 to report on the public release of two resource guides about Native American nutrition and health. The guides, *Buffalo and Native American Wellness* and *Gifts from the Earth: Fruits and Vegetables*, were published by the UTTC Extension Program. The publications contain culturally specific nutrition education materials and are intended for use by community health educators or others concerned about improving the health of American Indians through nutrition education. Academic Dean Phil Baird and College President David M. Gipp joined the project's coordinator Kimberly Hinnenkamp, LRD, to describe the guides to media representatives. Copies of the guides can be obtained by contacting Kim 701-255-3285, ext. 397.

## Welcome to all New and Returning students!

All new students who were not at orientation, please stop by the Career Development/Placement Office located in Bldg 5 (Financial Aid/Admissions)

to fill out data cards and visit with us.

All returning students who will be graduating in May, please stop by the Career Development/Placement Office by **mid semester for exit interview, and to make sure all necessary documents (OF-612 and resume, exit interview) are in place.** These documents are mandated by the Administration Office and need to be in your Placement file before graduation.

### New students urged (continued from Front Page) ...

"Today I can complain because I have to go to school or eagerly open my mind and fill it with rich new tidbits of knowledge."



UTTC President David M. Gipp welcomed new students and said he was glad to have them as part of the college.

that this would be a time for them to concentrate on themselves and their own development. He called it an investment in themselves and their own future.

Gipp also cautioned about the need for attending class, asking for help before problems grow, and avoiding distractions that can lead to falling behind. "How you use your time is very important here," he said. "A person can fall behind by being absent in as short a time as one week."

Also as part of their welcome and orientation, students heard about financial aid, counseling, student support services and student activities.

# UTTC partners with Bismarck/Mandan postal customer council

by Russell Swagger, Dean of Student & Campus Services

The Student & Campus Services Department is proud to announce that Mailroom Supervisor Cheryl Wilkie was recently elected Vice-Chair of the Bismarck/Mandan Postal Customer Council (PCC).

More than 40 years ago, the Post Office Department formed what was then known as the Mail Users Council, the name was eventually changed to the Postal Customer Council. It was initially formed to improve communications between customers and post offices. The Council was used to resolve problems

between the two groups. As a result of the Council, processing and delivery have improved. Now, there are more than 250 councils with 150,000 members in the U.S.

Cheryl's position with the Council will enable her to network with others in the postal industry. This connection will also give Cheryl an opportunity to have a more direct relationship with the U.S. Postal Service. This can greatly benefit the UTTC community.

Congratulations Cheryl! Keep up the good work.

## NEED HELP?

Why not start the semester out right? If you are having trouble in any of your classes, help is available. Please contact any of the personnel at the Academic Student Support Center, located on the second floor of the Jack Barden Center. Professional tutors and peer tutors are available to help you Monday through Friday. The Center is open from 8 AM to 8 PM Monday through Thursday and from 8 AM to 5 pm on Friday's.

## Did You Know .... ?

- It is physically impossible for pigs to look up in to the sky?
- A pregnant goldfish is called a "twit."
- More than 50% of the people in the world have never made or received a telephone call.

## Tips from the Walking Circle

By Mark L. Mindt

Does the Weight of Winter have you feeling blue? This is what the UTTC Extension Program can do for you!

With the help of Kim Hinnenkamp, Licensed Registered Dietitian, and Mark Mindt, Certified Physical Fitness Specialist, the UTTC Extension Program offers free information on the following topics:

- \*Diabetes
- \*Nutrition
- \*Heart Disease
- \*Physical Activity
- \*Food Safety
- \*Reading Food Labels
- \*Healthy Cooking
- \*Buffalo and Nutrition
- \*Gardening
- \*And many more!

With the knowledge of a Licensed Registered Dietitian and a Certified Physical Fitness Specialist, you are now enabling yourself. You can begin a nutritious eating plan and exercise with a fitness program, which helps fight diabetes, heart disease, and obesity. So get started on your healthy path today!

Stop in to the UTTC Extension Program! • Skill Center Room 115

## January 2003

TJES Calendar 01/10/03

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			1	2	3	4	
5	TJES Classes resume <b>WELCOME BACK</b> HomeworkCenter Science Club/Math Club 3:15-4:14	6 HomeworkCenter Computer Club 3:15-4:14	7 TJES Staff Meeting 3:30 Drum Group 3:30-4:30	8 Learning Record Session 1:45 with TJES Staff	9	10	11
12	HomeworkCenter Science Club/Math Club 3:15-4:14	13 HomeworkCenter Computer Club 3:15-4:14	14 TJES Parent Teacher Breakfast UTTC Cafeteria 7:45-8:15 Drum Group 3:30-4:30 TJES School Boards Meeting	15 HomeworkCenter Computer Club 3:15-4:14	16	17	18
19	Martin Luther King Day Early Dismissal	20 HomeworkCenter Computer Club 3:15-4:14	21 TJES Staff Meeting 3:30 Drum Group 3:30-4:30	22 TJES all day Ski Trip HuffHills grades 4-8	23	24	25
26	HomeworkCenter Science Club/Math Club 3:15-4:14	27 HomeworkCenter Computer Club 3:15-4:14	28	29	30 HomeworkCenter Computer Club 3:15-4:14	31	

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

### Chemical Health Center Schedule of Events for January 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>New Years Day!</i>	2	3	4 <i>On Call: Russell Gillette</i>
5 <i>On Call: Russell Gillette</i>	6 <i>CHC Staff Mtg. 8:00 am  New Student Orientation</i>	7 <i>New Student Orientation</i>	8 <i>New Student Orientation</i>	9 <i>Classes Start Touchstone Dorm Mtg. 6:00 p.m. Touchstone AA 7:00</i>	10	11 <i>On Call Harriet Schneider</i>
12 <i>On Call: Harriet Schneider</i>	13 <i>CHC Staff Mtg. 8:00 am Counselor Mtg. 8:30 am to 9:30 am</i>	14 <i>Supervisors Mtg. Chema 102 Classes 9:00 am &amp; 2:00 pm AA Mtg. at CHC 7:00</i>	15 <i>Chema 102 Class 10:00 am &amp; 1:00 pm.</i>	16 <i>Open House CHC Al-Anon @ 3:00 Alateen @ 4:00 Touchstone Dorm Mtg. 6:00 &amp; AA 7:00</i>	17	18 <i>On Call : T.J. McLaughlin</i>
19 <i>ON Call T.J. McLaughlin</i>	20 <i>CHC Staff Mtg 8:00 am Counselor Mtg. 8:30 am to 9:30 am.</i>	21 <i>Supervisors Mtg. Chema 102 Classes 9:00 am &amp; 2:00 pm AA Mtg. CHC 7:00</i>	22 <i>Chema 102 Class 10:00 am &amp; 1:00 pm</i>	23 <i>Al-Anon @ 3:00 Alateen @ 4:00 Touchstone Dorm Mtg. 6:00 &amp; AA 7:00</i>	24	25 <i>On Call: Julie M. Cain</i>
26 <i>On Call Julie M. Cain</i>	27 <i>CHC Staff Mtg. 8:00 am Counselor Mtg. 8:30 am to 9:30 am</i>	28 <i>Supervisor Mtg. Chema 102 Classes 9:00 am &amp; 2:00 pm AA Mtg. CHC 7:00</i>	29 <i>Chema 102 Class 10:00 am &amp; 1:00 pm.</i>	30 <i>HERO'S Mtg. CHC Al-Anon @3:00 Alateen @ 4:00 Touchstone AA 7:00</i>	31	