

UNITED TRIBES ON CAMPUS NEWS

Vol. 12 No. 4

UNITED TRIBES TECHNICAL COLLEGE * BISMARCK, ND

October 13, 2003

Student Officers Elected

by Jesi Silbernagel

A new set of officers has been elected and sworn in to lead the largest single-term student body in school history.

Elected to represent UTTC's 482 students as Student Senate President is Natasha Old Elk (Crow), Crow Agency Montana, Small Business Management. Vice President Nicole Gagnon (Ojibway), Belcourt, ND, Small Business Management. Elected Secretary is Shari Wolf (Fort Berthold), New Town, ND, In-

jury Prevention/Health Information. Treasurer is Carla Fleury (Blackfeet), Browning, MT, Health Information Technology.

The Parliamentarian position is currently vacant. Anyone interested should contact me at ext. 314.

A note to advisors - please choose your Student Senate Representatives from each vocation and an alternate and get that information to me.

Thank you.

Study to look at hotel feasibility

WASHINGTON, DC-The U.S. Commerce Department's Economic Development Administration (EDA) says it will help finance a study at United Tribes Technical College. The September 30 announcement said that the \$25,000 investment would help develop a study to determine the feasibility of building a hotel and convention center training center on the UTTC campus.

"President Bush believes one way to create jobs is to grow the economy by encouraging investments in local communities," said David A. Sampson, Assistant Secretary for Economic Development. "This investment will allow UTTC to conduct an economic impact analysis. The project would provide Bismarck with a more competitive edge in hosting larger events in the Bismarck-Mandan area."

According to the announcement, EDA serves as a venture capital resource to meet the economic development needs of distressed communities. EDA partners with states, units of local government and community nonprofit organizations

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UTTC Student Senate Officers for 2003-2004 were sworn in at a ceremony on October 6. From left Treasurer Carla Fleury, President Natasha Old Elk, Secretary Shari Wolf, Vice President Nicole Gagnon.

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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.

Oct. 13-17

Oct. 20-24

| DINNER | | SUPPER | | DINNER | | SUPPER | |
|--------|---------------------------------------|--------|---------------------------------|--------|---|--------|-----------------------------------|
| M | Chicken Fried Steak, Potatoes | M | Meat Loaf, Baked Potatoes | M | Beef Stroganoff, Noodles | M | Chili, Dinner Roll |
| T | Chicken Stir Fry, Rice | T | Buffalo Sausage, Fried Potatoes | T | Indian Taco, Wojapi | T | Bar-B-Que Chicken, Potato |
| W | Chicken, Mashed Potatoes | W | Swiss Steak, Noodles | W | Hamburger, Baked Beans | W | Chicken Burger, Noodle Soup |
| T | Sloppy Joes, Tater Tots | T | Roast Pork, Mashed Potatoes | T | House Special Pizzas | T | Sub Sandwich, Bean Salad |
| F | Chicken Nuggets, Macaroni & Cheese | F | Shrimp, Wild Rice | F | Roasted Pork, Gravy, Mashed Potatoes | F | Tater Tot Hotdish, Wheat Bread |



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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Justin LeBeaux

Deadline for next issue: 5:00 pm - October 20, 2003

Student Health Center Schedule

October – December 2003

October

- October 2nd & 3rd** – Immunization Clinics 1-4 p.m. at SHC
- October 6 & 7** – Dental & Vision Screenings – K-8th Grade – 9 a.m. at SHC
- October 8** – Scoliosis Screenings- Grades 5-8 TJES – 9 a.m. at SHC
- October 9** – Ft. Yates Transport Scheduled
- October 23** – Campus Blood Sugar, BP & Cholesterol Screening – 9-4 p.m. at Student Health Center

*Flu shots are tentatively scheduled for the last week of October & 1st week of November Watch for posters!!!!

November

- November 13 & 14th** – Immunization Clinics 1-4 p.m. at SHC
- November 20** – Women's Health Day – 9-4 p.m. Booths up in LPN department & examinations done at SHC.

December

- December 1** – World AIDS Day speaker - Tentative



— State of —
North Dakota

Office of the Governor

John Hoeven
Governor

PROCLAMATION
FIRST NATIONS DAY
NATIVE AMERICAN MONTH

WHEREAS, the 58th North Dakota Legislative Assembly authorized a new section to Chapter 1-03 of the North Dakota Century Code creating First Nations Day; and

WHEREAS, the forbearers of the indigenous peoples of the State of North Dakota played a unique role in the shaping of this state's history and culture, and the history and culture of this nation; and

WHEREAS, the American Indian people continue to play a vital and integral role in shaping the future of North Dakota and the nation; and

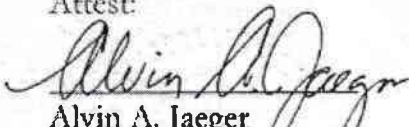
WHEREAS, American Indian governments, colleges, and businesses play a critical role in strengthening their communities; and a vital, contributing role in the economic infrastructure of the State of North Dakota through education and business development; and

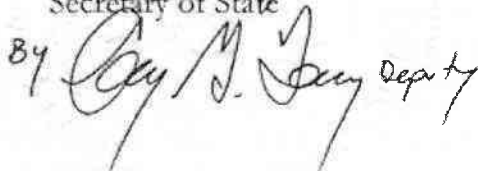
WHEREAS, all citizens of North Dakota are encouraged to learn about the history and heritage of the Native peoples of this great land; and

NOW THEREFORE, as the Governor of the State of North Dakota, I do hereby proclaim October 10, 2003, **FIRST NATIONS DAY**, and November 2003 as **NATIVE AMERICAN MONTH** in the State of North Dakota.


John Hoeven
Governor

Attest:

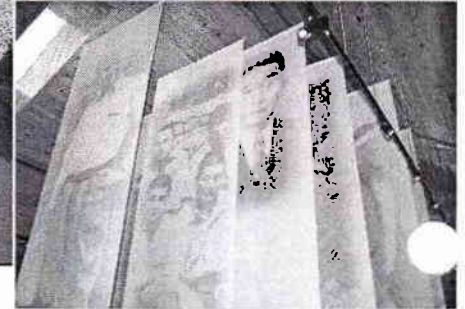

Alvin A. Jaeger
Secretary of State

By  Deputy

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www.discovernd.com



Author of the book, "Enemies," lead a tour of discovery for the participants and guests. UTTC photo by David M. Gipp.



At the center of the exhibit are 10 foot tall silk banners suspended from the ceiling of the Cultural Interpretive Center. UTTC photo by David M. Gipp.

“Snow Country Prison” Exhibit

BISMARCK – There were tears of sadness and tears of joy. And when it was over, there were smiles, handshakes and hugs. It was a passage with a good ending.

October 4-5 was the opening weekend of “Snow Country Prison,” an exhibit in UTTC’s Cultural Interpretive Center. Three-dozen Americans of Japanese and German descent were on campus to visit the place where some had been locked up during World War II. The campus was then a military fort that became a detention camp for people deemed “enemy aliens” by the government.

“It was an emotional weekend for many,” said UTTC President David M. Gipp. “The exhibit, the discussions and talks about imprison-

ment and isolation, the tour of buildings on campus – it all became part of a healing experience.”

Over 200 people from the area and around the country visited the campus to attend some or all of the events, including a reception and ribbon cutting for the exhibit, video screenings about alien internment, a tour of campus buildings, and speeches and panel discussions.

Near the close of the event, a spiritual leader from Standing Rock, Terry Martinez, led the group through a “wiping the tears” healing ceremony. The college provided gifts to each former internee or family member. The UTTC Cafeteria staff prepared two elaborate meals for participants and visitors.

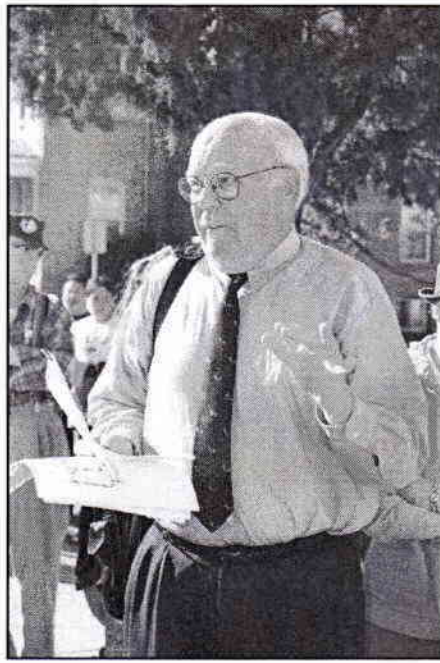
UTTC hosted the exhibit opening and helped plan the public events along with the North Dakota Museum of Art and the State Historical Society of North Dakota.

The exhibit remains in the college’s log cabin building through November 30. Tours are available by contacting the Tribal Tourism Program, 701-255-3285 ext. 426 or 430. Exhibit hours are 9 a.m. to noon and 1 p.m. to 4 p.m. weekdays and 1 to 4 p.m. weekends.

An exhibit tabloid, poster, and campus map, showing the site in 1941 and today, are available in the log cabin, as well as the book *Enemies*, which tells the stories of men in the Fort Lincoln Internment Camp.



Dr. Isao Fujimoto of UC-Davis, was interned at a camp on the Yakima Reservation.



John Christgau, author of the book *Enemies*, narrated the walking tour with help from those who were imprisoned at Fort Lincoln during World War II.

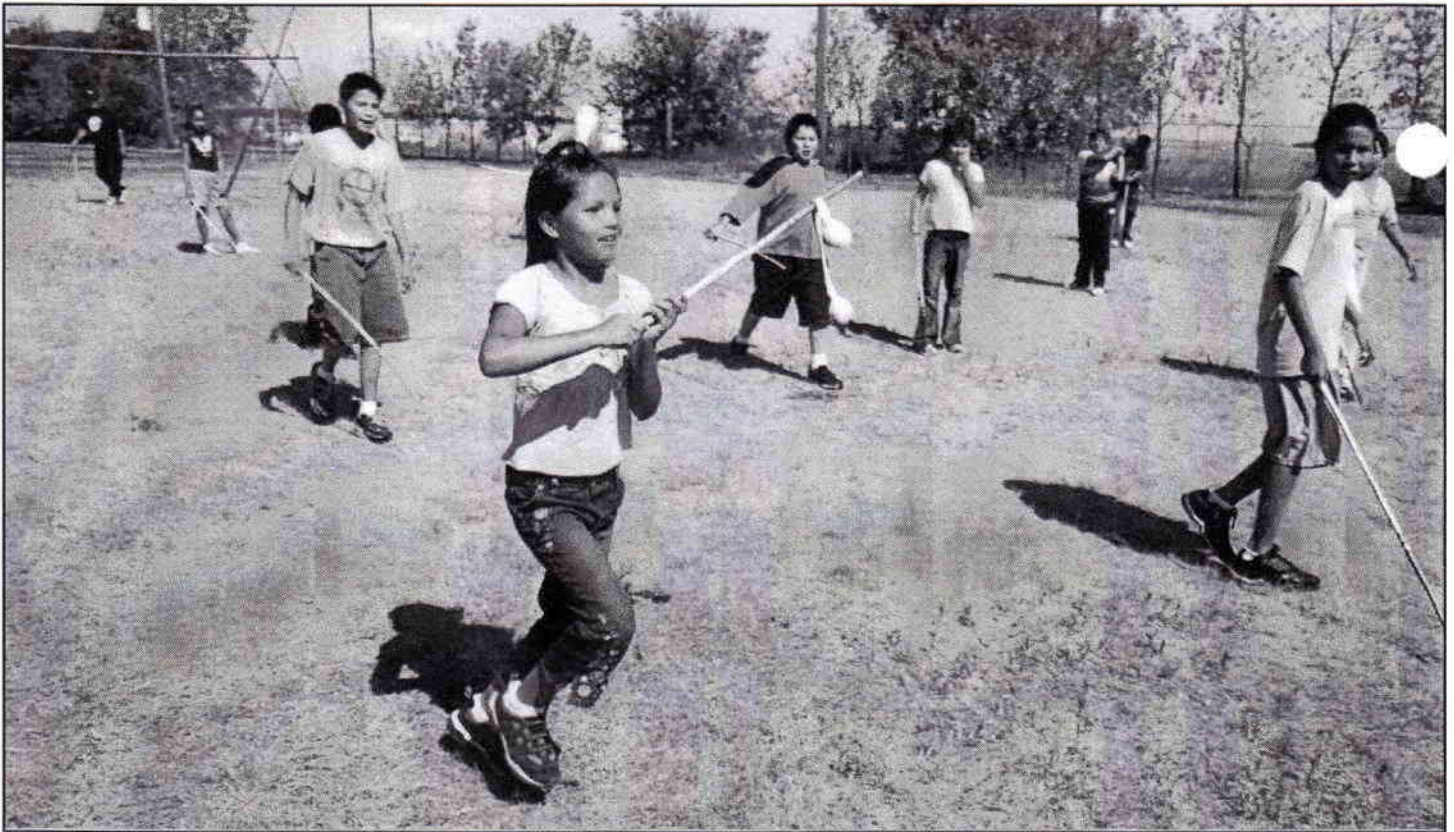


Dr. David M. Gipp presented a talk about imprisonment and isolation as a policy applied to many groups of people.



Four former Fort Lincoln internees cut a ribbon to open the Snow Country Prison Exhibit, from left Max Ebel, Tad Yakakido, Robert Nebel and Hank Naito. UTTC Photo by David M. Gipp.





Bella Lester broke into the open and readies for a shot on goal.

TJES students learn active traditional game

by Dennis J. Neumann

It's played with a stick and it resembles another stick sport. Players dodge opponents, pass and breakaway toward the goal. But it's meant to be played on solid ground and the object of battle isn't round. It's two leather pouches - each stuffed with sand and buffalo hair - connected by a leather strap. It's the game of double ball, a traditional sport of northern tribes.

"Double ball is probably enjoyed the most of any of the traditional games," says Marvin Bald Eagle Youngman, a member of the Turtle Mountain Band of Chippewa. "It's a physical game with lots of running. It can be pretty rough and tumble at times."

On a sunny fall day in Bismarck, Youngman was teaching double ball to 5th grade students at Theodore Jamerson Elementary School. Now retired, he learned the game during a revival of the sport in

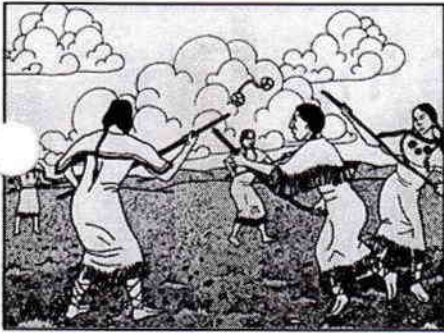
Montana. It's one of the most popular games played during traditional game tournaments. Teams of up to 15 play-

ers use three-foot-long sticks to pick-up, carry and/or pass the double-ball thong. The object is to shoot it across



TJES 5th graders scratch for the double ball during a face off.





or onto the goal, a raised wooden bar at either end of a 100-yard field. A shot that loops the thong around the goal earns the highest points.

In no time the TJES 5th graders were snatching up the thong with ease and running and shooting on goal. Asked if there are rules about getting too rough with the bumping and blocking, Youngman says there are no penalties but he usually “calms them down” when the action gets out of hand.

Physical Education Instructor Hank LaBore invites Youngman to TJES each year to instruct about traditional plants and the games. LaBore says the games clearly have benefit for the physical activity they bring youngsters and for the connection with culture.

“All traditional games were used to teach lessons,” says Youngman. “Double-ball started when the men were away from the village or camp. Women played it to learn and practice running and dodging if ever attacked. It was originally called the women’s game. There were some strong, agile women.”

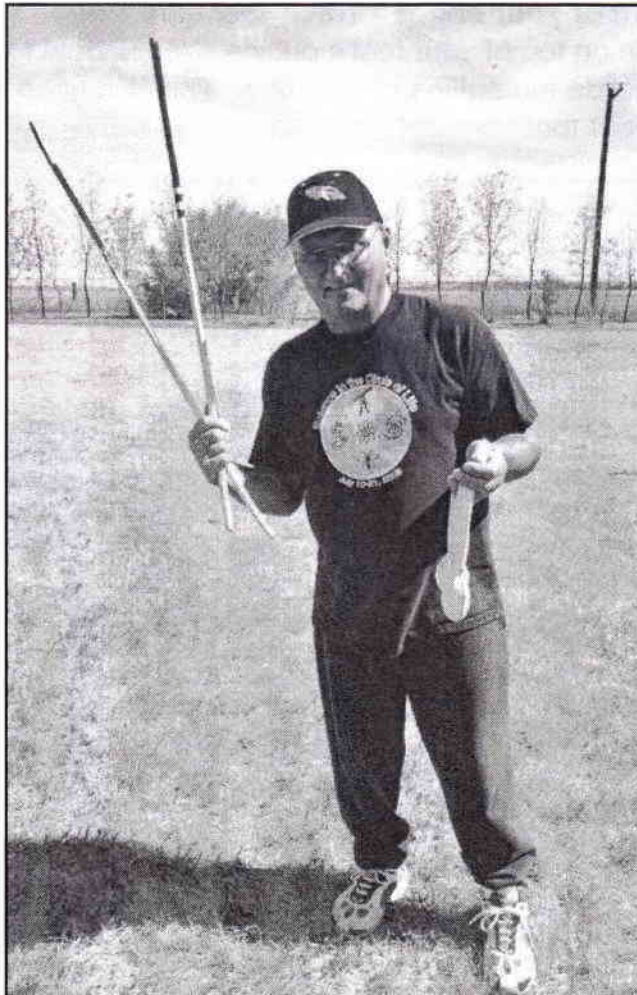


With the double ball securely wrapped Dion Red Day charges toward the goal followed closely on the right by Sandra Spotted War Bonnet. Colton Goodlow watches at left and Clifford Parisien is at rear.



ABOVE: Ira Rave gathers himself up for a right-handed shot.

LEFT: Marvin Bald Eagle Youngman displays the implements of double ball – sticks and the leather thong.



DOUBLE BALL



WEIGH TO WELLNESS Tips

By Mark L. Mindt, UTTC Physical Activities Coord.

TAKE CARE OF YOUR FEET

Keep up the good work everyone! In the first two weeks, the entire Weigh to Wellness group have been working out together and are now feeling the results. At this point, each of the members should be concentrating on feeling healthier first. After a few more weeks of watching their nutrition and exercise, each person should be noticing a visual difference or a different fitting of their clothing.

With all this walking, we can't forget our feet. Proper foot is important for everyone, but especially if you have diabetes.

- **Check your toenails** - They should be cut to follow the shape of your toe.
- **Look for calluses** - Thick, hard calluses are like rocks in your shoes. Ouch!
- **Look for blisters** - Use a bandage or moleskin over the blister to protect it. Do not cut off the top of the blister.
- **Wear clean breathable socks** - Make sure the elastic is not cutting into your skin.
- **Check the fit of your shoes** - Trace your bare foot on a piece of paper. Then, place your walking shoe on top of your foot's outline. You should NOT be able to see any portion of your foot outside the outline of the shoe. This is a good way to see if your shoes are too narrow for your foot.

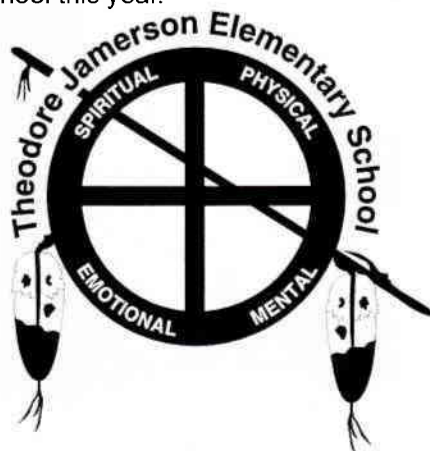
TJES Tidbits #1

by Carol Melby

Theodore Jamerson Elementary School (TJES), created in 1972, is a Bureau of Indian Affairs (BIA) grant school comprised of grades K-8. TJES is located on the campus of United Tribes Technical College (UTTC), which is located approximately 2 miles south of the city of Bismarck, North Dakota. The college is intertribal and supported by five reservations in North Dakota including Spirit Lake Sioux Nation, Standing Rock Sioux Tribe, Three Affiliated Tribes, Turtle Mountain Band of Chippewa, and the Sisseton-Wahpeton Sioux Tribe.

Students from TJES come from many different nations, predominately from the states of North and South

Dakota, Montana and Minnesota. Nearly two-thirds of the students have Dakota or Lakota affiliation. We have 30 nations represented at our school this year.



Over the past 5 years, our average yearly enrollment has been 124 students. This school year (2003-04), we have 160 students enrolled! The children of the college students make up the majority of our school population. The remainder of our enrollment comes from college staff children and open enrollment from the cities of Bismarck and Mandan. TJES operates one bus daily from the city of Bismarck to transport students.

We'll tell you more at the classroom, teachers and academic day in the next newsletter.

Stay Tuned...

HOMECOMING

SCHEDULED FOR OCTOBER 17

UNITED TRIBES HOMECOMING 2003-2004

THEME:

STRENGTHS FROM OUR PAST, VISIONS FOR THE FUTURE

(WE WANT TO CELEBRATE DIVERSITY!!!)

9-10AM

WALK THAT STARTS AT THE EDUCATION BUILDING
(WILL PROVIDE FRUIT & WATER)

10-11AM

THREE-LEGGED RACES FOR OUR ELEMENTARY STUDENTS,
FOOTBALL FIELD
(PRIZES WILL BE AWARDED)

10-NOON

FACE PAINTING AT THE INFANT TODDLER CENTER &
PRESCHOOL

11-NOON

TUG OF WAR FOR STUDENTS, STAFF &
FACULTY - FOOTBALL FIELD

NOON

INDIAN TACO'S SPONSORED BY STUDENT SENATE

1-2PM

PARADE-(EACH DEPARTMENT INTERESTED IN A FLOAT,
CONTACT ME OR CARLA FLEURY AND WE WILL GIVE
YOU \$75 FOR SUPPLIES) ALSO, EACH FLOAT SHOULD DO A
THEME THAT FALLS IN LINE WITH THE THEME FOR
HOMECOMING.

2:30

FOOTBALL GAME AGAINST SITTING BULL COLLEGE.
(STUDENT SENATE WILL HAVE A CONCESSION STAND)

UTTC Runners Compete at Saskatoon

by Becki Wells

UTTC runners placed 11th as a team with 295 points at the cross-country meet on a challenging course at Saskatoon, Saskatchewan. The hilly terrain and tight turns combined to make for slower times than in recent meets.

In the field were international competitors, which help team members gauge their development as runners. Andrew Estes finished in 81st place with a time of 38:19 and Terri Trottier posted a 38:48 for 83rd. The next meet is scheduled for October 24 at Minot State.

WEIGH TO WELLNESS Tips

By Mark L. Mindt

Build muscles without lifting weights? Did you know that as we age our metabolism slows down? The harsh truth is that we lose a half-pound of muscle every year starting in our mid-20s. Muscle is very active tissue and demand eight times the number of calories that body fat does, even when we rest. Less muscle means fewer calories burned. After age 35, adults not only lose muscle tissue, they gain one-and-a-half pounds of body fat. That's a whopping five pounds of muscle lost and 15 pounds of fat gained each decade. OUCH!

You can fight it! Don't sacrifice one more ounce of muscle or add one more inch of fat – work that body! Your weapons are *activity* and *healthier food choices*. To lose a half pound of body fat per week, a person must combine eating fewer calories with some calorie burning activities to create a deficit of 250 calories per day. So get active and stay active UTTC with the WEIGH TO WELLNESS every Wednesday at 12-1 pm or 3-4 pm.

continued from page 1

partners with states, units of local government and community nonprofit organizations in economically-distressed areas, regions and communities in order to alleviate conditions of poverty and substantial and persistent unemployment and underemployment.

Additional information about how EDA programs are helping distressed communities create a positive and sustainable economic future can be accessed at: <http://www.doc.gov.eda>

Congratulations to Clarice Fox!

A graduate of the Health Information department, Clarice shared with us her newest and most exciting news. She was presented with an award from IHS called the Moccasin Award for outstanding dedication to the work, which she has done for IHS. This is an awesome honor awarded to a graduate of 2002! We are so very proud of her!

Tips for Eating Well and Moving More at Work and School

by Kim Hinnenkamp

Since everyone has such busy schedules, you may think it is easier to drive to that next class or meeting or stop by the vending machine for a snack. But there are easier ways to get you moving more and eating well while at work and/or during classes. Listed below are some tips.

1. Walk with a co-worker or classmate.
- Invite a co-worker to join you for a walking break, hold a meeting while walking, or catch up with a friend while walking to your next class.
2. Use your legs for errands. - Walk instead of drive to the different buildings on campus.
3. Stretch your body (and your mind.)
- A few good stretches can help relax your body and clear your mind. You can stretch while working at a computer, while talking on the phone, or between classes.
4. Give yourself time to eat. - When it's time to eat, give yourself a real break. Stop working, stop rushing and give yourself a few minutes to really enjoy whatever you are eating.
5. Stock up on healthy snacks. - Fill your desk drawers, office fridge, or back pack with a healthy variety of tasty snacks and quick meals - like trail mix, microwave-able entrees, and fresh fruits and vegetables.
6. Drink to your health. - Staying well-hydrated helps you think more clearly, be less cranky and do less mindless munching. Choosing water over sugar sweetened beverages, such as pop and sports drinks, will help to quench your thirst without the extra calories.

Source: Eat Right Montana Packet. June 2003.

Germs in the Workplace

by Kim Hinnenkamp

We often think about germs in the kitchen or bathroom, but have you ever wondered what may be lurking in your workplace?

A study by the University of Arizona examined bacterial levels in the workplace. The participants were divided into two groups. One group cleaned their work areas with disinfecting wipes daily, and the other group did not. The office areas were then swabbed and tested for various microorganisms.

The researchers tested the desktop, phone, computer mouse, computer keyboard, microwave door handle, elevator button, photocopier start button, photocopier surface, toilet seat, fax machine, refrigerator handle and water fountain handle.

The most contaminated faces, in order, were the phone, the desktop, the water fountain handle, the microwave door handle, and the computer keyboard. The desktop contained 400 times the bacteria of an average toilet seat and 100 times the bacteria of a kitchen table. The areas where hands were rested contained 10 million or more bacteria. When surfaces were wiped with antibacterial wipes, bacterial levels decreased by 99%.

Bottom line? A container of disinfecting wipes might not be a bad idea in the workplace. Washing your hands on a regular basis during the day will also help.

Source: NDSU Extension Service. Lab to Kitchen Newsletter. Summer 2003.

Food Science Class goes on a Field trip to learn about Native Plants

By Suzy Thorson

Ten students from Food Science class along with the instructors, Katy Churchill and Suzy Thorson, were given the privilege of going on a field trip to learn about native plants and their uses.



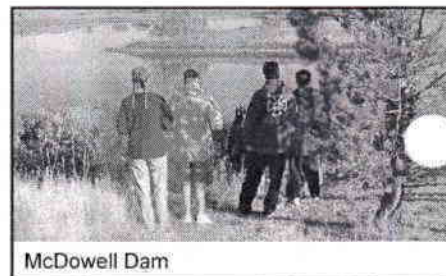
Marvin explaining about the native plant, Curly Dock.

The guide, Marvin Bald Eagle Young Man is very knowledgeable in the area of Native plants and their uses. He led the group through the McDowell Dam area and the Game and Fish refuge. He educated the group on native plants and their uses of Purple Cone Flower, Prickly Lettuce, and Canada Goldenrod to name just a few.

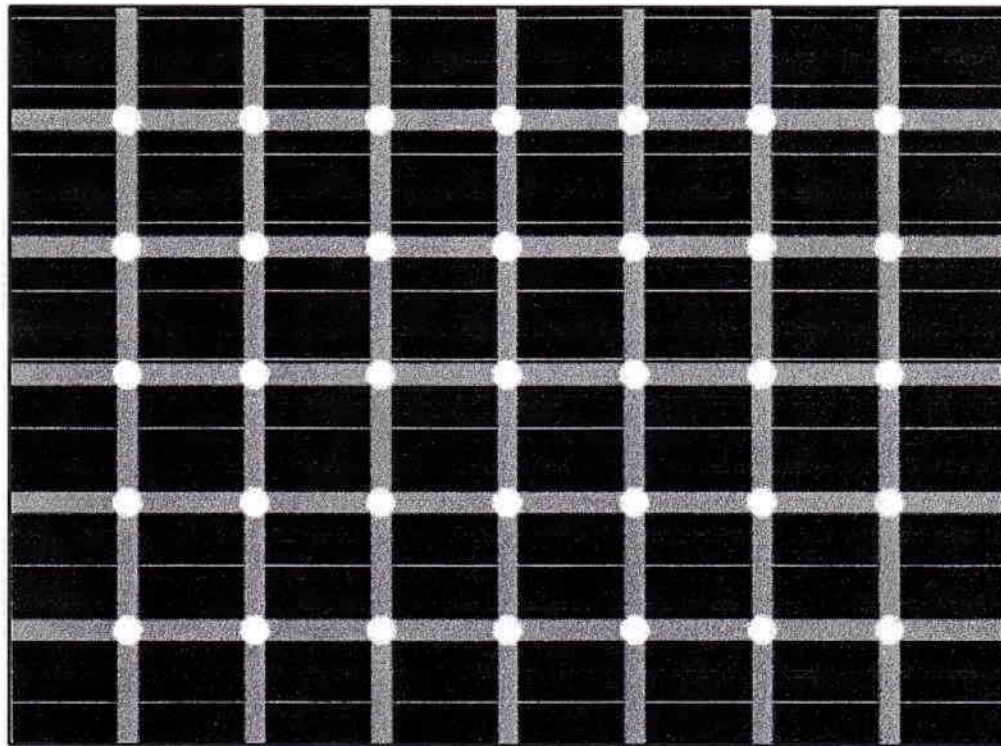


Marvin and the group.

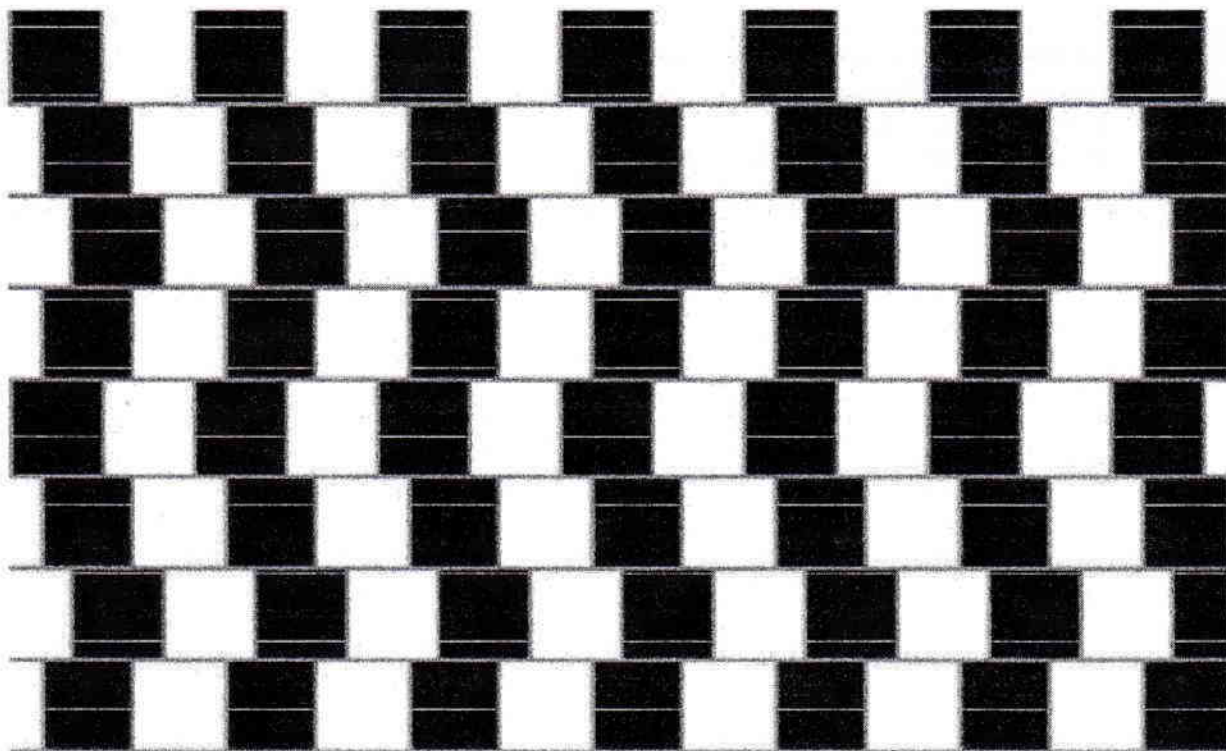
Students participating in the field trip included Kent Kadmas, Amorette Bullhead, Aaron Bjerke, Mike Cadotte, JoAnn Larvie, Dawn Lambert, Wynema Small, Leighton Eagle, Chris Cadotte, and Eugene Boydiddle. Thank you to Marvin for taking time to provide all of us with this great learning experience!



McDowell Dam

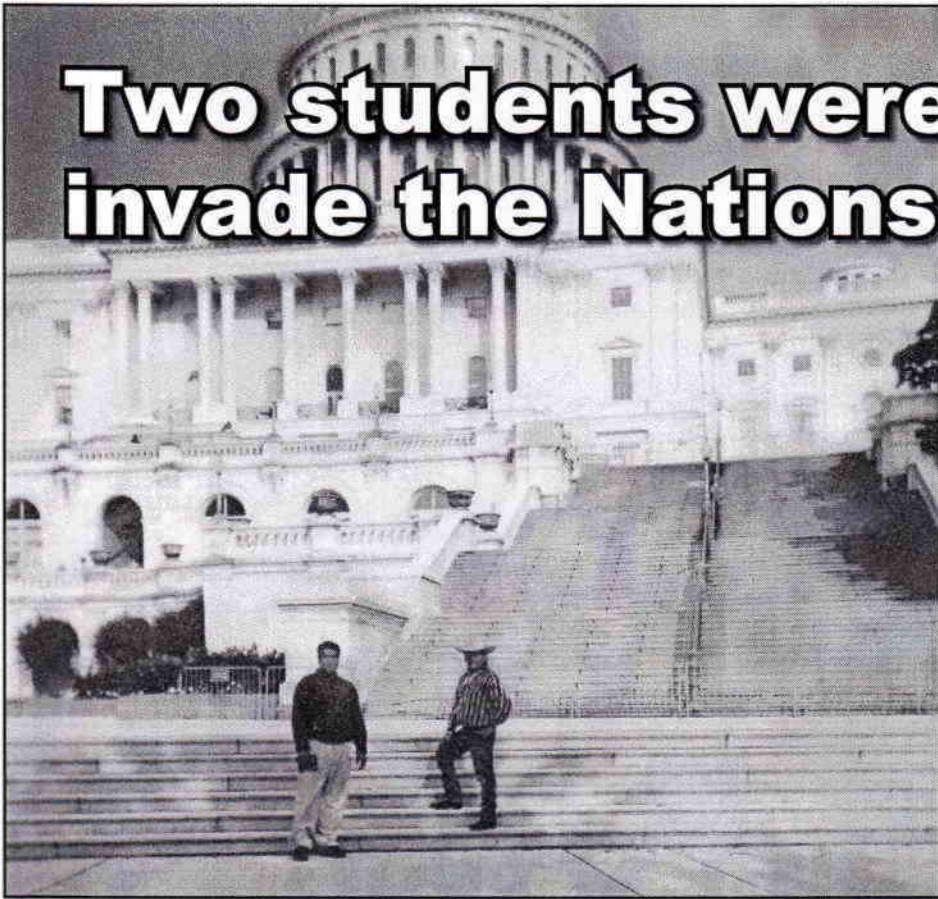


COUNT THE BLACK DOTS...



ARE THE HORIZONTAL LINES PARELLEL OR DO THEY SLOPE?

Two students were chosen to invade the Nations Capital



Here they are, on the left myself Brian Eagle, on the right Leonard Roberts at the White house.

In the next issue, Small Business Management student, Brian Eagle will expand on the mischief they were involved in...



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