

UNITED TRIBES ON CAMPUS NEWS

Vol. 12 No. 7

UNITED TRIBES TECHNICAL COLLEGE * BISMARCK, ND

November 24, 2003

Hall wins re-election as NCAI President

by David M. Gipp

ALBUQUERQUE, NM – Tex Hall, Chairman of the Mandan/Hidatsa/Arikara Nation, won re-election as head of the nation's oldest and largest advocacy group for American Indians. Hall roundly defeated challenger Ernie Stensgar, chairman of the Couer D'Alene Tribe, to retain the Presidency of the National Congress of American Indians during the organization's 60th annual conference here.

Hall received 15,657 votes to Stensgar's 10,554 in balloting November 20 at the Albuquerque Convention Center.

In what was considered to have been a close election, it was evident that Hall and his supporters did not take for granted any of the over 180 tribal delegations attending nor the nearly 2,000 individual members who also voted. Hall and supporters visited among the 12 regions, culminating in a major reception and rally the night before the election. In the end, Hall received

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Tex Hall speaking to the 2003 United Tribes International Powwow

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Snow Removal Reminder

- When it snows, please be sure to keep your vehicle out of the way for snow removal
- 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



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	Beef Stroganoff, Noodles	M	Chili, Dinner Roll	M	Goulash, Wax Beans	M	Hamburger Steak, Potatoes
T	Indian Taco, Fry Bread	T	Bar-B-Que Chicken, Potato	T	Bean Soup, Ham Sandwich	T	Pork Chops, Rice
W	Hamburger's, Baked Beans	W	Chicken Burger, Noodle Soup	W	Roast Beef, Potatoes	W	Lasagna Square, Garlic Toast
T	House Special Pizza	T	Sub Sandwiches	T	German Sausage, Potatoes	T	Grilled Steak, Potato
F	Roasted Pork, Gravy, Potatoes	F	Tater Tot Hotdish	F	Fishwich, Potato Salad	F	All Beef Hot Dogs, Beans



Submit your article

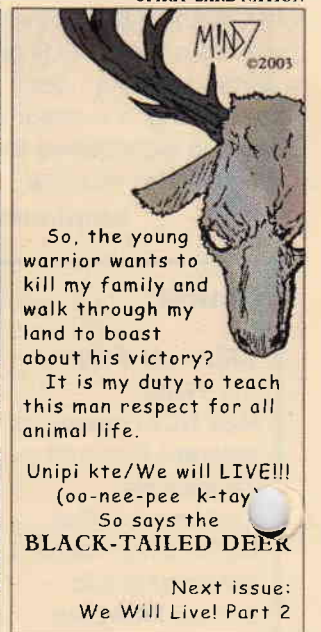
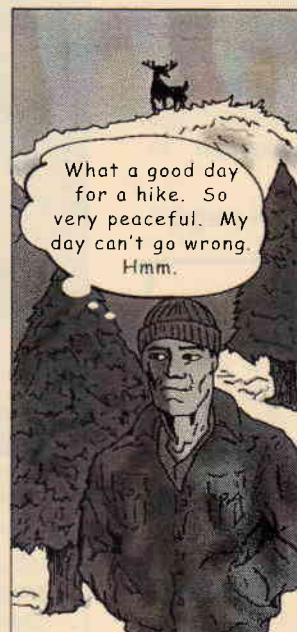
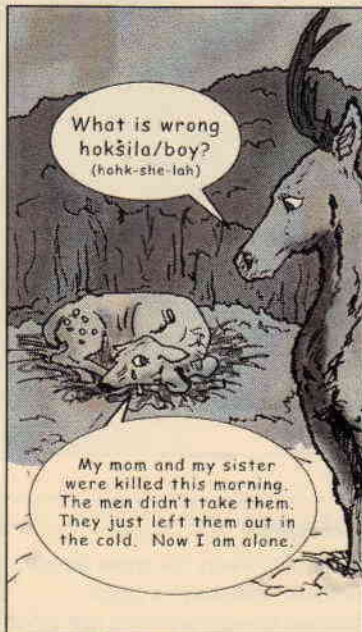
- ◆ COPY should be about UTTC, the campus family, or related to the college.
- ◆ COPY and photo deadline is 5 p.m. on the Monday listed below.
- ◆ Send articles as attachments through e-mail to justinlebeaux@yahoo.com
- ◆ Submitted copy in **MS WORD. Must be sent as an attachment.**
- ◆ Submit photos 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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KODA THE WARRIOR UNUPI KTE/ WE WILL LIVE! PART 1 OF 4

CREATED BY MARK L. MINDT
 SPIRIT LAKE NATION



TJES tops 91 percent attendance goal once again

by Glenna Mueller

Here's the latest progress on the TJES attendance goal of 91% for 2003-2004. The winning classes for the month of October were:

- * Grade 2 with 94.39%
- * Grade 5 with 96.02%

They now have the privilege of housing the best attendance trophy

for the month. They will try very hard to keep their attendance rate up so no one "takes" the trophy from them next month. Good Luck to all the classes.

The overall attendance for the month of October for TJES was 93.50%. Thanks for sending your child/children to school every day. It makes our job so much easier.

Students with perfect attendance for the month of October include:

- | | |
|--------------------------|----------------------------|
| K -- Alexis Hankinson | 5 -- Shelmas Shell Track |
| K -- Kai Vaughn | 5 -- Felicia Smith |
| 1 -- Micah Cooley | 6 -- Rex Red Bird |
| 1 -- Myron Jr. Freemont | 6 -- Cleveland White |
| 1 -- Jarvis Shields | 7 -- Francis DuBois |
| 2 -- Jimmy Good Shield | 7 -- James DuBois, Jr. |
| 2 -- Preston Lerew | 7 -- Steven Leading Cloud |
| 2 -- Jeremy Packineau | 7 -- Kayla Uses Many |
| 3 -- Jason Shields, Jr. | 8 -- Alexaundria Cadotte |
| 4 -- Tyler Cadotte | 8 -- Brandon DuBois |
| 4 -- Joshua Ector | 8 -- Cleveland IronHeart |
| 4 -- Lonnie Joshua | 8 -- Walter lester, Jr. |
| 4 -- Trey Paul (Mallard) | 8 -- Whitney Pretty On Top |
| 5 -- Dion Redday | |

The latest bookstore news

by Leah Fox

The Bookstore has lots of new items just in time for the upcoming holidays.

- Boxed Christmas Cards from the Leanin' Tree Co.
 - Mostly Native American and Snowman designs.
 - Christmas Stationery
- Lots and lots of "hoodies"
 - Assorted styles and colors
- Basketball T-shirts
- New Thunderbird T-shirts with matching throw blankets.
 - Both come in gray with red trim
 - Excellent gift idea
- Youth hoods with feather design
- Youth sweatpants with UTTC on backside

- "UTTC Handprint" designed youth T-shirts
 - Now available in toddler and infant sizes
- All of our re-orders are in, including winter caps

If you haven't checked us out lately it would be wise to do so soon. Stop by and take a browse while we have full stock on most items.

The Bookstore will be doing the fall book buyback on Thursday and Friday, December 11th & 12th, and continue on Monday through Wednesday, December 15th, 16th, & 17th.

Our hours are 8-5, Monday through Friday. Any questions call Cathy or Leah at ext. 460.

Social Security Careers

If you want a position with professional and personal growth potential, join the team at Social Security!



Submitted by Vince Schanadore, (701) 255-3285 Ext. 280. For more information visit www.socialsecurity.gov

Congratulations!



Kathy Reiter R.H.I.T.

The Health Information Department would like to congratulate Kathy in passing her National Registered Health Information Technology Examination! We awarded her with her credentialed pin (R.H.I.T.)



We are very proud of her!

HIT Week Enjoyed By All...

by Shawna Zastoupil

The Health Information Department had a wonderful week of celebration. The National HIT week is celebrated the first week of every November. This year, the students participated in different attire every day. Monday was Pajama day, Tuesday was Hat day, Wednesday was Sports day, Thursday was Professional day and finally Friday was Tie day. Hannah Small, was awarded a T-shirt for her support of "dressing-up" every day. Bev Bullhead came in 2nd place and received a rose. Friday was the grand finale, where all students gathered for an awesome potluck. We sure do have some great cooks in HIT this year!

We are already looking forward to next years, HIT week and hope that you are too!



Carla Fleury, supporting "tie day!"



Hannah Small, on professional day! Winner of the "Student Spirit" award.



Bev Bullhead, supporting professional attire day!



Pot Luck! Yummy!

I was inspired by a poet

by Natasha Old Elk

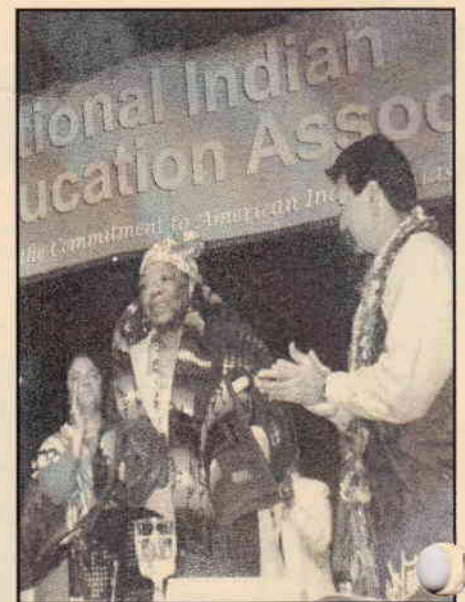
I saw a great role model for women and minorities at the NIEA conference in Greensboro, North Carolina. The poet Maya Angelou spoke at a general session and inspired me right down to the tips of my toes.

It was really the way she talked. She spoke slowly but the words were so forceful. They had meaning and importance. There was a comfortable pace as she read her poetry and told stories. And she sang - like the way we hear our own people sing a prayer.

She had my full attention and I think everyone was right there with her, listening intently and absorbing her strength and energy.

What she did was fill us with a great sense of inspiration. It pumped up our energy for the conference and made it seem like we can do great things.

And I know we can. Maya Angelou inspired me and filled me with energy for my schoolwork and my career. I'm so thankful I had a chance to see her and hear her powerful voice. I'll never forget it.



Among the many gifts received by Maya Angelou after her presentation to the NIEA convention was this Pendleton blanket. UTTC photo by David M. Gipp.

Search on for American Indians who want to teach

BISMARCK, ND – The search is on for a number of American Indian college students who want to finish or extend their education and become high school teachers. The effort will help undergrads earn a bachelor's degree and become qualified to teach math, science, or English in schools that serve American Indians.

"There's a critical need for American Indian teachers in schools that primarily serve American Indian students," Melvin Monette, Coordinator of the United Tribes Community Educators Program II. "The goal of this program is to increase the pool of qualified, credentialed American Indian classroom educators."

The program application deadline is Friday, December 12; classes begin in January.

Applicants are sought from the five tribes in North Dakota: Mandan/Hidatsa/Arikara Nation, Spirit Lake Nation, Standing Rock, Sisseton-Wahpeton and Turtle Mountain.

"The target is very specific," said Monette. "Ideally we're looking for participants from each of the five tribes. We have room and funding for a total of eight undergraduate students."

Collaborating on the program are United Tribes Technical College, Bismarck, and the Departments of Education and Human Development, and American Indian Student Services at the University of North Dakota, Grand Forks, along with reservation based school districts.

"The most likely applicants will be students with a two year degree from a tribal college," said Sheri Baker, Principal Investigator for the program at United Tribes Technical College. "The program extends the learning for that student and prepares them for teacher licensure in North Dakota."

Applicants must be enrolled tribal members who possess leadership potential and have a minimum 2.75 GPA. In the event that qualified candidates are not represented in the initial pool of applicants, the search will be widened to members of other federally recognized tribes.

Participants could receive full payment of tuition and fees for coursework at UND, purchase of textbooks, and a monthly living stipend. According to the guidelines, students must be able to graduate within six academic semesters (including summers) with a completion date of, or before, December 2005. After completion, participants will return to a school that serves a high percentage of American Indian Students.

An additional and upcoming part of the United Tribes Community Educators Program II will provide funding for four graduate students to earn a masters degree in Teaching and Learning. That program will begin during the summer 2004 term.

For information contact Melvin Monette, (701) 777-4292 or (800) 225-5863, ext. 4291 or 4292, or email: melvin_monette@und.edu.

UTTC student is Miss NCAI runner-up

Albuquerque, NM – A student from United Tribes Technical College has been honored in the Miss National American Indian Congress pageant. Barbara Lynn Abrams was selected first runner-up in competition held here November 17 - 21.

Abrams (Seneca), Salamanca, NY, is due to graduate from UTTC this spring in Tribal Management. She would assume the Miss NCAI title in the event the selected person is unable to complete her term. The new Miss NCAI is Cheryl V. Dixon (Isleta Pueblo).

Barbara is active in student activities and holds a 3.4 grade point average at UTTC.



Barbara Abrams

UND to study rural Native American elder health

GRAND FORKS, N.D. – The Center for Rural Health at the UND School of Medicine and Health Sciences has been awarded a grant to study the prevalence of chronic disease among American Indian elders.

The \$150,000 grant is a one-year project funded by the Health Resources and Services

Administration, a division of the U. S. Department of HHS.

According to an announcement about the grant, the funds will allow the Center's research team to assess the relationship between chronic disease in American Indian elders and factors such as

access to health care and increased health risks such as smoking or lack of exercise.

Details were not provided about how the study will be conducted. The lead researcher is Dr. Patricia Moulton, assistant professor and research analyst.

TJES Tidbits #4 ~ ~ ~ ~ TJES Tidbits #4

by Carol Melby

Welcome back to our TJES News. The Mission Statement of TJES states: Theodore Jamerson Elementary School, in partnership with parents, families, and community, is committed to nurture and enhance each student's high academic physical, social, emotional, spiritual, and cultural development.

The Vision Statement of TJES states: Theodore Jamerson Elementary School envisions the following:

- All students come to school healthy and ready to learn
- All students perform at their highest academic level
- All students successfully complete our curriculum in preparation for their continuing education
- All students develop the skills and abilities necessary to become economically and socially responsible
- A safe alcohol/drug-free school environment
- A staff that participates in continuing professional development
- All academic and support systems consolidated to meet individual needs

- All parents, staff, and community work in partnership toward the educational success of the students
- All people treat each other with dignity and respect

The School Philosophy of TJES states:

We at Theodore Jamerson Elementary school believe that:

- Each student is an individual with unique talents and skills
- Each student is encouraged to develop a positive attitude toward self and learning along with self discipline
- Each student is given the opportunity for awareness of different cultures
- Each student will deliver quality performance and experience success
- Each student is encouraged to continue life-long learning

Congratulations go to Grades 2 and 5 for being TJES's attendance winners for the month of October. If you see one of these students or their parent(s), please congratulate them. We cannot stress enough how very important it is for children to be in

school every day, all year long.

Grade 2 students are Daniel Archambault, Larissa Bissonette, Cameron Chaske, Tristain Comes, Dalaney Gladson, Aaron Gonzalez, Jimmy Good Shield, McKayla Howling Wolf, Ellitta Iron eyes, Terry Lee, Preston Lerew, Brent Lester, Kylee Loans Arrow, Jensen Marrowbone, Jeremy Packineau, Andrea RedHorn, Baylee Redfox, Shaylauna Roach, and Jade Standing Bear.

Grade 5 students are Isiah Circle Bear, Michelle Cooley, Alysha Crazy Thunder, Michael Elkshouder, Cheyenne Freemont, Colton Goodlow, Courtney Hayes, Bella Lester, Clifford Parisien, Ira Rave, JR, Dion Redday, Shelmas Shell Track, Felicia Smith, Felicia Walker, and Darian Walking Eagle.

TJES students grades 4-8 will participate in the annual TJES Science Fair which is scheduled for November 25, 2003 at the small gym. Public viewing is scheduled from 1:30 to 2:30 PM with the award ceremony at 2:30.

Parents of students in Grades 1, 2 and 3 are invited to view science experiments in their classrooms on Tuesday, November 25 also. Watch for your invitations and time...



UTTC tree is part of 'Celebration of Trees'

Deb Grassrope and Wes Long Feather trim the UTTC Christmas Tree November 7 at Kirkwood Mall in Bismarck, under the discriminating gaze of Administrative Secretary Jayme Davis, right rear. The UTTC tree, decorated with tribal designs, was one of several dozen in the annual Festival of Tree fundraiser for the non-profit group Pride, Inc. The tree was eventually provided to a local family for the holiday season.

REQUEST FOR PROPOSAL

Barbara Schmitt

Purpose of RFP-This RFP will be used to search for qualified persons or organizations to conduct a feasibility study for a hotel/training & convention center for United Tribes Technical College (UTTC).

History of Project-UTTC is interested in developing a hotel/training & convention center and RV Campground for purposes of education, training, partnerships and program support. UTTC and the Economic Development Administration are funding this feasibility study. The feasibility study will determine whether this concept should be pursued and how it can be achieved.

For further information regarding project specifics, please address questions to: Barbara Schmitt, Director (701) 255-3285 ext. 436 or E-mail: bschmitt@uttc.edu

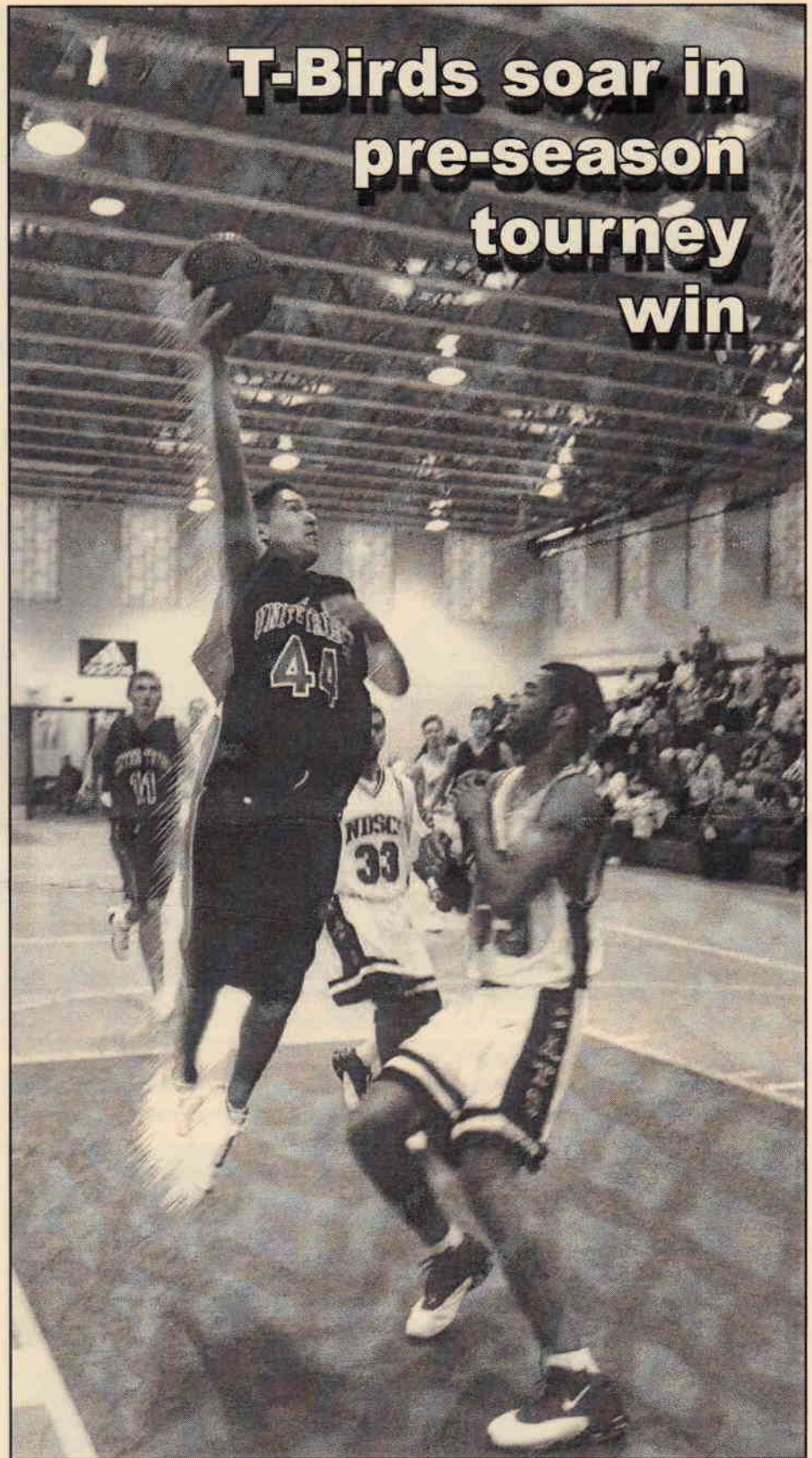
UTTC Thanksgiving Feast is November 26

The annual United Tribes Thanksgiving Feast is scheduled for Wednesday, November 26 at the UTTC Cafeteria.

Cafeteria Supervisor Dennis Lucier and his staff pull out all the stops to bring you what is widely regarded as the best meal of the year on the day before the Thanksgiving holiday. More than two-dozen turkeys and a dozen hams have been ordered along with fixings for other trimmings like dressing and pies that make for the traditional fall holiday meal.

Serving begins for elementary students at 11 a.m. The doors are open for college students, faculty, staff and friends at 11:45 a.m. Serving continues until the last turkey is consumed or has gone through the line.

Bring you appetite and your thanks for the many blessings of being in the UTTC family. Happy Holiday and thanks to Dennis and his staff for putting on the feast of the season!



Forward Lance Eaglestaff flies in for two of his 21 points in the Thunderbirds 97-96 win over North Dakota State School of Science in the title game of the Mon-Dak Conference pre-season tourney November 9. Trailing the play is Luke Wells #11. The T-Birds defeated BSC and Williston State to reach the title game. Next UTTC hoops action is the Lady Thunderbirds Classic November 21 & 22 in the James Henry Gymnasium on campus, followed by a visit from the Valley City State JV women on Wednesday, November 26 at 5:30 p.m.



Program honored Veterans at UTTC

Military veterans associated with United Tribes Technical College were honored guests during a Veterans Honoring program at the UTTC Cafeteria November 13.

The program was titled "Native Americans Coming Together in Unity to Honor All Veterans." Sixteen veterans associated with the college attended and were honored with a flag song and honor song from the Cannonball Singers. Names of all UTTC veterans (see list) were read.

"I don't know another culture that holds veterans in such high regard as Indian people do," said keynote speaker Terry Moericke (Oneida Nation), USAF, an instructor at TJES. "Just knowing that is an honor for me."

Explaining what it means to be an Indian Veteran, Moericke said he considers it an honor to be able to march in with the colors during powwow grand entry. He said he also considered it an honor to share with non-Indian people.

Moericke only briefly described events he experienced in Vietnam and said that service to country and tribe are connected for Indian veterans, said Moericke. As a veteran, "I hope I represented my tribe honorably." He thanked all veterans for their service.

The program's master of ceremonies Bob Parisien, described the origins and history of Veterans Day in an honoring presentation. UTTC Dean of Childhood Education Sam Azure thanked all veterans on behalf of those who did not serve in



Several young drummers joined the group Cannon Ball Singers to render honor songs.

the military. The UTTC cafeteria staff served a traditional meal.

Veterans at UTTC

Bud Anderson
 Mark Anderson
 Donald Cain
 David M. Gipp
 Andrea Gladson
 Doug Gover
 Rondeena Hamilton
 Carl Hohenstein
 Wes Long Feather
 Nocole Many Horses

Robyn Pepion
 David Raymo
 Al Stockert
 Joseph Walker
 Ron Wilike
 Mark Winger
 Wayne Pruse
 Jan Two Shields
 Emmett Whiteman
 Margaret Redshirt
 Jody Cadotte
 Dan Larson
 Tom Red Bird Jr.
 Al Eckroth



Each veteran at the honoring received a facsimile eagle feather in rawhide, from far left: Vince Schanandore, Ron Newman, Al Eckroth, Bud Anderson, Mark Anderson, Donald Cain, Rondeena Hamilton, Margaret Redshirt, Dan Larson, Tom Red Bird Jr., Russell Gillette, Terry Moericke, Buster Landreaux, Dennis Lucier, Marcel Gierszewski, Jackie and Tyler Cadotte for the late Donald Cadotte, and Al Stockert.



Keynote speaker Terry Moericke.



Cultural Committee members who organized the Veterans honoring, from left, Chair Person Julie Cain, Carla Fluery, Rondeena Hamilton, Helen Lindgren, and Eric Cutler.

Ron Newman
 Vern Anderson
 Russell Gillette
 Thom Young
 Buster Landreaux
 Dennis Lucier
 Joe Many Bears
 Vince Schannandore
 Terrance Trottier
 Terry Moericke
 Wayne Cambell
 Marcel Gierszewski
 Victor Meza



Veterans Dave Ramo and Dan Larson at the honoring program.

First Professional Development Day earns "A" grade

by Leah Woodke

What do teachers and staff members do to brush up on their learning?

Same thing as students. They take classes. But they do it when students are away.



Computer Tech Specialist Marla Trail instructs Academic Services Secretary Anna Kraft in use of "palm pilot" technology.



Dr. Linda Gorneau shared her views and research on the topic of intergenerational posttraumatic stress disorder.

Monday, November 10 was All Staff Professional Development Day – the first, comprehensive training and development day of its kind for all UTTC faculty and staff. Some students also attended.

Eighty-three participants returned the forms documenting their completion of continuing education units for which they will receive certificates.

CEU areas offered included technology, culture, wellness, development, and education. Individual session attendance ranged from 2-35 participants. All forms of technology available in the Jack Barden Center were used for the training

Responses on the evaluation forms indicated something of the learning and motivation that took place: "It revitalized me and opened my mind to new ideas." "The day was a very high quality, professional experience. I think participants felt that they were part of something important and special." "I learned a variety of things that I normally would not have."

The overall conference received an "A" from the faculty and staff who attended the sessions.

The first All Staff Professional Development Day was successful because of those who shared their talent and expertise and because of the participation of those who attended. The result is new information and tools to better understand and serve students at United Tribes Technical College.

Sam Azure was master of ceremonies. Phil Baird welcomed faculty and staff. Keynoter Russell Swagger spoke about the commitment of faculty and staff to help students be successful.

Additional professional development days are being planned for the future.



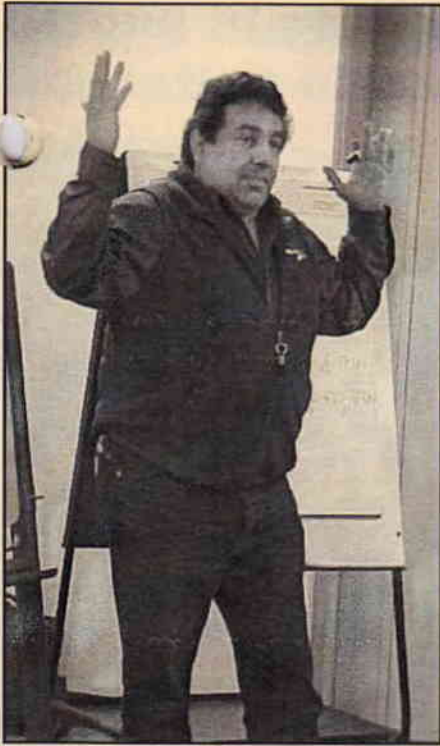
Jay Taken Alive, Standing Rock, a former Native American studies instructor, shared his friendly insights about Indian education.



General Education Instructor Jill Feist attending one of the sessions



"Meth is such an evil problem," said Roberson of the Burleigh County Sheriff's Department in a session about the drug culture, "that you can use it once or twice and be hooked for life." Roberson does drug interventions and committals.



In a session about the history and culture of tribal colleges, Phil Baird makes the point that tribal colleges are different than mainstream institutions because they promote and preserve tribal languages, values, spirituality and history.



The topic was course curriculum guidelines for a group of faculty and staff attending a session facilitated by Small Business Management Instructor Carol Anderson.



Presenter Denise Folston shared information and examples about how low income and poverty affects learners in a session titled, "Socioeconomic Issues Affecting Student Achievement."



A presentation about "lean living" by Kelly Archambault and Wanda Agnew was aided by the use of overhead computer technology in the Barden Center.

UTTC students tour nation's capital

by Brad Hawk

WASHINGTON – A group of students from various UTTC vocations experienced one of the top mainstream tourist destinations by touring the nation's capitol November 11 to 15.

Students Caroline Hankinson, Cheryl Danks, Jason Pretty Boy, Brian Eagle, Jesse Clairmont and Todd Trottier assumed the role of tourists for a visit led by UTTC Tourism Director Karen Paetz.

The group toured Washington including stops at Mt. Vernon (George Washington's former mansion and estate) Arlington National Cemetery, the Lincoln Memorial, Vietnam Memorial, the Korean War Memorial, the Smithsonian Air and Space Museum, and the Capitol Building.

Along with UTTC staffers Wes Long Feather, Brad Hawk and Tom Disselhorst, the student group also visited with ND U. S. Senators Kent Conrad and Byron Dorgan and staff members in the office of ND Congressman Earl Pomeroy.

A highlight of the tour was a visit to the Smithsonian's National Museum of the American Indian, under construction and set to open in September 2004.

The students kept a daily journal of the trip and were assigned to write a final paper on the experience.



Plying the halls of the Longworth House Office Building, from left, are Karen Paetz, Caroline Hankinson, Wes Long Feather and Cheryl Danks. The group succeeded in alerting North Dakota's Congressional Delegation to include "Indian preference" in legislation regarding staffing of National Museum of the American Indian.



Cheryl Danks and Caroline Hankinson with the Martin Luther King Jr. bust.



UTTC group on the back step of George Washington's home at Mt. Vernon, from left, Caroline Hankinson, Wes Long Feather, Cheryl Danks, Jason Pretty Boy, Karen Paetz and Brian Eagle.



Under construction in the nation's capitol is the National Museum of the American Indian, set to open September 21, 2004.

Strong in body and spirit diabetes education classes to begin

Wanda Agnew

Strong in Body and Spirit diabetes education classes are scheduled for Tuesdays November 25, December 2, 9, and 16. Classes will be held in the Land Grant Resource Room in the Skills Center and run from 3:30 to 5 pm on each of those dates. UTTC Extension has made these classes available each semester since fall 2000. The classes are open to all students, staff and faculty. To support President Gipp's Wellness Proclamation and the overall UTTC wellness efforts, administrative leave is granted for staff and faculty who attend.

Lessons focusing on nutrition, exercise, and support relating specifically to Type 2 diabetes, which is the most common type diagnosed in American Indian people, will be included. The curriculum includes cultural relevance and Native American philosophy. Participants in the past have enjoyed and appreciated the printed materials and lesson format. A former participant offered the following testimonial. "I decided to sign up for the diabetes classes held on campus (UTTC). I

am very happy that I did. I learned a lot, such as what causes diabetes, where your pancreas is located, how to look at labels when you buy food. The videos were also great. The instructors were very knowledgeable and interesting to have classes with. I can't forget all the items that we did receive.... the information that was handed out was and still is very informative. Thank you and I sure hope you keep having these and other diabetic classes."

Instructors for the diabetes sessions will include Mark Mindt, Kelly Archambault and Wanda Agnew. Light snacks will be available at each session. Nurses from UTTC's Student Health Services will be available at the first session to do free blood sugar and blood pressure screening.

To ensure adequate handouts and food are available, please call Ext. 420, 239 or 316, today and save your place. Drop-ins will be welcome, though. Attending all four sessions would be best, but if your schedule does not allow that, come to any that will fit your schedule.

"Native Wopila Coffee Shop" is the new name

The new campus coffee shop in the lower level of the Barden Center now has a name to go by. The name, **Native Wopila Coffee Shop**, was selected November 14 from 31 names submitted during a contest.

Wopila is a sincere and formal way of saying thank you in Lakota. The term has become synonymous with having a celebration where food is served as a thank you, according to coffee shop manager Shelby Weist.

The winning name was submitted by Ashley Long Feather, a 7th grade student at Theodore Jamerson Elementary School. Long Feather will receive a \$20 gift certificate for having submitted the

winning name, said Weist. Ashley's nomination described the name as a "get together."

Among the other entries were the names White Wolf, The Latte Lounger, We-Si-Nin (an Ojibwa phrase for let's eat), and Dakota Deli.

All of the entries were appreciated and the Native Wopila Coffee Shop is off to a good start, said Wanda Agnew, director of UTTC's Extension and Land Grant Programs.

The Grand Opening was well attended; it featured a jam session with Steven Walker and his band along with board games and plenty of food and refreshments.

continued from page 1

60 percent of the vote to Stensgar's 40 percent.

Hall's campaign emphasized that the NCAI should strongly advocate for tribal sovereignty, hold the U. S. Government accountable on trust management reform and services, assure equity for tribal ranchers, and lead a strong effort for adequate federal budget support for tribes under the Departments of Interior and Health and Human Services.

The vote affirms that Hall has been effective in bringing attention to major challenges and issues on behalf of federally recognized tribes, including health, economics, governance and consultation. He has made it a point to meet with senators, members of the federal administration and private sector representatives.

Hall was first elected NCAI President in 2001 and will now serve through 2005, which is the maximum number of consecutive two-year terms that an individual can hold among NCAI officers. He was elected chairman of the M/H/A Nation in 1998 and reelected in 2002, making him the first person to win re-election as chairman of that tribe.

Following the election, Leonard Crow Dog, Rosebud Sicangu Lakota spiritual leader, led a special ceremony at the main convention hall providing a four directions song and special blessing for President Hall. Numerous delegations and others who sang special songs in their respective tribal languages joined him.

Hall acknowledged the ceremony and the well-wishers by saying he would keep up the work of "being honest and direct with everyone, particularly the U. S. government on all the issues."

In other NCAI election results, Cheyenne River Sioux Tribal Chairman Harold Frazier was re-elected as NCAI regional vice president and Sisseton Wahpeton Sioux Chairman J. C. Crawford as alternate by the Great Plains caucus.

Following the Money

– Scholarships and Student Financial Information

by 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, living allowance

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

WEIGH TO WELLNESS Tips Try These Weight Loss Techniques

By Mark L. Mindt

Here are some behaviors that will help you lose weight and maintain your weight loss:

Set the Right Goals

Select two or three "effective" goals. Be specific, set goals that you can reach and be forgiving for less than perfect behavior. For example, instead of just saying, "I will eat less fat," say, "I will skip butter on my toast five out of seven days of the week."

Nothing Succeeds Like Success

Set a series of short-term goals that, over time, reach a BIG goal. This is called "shaping" behavior. Successfully reaching small goals along the way can keep the overall effort invigorated!



Reward Success (But Not with Food)

Rewarding yourself for reaching your goal with something that you like. For example, reward yourself by going to a movie, buying a new book or making a payment toward buying a more costly item. Numerous small rewards encourage you to keep up the behavior.

Avoid a Chain Reaction

Take note of the environment or social situations around you that "cue" you to eat at unplanned times and try to change it. In general, visible and easy-to-grab foods are difficult to resist.

Get the (Fullness) Message

Change the way you go about eating can make it easier to eat less without feeling deprived. Slowing the rate of eating can allow "fullness" feelings to signal your brain. Use a smaller plate to make smaller portions look big or fill the other half of a big plate with low carbohydrate veggies. Change your eating schedule, or setting up one can be helpful, especially if you tend to skip or delay meals and overeat later.

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Serviceman killed in Iraq was former TJES student



Pfc. Sheldon R. Hawk Eagle, killed in Iraq November 15, attended Theodore Jamerson Elementary School at UTTC. Photo courtesy Hawk Eagle family and the Eagle Butte News.

BISMARCK, ND – The Army serviceman from the Cheyenne River Sioux Tribe who died in Iraq was once a student at Theodore Jamerson Elementary School. Sheldon R. Hawk Eagle attended grades 7 and 8 at the school on the UTTC campus in 1996 and 1997.

The government reported that Hawk Eagle, age 21, was among 17 Americans killed in the crash of two Black Hawk helicopters in Mosul, Iraq, November 15.

“His time at TJES was a very positive and happy time for him,” said Barbara West-Turner, Hawk Eagle’s aunt who went to school and worked at UTTC and helped raise Sheldon in Bismarck. “I want everyone there to know that he really liked it at TJES. It was a good place for him and a good part of his life.”

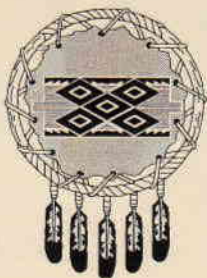
Another of Eagle Hawk’s relatives, his uncle, Bernard

Strikes Enemy, works in the UTTC maintenance department. His son is Frankie Hawk Eagle of Grand Forks.

After TJES, Hawk Eagle attended Wachter Junior High School and Bismarck High School. He was a 2001 graduate of Cheyenne-Eagle Butte High School, Eagle Butte, SD. He was deployed to Iraq in March.

Hawk Eagle’s Lakota name is Wanbli Ohitika, or Brave Eagle. CRST Tribal Chairman Harold Frazier called Hawk Eagle a “hero,” and said “he defended our country and protected our freedom.”

A memorial escort for Hawk Eagle will begin at noon (MST) Monday, November 24, east of Eagle Butte, followed by a naming ceremony at the school gym and a wake. The funeral is scheduled for 9 a.m. Tuesday, November 25. A military burial is scheduled for 2 p.m. at Black Hills National Cemetery in Sturgis, SD.



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