



UNITED TRIBES

On-Campus News

Vol. 11 No. 13

UNITED TRIBES TECHNICAL COLLEGE * BISMARCK, ND

March 17, 2003

Student Sculptures Start Conversations

by Dennis J. Neumann

Tracy Shell Track is inspired by her 10-year-old son. His name is Shelmas; he attends Theodore Jamerson Elementary School on the UTTC campus.

Shelmas looks somewhat like the object Tracy sculpted as a class assignment. If the likeness isn't exact, it's because Tracy's was an abstract bust of her son for a humanities project not an art class. It didn't matter so much what it looked like as what it represented and what Tracy could do with it.

"The assignment was to make a sculpture of a person or experience that had a positive influence on their life," said Brian Palecek, head of UTTC's general education department. "This object was to show appreciation to the person or for the experience."

But that wasn't all there was to the assignment. Last week Tracy and 75 other students in the integrated studies of humanities and speech displayed their sculptures in the Skill Center Building and did what humanists do best - talk about things.

"The sculpture was the starting point for having a conversation," said Palecek. "It's the conversation that matters."

Tracy's sculpture of Shelmas was her opener to tell about being a single parent. "Even a single parent can do a good job," she said. Her son inspires her to do her best at parenting. She said she wanted him to know the importance of education too. "That's why I'm here at college."

Circulating around the room, students viewed each

Continued on page 4.



Tracy Shell Track (Mandan, Hidatsa, Arikara Nation) holds her conversation piece, an abstract sculpture of her son.

AIHEC CONFERENCE

MARCH 27 TO APRIL 1

FARGO, ND

COMPLETE AGENDA

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Welcome back, Students
from
Spring Break!!!

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Dennis Lucier's UTTC Diner

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

March 17 - 21

March 24 - 28

DINNER

- M** Chicken Fried Steak, Mashed Potatoes, Gravy
- T** Oriental Chicken Stir Fry, Rice
- W** Baked Chicken, Mashed Potatoes, Gravy
- T** Sloppy Joe On A Bun, Baked 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

DINNER

- M** Beef Stroganoff, Noodles
- T** Indian Taco w/ trimmings
- W** Hamburger On A Bun, Baked Beans
- T** House Special Pizzas
- F** Roasted Pork, Mashed Potatoes

SUPPER

- M** Chili
- T** Bar-B-Que Chicken, Baked Potato
- W** Chicken Burger, Chicken Noodle Soup
- T** Sub Sandwich, Bean Salad
- F** Tator Tot Hotdish



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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Jan Whiteman

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Following the Money – Scholarships and Student Financial Information

by Bob Parisien, Student Financial Aid Director



The deadlines are just ahead for several important funding opportunities that could mean support for your education. Check out these and see if you qualify. Find more information by using the phone numbers or web site addresses listed, or contact my office at extension 209.

NAME: The Morgan Stanley/American Indian College Fund Scholars Program, will award ten scholarships of \$2500 annually to outstanding American Indian students currently enrolled at an accredited tribal college or university.

D-LINE: Postmarked April 15, 2003

ELIGIBILITY: Open to all majors, but students interested in business and related fields, information technology and computer science are highly encouraged to apply.

CONTACT: American Indian College Fund at 1-

800-776-3863 or visit www.collegefund.org.

NAME: National D-A-R American Indian Scholarship

D-LINE: July 1 for fall 2003, November 1 for spring 2004

ELIGIBILITY: Native American with financial need; GPA minimum 2.75

AWARD: \$500 one time
CONTACT: Charlotte F. Egger, Natl, Vice-Chair, 208-375-1086, ceggmsncom@msn.com

NAME: Washington Internships for Native Students (WINS)

D-LINE: Three different se-

mesters offered.

ELIGIBILITY: American Indian and Alaskan Native students enrolled full-time and in good academic standing in a college or university as sophomores, juniors, seniors, and graduate students are encouraged to apply. WINS accommodates approximately 100 students in the summer session and 25 students each fall and spring semester.

AWARD: All expenses paid, plus a weekly stipend

CONTACT: 800-853-3076, or visit www.american.edu/wins

Student Senate Busy With Activities and Conference

 **Jesi Silbernagel**

Since the Special Election in January, UTTC Student Government has done an excellent job of organizing and planning student activities for the rest of the year. Members of the Student Senate have advanced some great ideas for keeping cultural and family values in the activities they plan.

For example, student plans for graduation include a feast, a culturally significant ritual following the event. During the observance of Easter, student planners have paid careful attention to involving the entire family - youngsters through adults - in the activities.

A planning session was conducted by Russell Swagger to help students organize and focus on a wide range of planning efforts. The session was well



Your hard-working representatives in student government are from left Student Representative Caroline Hankinson, Vice President Nadine Vasquez, Treasurer Carla Fluery, Student Representatives Stephanie Vasquez and Karina Marrick, Secretary Nicole Many Horses, and President Mary Brunell.

received.


"The Student Senate is really on the ball," said Suzanne Cadotte, student government advisor. "They deserve a big 'thank you' for the leadership they've shown. I'm sure they'll keep up the good work."

The Student Senate, along with other students across campus will represent the college at the annual AIHEC Conference in Fargo, March 27 through April 1. Students will be in-

involved in competitions including: Critical Inquiry; Knowledge Bowl; Traditional Plants; Business Competition; Web-site Competition; Art Competition; Science Oral Poster Presentation; Mr. & Ms. AIHEC; Hand Games; and Student Bowling.

Student participation at AIHEC is organized and supervised by Suzanne Cadotte. Everyone wishes "good luck," to the students and staff who attend.

Recruitment Partners in Action

 **by Karla Baxter**

We all know that the North Dakota health care industry is facing a continued shortage of skilled health care workers and professionals, at a time when out-migration of our youth is a major concern. This past year, 1600 high school students expressed an interest in the health care industry by enrolling in a Health Careers program, and yet only a small percentage of these students will enter health care. To address these issues, the North Dakota State Board of Vocational and Technical Education and Tech Prep joined efforts and organized a Health Careers Forum, held in Bismarck, on February 27 and 28, 2003.

The North Dakota Health Information Management Association was invited to participate in the Health Careers Forum that addressed connecting North Dakota students and North Dakota health care opportunities

through education. Naturally, we were excited by this opportunity! Karla Baxter represented the health information management profession; as an industry representative. She was offered the opportunity to present a ten-minute snapshot of the health information management occupation.

Karla also participated in a workgroup, which determined effective means by which health care instructors, college program instructors, parents and guidance counselors can obtain current career information and job opportunities within any industry segment. Of primary discussion was how industry can recruit and retain health care workers. This workgroup consisted of representatives from secondary, postsecondary, and industry. There were three other workgroups, as well, that developed ideas from topics affecting education, such as articu-

lation, marketing programs, and using technology in recruitment. Incredible ideas were reported from each workgroup. The Health Care Industry Representative, Mr. Don Roloff, from the North Dakota State Board of Vocational and Technical Education gathered the suggestions and will facilitate follow-up discussion with the intent of implementing improvements.

Through these discussions and NDHIMA's presentation at this event, the HIM professional career and opportunities will be dually placed within the State Voc-Ed system. We have made another giant leap from the clerical-worker classification to being a recognized allied health career opportunity. Karla will pursue the placement of the power-point presentation the State's website, which will make HIM a little more visible to sixteen hundred high school students

Student sculptures start conversations

continued from front page.

object, asked a few questions and took notes. With only a little bit of prodding from team teachers Palecek, Sheryl Toman and Beverly Huber, the stories and conversations began flowing in small groups and one to another.

"It's true that objects start conversations," said Huber. "When you have an object it takes the focus away from the person. It's not threatening to speak about something a person

knows about and cares about."

For several years Huber had students work on the assignment with "Play Doh." This time the "sculpting" materials included buckskin, beadwork, wood, feathers, popsicle sticks, clay, and sand. Although some were well-crafted items, the materials or the quality of the artwork was not critical.

"The important thing is having to think and reflect about the purpose of it," said Huber.

One other thing is different about this assignment. Palecek believes the kind of respect shown by UTTC stu-

dents, no matter the quality of work, is remarkably different than what might be found in the mainstream. "Our students have a built in capacity for being respectful," he said. "As a generous spirit of sharing about their life experiences." He referred to it as "respectful reverence."

Results of the sculpture assignment are "quite incredible," said Huber. "Their evaluations of it are always very good." The assignment lets students know they have important things to say and that people will listen, she said.



The horse and rider sculpture in wire held by Joe Strong Heart Jr. (Standing Rock) pays respect and honor to his father, Joe Strong Heart Sr., for teaching and guidance about horses. The family owns 15 horses on a ranch near Wakpala, SD.



Karina Merrick (Omaha Nation) at left explained her sculpture to Laurie Lindteigen (Standing Rock) and Carla Fleury (Blackfeet Nation). All three are Health Information Technology program students.



Sharen Arthur (Pine Ridge) arranges her creation on the display table under the watchful eye of instructor Brian Palecek. Looking on, at right, is Hanna Small (Crow Agency).

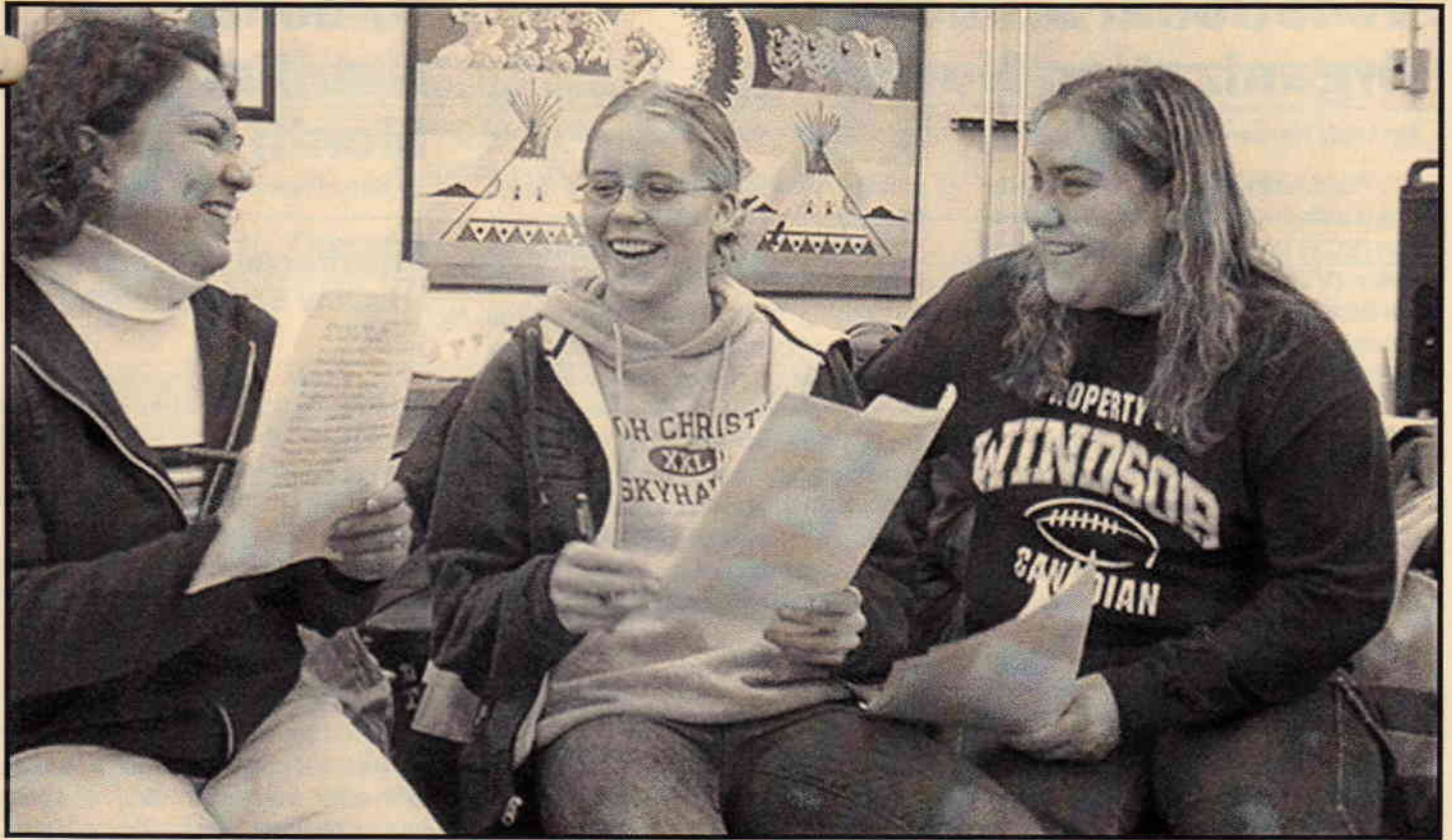


To the Right: Lorenda McKay (Spirit Lake Nation) created a framed image representing her own face surrounded by pictures of her family and symbols of her life and hopes.

All photos by Dennis Neumann

Student Sculptures

Continues from page 4.



Sharing the humor of a story about their sculptures are Practical Nursing students, from left, Danielle Murphy (Standing Rock), Bree Zitzman (non-Indian), and Dawn DeCoteau (Turtle Mountain Chippewa).

ND Internship Website ndinterns.com

by Vince Schanandore

About three months ago, Governor Hoeven indicated in his budget address that he would provide \$2 million for a new "Business Internship Program." In addition, he visited with several NDSU students James Burgum and Matt Murray (student body president and student gov't rep) about an idea they had called "Internship in a Box." Those students worked with Joel Hanson (Ass't Dir.) and me designing an internship website to connect employers with internships and students looking for internships. This website was a critical piece to their "Internship in a Box" concept.

One feature of this idea was to build something that would not rely totally on "soft" money for as we all know,

soft money can disappear as quickly as it appears.

Joel and I have been meeting with the students and have also met with a small software company to secure a proposal for design, cost and maintenance of a website that would initially allow employers to list internship openings with job descriptions and students to view the openings.

Application for candidacy would be the responsibility of the student in the manner the employer had stated in the job description.

Additionally, there would be a tool kit feature taking an employer through the steps of designing a thoughtful internship. Also, and very importantly, there would be direct links to each career services office in each North Dakota post secondary institution.

Last week, Dr. Wallman, NDSU Vice President for Student Affairs, gave his approval to proceed with this project.

The students set the pace and design for this project; we assisted to give

this effort sustainability. The cost for this effort will be paid by the NDSU Career Center and we will also maintain the daily integrity of the site. There will be no charge to employers or students using ndinterns.com.

The site will be neutral in other words, there will be no reference to any specific career services office.

The projection is to have the site operational by April 25 and there should be a prototype ready by the end of this week for you to view.

We feel that this is a first step in the effort to move North Dakota students into internships. It is my hope that NDACSP will assume the leadership to develop and market ndinterns.com. This just may be what we need to get all state internships posted on one site.

Please e-mail me that you have received this and I would appreciate any comments you have about ndinterns.com. Jill Wilkey, Director NDSU Career Center 306 Ceres Hall Fargo, ND 58105 (701)231-8466

Early Childhood Education Vocational Student Organization News

by Leah Hamann

Fundraising has become synonymous with the Early Childhood Education (ECE) Vocational Student Organization (VSO). During the fall semester the ECE VSO students took part in the creation of a float for the UTTC homecoming parade. The hard work earned a first place ribbon and a monetary award for the organization. Halloween swiftly crept upon the organization. However, quick thinking brought in great success as the students hosted an Indian taco sale held during the Student Senate's Halloween event for UTTC students and their families.

Spring semester had the ECE VSO students engaged in a bake sale, Valentine balloon bouquet sale, and a catering job for a parent training session sponsored by the UTTC Infant/Toddler Enrichment Program. All the events were successful. The club has two more big fundraising events ahead. A raffle will be held in March and a

children's book fair will be held during the second week of April.

Most importantly, the organization has donated a portion of their fundraising money to assist a local child in need of medical assistance. Trey Lemer, a five-year-old boy with Shaken Baby Syndrome will be traveling to Missouri for his first round of hyperbaric chamber treatments. He is scheduled to have 40 treatments initially at a cost of \$125 per treatment. The ECE VSO students found that they could assist Trey and his family with their donation.

ECE VSO Officers

Bunni Shoyo – President
Celeste Phelps – Vice President
Tanya Mendoza – Secretary/
Treasurer
BenniLee Robert – Student
Senate Representative

March is National Nutrition Month

by Kim Hinnenkamp, LRD

Supermarket Psychology: "Healthy Eating, Healthy You!"

Are you unsure of how to purchase healthy foods at the supermarket? Making healthy choices at the supermarket can be easier than you think. But if you follow some of the tips listed below, you can make your grocery trips more time efficient, economical, and hassle free.

- ◆ Keep a shopping list and stick to it! A list jogs your memory and saves time as you walk the supermarket aisles. With a list, you're less likely to spend money on items you really don't need.

- ◆ Avoid extra shopping trips. If possible, shop just once or twice a week. You'll spend less on impulse items and save time, too.

- ◆ Check supermarket specials printed in newspaper inserts and plan menus around them.

If the store runs out of an item on special, ask for a rain check.

- ◆ Try not to shop when you're hungry. You'll be less likely to give into impulse items, including more expensive, less nutritious snack and dessert food.

- ◆ Buy fresh produce, fruits, and vegetables in season.

Most are available year-round. In season, however, the price may be lower, and the produce, more flavorful.

- ◆ Use food labels as you shop. Remember that information on food labels can help you find foods that match your needs, provide the facts for comparison shopping, and help you get the most nutrition for your food dollar.

- ◆ Stock up on canned and other non-perishable foods when they're on sale.

At home, rotate your food supply,

continued on page 15.

HEALTHY GROCERY SHOPPING TOUR

Given by the Community Nutrition Students and

UTTC Extension Program

Come and learn tips on how to bargain shop for food and still make wise food choices for "Healthy Eating, Healthy You."

WHO: Students and Staff Interested in Healthy Label Reading and Grocery Shopping Tips

WHEN: Wednesday, March 26 from 10 to 11 am

WHERE: Meet at Dan's Supermarket South

IF YOU NEED A RIDE OR HAVE QUESTIONS:
Call Kim Hinnenkamp, Ext. 397

Wellness Corner

Colds and Flu

We are in the season of colds and flu. These are viral illnesses, meaning they cannot be cured by antibiotics or any other drugs. However, there are non-prescription drugs such as pain relievers, decongestants, and antihistamines that may decrease symptoms while the problems cure themselves. In addition, you should: drink a lot of liquids and use a vaporizer to keep the mucous secretions thin, and wash your hands frequently to avoid the spread of the illness. If symptoms last more than two weeks or the cough is producing thick, foul-smelling, rusty or greenish sputum, call the doctor.

**AIHEC 2003 :: AGENDA ::****MARCH 26 - 28 Wednesday -through- Friday**

AIHEC Spring Board of Directors Meeting & Committee Meetings
Ramada Plaza Suites

MARCH 27 Thursday

6:00 pm - 8:00 pm Presidents Reception - NDSU President Chapman (host)
NDSU Alumni Center

MARCH 28 Friday HOST :: United Tribes Technical College

8:00 am - 5:00 pm Registration
Ramada Plaza - Bach

Pre-Conference Workshop

9:00 am - 5:00 pm TCU Land Grant Planning Committee Meeting
Ramada Plaza - Mozart I & II

**MARCH 29 Saturday HOST :: Sisseton Wahpeton College and
Cankdeska Cikana Community College****Pre-Conference Workshops**

8:30 am - Noon E-Portfolio Workshop - Faculty
Ramada Plaza - Crystal I

9:00 am - 5:00 pm National Symposium on Facilitating Research Opportunities for Native Americans
Land Grant TCUs and Colleges/Universities
Ramada Plaza - Mozart I & II

Conference

8:00 am - 5:00 pm Conference Registration
Ramada Plaza - Bach

8:00 am - 5:00 pm Mr. & Ms. AIHEC
Holiday Inn - Press Room

1:00 pm Bowling Tournament (faculty/staff/students)
West Acres Bowl - 3402 Interstate Blvd SW

3:00 pm - 5:00 pm Coaches Meeting
Ramada Plaza - Crystal III


5:00 pm - 7:00 pm American Indian College Fund Reception - Student of the Year
by Invitation only
Ramada Plaza - Brahms

7:00 pm - Midnight Pow Wow
Ramada Plaza - Crystal Ballroom

**American Indian Higher Education Consortium March 29 - April 1, 2003 Fargo, North Dakota**

**AIHEC 2003 :: AGENDA ::****MARCH 30 Sunday****HOST :: Sitting Bull College**

- 8:00 am - 5:00 pm Conference Registration
Ramada Plaza - Bach
- 8:00 am - 5:00 pm Pool Tournament
Holiday Inn - Sterling/Crowne/Royale
- 8:00 am - 10:00 am Set Up BOOTHS
10:00 am - 5:00 pm Exhibits
Ramada Plaza - Crystal Court East/South/Pre-Function Lobby
Holiday Inn - South/East Convention Corridor
- 8:00 am - 5:00 pm Mr. & Ms. AIHEC
Holiday Inn - Press Room
- 8:00 am - 5:00 pm Science Competition
Holiday Inn - Suite(s) I/II/III/IV
- 8:45 am - 7:00 pm Speech Competition
Holiday Inn - Embassy B
- 9:00 am - Noon Art Competition Setup
Holiday Inn - Prairie
- 9:00 am - 6:00 pm Web Site Technology Competition
Holiday Inn - Frontier
- 8:45 am - 10:00 pm Knowledge Bowl
Holiday Inn - Conference/Director's Rooms
- 9:00 am - 4:00 pm Librarians Meeting
NDSU Library Conference Room - NDSU Campus, Fargo ND
- 8:45 am - 5:00 pm Student Congress
Holiday Inn - Board/Executive Rooms
- 5:00 pm NDATC Presidents Welcome Reception - sponsored by BRIN
Ramada Plaza - Crystal I/II
- 6:00 pm - Midnight Hand Games
Holiday Inn - Sterling/Crowne/Royale
- 7:00 pm Film Festival
Fargo Theatre
314 Broadway Fargo, ND

**American Indian Higher Education Consortium March 29 - April 1, 2003 Fargo, North Dakota**

MARCH 31 Monday**HOST :: Fort Berthold Community College**

8:00 am - 10:00 am Conference Registration

*Ramada Plaza - Bach*8:45 am - 10:00 am **Opening Session***Ramada Plaza - Crystal I/II/III*

Grand Procession

Sisseton Wahpeton Sioux Tribe Color Guard, College Flagbearers,
Presidents, Student Congress Officers, Keynote Speaker and Honored Guests

Welcome and Introductions

Elizabeth Demaray, President, Fort Berthold Community College

President, North Dakota Association of Tribal Colleges

Flag Song

Sisseton Wahpeton Sioux Tribe Drum Group

Opening Prayer

Tribal Elder

Keynote Speakers

10:30 am - 5:00 pm Cyber Cafe

Ramada Plaza - Bach

9:00 am - Noon Librarians Meeting

*Quentin N Burdick U.S. Court House, The US Courthouse Library**655 First Avenue N*

10:30 am - 6:00 pm Critical Inquiry

Holiday Inn - Royale

10:30 am - 6:00 pm Business Competition

Holiday Inn - Embassy A

10:30 am - 6:00 pm Speech Competition

Holiday Inn - Embassy B

10:30 am - 5:00 pm Science Competition

Holiday Inn - Suite(s) I/II/III/IV

10:30 am - 5:00 pm Mr. & Ms. AIHEC

Holiday Inn - Press Room

9:00 am - 5:00 pm Art Competition

Holiday Inn - Prairie/Frontier

10:30 am - 6:00 pm Knowledge Bowl

Holiday Inn - Conference/Director's Rooms

MARCH 31 Monday (continued)

10:30 am - 5:00 pm Student Congress
Holiday Inn - Board/Executive Rooms

10:30 am - 5:00 pm Exhibits
Ramada Plaza - Crystal Court East/South/Pre-Function Lobby
Holiday Inn - South/East Convention Corridor

Workshops

10:30 am - 11:45 am BRIN - Connecting with Tribal Colleges
Luncheon sponsored by BRIN and Ramada Plaza Hotel
Ramada Plaza - Mozart I

1994 Land Grant Institutions - Showcase of Programs
Ramada Plaza - Mozart II

NASA
Ramada Plaza - Etude

Distance Education
Luncheon for Distance Educators - by invitation only
Ramada Plaza - Sonata II

IT Essentials
Ramada Plaza - Brahms

Noon - 1:00 pm Meet the Author - Student Luncheon
Holiday Inn - Sterling/Crowne

Faculty Luncheon
Ramada Plaza

1:30 pm - 2:45 pm BRIN - The Tribal College Perspective
Ramada Plaza - Mozart I

AICF - Introducing New Scholarship Programs
Ramada Plaza - Crystal I

Tribal College International Programs
Ramada Plaza - Mozart II

Rez-Robics for Couch Potato Skins
Ramada Plaza - Crystal II

MARCH 31 Monday (continued)

1:30 pm - 2:45 pm Launching the AIHEC HIV/AIDS Prevention Education Project:
Introduction, Input and Ignition
Ramada Plaza - Etude

Mascot Issues at UND
Ramada Plaza - Sonata II

Empowering Native Americans in Federal and State Politics
Ramada Plaza - Brahms

3:00 pm - 4:15 pm Sharing the Natural Resources Education Project
Ramada Plaza - Mozart I

Dancers, Data and Math Standards ... What's the Connection?
Ramada Plaza - Mozart II

Public Health Development Opportunities
Ramada Plaza - Etude

Empowering Native Americans in Federal and State Politics (continued)
Ramada Plaza - Brahms

Media Relations
Ramada Plaza - Sonata II

6:30 pm - 9:00 pm Banquet
Ramada Plaza - Crystal I/II/III
Master of Ceremonies and History of AIHEC -
David Gipp, President, United Tribes Technical College
NASA Presentation -
Gerald Monette, EdD, President, Turtle Mountain Community College
Bob Starr, Media Producer, NASA - Langley Research Center
NASA-Goddard Summer Internship Program -
Phyllis Howard, MM., 2003 AIHEC Conference Coordinator
Introduction of Special Guests/Sponsors -
Ronald McNeil, JD, President, Sitting Bull College
Introduction of Slide Presentation -
Elizabeth Demaray, MEd, President, Fort Berthold Community College
Recognition and Presentation of Gifts to AIHEC Presidents -
William Harjo LoneFight, PhD, President, Sisseton Wahpeton College
Thalia Esser, MS, Academic Dean, Cankdeska Cikana Community College.

APRIL 1 Tuesday HOST :: Turtle Mountain Community College

8:00 am - Noon Conference Registration
Ramada Plaza - Bach

8:00 am - Noon Cyber Cafe
Ramada Plaza - Bach

8:00 am - 5:00 pm Exhibits
Ramada Plaza - Crystal Court East/South/Pre-Function Lobby
Holiday Inn - South/East Convention Corridor

8:00 am - 5:00 pm Science Competition
Holiday Inn - Suite(s) I/II/III

9:00 am - 5:00 pm Business Competition
Holiday Inn - Suite IV

9:00 am - 3:00 pm Art Competition
Holiday Inn - Prairie/Frontier

10:00 am - 5:00 pm Student Congress
Holiday Inn - Press Room

9:00 am - 3:00 pm Star Lab
Ramada Plaza - Crystal II

Workshops

9:00 am - 10:15 am HEROS - Collaboration
Ramada Plaza - Etude

Using Measure Net Computer - Based Probes In the Chemistry Lab **and**
Improvement of Teaching and Learning Chemistry in Tribal Colleges
Ramada Plaza - Sonata II

Advancing Your Career Through Internships
Ramada Plaza - Mozart II

Peer Mentoring With A Cultural Base
Ramada Plaza - Crystal III

American Indian Culture In The Classroom
Ramada Plaza - Crystal I

Faculty Development Opportunity - Doctoral Fellowships in Math and Science
Ramada Plaza - Brahms

APRIL 1 Tuesday (continued)

Workshops

9:00 am - 10:15 am Cultural Curriculum Development
Ramada Plaza - Mozart I

10:30 am - 11:45 am American Indian Entrepreneurial Education
Ramada Plaza - Sonata II

Success In Private Sector Fundraising
Ramada Plaza - Crystal I

Expanding the Circle: Respecting the Past, Preparing for the Future.
Ramada Plaza - Mozart II

Health Careers Opportunities
Ramada Plaza - Etude

Media Relations Workshop
Ramada Plaza - Mozart I

Using Creative Dramatics To Get Students "ACT"ively Involved
Ramada Plaza - Brahms

NativeView: A Blueprint for Designing and Implementing of Geospaitial
Information Technology Tribal College and University Consortium
Luncheon sponsored by Sinte Gleska University
Ramada Plaza - Crystal III

1:30 pm - 2:45 pm Working with the Corps of Discovery II
Ramada Plaza - Mozart II

Multiple Intelligence Learning Theory
Ramada Plaza - Etude

Developing the Productive Employee
Ramada Plaza - Sonata II

Collaborating for Effective Professional Development in Math and Science
Education in Rural Reservation Schools
Ramada Plaza - Brahms

Mosquito Research at Turtle Mountain Community College
Ramada Plaza - Mozart I

Methods of Teaching Indigenous Languages
Ramada Plaza - Crystal I

APRIL 1 Tuesday (continued)

- Workshops**
- 3:00 pm - 4:30 pm NativeView: A Blueprint for Designing and Implementing of Geospaitial Information Technology Tribal College and University Consortium
Ramada Plaza - Crystal II
- Creating Dialogue In The Classroom using Films and Forum
Ramada Plaza - Brahms
- Internship Opportunities with the 2005 Indigenous Games in North America
Ramada Plaza - Crystal I
- Archeological Theory and Methods -vs- the Lakota World View
Ramada Plaza - Mozart I
- Bridging Community: Education and Science
Ramada Plaza - Etude
- Indian Professional Development Group at Oglala Lakota College
Ramada Plaza - Sonata II
- Indian Professional Development Grants at OLC:
ACED, SPED, and the Masters of Arts degree in Educational Administration
Ramada Plaza - Mozart II
- 6:00 pm - Midnight Student Awards Dinner and Dance
Holiday Inn - Sterling/Crowne

CONTACT PERSON:

PHYLLIS HOWARD

CONF. COORDINATOR

701-223-4100

PHYLLIS@NDATC.ORG

March is National Nutrition Month

continued from page 6.

that the "first in" is the "first out."

◆ Remain flexible while you shop. If you see a better bargain or a new food (perhaps a vegetable or fruit) to try, adjust your menu.

◆ Buy perishable food in amounts that will be eaten before they would spoil.

An extra bunch of broccoli that spoils in the refrigerator is no savings.

◆ Shop during off hours.

If time is a premium, shop when stores aren't crowded—often early in the morning, late in the evening, or midweek rather than on the weekends. You may feel more relaxed as you make shopping decisions.

◆ Consider the cost of convenience foods.

Prepared, presliced, and precooked foods usually cost more. Depending on your schedule, the saving in time may be worth the price.

◆ Pay attention at the checkout.

◆ Remember that prices ring up as advertised as indicated on the shelf label, especially for sale items.

◆ Try to buy store brands, which are usually cheaper.

◆ Clip coupons for items you really need.

Don't assume that items with coupons are always the best buy. Another brand or similar food might be cheaper even without a coupon.

Source: Duyff, Roberta Larson. *The American Dietetic Association's Complete Food and Nutrition Guide*. 1996.

March is National Nutrition Month. National Nutrition Month is a nutrition education and information campaign sponsored annually by the American Dietetic Association. The theme for this year is "Healthy Eating, Healthy You." Some of the key messages addressed include:

1. Healthy eating helps you get the most out of life. A healthy lifestyle is the key to looking good, feeling great, and being your best at work and play. It all starts with a healthy eating plan.

2. Match your food choices to your lifestyle and individual requirements, choosing enough to achieve and maintain a healthy weight.

3. Make moderation your goal -

you decide how much and how often. Healthy eating doesn't mean feeling deprived or guilty. Look at the big picture, what you eat over several days - not just one day or one meal.

4. Develop a personal fitness plan that fits your lifestyle. The key is to find a variety of activities you enjoy.

For National Nutrition Month the Community Nutrition students and the UTTC Extension Program are offering a grocery shopping tour. Come and learn tips on how to bargain shop for food and still make wise food choices for "Healthy Eating, Healthy You."

WHO: Students and Staff Interested in Label Reading and Healthy Grocery Shopping Tips

WHEN: Wednesday, March 26 from 10 to 11 am

WHERE: Meet at Dan's Supermarket South

IF YOU NEED A RIDE OR HAVE QUESTIONS: Call Kim Hinnenkamp, Ext. 397

Small Business Management students attend MCA Conference

by Brian Eagle and Sandy Young Bird

On February 26-27, 2003 the 27th Annual Minority Contractors Association of North Dakota Conference was held at the Best Western Doublewood Inn. Co-sponsored by Laducer and Associates, Inc. and the MCA, in attendance were officials from the SBA (Small Business Administration), BIA (Bureau of Indian Affairs), 8(A) program and other federal and state authorities.

With the working class contractors of North Dakota, UTTC was attending as well. The Economics of Business class, and Instructor Carol Anderson, attended the conference. Francis Azure, Tony Chevalier, Jerome Crazy Thunder, Lora Danforth, Brian Eagle (me), Nicole Gagnon, Calvin Good Bird, Isabelle Hunts Along, Nancy Big Crow, Nicole Many Horses, Chad Marks, Natasha

Old Elk, Tedi Silk, Sandy Young Bird (me), Tina MorningStar, Pete Bass, and Nadine Vasquez, attended the conference and visited the Expo held on Thursday the 27th. We were present for a number of different sessions, pertaining to various areas of business. We didn't get a chance to listen to every speaker because there were so many. The sessions on the first day were held in separate conference rooms simultaneously. There was information handed out about everything from taxes to government contracts and 8(A) programs, Hubzone programs, OSHA was there and Tribal Development made their voices and opportunities known for future enterprise.

Valuable information was given out and contacts were made. Future business in North Dakota is on the ho-

rizon. The MCA Conference made the local news in Bismarck and James Laducer represented the conference honorably. Also to grace us with his presence, at the banquet Thursday night was North Dakota's Governor John Hoeven. He told jokes and thanked everyone for attending. He stated his involvement in the MCA and with Laducer but he also stated the seriousness of the conference, it's importance, and the MCA should congratulate themselves for their continuing achievements.

Our Economics class appreciated the opportunity to witness real people conducting real business and the support there is out there for young and growing businesses. To be a part of the conference was beneficial to us and we thank the MCA for having us. May you always be here and helping each other.

March 2003

TJES Calendar 01/10/03

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2	Homework Center Science Club Math Club 3:15-4:15	Homework Center Computer Club 3:15-4:15	TJES Staff Meeting 3:30 Drum Group 3:30-4:30	Homework Center Computer Club 3:15-4:15	7 End of 9 Weeks end of 3rd quarter 44 days	8	
9	10	11	12	13	14	15	
TJES SPRING BREAK from March 10 to March 14 NO SCHOOL TJES School Board Meeting March 12							
16	Homework Center Science Club Math Club 3:15-4:15	Homework Center Computer Club 3:15-4:15	TJES Parent Teacher Breakfast UTTC Cafeteria 7:45-8:15 Drum Group 3:30-4:30	20 Homework Center Computer Club 3:15-4:15	21	22	
23	Homework Center Science Club Math Club 3:15-4:15	Homework Center Computer Club 3:15-4:15	TJES Staff Meeting 3:30 Drum Group 3:30-4:30	26 Homework Center Computer Club 3:15-4:15	28	29	
30	Homework Center Science Club Math Club 3:15-4:15	<u>Watch for notices in regards to Parent Teacher Conferences this month</u>					31

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

Baby FACE

by Carol Nichols

UTTC and TJES have a brand new program starting up called Baby FACE.

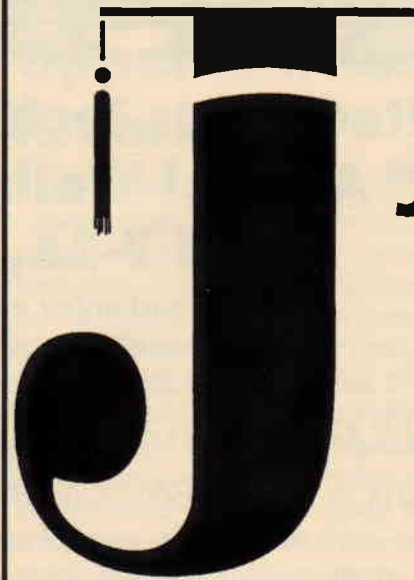
FACE stands for Family and Child Education and Baby means it is for Prenatal, Infants and Toddlers and their parents.

Babies are born to learn and our program can help parents be their child's best first teacher during the first three years of life when brain development is most rapid.

Our two parent educators, Cyndee McLeod and Carol Nichols, will be working with the parents and their children from the Infant and Toddler Center on campus.

We will visit weekly, biweekly or monthly with families with information and activities designed to enhance their children's social, motor, language, and intellectual development.

Reading to your child, no matter what age, is an emphasis in the Baby FACE program. Each child will be enrolled in the Imagination Library where they will receive one book a month. For more information contact Cyndee or Carol at ext. 303.



From A to Z, if you are looking for a job, come to

Job Fair 2003

Wednesday, March 26 ~ Ramkota Hotel

800 South Third Street, Bismarck, ND

10 AM to 12 Noon College Students

12 Noon to 3 PM General Public Welcome

ADMISSION IS FREE

Full-time, part-time, and summer jobs
Bring your resume and be prepared for an interview!

To learn more contact: University of Mary Career and Testing Services, 355-8050; Bismarck State College, 224-5666; MedCenter One College of Nursing, 323-6833; United Tribes Technical College, 255-3285, ext. 280; Bismarck Tribune, 250-8233; or Job Service at 328-5026. On the web: www.umary.edu/careserv



Did You Know?

Soft Drinks "Sugar" You Up

Most people can't imagine dumping more than one or two teaspoons of sugar into anything they drink? It's amazing to learn how much sugar is in a 12-ounce can of pop.

The University of Minnesota School of Dentistry figured it out and published a list. Some examples:

Barq's	10.7 tsp
Gatorade	3.3 tsp
Sprite	9.0 tsp

Mountain Dew	11.0 tsp
Nestea	5.0 tsp
Hawaiian Punch	10.2 tsp
Orange Slice	11.9 tsp
Surge	10.0 tsp
Coke Classic	9.3 tsp
Pepsi	9.8 tsp
Dr. Pepper	9.5 tsp

Going for diet drinks helps avoid the sugar but acid in pop is still a problem. It's no wonder that dental organizations use slogans like, "Sip All Day, Get Decay."

What is Tai Chi Chih?

by Sharlene Gjermundson

Are you interested in trying something new? Do you want to learn how to de-stress and energize your life? If so, T'ai Chi Chih might be the answer for you.

T'ai Chi Chih (pronounced TIE-EE CHEE CHUU), Joy Thru Movement is a series of 19 gentle physical move-

ments and one standing pose that circulate, stimulate and balance internal energy. Regular practice can bring about such potential benefits as physical, mental & emotional well-being: stress reduction & relaxation: increased energy & endurance: weight & blood pressure control: body toning: & inner serenity. Most beginners feel positive effects after the first lesson.

The entire series of T'ai Chi Chih movements can be introduced in about 8-10 hours.

If you are interested in learning T'ai Chi Chih, Jean Katus, an instructor from Ft. Yates, will be on campus during Wellness Week, April 7-10th. Classes will be held downstairs at the Jack Barden Center from 4:00 p.m. to 5:00 p.m. Monday through Thursday. The class is free and open to all staff & students.

Attention ALL WALKERS!

by Mark L. Mindt,
JITTC Physical Activities Coord.

Great news! During the week of April 7th through 11th, the entire campus is invited to participate in a walking activity twice per day. That's right. This is going to be the 2nd Annual Wellness Week which UTTC will be

hosting and the Walking Circle invites it's members to bring someone on a walk around the loop nearest the dance grounds on campus.

Stay tuned for more information and details on how to **win prizes for walking** and taking care of your **self!** By showing up and making time to improve

your entire WELLNESS, you can win prizes. But beware. There are many more people on campus who are walking and moving about than last year.

So get a new set of shoelaces and comfortable socks, because the Wellness Week is your time to shine and put a little bounce in your step. If you have any questions, please contact Mark L. Mindt @ ext. 239.



United Tribes Technical College 2nd Annual Wellness Week April 7-11, 2003

Come and enjoy a week full
of fun wellness activities!

Wellness Walks Walk the UTTC Loop & Register for Prizes

Walk starts in front of Education Building

April 7-11 at 7:45 to 8:15 am and 12 to 12:30 pm

Recognition for Walkers at 12:45 pm on Friday, April 11

T'ai Chi Chih® Joy thru Movement

April 7-10 at 4 – 5 pm in the Jack Barden Center

Instructor: Jean Katus

Wellness Fair

Thursday, April 10

12 to 4 pm in the UTTC Gym

Bring your friends and family for an afternoon of fun!

Many tables to explore on a variety of health and wellness topics.

Prizes will be given away!

Healthy Lunch

Friday, April 11

12 noon to 1 pm

UTTC Cafeteria

Come and enjoy a healthy sub sandwich lunch.

Free to all UTTC students, staff, and faculty!

This is a tentative list of activities. Check out the next newsletter for a complete list of activities including wellness speakers!

Contact Lonnie Delorme at Ex. 372 or Mark Mindt at Ext. 329 for more information

Announcing a National Symposium

Saturday, March 29, 2003
Ramada Plaza Suites
Fargo, North Dakota
Symposium Agenda AIHEC Conference

Registration information:

David.Berryhill@ndsu.nodak.edu

Saturday, March 29, 2003
Ramada Plaza Suites
Fargo, North Dakota
Symposium Agenda
AIHEC Conference BACK

Agenda

Facilitating Research Opportunities with Native Americans

A critical need exists to increase the number of students who seek careers in science, mathematics, engineering, or technology — especially underrepresented minorities such as Native Americans. The Office of Naval Research, the North Dakota Association of Tribal Colleges, and North Dakota State University are sponsoring a national symposium that will bring representatives from 1862, 1890, and 1994 Land-Grant and other institutions together for the purpose of sharing lessons learned, success stories, and potentially effective strategies to encourage Native American students to seek careers in science, mathematics, engineering, or technology. The symposium will feature presentations, discussions, and hands-on activities on ways to stimulate a fundamental interest in discovery and demonstrate cultural relevance. Topics include student participation in science-related activities, establishing relevant research opportunities through demonstration research on tribally controlled lands, and facilitating participation in research projects by faculty and students at member institutions of the American Indian Higher Education Consortium (AIHEC). The symposium will immediately precede the AIHEC Conference; no additional fees are required of AIHEC Conference registrants.

Significant **travel assistance** is available for active participants. If you would like to **share a success story or strategy**, or if you have questions, please contact: **David L. Berryhill, Ph.D.** College of Agriculture, Food Systems, & Natural Resources Morrill 315 North Dakota State University Fargo, ND 58105 David.Berryhill@ndsu.nodak.edu (701) 231-7694.

- 9:00 Welcome
- 9:30 Success Stories in Stimulating Student Interest
- 10:30 Break
- 11:00 Success Stories in Stimulating Student Interest - Student Panel Noon Luncheon
- 1:00 Tribal College Research Agenda
- 3:00 Break
- 3:30 Group Decision Center • Best Practices • Challenges • Next Steps?
- 4:30 Concluding Remarks

Diabetes Classes Were Well Attended!

by Kim Hinnenkamp, UTTC Extension Program

The UTTC Extension Program offered the "Strong in Body and Spirit" diabetes education classes each Friday in February to a class of over 20 students, staff, and faculty. During the classes, participants learned how ex-



Good attendance of the diabetes education class.



Mark Mindt speaking to diabetes education class

ercise and eating less fat and sugar can help in the management and even prevention of diabetes. They also learned the importance of providing support and setting goals when making healthy lifestyle changes.

The number of students who participated in the classes increased this semester. That is because Jeff McDowell brought his Introduction to Computers class to each session. They were to use the information presented in each session to complete a project for his class. Since the majority of the students in Jeff's class had a personal connection to diabetes, they were excited to learn more about the disease. It was also great to work with the students. They added a different perspective to the classes.

The UTTC Extension Program would like to thank all the participants for attending the diabetes classes. We hope you learned as much about diabetes as we learned from each one of you!

Cumulative Enrollment also a Record

by Dennis J. Neumann

Bismarck, ND - By any measure, enrollment has surged upward during the 2002-2003 school year at United Tribes Technical College. Two key indicators are the number of students attending during a semester and the total number attending for the three terms that make up the entire academic year.

Spring semester enrollment, reported earlier and now confirmed at 449, set a new record for a single term. Now comes more good news.

According to a report from the UTTC Registrars Office, cumulative enrollment for the current academic year is 644. These unduplicated student enrollments are a whopper of an increase.

Prior to this year, the highest cu-



A visible example of increased enrollment is class size. When the integrated studies classes of humanities and speech meet as a group each Tuesday morning the three classes have a combined enrollment of 110 students.

lative enrollment was recorded in the 2000-2001 school year at 490. If the current figures hold through the end of the term (and they may increase due to the addition of specialized classes) the college will have posted a 31 per-

cent enrollment increase over the previous record high.

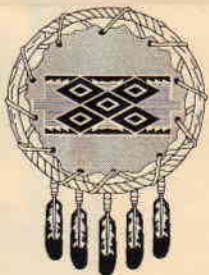
When compared with enrollment of 409 last year, during the 2001-2002 school year, the increase is even more dramatic, 57 percent.

Enrollment increases are a significant indicator of college growth and vitality, and a reason why the cafeteria line is long at lunchtime.

Cumulative Enrollment

2002-2003	644
2001-2002	409
2000-2001	490
1999-2000	415
1998-1999	401

(unduplicated student count over 3 terms - summer, fall and spring)



United Tribes Technical College

Office of Administration

3315 University Drive
Bismarck, North Dakota 58504



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