

UNITED TRIBES ON CAMPUS NEWS

Vol. 12 No. 6

UNITED TRIBES TECHNICAL COLLEGE * BISMARCK, ND

November 10, 2003

NIEA awards Lifetime Achievements

GREENSBORO, NC – The National Indian Education Association recognized two stalwarts of the tribal college movement with Lifetime Achievement Awards, the first ever presented by the organization. Announced here during the organization's 34th annual conference, they recognized the long service of Sinte Gleska University President Lionel R. Bordeaux, and NIEA pioneer Rosemarie Christianson, Minneapolis, MN.

Christianson, who was not present to accept the award, is a charter member and co-founder of NIEA. She convened the first meeting in 1968, which led to the creation of the organization.

Bordeaux (Sicangu Lakota) is a past president and board member of NIEA who has served 30 years as SGU President in Rosebud, SD. He also serves on the AIHEC board and is a past president; he is co-chair of the new World Indigenous Higher Education Association.

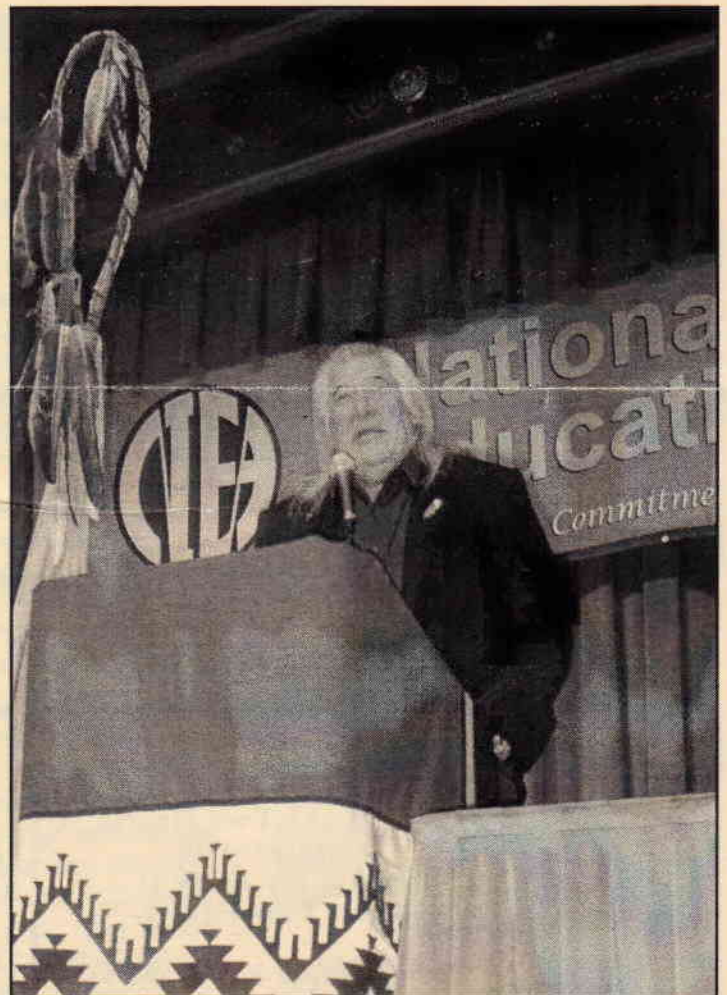
Phil Baird, United Tribes Technical College Academic Dean, presented the award. Others from UTTC attending the conference were Vince Schannandore, Karen Paetz, Barb Archambault, Merry Brunelle, Natasha Old Elk, Tom Disselhorst and David M. Gipp.

New UTTC program to focus on food safety

BISMARCK, ND – The Extension/Nutrition Program of United Tribes Technical College has been awarded a \$400,000 grant to launch a three-year program in food safety education in North Dakota. The competitive award from the U. S. Department of Agriculture's National Integrated Food Safety Initiative is the first of its kind granted to a tribal college.

"We've identified an area where there's a need for more consistent and comprehensive training," said Wanda Agnew, UTTC Extension/Land Grant Program Director.

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Lionel R. Bordeaux, President of Sinte Gleska University, accepting his NIEA Lifetime Achievement Award. UTTC photo by David M. Gipp.

Monday, Nov. 10
UTTC
Professional
Development
Day

Tuesday, Nov. 11
Veterans Day
Holiday
NO CLASSES
NO WORK



Dennis Lucier's UTTC Diner

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

November 10-14

November 17-21

DINNER		SUPPER		DINNER		SUPPER	
M	Chili, Garlic Toast	M	Roast Beef, Potatoes, Gravy	M	Chicken Fried Steak, Potatoes	M	Meat Loaf, Baked Potato
T	Taco Salad, Rice Krispies	T	Bar-B-Que Chicken, Potato	T	Oriental Chicken Stir Fry	T	Buffalo Sausage, Potatoes
W	Swedish Meatballs, Noodles	W	Pizza-Individual	W	Baked Chicken, Potatoes	W	Swiss Steak, Noodles
T	French Dip, Chips	T	Chicken Breast, Wild Rice	T	Sloppy Joes, Tater Tots	T	Roast Pork, Potatoes
F	Knoshle Soup, Chicken Salad Sandwich	F	Burritos, Spanish Rice, White Cake	F	Chicken Nuggets, Macaroni & Cheese	F	Shrimp, Wild Rice, Buttered Squash



Submit your article


- ◆ 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 as attachments through e-mail to justinlebeaux@yahoo.com
- ◆ Submitted copy in **MS WORD**. **Must be sent as an attachment.**
- ◆ Submit photos separate from text. Disk, zip, cd, or e-mail as a JPEG, TIFF, OR EPS.
- ◆ Do not send photos layed out in PDF or DOC files.
- ◆ **Photo resolution minimum of 300 dpi.**
- ◆ PLEASE EDIT AND PROOF your copy before sending.
- ◆ "HARD COPY" submissions may not get published.
- ◆ Posters/ads or announcements may be changed for layout and/or reduced in size.
- ◆ List a contact person and phone number with your article.
- ◆ Attach photos with captions to articles

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Justin LeBeaux
 Graphic Artist

Deadline for next issue: 5 p.m. - November 17, 2003

KODA THE WARRIOR


CREATED BY MARK L. MINDT
SPIRIT LAKE NATION



Hau, Koda Two Hearts emaciya pelo
Hello, My name is Koda Two Hearts.

Most people know me as a student playing football at my Tribal College.

What people don't know is that I have special abilities as a Native American to help others and learn about my culture.



When I am not in school or playing on the field...I'm traveling around Indian Country.

Learning about other tribes and their special stories. These stories may be funny, sad, or a little of both.

So follow me on my journey if you are brave enough for the adventure.

MINDT
©2003

continued from page 1

The program will promote consistent food safety messages to high-risk, underserved, hard-to-reach audiences as well as established tribal foodservice entities.

The effort involves creating a standardized food safety manual along with written and visual food safety lessons. Information will be based on national FDA approved food safety messages and provide consistent themes. Some of the information, such as slogans and key words, will be translated into three tribal languages used on the Great Plains: Ojibwa, Hidatsa and Lakota. Project consultants will be hired from local communities in North Dakota.

"With our experience in developing materials specifically for American Indians we know we can supply food safety training in a way that's culturally relevant," said Agnew.

Although the target is food safety education in American Indian communities, the training will be made valuable to any organization or individual in food retailing. Current guidelines require that one employee be trained in food sanitation and safety on every shift in a restaurant.

"There's a potential for a great number of people needing this training," said Agnew.

Training for public food retailers and vendors will be offered at United Tribes Technical College through food safety institutes during the late spring and fall each year. Built into the grant are scholarship awards for each of the five tribes in North Dakota to send people to the institutes.

Students enrolled in UTTC's Nutrition and Foodservice curriculum will receive food protection college credit classes in the traditional classroom setting as well as on-line via computer.

All college students and community based food retailers and vendors will have an opportunity to write an approved national food safety certification exam as part of the training. Certification comes with successful completion of the exam.

UTTC's Extension/Nutrition Program employs six certified food safety trainers who are located in the college's Skill Center Building. For more information contact Wanda Agnew, 701-255-3285 ext. 420, or wagnew@uttc.edu.

Welcome KODA

Something new is on the opposite page. It's a comic strip - the first, newsletter edition of "KODA THE WARRIOR" by Mark Mindt.

You may know Mark from his UTTC campus fitness and wellness work. He's also the creator of Native American superhero KODA, in a 32-page comic book debuted earlier this year.

Using good values from tribal and other cultures, Mark has created in KODA a positive and forceful American Indian role model who speaks to youngsters and oldsters alike.

Distribution of the comic book edition is becoming widespread and now Mark is bringing KODA to readers of this newsletter. Join KODA on his adventures in each new edition.

Thanks, Mark, for sharing KODA's special power for good with us!

UTTC presents diabetes grant report

by Wanda Agnew

Suzy Thorson and Wanda Agnew, UTTC Nutrition and Foodservice staff traveled to Alexandria, Virginia during the first week in October. It was interesting for them as they walked along the Potomac River just weeks after Hurricane Isabel caused a great deal of flooding and damage. The purpose of the trip was to present a final report for the "Honoring Our Health: Tribal Colleges and Communities Working Together to Prevent Diabetes" implementation grant.

UTTC applied for and received the grant from the Centers for Disease Control. The grant was subcontracted through AIHEC. Wanda managed the grant for UTTC and Suzy received training and developed the on-line courses. The

first objective for the UTTC grant was to develop courses for on-line instruction. The second objective of the grant was to develop recruitment materials for UTTC as well as the nutrition and foodservice vocation. Three hundred CDs and 100 videos were developed and have been used by many UTTC staff in various ways as they market the college to prospective traditional and on-line students.

Suzy currently is the on-line instructor for Nutrition and Foodservice classes and has 11 students enrolled. The students are from several Tribal communities as well as employment agencies where Native American people receive services. Interest in enrolling in the

classes has come from the Alaska WIC program, a California Tribal Diabetes Project, Mountain Plains (seventeen Tribes) Food Distribution Programs, and Mountain Plains WIC paraprofessional nutrition training project.

UTTC requested an extension to use remaining funds after the completion date. Clarification to grant the request came from the Office of Minority Health, US Department of Health and Human Services. The request was granted and a statement included in the approval letter read: "the approval is based on the solid track record of accomplishments and progress that UTTC has achieved over the past year".

TJES Students are striving to improve their attendance!!

by Glenna Mueller

Each month certificates are given to students for perfect attendance. If they haven't been tardy on any of the school days, they also receive an extra 5 TJ Bucks. Each student at TJES earns one TJ Buck every day they are in school on time. The TJ Bucks are used every Friday to purchase small items at the TJES store.

A traveling attendance trophy is awarded to the class with the best monthly attendance percentage.

For the month of August the winning classes were:

Grade 1 - 95.07%
Grade 8 - 99.34%

For the month of September the winning classes were:

Grade 3 - 94.32%
Grade 8 - 95.58%

You can imagine that there is great competition among the classes. The winning classes get to choose a class prize along with the honor of having the traveling trophy in their classroom for the month plus their class name goes on the attendance plaque in the school hallway.

The Bureau of Indian Affairs has set a goal of 91% attendance rate for the school year. TJES was at 93.5% for August and now we have dropped to 92.0% for September. It is very important that we attain our goal - please make sure your child/children are at school every day. It is almost impossible to replace or make up a missed day of school completely.

If you have any questions about the TJES attendance program, please contact us at Ext. 304.

Please see attached perfect attendance awardees for September.

Perfect Attendance

NAME	GRADE
Alexandria Cadotte	8
Brandon DuBois	8
Cleveland Iron Heart	8
Walter Lester	8
Whitney Pretty On Top	8
Ryan Wenddell	8
Robert Wise Spirit	8
Alyndra Lord	8
Jimmy DuBois	7
Steven Leading Cloud	7
Gina White	7
Seth White	7
Jonathan Young Bird	6
Cassandra Saucedo	6
Cleveland White	6
Alysha Crazy Thunder	5
Dion Redday	5
Tyler Cadotte	4
Michele Campbell	4
Roderick Grant	4
Joshua Ector	4
Tristain Comes	2
Preston Lerew	2
Brent Lester	2
Jeremy Packineau	2
Baylee Redfox	2
Micah Cooley	1
Emileo Stewart	1
Jarvis Shields	1
Quinn Red Bird	K
Alex Bordeaux	K
Alexus Hankinson	K
Ayanna Vasquez	K

WEIGH TO WELLNESS Tips

Week #7

by Mark L. Mindt

Lower your fat intake

Getting enough food was often a challenge for our ancestors. Nowadays, too much food, especially fat, undermines many people's health. If weight gain is a problem, it's especially good to reduce fat consumption. How? Find all the hidden sources of fat and eat less of those foods rich in fat. Eat more of foods with low fat content. With prepared foods, that means reading the labels for fat content. With other foods, it means becoming knowledgeable about those foods that are high in fat, and finding substitutes.

For instance, a three-ounce portion of baked halibut has 120 calories compared to the same portion of fried halibut at 290 calories. By choosing baked halibut, you save

170 calories in one day. This dietary change alone, combined with walking 2,000 steps in 30 minutes creates a loss of 315 calories in one day. If you do this every day for a week, you will lose at least one-half pound of fat.

Reduced fat intake is another weapon you can use to combat fat. Your CAN do it!



Hungry for a delicious home-cooked meal?

The UTTC Quantity Foods class students will prepare one for you...

Featuring: French Onion Soup, Stuffed Pork Tenderloin, Garlic mashed potatoes/pork gravy, California blend vegetables, Spiced carrot cake with cream cheese frosting, Hot apple cider, Coffee

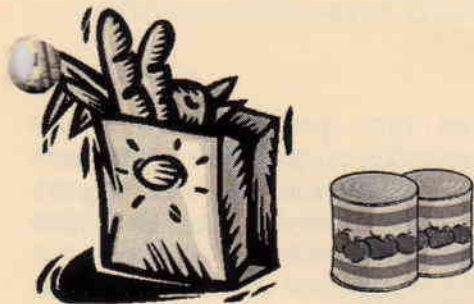
Where: Land Grant Resource Room (in the Skills Center)

Date and time: Friday, November 14th from 11:30 AM to 1:00 PM

Cost: \$5.00 per person

Meal Manager: Aaron Bjerke

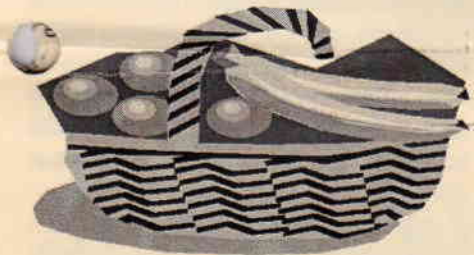
Food drive



THE CENTER FOR STUDENT SUCCESS will be collecting food for the food drive from all departments and the Vocations. All items must be non-perishable. The deadline to collect all food from each department is Nov. 21st.

The department who has the most will win \$50 dollars. All items collected are donated to the emergency food pantry.

If you have any questions please call ext. 264



We also have fruit in our department for all students and faculty.

The Center For Student Success

Chili feed

by Michelle Schoenwald

On Wednesday Nov. 12, the Injury Prevention Vocational Club will conduct a chili feed from 11 a.m.-1 p.m. at the Exhibit Hall in the Skills Center. For \$5 you'll get fry bread, a bowl of chili, and a soda. All proceeds will go towards Injury Prevention Vocational Club activities.

P.S. The students are planning on having this event be both stipend and payroll deducted; however, we're waiting for final approval.

Snow season is here

– be helpful for snow removal

by Warren "Red" Koch & Bud Anderson

We've had the first snows of the season and the maintenance department needs your help. It's more difficult to remove snow when



Snow did not build up on streets and parking lots during the first snow of the season October 29 but it has since. Please help the maintenance department by watching where you park when it snows.

cars and trucks are in the way. Please help our department as we keep streets and parking lots clean.

Follow these guidelines. Keep your vehicle out of the way. Thanks for helping!

- Streets and roads are cleaned first; avoid parking on them until they're clean
- Driveways and parking lots cleaned later; park on cleaned streets until lots are clear
- Note to housing students – please unhook outside water hoses to avoid water damage. Shut off the outside water at a valve located inside your housing unit. If you can't find it or need help, contact maintenance at ext. 302.

Student Health Center Events

Flu Vaccinations are available at the Student Health Center daily from 8 a.m. to 4 p.m. Adult students can receive the shots from October 27-November 7th. Staff can receive shots beginning November 3rd. Free for UTTC students and a \$10.00 charge for UTTC staff.

The UND Rural Health Care discussion scheduled for November 3rd-3-5 p.m. at the Jack Barden Center has been cancelled.

A campus health screening will be held on November 6th at the Student Health Center 9 a.m. to 4 p.m. The screening is free of charge and will include cholesterol, blood sugar, hemoglobin & blood pressure. Staff and students are invited to attend. Food and door prizes will be available.

HIV/AIDS Presentation: Lisa Tiger, a Native American from the Muscogee Nation who has been infected with HIV since July 1992 will be on campus Tuesday, November 18th at 3 p.m. at the Skill Center Exhibit Hall. All staff & students are invited to attend.

Women's Health Day will be held on November 20th up in the LPN Vocation department beginning at 10 a.m. to 4 p.m. Various booths pertaining to women's health will be on display in the LPN department & gynecological examinations will be available at the Student Health Center. Come and enjoy the day. Food will be served and many door prizes will be given away.

Immunization Clinics are scheduled for November 13 & 14th from 1-4 p.m. daily at the Student Health Center. Please bring a copy of your child's most current immunization record. A parent or guardian must accompany children.

Faces In The Crowd



Shani Bordeaux, age 20, has lived in Bismarck since 1989. Her father attended UTTC. She has two children: Alex, 5 and Aztlynn, 1.

Student Profile

NAME: Shani Bordeaux

HOME: Rosebud, SD

TRIBE: Rosebud Sioux

CURRICULUM: Small Business Management

GOAL: Go to 4-year college and eventually own an international business, maybe near the Canadian border

INTERESTS: Reading true stories, playing volleyball and softball, spending time with family

LIKES: Pastas, oldies, action movies (Denzel Washington, Anthony Hopkins)

BEST ADVICE SHE'S HEARD:
"Always finish what you start."

TJES Tidbits #3

by Carol Melby

Welcome back to our TJES news. Our TJES staff consists of 10 classroom teachers, 4 special education teachers, 5 instructional support teachers, 3 elementary specialists, 3 paraprofessionals, 1 technologist, 1 administrator, 2 administrative staff, 1 social worker, 1 counselor, and 2 custodial staff. Each classroom is self-contained. The academic day runs from 8:30 AM to 3:15 PM and the noon hour is closed. Breakfast is served at the UTTC cafeteria for TJES students from 7:45 to 8:15 AM.

TJES is located in 7 different buildings. These structures are located on the east end of the United Tribes campus. The TJES staff refer to these structures as the Main Building, Library/Music Building, Gym, Little Blue Building, RMC (Reading Math Center) and the 7 & 8th Grade Building.

The students at TJES are offered a full range of academic and after school programs. Student's needs are met through a variety of ways, including participating in Exceptional Education, Gifted and Talented and 21st Century Programs.

All TJES programs are intended to enrich the academic life of each student and extend their learning. An academic summer program is also offered at TJES.

The 21st Century program is an enrichment program designed and implemented for facilitating the additional education needs of TJES students—involving science, math, technology as well as recreational activities for students and their families. 21st Century programs during the 2003-04 school year, have included such things as gymnastics, martial arts, Girl Scouts, and THEO Art classes. After school field trips have included trips to the Gateway to Science, Pumpkin Patch, and US Post Office Distribution Center. Another activity was Mystery Science, Forensic Science for grades 5-8. Family activities have included Native American games, board game night, Raging Rivers and movie night.

School notices concerning upcoming November activities will soon be coming home with your child.....

Next week.....TJES's mission statement, vision and school philosophy.

Junior high students view exhibit

BISMARCK, ND – Busses ran all day October 29 from Mandan to the United Tribes Cultural Interpretive Center. A light, wet snow, the first of the season, did not hinder transportation for 250 students from Mandan Junior High School to the exhibit in the college's log cabin building. It did give new meaning to the exhibit title: "Snow Country Prison."

"We're handling it pretty well," said Tribal Tourism Director Karen Paetz.

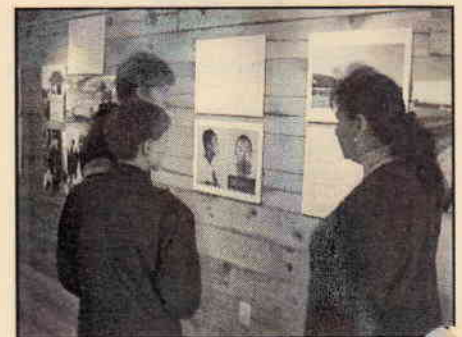
Additional rugs were brought into the gallery when the weather turned wintry. Busses were bringing

student groups at half-hour intervals.

Paetz joined docent Murphy Sitting Crow to help interpret the exhibit about the internment period of Fort Lincoln history to the larger than usual groups of students.

According to one of the teachers, the field trip helped the Mandan students expand on their study of World War II history and of haiku poetry in English class.


The number of visitors to the exhibit is now 722, including the opening weekend in early October. The exhibit remains open to the public through November 30.



Tribal Tourism Director Karen Paetz at right provides information about Snow Country Prison for two Mandan Junior High School students looking at the photograph of Itaro Ina, author of the haiku poetry featured in the exhibit.

Following the Money

– Scholarships and Student Financial Information

 Bob Parisien

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. All students should be filing their FAFSA or renewal FAFSA for the 2004-2005 school year starting the tax season of 2004. Apply for a (PIN) Personal Identification Number because it makes applying so much easier for you in regards to your financial aid application.

NAME: The Jack Kent Cooke Foundation. 2004 Undergraduate Transfer Scholarship Program. The Jack Kent Cooke Foundation will devote its undergraduate resources to students transferring from two-year programs to four-year schools. The scholarship will cover tuition, living expenses, books, and other required fees for the length of the

undergraduate degree program. Selection Criteria is Academic achievement, unmet financial need, willingness to succeed, ability to think critically, leadership, and appreciation for/participation in the arts and humanities.

D-LINE: Postmarked February 2, 2004

ELIGIBILITY: Open to all two-year accredited colleges, and those students planning on attending a four-year school full-time.

CONTACT: UTTC Financial Aid Office for details.

NAME: National Science Foundation/Minority Academic Institution Undergraduate Fellowship

D-LINE: November 20, 2003

ELIGIBILITY: Applicants must plan to attend a fully accredited, four-year, U.S. Minority Academic Institution.

AWARD: Students receive support for final two years of undergraduate study and a summer internship at an EPA facility between their junior and

senior year. Up to \$17,000 per year of support with a separate stipend for a summer internship.

CONTACT: Virginia Broadway, Ph (202) 564-6923 or e-mail broadway.virginia@epa.gov

NAME: David and Lucile Packard Foundation Tribal Scholars Program

D-LINE: December 12, 2003.

ELIGIBILITY: Outstanding tribal college students pursuing a degree in science, mathematics, computer science, and engineering.

AWARD: \$ 20,000

CONTACT: Rick Waters, (303) 426-8900 or visit www.packfound.org

NAME: Indian Health Service (HIS) Scholarship Program.

D-LINE: February 28, 2004

ELIGIBILITY: Must be enrolled in a Health Professions Program

AWARD: Tuition, Books, Fees, and living allowance

CONTACT: Brenda Miller (301) 443-6197 or e-mail bmiller@na.his.gov

Spooks show for haunted house

by Karen Siegfried

People showed up just to be scared Thursday, October 30, the night before Halloween, at the UTTC Haunted House. It was at the old root cellar, a dark and creepy place over behind the Property and Supply office, which is pretty spooky place itself, but that's another story.

Over 200 people showed up. And so did the spooks. Ghosts of the old Fort Lincoln, a chainsaw murderer, a guy in the electric chair, and even the devil himself - all looking fiendish and frightening thanks to the talent of about a dozen staff and students.

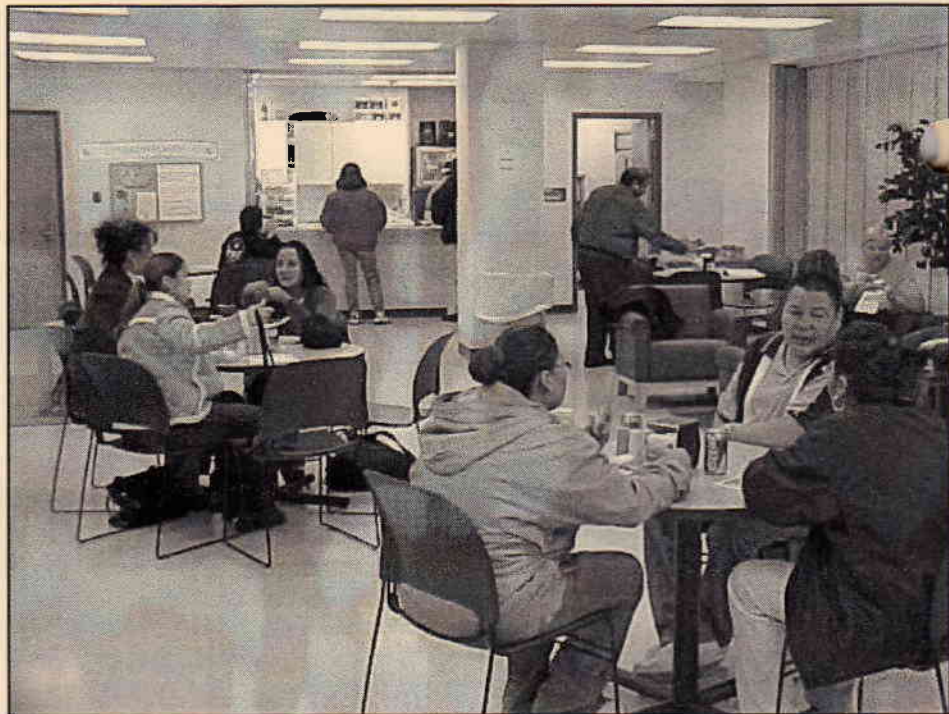
We managed to capture a fleeting glimpse of the ghoulish group in the accompanying photo. We hope no one is too alarmed that all the spooks got away before campus security could round 'em up.



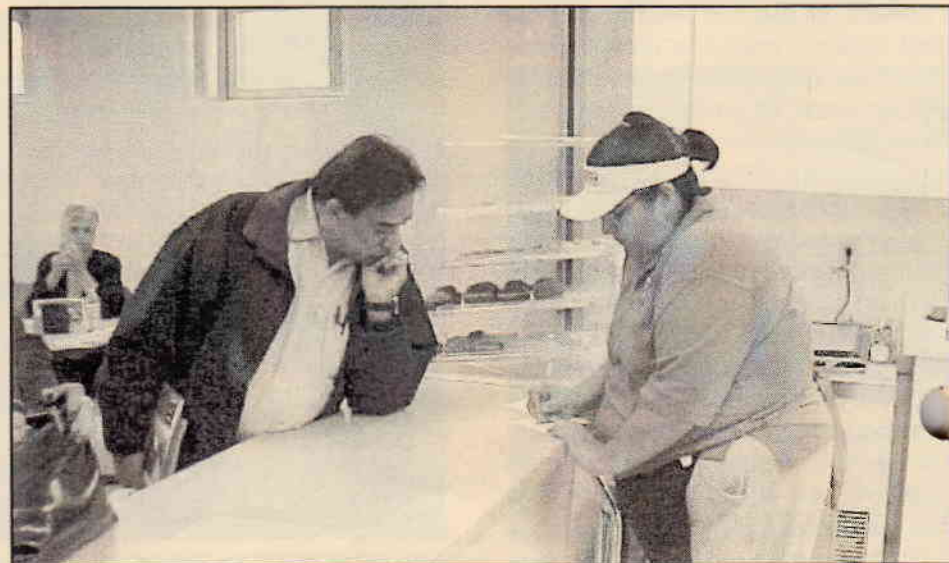
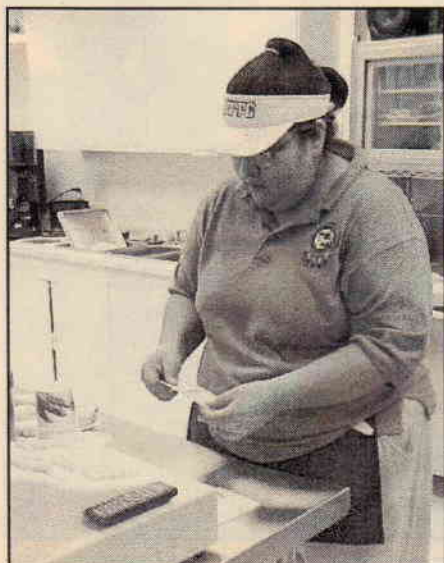
Over 200 visitors were greeted by these spooks at the UTTC Haunted House October 30.

Students and staff have found their way to the northwest corner of the Barden Center's lower level for lunch specials, snacks, and of course, coffee. The new campus coffee shop offers several ways to get the appropriate dose of caffeine. If a traditional cup won't do it, there's a machine that whooshes and sputters out a shot of Espresso containing a mother lode of zip. If your choice is something sweeter, a variety of Cappuccino flavors are offered that also come sugar-free. And, if your cup of tea is, well, tea, then your fix is Chai Tea, "originally prepared only for royalty," according to the colorful menu, and still containing that bump of caffeine.

Photos opposite page from top down – a different soup and sandwich are featured at lunch daily, Phil Baird and Sam Azure ponder the menu, Nutrition and Foodservice Student Amorette Bullhead prepares a colorful tortilla wrap sandwich, Bev Huber and Brian Palecek savor cookies for desert, Shelby handles the noon rush at the counter, Karen Paetz places an order during a recent noon hour visit, and Manager Shelby Weist recites the menu options. Photos this page – the coffee shop location is in the Barden Center lower level, menu specials are posted daily, Shelby takes a food order from Dr. Gipp, and the end result is cash in the till.



UTTC Photos by Dennis J. Neumann



Coffee shop Grand Opening is Friday, November 14

by Dennis J. Neumann

The newest addition to campus social and culinary life is set to celebrate its grand opening. The new UTTC Coffee Shop has been open in the Barden Center for several weeks and Manager Shelby Weist is ready to make it official.

"We're inviting everyone to the Grand Opening on Friday, November 14," said Weist.

In the works are a lunch special, door prizes every hour, and social hour appetizers. The big event of the day will be to announce the coffee shop's new name.

"We want people to help us name the coffee shop," said Weist. "They can pick up an entry form here. There'll be prizes, like our Cappuccinos and a meal for the winning entry."

Opening a coffee shop on campus was the brainchild of UTTC's Extension/Land Grant staff.

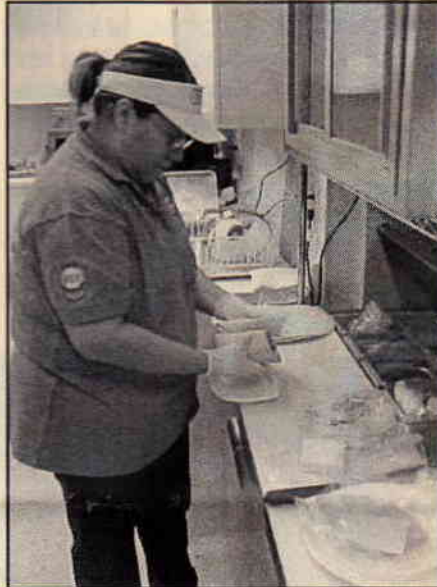
"This is one of the best ideas we've had for using the USDAowment grant," said Wanda Agnew, Extension/Land Grant Programs Director. "It's a student experiential learning project."

As a learning lab, each student in Nutrition and Food Service will have a 50-hour, non-paid working experience. Shelby was hired as manager because of her experience in the food service industry and her food and nutrition training here at the college, said Agnew.

Weist supervises the students, who she compliments for their hard work. "I really appreciate what they do. We wouldn't survive without them," she said.

Other than a water leak that caused an unexpected setback the start up has been very encouraging to Agnew and Weist.

The coffee shop is open mid-morning to early evening weekdays and is not intended to be a substitute for the UTTC Cafeteria, still the mainstay of food service on campus. Weist has plans to open earlier in the morning to serve the "wake up" crowd.





These goblins were seen at the UTTC masquerade powwow on Wednesday, October 29. UTTC photos by David M. Gipp.



UTTC involved in 'Celebration of Trees'

by Wes Long Feather

United Tribes Technical College is involved with other non-profit groups across the country and around the world in an annual Holiday event designed for the whole family. Known as the "Festival of Trees," this event brings the community together to provide Christmas trees for families, and helps support the local non-profit agency that organizes the event – Pride, Inc.

Several UTTC departments have dug deep to sponsor a tree that will be displayed in Kirkwood Mall throughout the month of November: the UTTC Culture Committee, College Relations, Intertribal Summit, and the International Powwow.

Our tree will be taken to Kirkwood Mall on November 7. It will be decorated with ornaments made


by UTTC staff and students for last years Christmas tree in the cafe. Our tree will join trees donated by 44 other organizations in Bismarck/Mandan and be judged based on different themes. Eventually all the trees will be given to needy families for the holiday.

A group of UTTC dancers will be the first group to provide entertainment right after the opening ceremony on Saturday, November 8 at 11 am.

Please show your support for our generosity to the community by attending this opening event. If you can't make it to the opening, be sure to stop by and pay our tree a visit sometime in November.

For more information, contact me at extension 218. Thanks.

Christmas Sing-A-Long



During this festive time, join the Chemical Health Center Staff for Our Annual Sing-A-Long. We look forward to seeing staff, students, and their families at the:

UTTC Cafeteria
December 10, 6-10 PM
Eats & Drawings for All!!

UTTC EXTENSION PROPOSAL RANKS #1 AMONG TRIBAL COLLEGES

by Wanda Agnew

A panel of peers reviewed UTTC's proposal for the Tribal College's Extension Program. Members of the panel came from diverse backgrounds and represented colleges, institutions and agencies from around the country. As is customary for competitive grants, the peer review panel scored each proposal against the criteria spelled out in the United States Department of Agriculture (USDA) Cooperative State Research, Education, and Extension Service (CSREES) request for applications (RFA). The panel then ranked the proposals and presented their results and comments to CSREES personnel, who make final funding decisions.

Twenty-nine Land Grant status Tribal Colleges from across the Nation submitted proposals for funding in FY 2003 under the "Increasing Extension Program Capacity" category. United Tribes Technical College's proposal ranked "1st of 29" or number one. The goals for UTTC's Extension Grant include Strong in Body and Spirit and other Type 2 diabetes prevention efforts, breastfeeding promotion, prevention of childhood obesity, Wellness Circle activities, and physical fitness promotion. These Land Grant educational efforts fit nicely with

other USDA programs at UTTC such as Expanded Food and Nutrition Education initiative for young families, the UTTC WIC Program, UTTC coffee shop a student experiential learning project, food sanitation and safety resource development and training institutes, buffalo curriculum development, financial literacy, family living education efforts and Nutrition and Foodservice education classes.

Comments provided by the review panel include: "well written and organized, impressive combination of culture and tradition as well as modern teaching in diabetes/health, job descriptions and reporting system well organized and helpful, appropriately planned budget, project time matrix and assessment components are good management tools, and clear, precise and measurable goals."

UTTC Land Grant programs are overseen directly by UTTC's President with Wanda Agnew, LRD as the Director. Other team members include Katy Churchill, Suzy Thorson, Kelly Archambault, Mark Mindt, Kim Hinnenkamp, Shelby Weist and Carol Reed. An administrative support and a second community nutrition education position will be added in the near future using funds from another recently awarded USDA grant.

UTTC COFFEE SHOP LOOKING FOR NAME

by Wanda Agnew

The UTTC Coffee Shop in the Jack Barden Student Life Center needs a name. The name should be a catchy word that would be easy to relate to. For example, it is fun to tell a friend to meet you at "Barnes and Noble". You know what you can expect and you know the conversation will be intelligent and the fellowship will be in a respectful environment as you drink a cup of something good.

The purpose of a coffee shop is to have a campus student union where people meet, hang around, play cards, gossip and yes,

even study while drinking a cup of cappuccino, Chi Tea, latté or double shot of espresso, or enjoy an ice cream cone, etc. Plans for the future include having karaoke, bands, and other entertainment during the evenings.

So put on your thinking cap – we want a Native word meaning "friendly place to go, be surrounded by friends and nourish the mind and body". The grand prize for naming the coffee shop will include a huge basket of goodies including food and coffee.

IT'S A BOY!

by Wanda Agnew

Kim Hinnenkamp, UTTC Extension – Community Nutrition Educator and her husband, Keith announce the arrival of their first baby. He was born October 16, weighed 8# 10 ounces, and measured in at 22 inches. His name is Easton Ryan, after his uncle Ryan Hinnenkamp. Mom reports he has light brown hair and blue eyes. She also describes Easton as having "chubby cheeks" and is such a good boy he lets mom and dad sleep up to 6 hours at a time during the night, already. Mom and Easton are planning to be back to UTTC after Christmas break.

UTTC EXTENSION PROGRAM AWARDED GRANT

by Wanda Agnew

UTTC Extension Program made application for a small grant intended to increase awareness on the benefits and reasons to consume 5-9 servings of fruits and vegetables and 3 servings of dairy foods each day. The grant supports a national campaign striving to make a positive impact on the health of people by helping them meet nutritional guidelines.

UTTC heard recently they were awarded the grant, which helps them continue to support the existing Wellness Circle activities. UTTC is a designated ND 5+5 Committee, which allows promotion of these health messages already. Specifically, UTTC EFNEP and community nutrition educators will use the moneys to provide education relating to the topics at a minimum of three times during the school year. Yogurt, milk and fruit will be purchased and used to support the lessons at the elementary school, wellness week walks and wellness fair milk mustache booth. The \$1000.00 grant award brings a "Very Berry Smile" to our faces as we work to meet the UTTC Extension Program strategic plan.

Hoops for sobriety

by Chemical Health Center

In honor of Red Ribbon Sobriety week, on October 30, the Chemical Health Center sponsored a "Hoops for Sobriety" basketball competition in the Jack Barden gym, and what an assemblage of talent it was!!!! The 7th and 8th grade students from TJ Elementary showed an impressive aptitude for B-ball, and other UTTC participants showed both their talent and obvious enjoyment for the game.

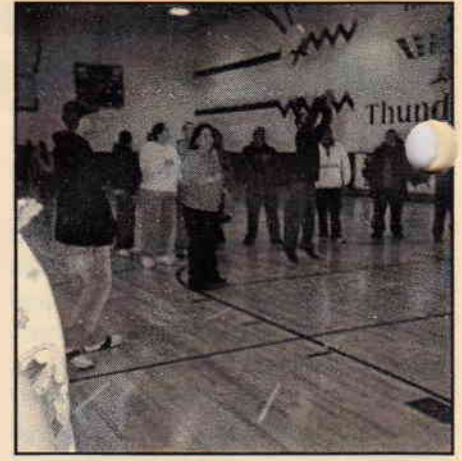
In the "free-throw" competition, 1st, 2nd, and 3rd prizes were awarded to Delbert Trombley, Aaron Turns Plenty, and Margaret McCormack, respectively.

In the "slam-dunk" contest, Herman Good Voice Flute and Vernon Washington tied for first place honors. The TJ students were all winners!!!!

CHC would like to express their thanks to all participants, especially those who pledged their sobriety. And special thanks go out Tom Red Bird for giving up his lunch hour to assist with the event. We hope to see you all again next year!!



Youth participants enjoy a free throw contest.



Adult participants enjoy a free throw contest.



1st, 2nd, & 3rd place, free throw contest.



Tied for first place, slam dunk contest.

Prairie Alliance for Special Education

by Lisa Azure

United Tribes Technical College (UTTC) recently received notification that a minority personnel grant was awarded through the Office of Special Education – U. S. Department of Education. This grant will provide funding for 40 full-time students to complete their Bachelor's of Science degree in Elementary Education with a minor in Special Education. The courses will all be held on the campus of UTTC.

The Prairie Alliance for Special Education (PASE) will begin January 1, 2004, with students beginning classes Fall, 2004. In order to apply for the program, each student must have an A.A. or A.A.S. degree and be an enrolled member of a federally recognized tribe. All applicants will be required to fill out

the application packet and participate in an interview. Twenty participants will be selected from among the applicants to begin classes in August 2004. A second cohort group of 20 will be selected to begin August 2005.

The students selected to participate in the program will receive a stipend each semester and a technology package. In order to continue to receive the stipends, they will be required to maintain a 2.5 GPA and fulfill all other program requirements.

Interested applicants can contact Dr. Ramona Klein, Program Coordinator, at klein@bis.midco.net or Lisa Azure, Program Director, at lazure@uttc.edu - telephone number (701) 255-3285 ext. 407.

Correction

In our last edition we misidentified two people in the front-page photograph from the Sakakawea statue dedication in Washington DC. Seated next to Kevin Finley was Bruce Hall and next to him Darrell Bears Tail, both wearing their regalia. Thanks, Kevin, for the correction.

Native Americans Coming Together in Unity to Honor All Veterans

November 13, 2003
UTTC Cafeteria - 4:30pm
Program and honoring of all veterans here on campus.
For more information contact Julie Cain x272
Traditional foods from the Ft. Berthold Nation

Professional Development Day is Monday, November 10

A reminder that the All Staff Professional Development Day Schedule for Monday, November 10 is posted at the UTTC home site under the "Upcoming Events" link. There is something for everyone. See you all there!
www.unitedtribestech.com

UTTC RECIEVES COMMODITIES FOR EDUCATIONAL FOOD PROGRAMS

by Wanda Agnew

UTTC's Extension Program uses food in many of their educational programs. These food props become a big part of the budgetary needs throughout the year. For the first time, UTTC's Land Grant staff requested a food shipment from the USDA Food Distribution Program for Indian Reservations (commodities). Commodity foods are not to be used for meal service or to be distributed to individuals not living on the reservations, but the Mountain



Nutrition and Foodservice instructor, Suzy Thorson, inventories commodity food delivery

It is time once again to pause
and give thanks..... for
Open House!!!



Join us at the
Chemical Health Center
Friday November 21st
9:00 AM to 4:00 PM

Don't Be a Turkey - Win One!!!!

*(Bldg 68-SE campus across
from transportation -
See you there!!!!)*

Plains Regional USDA office happily supported the request because the foods will be used for "providing nutrition educational messages and conducting nutrition displays."

UTTC EFNEP and Extension staff will use the ton of foods for After School Cooking Club, Wellness Projects, Diabetes Educational Projects, WIC classes and Lunch with Kelly sessions. The goal is to promote commodity foods in a positive manner and reject the "Commod Bod" image. Commodities have a stigma in some communities as a possible cause of type 2 Diabetes. Nutrition educators know commodities prevented starvation in years past and in today's world commodities, as for all foods, must be eaten in smaller portions as we fight against the diabetes epidemic.



EFNEP Educator, Kelly Archambault, selecting commodity food items for classes

American Indian College Fund Named Best Education Charity by Reader's Digest Magazine

DENVER, Oct. 21 /PRNewswire/ -- Reader's Digest named the Denver-based American Indian College Fund as the best charity in education, according to a list in its November issue.

The Fund is the largest private provider of funding for scholarships to America's 34 tribal colleges in the lower 48 states. Tribal colleges, which offer two- and four-year degrees, are the only accredited colleges that integrate traditional Indian culture and language with mainstream curricula. In the past, the Fund has received recognition for its efficient fundraising practices, including being named 2002 Scholarship Provider of the Year by the National Scholarship Providers Association.

"Our inclusion in the Reader's Digest best charity list is far more than a great honor," said Richard B. Williams (Oglala Lakota), president of the Fund. "It has the potential to change lives. The more people know about and donate to the Fund, the more we can help American Indian people pursue education as a means to pull themselves out of poverty and give back to their community and society."

American Indians have historically had the lowest education attainment rate in the U.S. As a result of funding from the American Indian College Fund, tribal colleges are dramatically and steadily improving education attainment rates and, in turn, decreasing unemployment.

Although unemployment rates remain high nationally, over the years Indian communities have been reversing the trend of unemployment through education and the jobs created by the tribal colleges themselves. According to an independent study conducted in 1999, 75 percent of tribal college graduates are employed, despite living in areas with unemployment rates as high as 85 percent. Additionally, 56 percent of graduates go on to non-Indian

colleges or universities to pursue higher education.

As with unemployment and poverty around the world, women and children are often hit the hardest and have the least opportunity to pull themselves out of poverty. Because a majority of tribal college students are women, many with children and many being the first in their families to attend college, this opportunity for education may be their first chance at emerging from poverty.

The American Indian College Fund also funds new construction and facility improvement projects at the tribal colleges. For the students, this can mean moving classes from a dilapidated, uninsulated trailer to a building with not only plumbing and heating, but also computers and a library. For the colleges, it can mean creating a revenue source by going from a rented facility to a facility they own and can rent portions of to boost income for education. For the communities, it means new facilities like health centers to help diminish health problems such as diabetes. In the past four years, many tribal colleges have renovated or built new facilities, including many science and technology centers.

The American Indian College Fund has spent more than a decade helping increase educational opportunities for Native students. The Denver-based nonprofit distributes scholarships and support to the tribal colleges. The Fund also supports endowments, developmental needs and public awareness, as well as college programs in Native cultural preservation and teacher training. This aid directly supports more than 6,000 scholarships each year. Since its inception in 1989, the Fund has distributed more than \$27 million in scholarships and another \$18.6 million in grants. For more information on this article visit www.collegefund.org

David Gipp profiled in new book

Dr. David M. Gipp, President of United Tribes Technical College is profiled in a new, first-of-its-kind book published by the American Indian College Fund.

Real Indians: Portraits of Contemporary Native Americans and America's Tribal Colleges chronicles the tribal college education movement. The book contains impressive photographs and first-person narratives of 37 educational pioneers at the forefront of Indian education; Gipp is profiled on page 50.

Real Indians focuses on leaders and students who have revolutionized Indian education, making it the best hope for social and economic change in communities served.

For ordering information visit www.collegefund.org. Copies are also on sale at the UTTC Bookstore.



*This photograph of Dr. David M. Gipp, by portrait photographer Andrea Modica, appears with a profile about him in the new book, **Real Indians**, published by the American Indian College Fund.*

How long are the canned goods in my cupboard safe to eat?

by Kelly Archambault

As long as the seals are intact and the cans are not bulging, leaking or otherwise damaged, the food is considered safe to eat. The quality of the food, however, may decrease over time. For best quality, nutrition experts suggest we store canned food in a cool, dry place and use within two years of purchase. To keep track of storage time, label canned goods with the date of purchase. Place the "oldest" canned goods in the front of the cupboard, so they are used first.

Reduced fat Mexican layered dip



- 1 8oz. Package fat-free cream cheese
- 1 8oz. Package fat-free sour cream
- 1 package taco seasoning mix
- 1 cup chopped lettuce
- 2 green onions, chopped

- 2 tomatoes, chopped
- 2 cups shredded cheddar cheese
- Sliced black olives (optional)

In a bowl, combine cream cheese, sour cream and seasoning. Blend well. Spread cream cheese mixture on a large plate or tray. Top with remaining ingredients. Add sliced olives if desired. Serve promptly because refrigerated dip becomes watery. Recipe may be easily halved. Serve with baked tortilla chips and carrot/celery sticks.

CBA pros practice at Thunderbird's roost



It was OK that open gym was postponed as long as UTTC spectators got a peek at who was on the floor. There were more than just a few slam-dunks thrown down when Bismarck's Continental Basketball Association team, the Dakota Wizards, held a pre-season practice on the Thunderbird's home floor November 6, about a week before start of the pro season. With the ball is Wizard center, Oliver Miller, #44, the so-called "Shaq of the CBA." Miller played in the NBA at Phoenix, Detroit, Toronto and Dallas. The Wizards games are played at the Bismarck Civic Center.

Author talks about truth, perspective and reality



Joseph Marshall III is the author of five books; he was born and raised at Rosebud in a traditional family and speaks Lakota as a first language.

BISMARCK, ND - UTTC students and staff spent a thoughtful and entertaining evening with author Joseph Marshall III (Sicangu Lakota) November 4 on campus.

UTTC Practical Nursing student Reva Hays introduced Marshall as "an insightful author who takes his readers a step back into the past."

Marshall read passages from two of his books, *The Lakota Way: Stories and Lessons for Living*, and *On Behalf of the Wolf and the First Peoples*, to illustrate the concepts of truth, perspective and reality.

These are "critically important in our interactions with one another

as people, nations and cultures." He said he hoped to raise some questions given what's going in the world.

His talk was coordinated and sponsored by the UTTC Department of General Education and took place in the lower level of the Barden Center adjacent to the new UTTC Coffee Shop.

More information about Marshall and his books, and the first chapter of his new online novel *The Archer*, are posted on his website www.thunderdreamers.com. He is a member of the Rosebud Sioux Tribe and resides in Bismarck with his family.



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