



UNITED TRIBES

On-Campus News

Vol. 11 No. 10

UNITED TRIBES TECHNICAL COLLEGE * BISMARCK, ND

February 3, 2003

Student work on display at Jefferson's home

by Karen M. Paetz

Charlottesville, VA - The talented work of several art students from United Tribes Technical College is now on display at Monticello, Thomas Jefferson's home near Charlottesville, Virginia. A project started two years ago for UTTC students to reproduce Native American artifacts for the third President's home, a historic site, was complete and ready for the kickoff event of the Lewis and Clark Bicentennial on January 18. The display of nearly two dozen items was installed in time for ceremonies that launched the national commemoration of the expedition commissioned by Jefferson and led by Meriwether Lewis and William Clark.

The reproductions are in Monticello's entrance hall where the originals once hung. They form the cornerstone of a display titled, "Framing The West at Monticello - Thomas Jefferson and the Lewis and Clark Expedition."

UTTC's involvement in the project came by way of Cultural Arts Instructor Butch Thunderhawk, who's reputation for creating authentic northern plains American Indian art objects using traditional methods attracted the attention of the Monticello Foundation. Collaboration between Monticello and UTTC led to the once-in-a-lifetime project that Thunderhawk shared with his art students.

Joran Fox, Quentin Stands Alone, Walter Blackhoop and Mark McBride worked under Thunderhawk's leadership

continued on page 3.



On display in Thomas Jefferson's home, Monticello, are the items created by UTTC students. Dr. David M. Gipp viewed the display with others from the college during the Lewis and Clark kickoff event January 18. The original items were the cornerstone of Jefferson's entrance hall museum, which he referred to as his "Indian Hall." (photo by Wayne Pruse)

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- Summer Internships offered page 6



Dennis Lucier's UTTC Diner

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

Feb. 3 - 7

Feb. 10 - 14

DINNER

- M Chili, Garlic Toast
- T Taco Salad Bowl On Chips
- W Swedish Meatballs Over Noodles
- T French Dip w/Au-Jus, Chips
- F Knoephle Soup, Chicken Sandwich

SUPPER

- M Roast Beef, Mashed Potatoes w/Gravy
- T Bar-B-Que Chicken, Baked Potato
- W Pizza - Individuals
- T Chicken Breast, Wild Rice
- F Burritos, Spanish Rice

DINNER

- M Chicken Fried Steak, Mashed Potatoes
- T Oriental Chicken Stir Fry, Rice
- W Baked Chicken, Mashed Potatoes
- T Sloppy Joe On A Bun, Tator Tots
- F Chicken Nuggets, Macaroni & Cheese

SUPPER

- M Meat Loaf, Baked Potato
- T Buffalo Sausage, Fried Potatoes
- W Swiss Steak, Buttered Noodles
- T Roast Pork, Mashed Potatoes
- F Shrimp, Wild 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 listed below.
- ◆ Send articles through e-mail to campusnews@uttc.edu
- ◆ Submitted copy in **MS WORD**, Must be sent as an attachment as **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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campusnews@uttc.edu
 Jan Whiteman

Deadline for next issue: 5:00 pm - February 10, 2003

Campus Helpdesk now staffed

The UTTC Campus Helpdesk number is extension 472. The Helpdesk is now staffed from 9 a.m. to 10 p.m. Monday through Thursday

and from 9 a.m. to 5 p.m. Friday.

Additional help is provided by Marla Trail, Doug Quinn, Bill Reynolds and/or Dave Taylor.

The Information Technology (IT) Department email is it@uttc.edu, which reaches all of the IT Department.

If you have any questions contact Bill Reynolds at ext. 412.



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!

Monticello

Continued from front page.

and guidance to make replicas of items that Lewis and Clark acquired on their trip along the Missouri River. Most of the original articles, sent back to Jefferson by the explorers, had been lost over time.

Crafting reproductions of original artifacts required Thunderhawk and his students to become researchers, making visits to the Peabody Museum at Harvard University and the North Da-

kota Heritage Center, before scouring the Missouri River bottoms and surrounding plains for natural materials like chokecherry saplings for arrow shafts and just the right shaped rocks for stone war clubs.

The end result is a display that makes Thomas Jefferson's entrance hall look like it did almost 200 years ago.

The UTTC crafted artifacts will be on display at Monticello through 2003.

Those attending the events at

Monticello from UTTC were President David M. Gipp, Art/Art Marketing Instructor/Director Wayne Pruse, Office Technology Instructor Sheri Bearing-Baker, Tribal Tourism Partnership Initiative Director Karen M. Paetz, Cultural Arts Instructor Butch Thunderhawk, and former student Mark McBride.

The kickoff in Charlottesville was the first major event of the Lewis and Clark Bicentennial. The UTTC Tribal Tourism Partnership Initiative offers classes that prepare individuals to become tribal ambassadors not only along the Lewis and Clark trail but also throughout Indian country.



The visit to Virginia offered an opportunity to reciprocate in the spirit of friendship to those who involved UTTC in the project to create items for Monticello. Cultural Arts Instructor Butch Thunderhawk presented a Native American flute to Castle McLaughlin, associate curator at the Peabody Museum at Harvard University. Looking on are Susan Stein, wrapped in the gift of a Pendalton blanket, and Elizabeth Chew, both from the Monticello Historic Site. (photo by Wayne Pruse)



From all accounts Thomas Jefferson would have been delighted to host a gathering that included dozens of tribal representatives, such as those who visited Monticello for the Lewis and Clark kickoff event. Tribal people were invited to center stage at the close of the program. (photo by Wayne Pruse)



Also attending the Lewis and Clark kickoff event in Charlottesville, VA were UTTC's Art and Art Marketing Director Wayne Pruse and Tribal Tourism Director Karen M. Paetz

UTTC's King program connects cultures

by Dennis J. Neumann

There's a connection to be made on Martin Luther King Day. The federal holiday on January 20 offered that opportunity to 100 people during UTTC's King Day program, held in the Jack Barden Center.

What that connection is depends on how you identify with the life and values of the slain civil rights leader.

Across town at the State Capitol the Legislature worked on the day and most North Dakotans went about business as usual. UTTC and University of Mary conducted Bismarck's only public programs marking the anniversary of King's birth.

"How do we celebrate this day?" asked one of the guest speakers, UTTC Instructor Brian Palecek. "For one thing we listen to great speeches and relive the times of the civil rights era and make them our own."

The mixed audience of college and elementary students, UTTC staff, and a sprinkling of friends from the community viewed a 15-minute segment from a documentary about King. The video showed clips of his speeches about non-violent resistance to oppression and injustice, interviews with people who knew him, and dramatic footage of black people being attacked and beaten by law enforcement authorities and white citizens during civil rights marches in the 1960s.

"The King Holiday is not a black holiday. It's a people's holiday," said UTTC's Cultural Committee Secretary Suzanne Shields-Cadotte, who had recently visited the Ebenezer Baptist Church in Atlanta, Georgia where King was a preacher. For her the connection was about interracial brother and sisterhood. She called it a "national



This day is unlike other holidays according to UTTC Instructor Brian Palecek, guest speaker at UTTC's Martin Luther King Jr. program. Other holidays are associated with a certain activity or ritual. "What do you do on this day? It's a question everyone asks." Palecek said he and his family once celebrated the day in January by blasting off Fourth of July fireworks.



Students from Theodore Jamerson Elementary School participated in the program by naming the holiday when Brian Palecek described a typical ritual.

teach-in day" about the power of unconditional love.

UTTC's Dean of Childhood Education Sam Azure made a direct connection to the experience of many people in the room. "There's prejudice here in

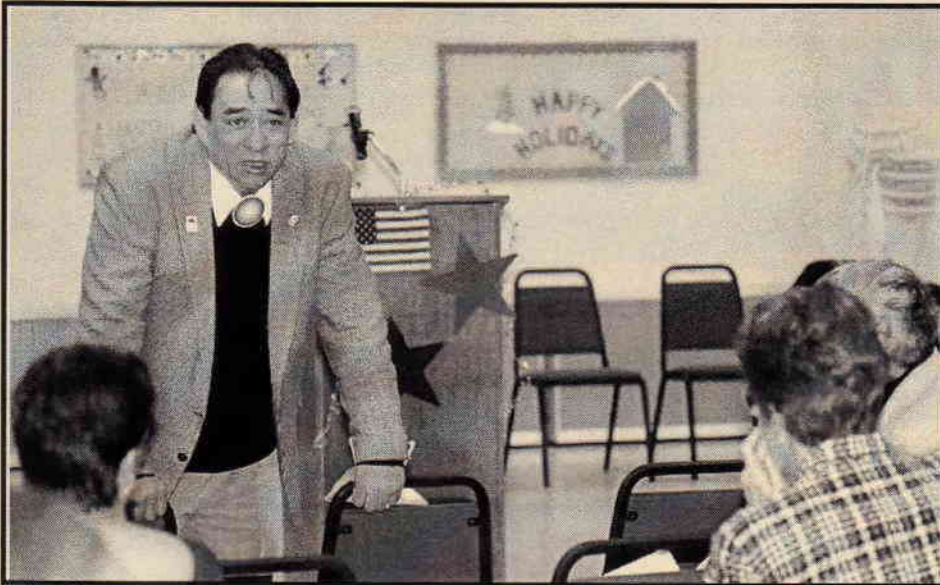
North Dakota," said Azure. "People don't understand what we are about."

The experience of blacks and American Indians is parallel according to UTTC President David M. Gipp.

Continued on next page

UTTC King's program connects culture

Continued from page 4.



Keynote speaker UTTC President David M. Gipp recalled seeing segregated drinking fountains and rest rooms when he lived in Texas as a youngster at age 10 or 11. Young people today need help in learning that freedom for all people of color are gained by continuing to pursue the values of Dr. Martin Luther King Jr, said Gipp. He reminded that North Dakota is the last state in the nation without a human rights commission.



Eric Cutler from UTTC Student Support Services responded with the idea of teaching courage and nonviolence when Palecek asked for suggestions about what to do on Martin Luther King Jr. Day. Other suggestions from the audience were to teach the song "We Shall Overcome," show the parallels between cultures, focus on spirituality as the centerpiece of the day, and maintain a positive attitude with dignity and a sense of humor.

"The values of Dr. King need to be part of our hearts and our daily actions."

Just back from a visit to Montecillo, home of President Thomas Jefferson, Gipp traced a connection from the third president's ownership of slaves to King. "Jefferson lived in an era of slavery and kept slaves. He tried to express the ideals of the nation but it took the civil rights era of the 1960s, led by Martin Luther King Jr., to bring freedom to all Americans."

A connection to another culture and another martyr was made by Dr. Vinod and Aruna Seth of Bismarck, representatives of the Gandhi Peace Network of North Dakota. As guest speakers the Seths, originally from India, pointed out that Dr. King was a student of the teachings of Mohandas K. Gandhi. Like King, Gandhi was assassinated in 1948 for leading a nonviolent movement for justice and freedom in India.

"Gandhi taught that nonviolence is a way of life for courageous people," said Vinod Seth. "Nonviolence seeks to defeat injustice, not people."

The Seths announced the North Dakota kickoff of a "Season for Nonviolence." The project connects Gandhi and King with daily observances of peaceful teachings between January 30 and April 4, the days when the two men were assassinated.

(See back page for story about North Dakota's Season For Nonviolence)

"I Have A Dream..." And How It Relates To Us, was the title of the UTTC program. It was planned and presented by members of the UTTC Cultural Committee: Chairperson Julie Cain, Secretary Suzanne Shileds-Cadotte, Cultural Advisor Phil Paired, Wes Long Feather, Rondeena Hamilton, Helen Lindgren, Gabe Black Moon, Wanda Swagger, Tammy Klein, Eric Cutler, and Carla Fleury.

Students hear, "You have diabetes."

by Wanda Agnew

Fifteen students from 4 vocations are enrolled in Diabetes and Mother Earth class this semester.

At one of the first classes the instructor entered the classroom stating, "We have just heard you all have been diagnosed with diabetes." During the class a nurse took each student's blood sugar and a dietitian discussed the diet and lifestyle changes the students should follow for the rest of their lives in order to control the disease and prevent complications. The class was somewhat confusing and many new terms were used.

During the next class period student were encouraged to share how the session made them feel. Students used words like fear, anxious, disbelief, and denial as they talked about the experience. The instructor explained the intent of the class was to provide students with an understanding and empathy for the hundreds of Native Americans who hear the diagnosis every month. Students were then given information to try to prevent themselves and their children from becoming persons with diabetes and offer hope that the epidemic can be slowed or stopped in the future



Charlene Gjermundson, UTTC Student Health Center nurses offering education to "newly diagnosed" students.



Leighton Eagle having his blood sugar screened.

Summer Internships offered

by Vince Schanandore

Deadlines are coming soon to apply for internships for summer 2003. UTTC students are eligible. The internships are offered in a wide range of interest areas, including the physical sciences, broadcast media and other professional environments.

The Smithsonian Institution offers minority student internships throughout their institution at Cambridge, MA. Ten internships are offered at the Smithsonian's Astrophysical Observatory this summer. Visit their website <http://hea-www.harvard.edu/REU/>.

The deadline for internships in the media at CBS News is February 28. The contact for the CBS Internship Program is e-mail internship@cbsnews.com. A nonprofit organization known as Minority Access, Inc. located in Maryland has a March 1st application deadline for internships in many locations throughout the country. Their website is www.minorityaccess.org.

For more information about these and other internships, contact Vince Schanandore at Career Development, 255-3285, ext. 280.

**STAFF AND
STUDENTS
ARE INVITED TO
ATTEND
CHEMICAL HEALTH
CENTER OPEN HOUSE
BUILDING #68
FEBRUARY 14TH,
2003
9:00 AM - 4:00 PM
APPETIZERS WILL
BE SERVED**

Is diabetes a concern in your family?

If you are a person with diabetes or if you just want to learn more, plan to attend the diabetes education sessions offered by the UTTC Extension Program. They will be held each Friday in February (7, 14, 21, 28) from 10 am - noon in the Land Grant Resource Room (Skills Center next to Room

111F-Food Lab). Come and learn facts about exercise, eating less fat and sugar, helping persons with diabetes, and goal setting. Administrative leave will be given for faculty and staff. Call Kim Hinnenkamp at ext. 397 to enroll!

Please inform your staff and students about these classes also!

A Little Cold? Warm Up with Some Health Information.....



by Shawna Zastoupil, RHIT

As the temperatures drop, people gear up with scarves, hats and snow boots. On the news we listen to, "how cold was it today!" Have you ever wondered when a news cast reports on how many cases of "frost-bite or flu disorders", where they come up with that number of people?

Well, that is where Health Information people come in! We take a diagnosis that is documented by the physician and transfer that into a numerical "code." These "codes" that translate everything from frost-bite to flu, then go to a central data base. Many agencies can use this information to track trends. We all know that if you don't wear your hat on a day that is -11 degrees, you might get frost bite on the ears. But for the news to report, how many of us in Bismarck did get frost bite, that takes a Health Information person to do this code transfer thing.

If we take these codes another level, we can track the number of increased diseases. For example, if you have been listening to the radio, there are many advertisements on the increase of HIV reported cases in North Dakota. The advertisement was triggered by the reporting skills of a Health Information person. Thus this leads to the education advertisement, which will benefit all of us.

So the next time you are listening to the radio, watching TV, or reading some internet news; that reports numbers of health related information, remember that is another "facet" of Health Information Professionals.

So keep warm and keep informed by your friendly Health Information Professionals.

Office Technology News

by Lynn Ketterling, Office
Technology Chair person

The Office Technology Vocation will have three new programs, two degrees and one certificate, added to its vocation beginning fall term 2003.

The two new AAS degree programs are (1) Administrative Assistant/Medical and (2) Information Processing Specialist. The new certificate program will be in Administrative Assistant/Medical. These three new programs, along with the current degree and certificate programs (Administrative Assistant/Office), will expand the Office Technology Vocation degree and certificate program offerings to five. The goal for this program expansion is to reach more students and serve the needs of more career choices for individuals.

The AAS and certificate programs in Administrative Assistant/Medical are designed to train the individual in the medical office career. There will be courses through the HIT Vocation, Gen. Ed (anatomy) and OT vocation. These programs should give the individual the skills necessary to work in any type of medical office career.

The Information Processing Specialist will include courses from CST, HIT, and OT to train the student to enter data and information in wide variety of software programs and on the use of different types of equipment/electronic machines. The student would have a career choice in many different fields of employment from entering medical data and numbers, claims processing, web page inputting, word processing, desktop publishing, printing office materials, insurance forms, statistical data, etc.

Office Technology has also introduced a new course this spring term—Records Management. This course takes the manual/hands on filing from Office Procedures class and adds electronic filing through database and electronic filing software. This course was developed to keep OT students current with technology in the business/medical office.

The fall term will also bring a new course called Medical Office Procedures. This course utilizes software designed for the medical office. This software includes inputting patient information, scheduling, setting appointments, handling billing, producing lists and reports, processing insurance claims on insurance forms and electronically, along with advanced patient billing.

"T-BIRDS" NOTES

Game summaries 1-14-03 thru 1-27-03

Men's basketball
6 wins 13 losses

1-14-03 UTTC 68 Univ. of Mary JV 102
1-17-03 UTTC 68 LRSC-Devils Lake 97
1-19-03 UTTC 83 Miles Comm. Coll. 84
1-21-03 **No Men's game played**
1-24-03 UTTC 71 Williston State 83
1-26-03 UTTC 88 NCSCS-Wahpeton 105

Woman's basketball
2 wins 18 losses

UTTC 73 Univ. of Mary JV 77
UTTC 56 LRSC-Devils Lake 72
UTTC 64 Miles Comm. Coll. 78
UTTC 81 Jamestown State JV 62
UTTC 51 Williston State 97
UTTC 63 NDSCS-Wahpeton 84

*MBB coach Joe Ware's comments- I am very proud of the group of young men that we have on this team. The first half of the season we were losing games due to lack of effort, which is hard to accept. The second half of the season has started and yet we are losing games but the effort is 1000 times greater. Three of the six losses after Christmas have been by one point each. We have been in games right up to the very last minutes but are not finding ways to finish them off. With each game we are improving as a team and at this point that is the most important thing, so that when tournament time comes we are ready.

MBB Player of the week
Current statistics
6 PPG
3 RPG
2 APG



** Bryce has really played big in our last three games after stepping into the starting line-up for an injured starter. He has averaged double figures in each start but his most important contribution has been his defense on opposing centers. Recently, Bryce more than held his own on two of the best centers in our conference though he was at a big height disadvantage. I encourage Bryce to continue to work hard and improve not only himself but the team.

Next home game- Saturday, February 3, 2003 @ 8:00 PM VS MSU-Bottineau.

*WBB coaches comments- "I think we are coming together now. The beginning of the season was frustrating for our athletes but we stayed together and played through probably the most adversity I've ever experienced as a coach. We are a better team now and we are playing as 1 unit. The difference for this team is that we have get as much of an effort out of everyone as we can, our success is going to take patience and a collective effort, our confidence is stronger that it has ever been, we are in games now and just need to learn to finish, I am satisfied with our progress and am confident that when play-off time comes around we will right in the hunt for a trip to the NJCAA National Finals."

WBB Player of the week
Current statistics
18.6 PPG
10.0 RPG
3.2 APG
3.1 SPG



** Jamie has started l all 20 games for the "Lady T-Birds. She has had a triple double in 2 of our last 3 games and a double/double in 9 of her 20 games. She is currently at the top in just about every statistical category in our conference a region. Jamie can be a very explosive player whenever she touches the ball.

**** Next home game- Saturday, February 1, 2003 at 6:00 PM VS MSU-Bottineau.****

**American Indian College Fund
STUDENT PROFILE**

United Tribes Technical College
Spring 2003 Disbursement
Scholarship Received and Amt.:

**2003 AIHEC Student Congress
Outstanding Student of the Year Award
Application**

(Please fill out completely and print clearly)

DEADLINE FEB. 14 2003

Name _____
Social Security Number _____ Male _____ Female _____
Scholarship you are applying for _____
Permanent address _____
Permanent or message telephone () _____ Email _____
Tribal affiliation(s) _____ Date of birth _____
Cumulative GPA _____ Credit hours enrolled in Spring 2003 _____
Year in college: Freshman _____ Sophomore _____ Junior _____ Senior _____
Prior college(s) attended, if any _____
Major _____ Expected graduation date _____
Education/career goals _____

Year of High School Graduation _____ Year of GED Certificate of Equivalency _____
GED In Progress? Yes _____ No _____ Do you plan to earn a bachelor's degree? Yes _____ No _____
If yes, where? _____
Other degrees/certificates earned (please list) _____
Extracurricular activities (include any jobs, volunteer or community work):

PHOTOGRAPH: Photos are required for all American Indian College Fund scholarships.

Please check one of the following statements

_____ All information obtained from profile, as well as photo and student statement, may be used by the American Indian College Fund for advertising, fundraising and public awareness purposes. I understand that I will not be compensated for the use of these materials. (Be sure to complete your home phone number or a message phone so we may contact you.)

_____ No thanks, I prefer my photo and profile not be used.

Signature: _____ Date: _____

Name _____
College _____
Permanent Mailing Address _____

Permanent Home Number or Message Phone _____
Major _____
Cumulative GPA _____

ON SEPARATE SHEETS OF PAPER, PLEASE DISCUSS THE FOLLOWING:

- Degree of active participation in student organizations, clubs, events and extra-curricular activities (please included estimated hours volunteered per week)
- Recognition or achievement honors
- Career goals and personal goals

PLEASE ATTACH THESE ADDITIONAL ITEMS:

- A copy of your official transcript
- A 250-word maximum biography (one typed page)
- Two letters of recommendation
- A photo (Polaroid's OK, no photocopies)

Please check one of the following statements:

_____ I give the American Indian College Fund permission to use my photo and profile information for fundraising/public awareness purposes. (Be sure to complete your home phone number or a message phone so we may contact you).

_____ No thanks; I prefer my photo and profile not be used.

Signature _____ Date _____

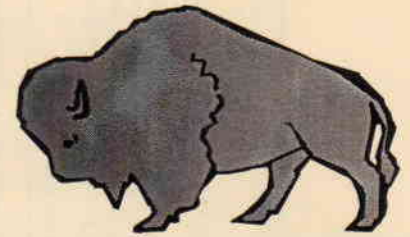
NutriNews

United Tribes Technical College Extension Program

Volume 4, Issue 4

January 2002

by Kim Hinnenkamp, LRD
Ext. 397
Skills Center 115



Folic Acid: Preventing Birth Defects and More

January has been declared "North Dakota Folic Acid Awareness Month," to boost awareness of the benefits of folic acid. Folic acid is a B vitamin that, when taken before and during the early weeks of pregnancy, has been shown to prevent birth defects. These birth defects include conditions like spina bifida, which is mild to severe damage to the spinal cord, resulting in paralyzed legs, learning disabilities and other neurological abnormalities.

According to the March of Dimes, a foundation dedicated to the prevention of birth defects, every year in the United States 2,500 babies are born with neural tube birth defects. Fifty to seventy percent of these cases could be prevented if women of childbearing age took 400 micrograms of folic acid every day, according to the U.S. Centers for Disease Control and Prevention.

Folic acid may also play a role in preventing Alzheimer's disease, some cancers, heart disease and strokes. Folic acid reduces homocysteine, an amino acid, in the body. High homocysteine levels are associated with an increased risk of heart disease and stroke. The recommended 400 micrograms of folic acid can be obtained each day from

multivitamins, individual supplements and from foods. Folic acid, in the form of folate, is found in foods like leafy green veg-

etables, peanuts, dry edible beans and orange juice. Other good sources are cereals, rice and

pasta that have been fortified with folic acid.

Here's a recipe that's full of folic acid: Golden Slush

- 1 1/2 cups frozen peach slices
- 3/4 cup frozen orange juice concentrate, thawed
- 1/4 cup water
- 1 to 2 Tbsp sugar

Let peaches stand at room temperature 5 to 10 minutes. Place

peaches, thawed concentrate, water and sugar in a blender container. Cover and blend until smooth. Makes 3 (5 ounce) servings. Nutrition facts per serving: 143 calories, 0 grams fat, 2 grams fiber, 35 grams carbohydrates, 91 micrograms acid.

For more information about folic acid, visit the March of Dimes website at www.modimes.org and the U.S. Centers For Disease Control and Prevention website at www.cdc.gov. For other food, food safety and nutrition information, visit the NDSU web site: www.ag.ndsu.nodak.edu/food.htm or the UTTC Extension Program Office, Skills Center Room 115.

(Sources: Julie Garden-Robinson, Food and Nutrition Professor, (701) 231-7187, jgardenr@ndsuxt.nodak.edu, Centers For Disease Control and Prevention: www.cdc.gov; March of Dimes: www.modimes.org)

February 2003

Campus Happenings

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 T-Birds Basketball-GYM W-6:00 M-8:00
2	3 7:05pm-Wizards Game <u>FREE TICKETS@</u> Center for Student Success	4 Noon-1pm Lunch-n-Learn Parenting Classes Room B11 Ed. Bldg. Free Lunch-Pam@x319	5 6-7:30 Womens Support Group-JBC Room 217 Julie@x467 for info. 7pm-MOVIE NITE	6 6pm-GLAMOUR POWER HOUR-Women's Dorm	7	8 7:00pm-THUNDER ALLEY BOWLING
9	10	11 Noon-1pm Lunch-n-Learn Parenting Classes Room B11 Ed. Bldg. Free Lunch-Pam@x319	12 6-7:30 Womens Support Group-JBC Room 217 Julie@x467 for info. 7pm-MOVIE NIGHT	13	14 Noon-4:30pm HOT HEARTS CHILI FEED- Center for Student Success OPEN HOUSE-CHC	15 RODEO-Civic Center <u>Free Tickets</u> available at Center for Student Success
16	17 <u>NO CLASSES</u>	18 Noon-1pm Lunch-n-Learn Parenting Classes Room B11 Ed. Bldg. Free Lunch-Pam@x319	19 6-7:30 Womens Support Group-JBC Room 217 Julie@x467 for info. 7pm-MOVIE NITE	20 WEIGHTLIFTING CONTEST-GYM	21 T-Birds Basketball-GYM W-5:30 M-7:30	22 <u>BINGO</u>
23	24	25	26 T-Birds Basketball-GYM W-5:30 M-7:30 <u>NO MOVIE</u>	27	28	

"A Season For Nonviolence" launched in North Dakota

Bismarck, ND - People in North Dakota who value the principles of nonviolence and peace are asked to pay special attention during the next two months. The Gandhi Peace Network of North Dakota is sponsoring "A Season For Nonviolence" beginning January 30.

"This is the first time that this worldwide program is being attempted here in North Dakota, the 'Peace Garden State,'" said Dr. Vinod Seth of Bismarck.

Speaking with his wife Aruna for the Gandhi Peace Network, Seth made the announcement during a Martin Luther King Day program at United Tribes Technical College in Bismarck, ND.

"We invite all North Dakotans to join in and explore the visions of Mohandas K. Gandhi and Martin Luther King, Jr.," said Seth.

"A Season For Nonviolence" is a 64-day worldwide educational and grassroots campaign. Gandhi's grandson Arun and his wife Sunanda,



Aruna and Vinod Seth announced the "Season For Nonviolence" during UTTC's Martin Luther King Jr. Day program on January 20.

founders of the M. K. Gandhi Institute for Nonviolence, initiated the concept in 1998 to commemorate the 50th and 30th anniversaries respectively of the assassinations of Gandhi and King. The "season" runs from Gandhi's assassination day on January 30 to King's assassination day on April 4 and is co-

ordinated by The Association for Global New Thought.

During the 64 days, individuals and groups are asked to learn and practice the principles of nonviolence in projects and events that honor the dignity and worth of every human being. The commemoration is intended to demonstrate that every person can move the world in the direction of peace through daily nonviolent choice and action.

"A Season For Nonviolence" brochure contains short readings for each day to inspire thought, reflection and action about values associated with Gandhi and King. Brochures can be downloaded online www.agnt.org (click on "season for non violence").

Organizations or individuals that would like to join with the Gandhi Peace Network of North Dakota in this endeavor may contact Vinod and Aruna Seth, 1250 W. Highland Acres Rd., Bismarck, ND, 58501, 701-223-4234.



United Tribes Technical College

Office of Administration

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Bismarck, North Dakota 58504



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Fort Yates, ND
58538