

# UNITED TRIBES ON CAMPUS NEWS

Vol. 13 No. 2

UNITED TRIBES TECHNICAL COLLEGE \* BISMARCK, ND

January 19, 2004

## Classes underway, enrollment still trending upward



The new semester starts with screens aglow in Office Technology class. Morgan Felix (Computer Support), at left, and Brenda Wounded Arrow (Criminal Justice) boot up for the lesson ahead.

Story and photos by Dennis J. Neumann

The dramatic enrollment gain experienced at United Tribes Technical College last year is holding steady and trending slightly upward according to a forecast issued by the college registrar.

With Spring Semester classes just underway, Registrar Joey McLeod says that UTTC enrollment "I'll be about 672 for the 2003-2004

academic year, four-percent higher than a year earlier and another record for annual enrollment.

"We're going to be up from a year ago," said McLeod. "But not quite as much as last year."

During the 2002-2003 school year the college experienced a dramatic 58 percent enrollment

**continued on page 8-9**

## Hotel feasibility study launched

BISMARCK, ND – A minority owned management-consulting firm has been awarded a contract to study the feasibility of a new hotel/conference center in the Bismarck-Mandan area. Al Nygard Consulting (ANC) of Bismarck will prepare the study for United Tribes Technical College.

"This study will determine if the market can bear another hotel," said UTTC President David M. Gipp. "Certainly we're looking at the potential of this as a training hotel for college students and a conference center. But we also think it can benefit Bismarck-Mandan by increasing the number and size of conferences coming to the area and the number of people."

UTTC has started a five-year college expansion program. Student enrollment is increasing, the college hosts numerous conferences, seminars and meetings each year,

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UTTC President David M. Gipp

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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.

**January 19 - 23**

**January 26 - 30**

DINNER		SUPPER		DINNER		SUPPER	
M	Goulash, Wax Beans	M	Hamburger Steak, Potatoes	M	Spaghetti w/Meat Sauce	M	Baked Ham, Potatoes
T	Bean Soup, Ham Sandwich	T	Pork Chops, Rice	T	Steak Sandwich, Potatoes	T	New England Dinner, Biscuits
W	Roast Beef, Potatoes, Gravy	W	Lasagna Square, Garlic Toast	W	Baked Chicken, Bread Dressing	W	Salisbury Steak, Potatoes
T	Germ. Sausage, Kraut, Potatoes	T	Grilled Steak, Potato	T	Buffalo Burger, Fries	T	Braised Beef, Noodles
F	Fishwich, Potato Salad	F	Hot Dogs, Beans	F	Grilled Cheese, Tomato Soup	F	Fish Fillet, Potato Wedges



## Submit your article

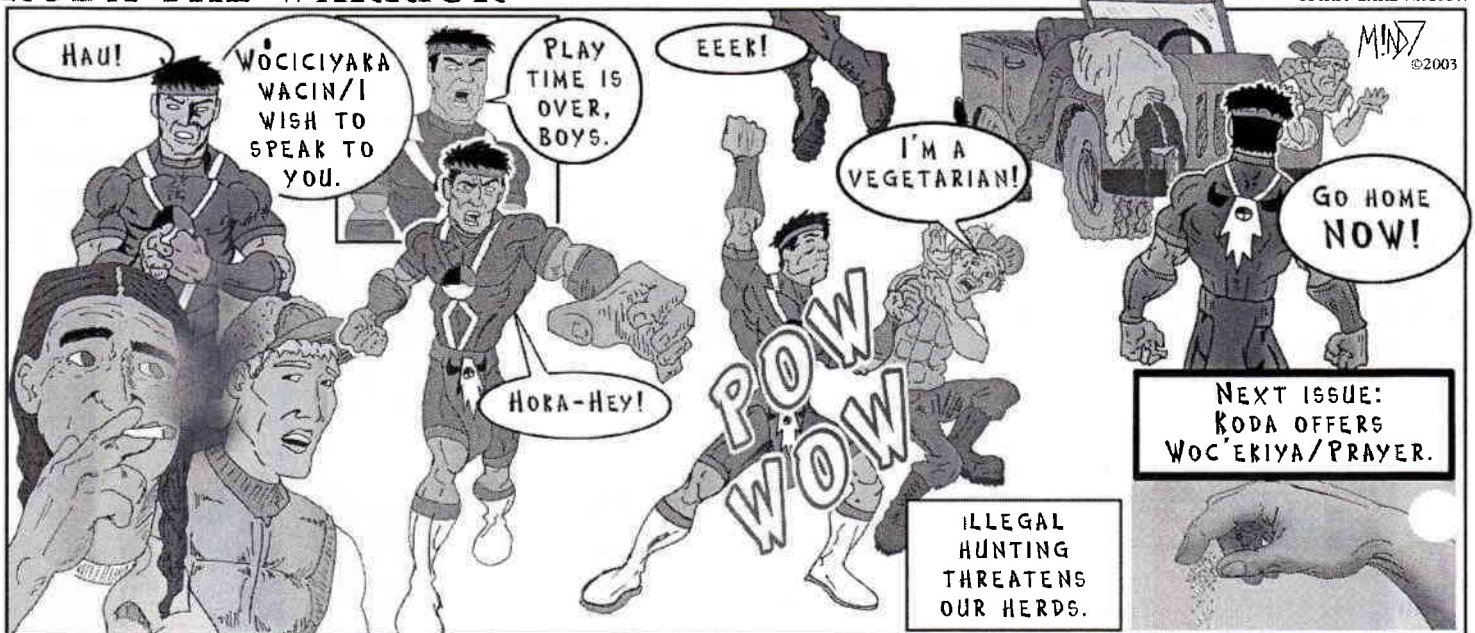
- ◆ Published Bi-weekly on a Monday.
- ◆ COPY should be about UTTC, the campus family, or related to the college.
- ◆ COPY and photo deadline is 5 p.m. on the Monday listed below.
- ◆ Send articles through e-mail to [campusnews@uttc.edu](mailto:campusnews@uttc.edu)
- ◆ Submitted copy in **MS WORD**. 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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[jlebeaux@uttc.edu](mailto:jlebeaux@uttc.edu)  
**Justin LeBeaux**

**Deadline for next issue: 5:00 pm - January 26, 2004**

## KODA THE WARRIOR UNIP! KTE/ WE WILL LIVE! PART 4 OF 5

CREATED BY MARK L. MINDT  
 SPIRIT LAKE NATION



The family of Charles Huber (Going West) wants to thank those of you who expressed your condolences and kept us in your thoughts and prayers as we mourned his death and celebrated the 93 years of his life. He was a man of many worthy experiences; one of his most enjoyable was his work as Building Trades instructor at UTTC. He was proud to serve the students and was especially proud of the gold watch he received at retirement.

## Marlin Ray Dickenson

Marlin Ray Dickenson, age 28 of Brooklyn Park, MN. Died Dec. 31, 2003. Graduate of Flandreau High School, Flandreau, SD, attended United Tribes Technical College, Bismarck, ND. Champion basketball player, Marlin was a traditional Native American singer, dancer and drummer. He affirmed others and operated from a place of pure love and light. Survived by son, Marlin Ray, Jr.; mother, Muriel Head; father, Ernie Running; brothers, Robert Head III, Kevin Head, Duke Running, Skyler Running; sisters, Victoria Head, Cecilia Running,

Taylor Running; grandparents, Ida Mae and Frank Dickenson, Diane Crow Dog, Alfonzo Running; aunts, Karen Chaboyea, Wilhelmina Cobenais, Kathy Chaboyea, Polly McMasters, Kim Baker, Rhonda Desjarlait, Shelda Dickenson, Lorie Dickenson; uncles, James Dickenson, Frank Running, Swen Baker; adopted brothers Charles Lasley and James Day, both UTTC students. Visitation was Fri., January 2 at All Nation's Church, 2300 Bloomington Avenue S. Mpls. Wake was Sat. Jan. 3, at Red Lake Community Center, Red Lake, MN. Funeral was Mon., Jan. 5 at Red Lake Community Center.

# Following the Money

## - Scholarships and Student Financial Information

by Bob Parisien, Student Financial Aid Director

The deadlines are just ahead for several important funding opportunities that could mean support for your education. Check them out 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 and corrections. If you are a returning student from this past fall semester; your PELL is good for the entire Fall 2003 and Spring 2004 school year. ALL NEW STUDENTS need to set up an appointment with the financial aid office to complete your file and we will give you a breakdown of cost and funding. RETURNING STUDENTS will start receiving refunds (if eligible) the week of February 2<sup>nd</sup>, 2004.

NAME: American University's Washington Internship for Native Students (WINS). The WINS

Program is a unique experience for American Indian Students to work and study in Washington, D.C.

D-LINE: Summer 2004 Semester applications are due by March 1, 2004

ELIGIBILITY: For more information and eligibility requirements, or to complete an application, please visit the website at [www.american.edu/wins](http://www.american.edu/wins) CONTACT: call 1-800-853-3076 for details.

NAME: Morris K Udall Native American Congressional Internship Program

D-LINE: February 3, 2004

ELIGIBILITY: Applicants must demonstrate a commitment to learning about the Federal Government. They must be self-motivated and interested in taking advantage of the rich and diverse resources available to them in Washington, D.C.

AWARD: Students receive support for a 10 week, intensive internship in Washington, D.C.

CONTACT: Program Manager Kristin Kelling, at (520) 670-5609 or (520) 670-5529, or via e-mail at

[kelling@udall.gov](mailto:kelling@udall.gov)

NAME: Sallie Mae Fund/ Unmet Need Scholarship Program to help low income students overcome financial barriers and meet the cost of college.

D-LINE: Visit web-site below.

ELIGIBILITY: Applicants must meet all of the following criteria: be able to demonstrate unmet financial need of more than \$1000. before loans; have a combined family income of \$30,000. or less; and have a cumulative grade-point average between 2.5 and 3.0 or the equivalent.

AWARD: up to \$3,800.

CONTACT: visit [www.thesalliemaefund.org/](http://www.thesalliemaefund.org/).

NAME: Indian Health Service (HIS) Scholarship Program.(NURSING, INJURY PREVENTION STUDENTS)

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 at [bmiller@na.his.gov](mailto:bmiller@na.his.gov)

# Thank you to Christmas Bingo sponsors and participants

by Joey McLeod

I would like to send a special 'Thank You' to all of the programs that helped make UTTC's Christmas Bingo a big success. The Student Senate, Recreation Department, and Student and Campus Services sponsored the event on December 14 in the James Henry Gymnasium.

Bingo games included straight and double bingo, block of nine, hardway and double hardway, diagonal, block of eight, six corner, blackout, crazy L, and letter X.

The Student Senate sponsored intermission and eight bicycles were the prizes. Other prizes included a TV and DVD combo, a Playstation II, and, of course, cash winnings.

## Christmas baskets were donated by

WIA-Basket  
 Registrar's-Basket  
 Admissions-Basket  
 Administration-Bath & Body Basket  
 Health Information/Small Business  
 Sheri Baker, Kathy Aller & Charlene Weis  
 Automotive- Wal-Mart Certificate  
 Anne Kuyper-Basket  
 Computer Support Technology-T-Shirts  
 Recreation – Certificate/Basket  
 Supply – Apple Bees's Certificate  
 Arrow Graphics  
 Finance  
 General Education

Distance & Continuing Education  
 Financial Aid  
 Early Childhood Education  
 Center for Student Success  
 Student Health  
 Art-Art Marketing  
 Chemical Health  
 Elementary  
 Housing/Mailroom  
 Transportation  
 Tribal Tourism  
 Skill Center/Dean of Academics  
 Career Development Center  
 Student Support Service  
 Student & Campus Services  
 –Russell, Jessi, Sheyenne  
 Security  
 Cafeteria

## Congratulations!



**Karina Merrick**  
**R.H.I.T.**

The Health Information Department would like to congratulate Karina in passing her national registered health information technology examination!



We are very proud of her!

## Faces in the Crowd

**Name:** Erica Rivers  
**Home:** Blackfoot/Laplant/Eagle Butte  
**Tribe:** Cheyenne River Sioux Tribe  
**Curriculum:** Office Technology  
**Goal:** To make it to all my classes and excel in them  
**Interests:** Anything, as long as it keeps me busy.  
**Likes:** Spending time with her man; exploring new places; laughing; reading; writing poems, letters, or stories; meeting different people; relaxing by listening to Aaliyah.



**Best advice heard:** Everything happens for a reason, good or bad, whether you see it now or in the future.

## Congratulations!



**Laurie Lindteigen**  
**R.H.I.T.**

The Health Information Department would like to congratulate Laurie in passing her national registered health information technology examination! Laurie is holding one of the next generation R.H.I.T.s (Evan James Fox).



We are very proud of her!

# Food Safety Affects Everyone



by Pat Aune,  
UTTC Extension Food Safety Coordinator

The news media has devoted lots of time and print space to BSE, bovine spongiform encephalopathy, commonly called mad cow disease. Locally many of us are concerned because the cattle industry supports many ND families and because we want to keep our family healthy.

BSE is a neurological disorder that kills cattle. It was initially identified in the United Kingdom in the mid 1980s. Entire herds were destroyed to eliminate infected animals. A human disease, Variant Creutzfeldt-Jakob Disease (vCJD) has been linked to the consumption of BSE infected cattle. Since 1995 about 150 people (world wide) have died from vCJD. Most were in the United Kingdom where about 177,000 head of cattle were found to have BSE in the 1990s.

What are the producers and meat processors doing to assure us that the meat is safe?

Good producers and meat processors are harvesting only healthy animals. Producers are using cattle food that does not include animal parts that might be infected by BSE.

Some consumers ask if it is safe to eat beef? Yes it is safe. In the US we have a much greater risk of becoming ill from poor food handling practices. The US Centers for Disease Control and Prevention estimates there are 76 million cases and 5,000 deaths from food-borne illness each year. Whenever we have a stomach flu or 24-hour bug it is most apt to be an undiagnosed food borne illness.

What can I do to prevent food borne illness?

Wash your hands often. Always after handling raw meat, poultry or fish. Always after using the restroom. Always before eating or preparing food.

Wash fresh fruit and vegetables before eating. Use a vegetable brush and running water to brush bacteria off the produce and down the drain.

Use two or three cutting boards. One is used for vegetables, fruits and breads. Another is used only for raw meats, poultry and fish. The third is used for slicing cooked meats, poultry and fish. Scrub and sanitize the boards after each use. Throw away scarred and discolored boards.

Keep hot food hot and cold food cold. Cooked food that sits at room temperature for over two hours might not be safe to eat, especially for people who are ill, very young or very old or pregnant. Even orange juice left on the counter from morning to afternoon is considered a safety problem. The baby's bottle or open jar of baby food needs to be refrigerated immediately. Deli and take out food needs to be eaten immediately, kept hot or chilled to maintain their safety.

If you have family members who are ill, being treated for cancer, heart or lung disease, have HIV or are considered frail elderly, very young or might be pregnant it is very important to learn about food safety. Information is available at the UTTC Extension office, the health department, on the internet and a variety of other sources. Knowledge and improved food handling practices will keep us all healthier.

# Order lunch through e-mail

by Shelby Weist

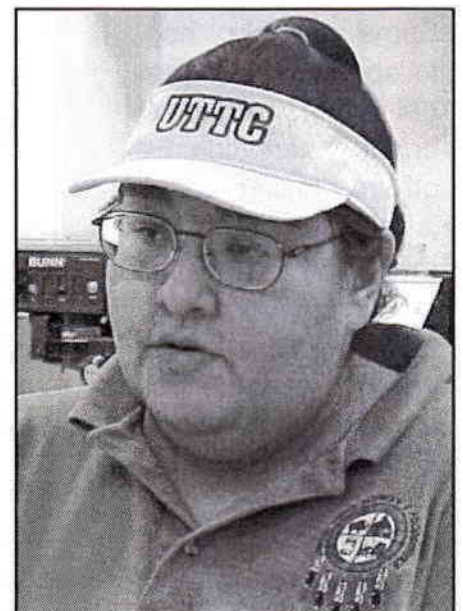
The Wopila Coffee Shop now has e-mail and we're going to try taking orders using it. I was thinking I would check the e-mail around 11 a.m. and again at 11:30 a.m. for your lunch orders. You'll still have to come pick up your order but at least you won't have to wait in line.

This is a first time venture for us here at the coffee shop so... if you have any suggestions about how to make e-mail lunch orders go smoother or more efficient please let me know. I'm always open to suggestions.

New coffee shop hours:  
Monday - Friday 7:30 a.m. to 8 p.m.  
Saturday and Sunday 2 to 8 p.m.

We also changed our prices, not by much, and we still offer the same menu items. Just a reminder that a recent medical survey states: "drinking at least 3 cups of coffee a day is good for Diabetes Management."

So, don't be a stranger here at the coffee shop. We enjoy your business and of course seeing everyone is great too!



Shelby Weist

Thank you from Shelby and the Wopila Coffee Shop staff.

# I've been hearing about folic acid on the radio

**-Is it only good for women?** by Kelly Archambault

That's a good question for January, National Birth Defects Prevention Month. Folic acid is a vitamin that can help prevent spina bifida and other birth defects. Women need to get enough folic acid before and during pregnancy. It's good for men, too. It has been shown to help prevent heart disease, certain types of cancer and possibly even Alzheimer's disease. It's found in enriched breads, pasta, rice and cereal, dry edible beans, leafy greens and orange juice. Most multivitamins also contain folic acid.

## 10 Tips to trim 100 calories

January is often a month of resolutions. Some people hope to spend less money, get better organized or start exercising. For others, losing weight is at the top of the resolution list. You don't have to cut out your favorite foods to get healthier. Often you just need to re-think portion sizes or make lower-calorie, lower fat choices.

Here are 10 ways to trim 100 or more calories without resorting to fad diets.

1. Instead of drinking two cups of whole milk, switch to two cups of skim or 1 percent milk.

(The nutrients are about the same)

2. Switch from two tablespoons of regular mayonnaise to two tablespoons of low-fat mayo. (Or eat half as much regular mayonnaise)

3. Instead of a can of regular soda pop (at 150 calories),

three or more tablespoons of dressing land on your salad. Switch to 1-½ tablespoons or less and opt for lower-calorie, lower-fat options.

6. Size up your cereal bowl. While eating cereal is a healthy option, extra calories can sneak into your diet. Check out the Nutrition Facts label

so you know what a serving size is how many calories you are eating. Consider substituting a serving of cereal in place of a candy bar for an afternoon snack, too.

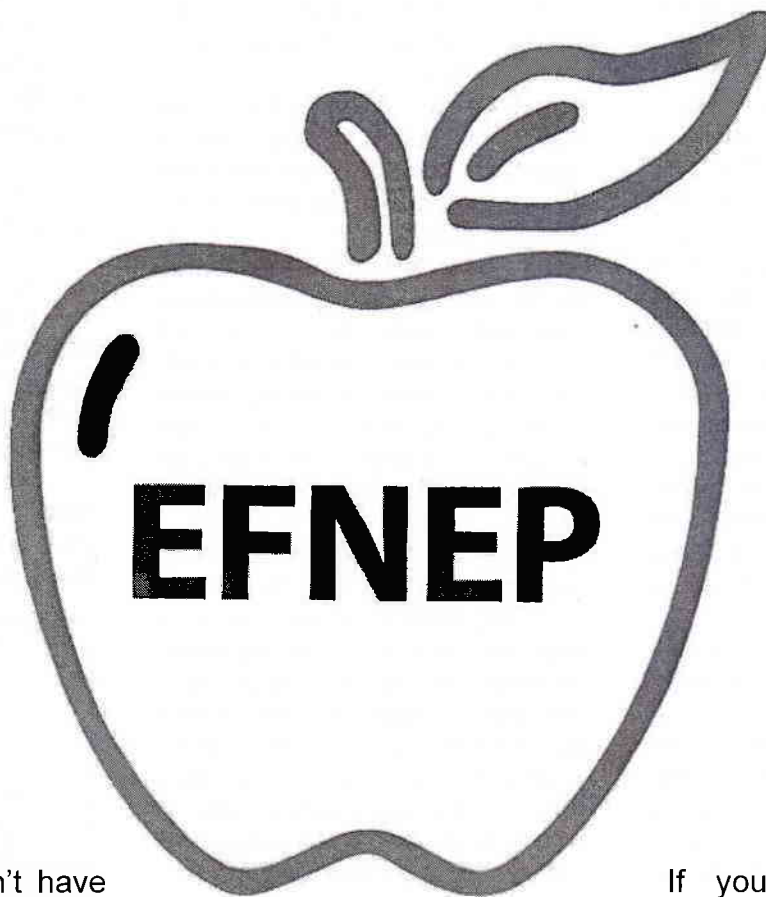
7. Watch how much spread goes on your bread. Limit the amount of butter (at 100 calories per tablespoon) you spread on your bread.

8. Count your cookies. A single medium size cookie can contain 100 calories or more.

If you ordinarily have two or more, have one. Or try a crunchy apple instead.

9. Top your potato with fewer calories. Switch from butter to sour cream, fat-free sour cream or yogurt.

10. Be size wise with fast food. Order a small order of fries instead of the large, skip mayo on burgers or order diet soda pop or water instead of regular soda pop.



have a glass of water. Or drink diet soda pop, which contains no calories.

4. If you can't skip regular soda pop, switch from a 20-ounce container of regular soda pop to a 12-ounce size.

5. Don't drown your salad. If you're like many people,

# Tips for Getting Started with Online Learning

by Leah Woodke

Online Education is the wave of the future and it is here now. United Tribes Technical College now offers two full degree programs online: Early Childhood Education and Injury Prevention. Other courses are also available. In fact, UTTC is offering 20 courses online this Spring Semester.

Have you been thinking about taking courses online or even earning a degree online? There are some things you should consider before making that commitment. You may find the following tips helpful in making your decision:

## #1 Information

First, find out all you can about the institution in which you are thinking about enrolling. Check out the website, send for a catalogue, and check the accreditation status. Some accrediting agencies are not recognized, so be sure that a recognized accrediting body accredits the college. You may find the Higher Learning Commission of the North Central Association of Colleges and School website helpful: [www.ncahighlearningcommission.org](http://www.ncahighlearningcommission.org)

## #2 Advisement

Online courses are not held at a designated time or place. Talk to a school representative about what will be expected from an online learner at that institution. In fact, it is probably best to talk to a Department Chair at the school. They can give the best information specific to particular degree you are seeking. Maybe you only want to take a class or two? It is still best to speak with a Department Chair, Advisor, or online instructor. Know what will be expected of you before you invest time and money.

## #3 Computer Skills

You will need some basic computer skills to take courses online, but you don't have to be an expert. Basically, you will need to know how to surf the Net and use email. You should probably know a little about word processing (people called it typing when I was growing up) and how to format a document. That means you know how to italicize, underline, bold, center and generally make the document easy to read. Your

advisor can tell you more about what computer skills you will need for particular classes. Soon, the United Tribes Technical College website will have a quick self-assessment available for you to see if you have the computer skills necessary to be successful in online courses.

## #4 Internet Access

You should have reliable Internet access. Most of the online coursework will probably be in print and will load fairly quickly. However, if your Internet access is very limited or your computer is slow, you may become frustrated with the time it takes to submit and receive documents. Some rural areas have slow or no Internet access. In those cases, people sometimes access their online courses from local schools or libraries. If this is reasonable for you and your schedule, it may work for you. Typically, however, people do their online coursework later in the evenings and on weekends, after regular work hours and the chores are done. In that case, it is most convenient to have reliable Internet access available at home.

## #5 Funding

Online courses are typically more expensive than campus-based courses. The plus side is that you don't have to move or give up your job to take courses online. Some employers will pay for their employees to take classes online. They like it when their employees learn new things and increase their skills, so they provide financial support. You may be eligible for other types of funding such as PELL. It is important to investigate this before you begin your online coursework.

## #6 The Will to Learn

Finally, you have to have the will to learn. While you do have deadlines to meet, you have no one pushing you to go to class and no one to face when you don't have assignments completed on time. It takes a high degree of self-direction and self-discipline to take an online course. Do you have what it takes to be a successful online learner? Check out the United Tribes Technical College

website ([www.uttc.edu](http://www.uttc.edu)) for a quick self-assessment to see if online learning is right for you.

If you would like more information about online education at United Tribes Technical College, contact:

Barbara Archambault, Online Learner Support Coordinator  
Telephone: 701-255-3285 ext. 431  
Email: [barchambault@uttc.edu](mailto:barchambault@uttc.edu)

## Sacagawea program scheduled

WASHBURN, ND – Amy Mossett will present a cultural program Monday, January 26 at 7 p.m. at Memorial Hall in Washburn, ND. Mossett (M/H/A Nation) is one of the nation's foremost scholars and interpreters of the life of Lewis and Clark guide Sacagawea (pronounced Sah KAH guh wea).

The public is invited to attend; there is an admission fee at the door. The event is supported in part by the ND Council on the Arts.

## Conference focus to leave no Indian child behind

DENVER, CO – The National Indian Child Welfare Association has announced that its upcoming 22<sup>nd</sup> Annual conference, "Protecting Our Children," is based on the theme "Putting Our Minds Together to Leave No Indian Child Behind."

The association says, "for too long, American Indian children have been left behind and are among the most vulnerable in the country."

The conference is scheduled for April 4 – 7 in Denver, CO. More information can be found at the association's website [www.nicwa.org](http://www.nicwa.org). Conference coordinator is Kim Just, [justkim@nicwa.org](mailto:justkim@nicwa.org).

## classes underway, continued from page 1

increase over the previous year with 645 students.

The January 15 report was based on enrollment of 416 students for Spring Semester 2004, the third highest semester enrollment on record. The college marked its highest single semester enrollment of 482 during Fall 2003.

Annual enrollment represents the number of individual students who register over the three terms of an academic year: summer, fall and spring. Students are not counted twice in the process and those who withdraw from school are subtracted.

"Like previous terms we expect the enrollment figure to change as we move further into the term," said McLeod. "This is just the start of the semester."

The official end to registration is January 30, the deadline for adding classes.

In the meantime, Admissions Counselor Vivian Gillette is busy contacting returning and new students who have not yet arrived on campus to begin classes. In addition to the occasional mention of cold and wintry weather, the greatest barrier to students arriving for school is lack of funding, according to Gillette.

"Funds for higher education are falling short on all reservations," said UTTC President David M. Gipp. "Everywhere I go the Indian population is growing and the percentage that could go to college is increasing. There's a strong role for tribal college education. We're holding our own and growing as we concentrate on the opportunities."

Because UTTC provides a residential setting for college students and their families, growth in enrollment has a ripple effect on campus population. The number of youngsters attending kindergarten through grade 8 at Theodore Jamerson Elementary School has reached a record 181 students.

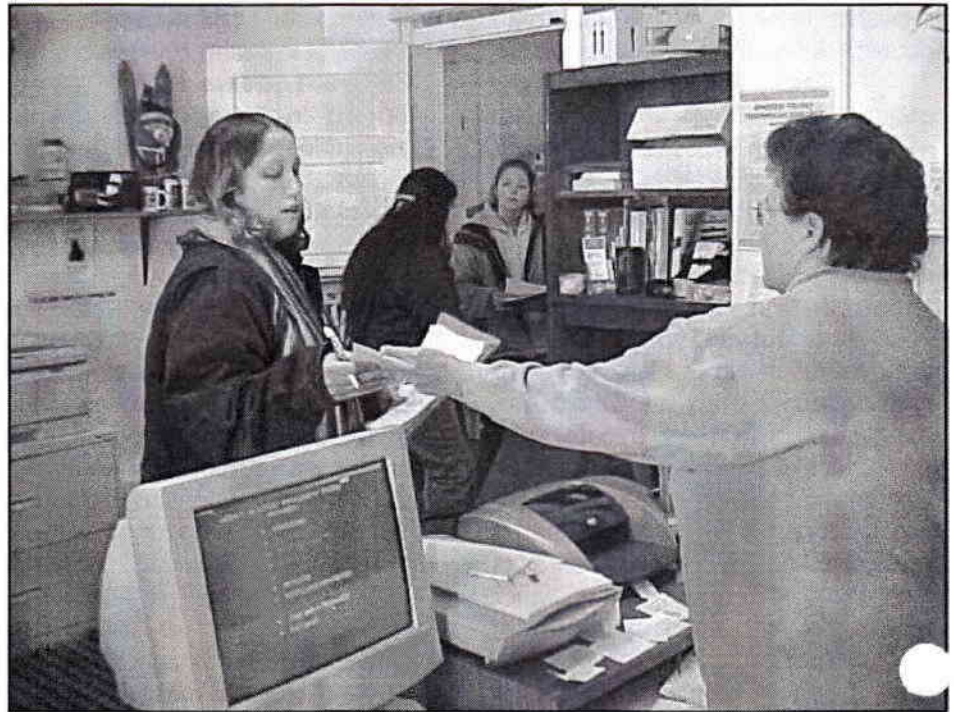
"We've never had this many students," said Sam Azure, Dean of Childhood Education. "As the college grows we are growing. This is history in the making."

The two campus childhood centers that serve Pre-Schoolers and infant-toddlers, also report record numbers.

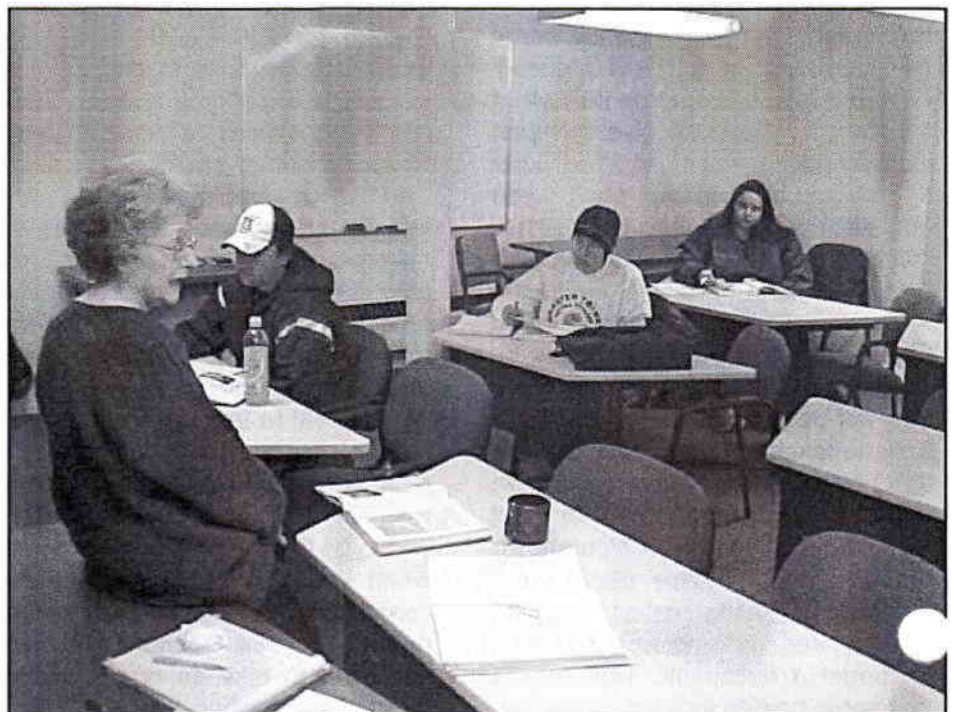
"We need more room," said Child Development Center Director Kathy Schneider. "We're at the

maximum now."

The center is in the process of hiring five additional caregivers, according to Schneider. Due to evening college classes the Infant Toddler Center now offers evening care.



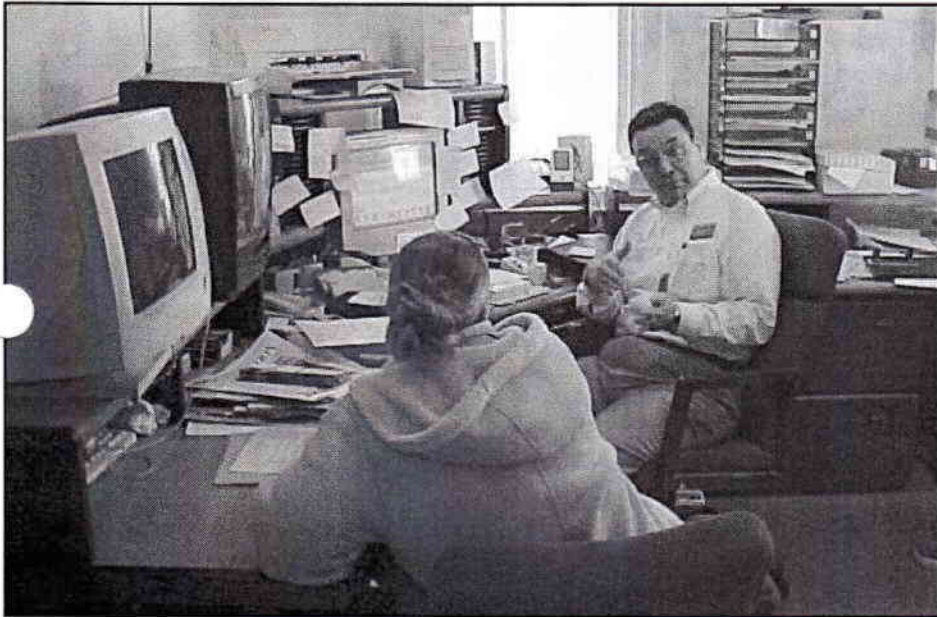
Admissions Counselor Vivian Gillette hands over another signature as student Helen Price, Three Affiliated Tribes, moves through the registration process.



Small Business Management Instructor Carol Anderson starts the new term with a batch of "entrepreneurs in the making."



*UTTC Registrar Joey McLeod expects enrollment figures to change, as they usually do, over the course of Spring Semester. But the trend is still upward.*



*Career Development Counselor Vince Schanandore counsels a new student during registration.*

*It's all smiles for returning students who know the drill in the first few days of class. From left, Caroline Hankinson, Sara Gutierrez, Geri Fischer, and Student Senate President Natasha Old Elk.*



# Student Internship for local IT department

From Vince Schanandore, UTTC Career Development Counselor

**Employer:** Montana-Dakota Utilities, Bismarck, ND

**Job title of position to be filled:** Student/Intern for IT department (Part time)

Install, test and configure company standard PC hardware and software. Work with users to solve problems

encountered with company standard PC hardware and software. Provide ongoing support of PC's.

**Education/minimum experience:**

High School. Taking College courses relating to PC's.

**How to apply:** At Job Service Office  
**Other information:** Employer is specifically seeking candidates from BSC, U of Mary, and United Tribes.

## How informed are you about Martin Luther King Jr?



Check your MLK knowledge against these basic questions about the civil rights leader for whom the holiday is named. Answers on page 12.

1. Martin Luther King Jr. believed in progress through the use of nonviolent means. Who was an important influence on King's philosophy?

John F. Kennedy.

Gandhi.

Abraham Lincoln.

2. MLK was assassinated on April 4, 1968, in Memphis. Who was arrested for the crime?

James Earl Ray.

Sara Jane Moore.

Lee Harvey Oswald.

3. In 1955, Rosa Parks became a symbol of the civil rights movement. Why did she have such a huge influence on Dr. King and other civil rights leaders?

She was a student who attempted to desegregate a Southern university.

She was a Southern black woman who refused to give up her seat on the bus to a white man.

She wrote *The Color Purple*.

4. What song is most often associated with Dr. Martin Luther King?

"Go Tell it On the Mountain".

"Amazing Grace".

"We Shall Overcome".

5. In what year did Martin Luther King receive the Nobel Peace Prize?

1961.

1964.

King didn't win the Nobel Peace Prize.



# January

# Calendar

18 T-BIRDS HOST MILES CC 2 P.M./4 P.M.

19 MARTIN LUTHER KING DAY

20 T-BIRDS HOST U OF M JV 6:30 P.M.

23 T-BIRDS HOST WILLISTON 6 P.M./8 P.M.

25 T-BIRDS HOST WAHPETON 2 P.M./4 P.M.

28 T-BIRDS HOST BOTTINEAU 6 P.M./8 P.M.

29 T-BIRDS HOST TRINITY BIBLE 6 P.M./8P.M.

30 LAST DAY TO ADD A CLASS

# Recruiting underway for friendly competition at AIHEC

BISMARCK, ND – With the AIHEC annual conference just ahead, the search is on for students up for some fun and a little friendly competition with their counterparts at other tribal colleges and universities. UTTC Coordinator Suzanne Shields-Cadotte is assembling the AIHEC Student Competition team for a March 20–24 trip to Billings, MT.

“It’s one of the best extra-curricular conferences of the year,” said Cadotte. “You meet students from other colleges. Lots of things happening. It helps build leadership skills. Looks good on a resume. It’s a challenge. It’s good for students.”

Cadotte is recruiting 15 to 20 students to join the team and get prepared for competition in 20 different categories. She also needs

a handful of coaches.

She thinks instructors can be very helpful by identifying students who might be good for the team. According to the guidelines, students have to be in “very good standing” with the college in academics and



UTTC-AIHEC Student Competition Coordinator  
Suzanne Shields-Cadotte

attendance.

“You don’t have to be a 4.0 student,” said Cadotte. “We’ve had students of all kinds who’ve done very well and enjoyed themselves. The main thing is to be comfortable with public presentations.”

Cadotte says she meets with each potential team member while recruiting. She emphasizes the meaning of competition and good sportsmanship.

Cadotte takes care of all the detailed logistical arrangements for the AIHEC trip, such as registration forms, lodging, transportation and per diem. For more information look for a flyer published by Suzanne or contact her at the Student Health Center in the Education Building or call extension 332.

## AIHEC Student Competition

### Information Meeting

Tuesday, Jan. 20, 3 p.m.  
Rm. 111 Ed Building

Knowledge Bowl  
Science Bowl:  
Oral and Poster  
Hand Games,  
Fashion Show,  
Fun Run

General Speech  
Critical Inquiry  
Art Show

Business Bowl  
Web Design

Mr. & Mrs. AIHEC  
One Act Theater  
Volley Ball,  
Bowling,  
Talent Show

AIHEC Student Congress  
Powwow

And much, much more fun!

# American Indian Higher Education Consortium Annual Conference 2004 Billings, Montana

## Saturday, March 20

9 a.m. – 6 p.m.

Tribal College Librarians meeting

1 p.m. – 6 p.m.

Conference Registration open

Student Congress meeting

5 p.m.

Coaches Meeting

6:30 p.m.

Welcome reception, T-Shirt exchange

7 p.m.

Social, Bingo, games & more

9 p.m.

Dance & Talent Show

## Sunday, March 21

8 a.m.

Fun Run

9 a.m. – 5 p.m.

Conference Registration cont.

10 a.m. – 11:30 a.m.

Opening Ceremony, “Parade of Flags”

12 – 6 p.m.

Workshops and Competitions begin

Librarians meeting cont.

5 p.m.

President’s Reception

7:30 p.m. – 9 p.m.

Comedy Night

continued on page 13

**hotel feasibility study  
continued from page 1**



*Al Nygard, Consultant*

and over 25,000 people attend the United Tribes International Powwow each September.

In addition to the construction and operation of a new hotel-conference center the feasibility study will address the need for a recreational-vehicle (RV) campground on the UTTC campus.

"Having the hotel also on UTTC property will be considered but it's not the only location that will be studied," said Gipp.

According to Nygard, the hotel part of the study will examine properties throughout the Bismarck-Mandan area. "We plan to move right along and have this completed by mid March," said Nygard.

ANC provides management and analysis services to private sector companies, non-profit organizations, and tribal, federal and state government agencies. Owner Al Nygard is a military veteran and enrolled member of the Three Affiliated Tribes of North Dakota. The company has been in operation since 1995.

The study is funded, in part, with a grant from the Economic Development Administration of the U.S. Commerce Department.

**TJES perfect attendance for January**

NAME	GRADE	NAME	GRADE
Brandon DuBois	8	Baylee Redfox	2
Cleveland Iron Heart	8	Shalana Medicine Horse	1
Walter Lester	8	Ranen Day-Bedeau	1
Whitney Pretty On Top	8	Jarett Mesteth	1
Sundae Red Bird	8	Randon Earring	1
Jimmy DuBois	7	Quinn Red Bird	K
Steven Leading Cloud	7	Sienna Hayes	K
Trisha Lester	7	Alexus Hankinson	K
Seth White	7	Camron Howling Wolf	K
Francis DuBois	7	Dakotah Running Bear	K
Joshua Mountain	7	Kai Vaughn	K
Clarissa Mellette	7		
Jonathan Young Bird	6	The above listed students had	
Rex Red Bird	6	perfect attendance for the month	
Luke Hosie	6	of December, 2003. They were	
Miranda Joshua	6	awarded certificates at the January	
Shanese Parisien	6	Family Breakfast. Our attendance	
Courtney Hayes	5	for December was at 88.8% and the	
Bella Lester	5	school year is at 91%. We are very	
Clifford Parisien	5	concerned about the drop in our per-	
Dion Redday	5	centage rate. Please remember that	
Felicia Smith	5	we must remain above 91% for the	
Joshua Ector	4	school year. We can not stress how	
Quinn LaRocque	3	important it is to have the children at	
Anthony McKinney	3	school. We have implemented many	
Kasey Medicine Horse	3	strategies and incentives to get	
Kody Parisien	3	students to school every day. Please	
Jimmy Good Shield	2	contact the office at Ext. 304 or 305	
Terry Lee	2	if you have any questions concerning	
Brent Lester	2	this matter.	
Jeremy Packineau	2		

**MLK Quiz Answers:**

1. A few years after his marriage to Coretta Scott, the couple traveled to India where MLK studied the teachings of Mohandas K. Gandhi, the legendary teacher and spiritual leader.
2. James Earl Ray, a lone gunman and ex-convict, was arrested for shooting King as he stood on the balcony of a Memphis motel. Ray spent his life in prison, proclaiming his innocence until he died.
3. Rosa Parks, an educated black woman and voter registration activist in Montgomery, Alabama, refused to give a white man her seat on the bus.
4. "We Shall Overcome." This folk song became a rallying cry during the civil rights movement -- it was probably also sung at the church where King served as pastor, the Ebenezer Baptist Church in Atlanta.
5. MLK received the Nobel Peace Prize in 1964. He was also named the Time Magazine Man of the Year for 1964.

Quiz questions and answers courtesy Amy Schauer Nelson, Executive Director, North Dakota Fair Housing Council, Email: [ndfhc2@btinet.net](mailto:ndfhc2@btinet.net), Web: [www.ndfhc.org](http://www.ndfhc.org)

continued from page 11

**9 p.m.**

Coffee House

**10 p.m.**

Hand Game Tourney

## **Monday, March 22**

**8 a.m. – 5 p.m.**

Conference Registration  
open

**8:30 a.m. – 9:30 a.m.**

All-Conference Gathering

**10 a.m. – 6 p.m.**

Workshops and  
Competitions cont.

**10 a.m. – 5 p.m.**

Research Symposium

Begins

**4 p.m.**

Art Show Reception

**7 p.m.**

Powwow

**10 p.m.**

Movies, games & more!

## **Tuesday, March 23**

**8 a.m. – 12 p.m.**

Conference Registration  
open

**8:30 a.m. – 9:30 a.m.**

All-Conference Gathering

**10 a.m. – 5 p.m.**

Land Grant Seminar &  
Meetings begin

**10 a.m. – 5 p.m.**

Research Symposium cont.

**10 a.m. – 5 p.m.**

Workshops, Competitions  
conclude

**4 p.m.**

Student Congress Elections/  
Ice Cream Social

**7 p.m.**

Awards Banquet

**10 p.m.**

Social Event and Closing

## **Post-Conference Activities**

### **Wednesday, March 24**

**10 a.m. – 5 p.m.**

Land Grant Seminar &  
Meetings cont.

**10 a.m. – 5 p.m.**

Research Symposium cont.

# **Creed is coordinator of statewide program**

BISMARCK, ND – A United Tribes Technical College staff member has become the coordinator of a statewide substance abuse program. Julie Creed is now the North Dakota Substance Abuse Coordinator for Prairielands Addiction Technology Transfer Center. The new job was effective January 5 and her office will remain on the college campus connecting UTTC with the national program.

“Our vision is to improve addiction treatment that is respectful of individual cultures and circumstances,” said Creed. “We’ll use technology, education, special publications and presentations that assist the addiction treatment workforce.”

UTTC is the first tribal college in the region to be affiliated with the ATTC Network, which serves 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands and the Pacific Islands, and is funded by the Substance Abuse and Mental Health Services Administration.

The ATTC Network

operates as 14 individual Regional Centers and a National Office. The Prairielands region includes North and South Dakota, Minnesota, Iowa, and Nebraska, with the regional office located at the University of Iowa, Iowa City.

Creed says the UTTC faculty and administration have been an inspiration to her.

“The faculty not only are

concerned about grades, but they go the extra mile to empower students to take their education back to reservations and improve the lives of others,” she said.

UTTC also represents a special approach in this field because the five tribes in North Dakota are unified in implementing and supporting state and national initiatives concerning Native Americans, said Creed.

Creed is an enrolled member of Spirit Lake Nation, Fort Totten, ND. She is a licensed addiction counselor and received a degree in Addiction Counseling in 1997 from the University of Mary, Bismarck, ND.

Creed worked as an outpatient addiction counselor in Fort Totten, ND; and as an addiction counselor for juveniles at Lake Region Correctional Center in Devils Lake, ND before working in the Student Support Services Program at UTTC as a counselor. She has four children: Jason, Nathan, Kristin, and Bethany.



*Julie Creed now coordinates a statewide substance abuse program.*

# UNITED TRIBES TECHNICAL COLLEGE THUNDERBIRDS



head men's coach JOE WARE  
 assistant men's coach JOEL WELSTAD  
 head women's coach KEVIN FINEY  
 assistant women's coach KRISTIE GARTHNER

Players listed below:  
 Brandon Yellow Bird, Crystal, MI  
 Maria Farida, TX, Thompson, SD  
 Talara White Woman, Rapid City, SD  
 Margaret Stevens, Orono, SD  
 Torah Harjo, Ellenton, SC  
 Ada McCormack, Lapeer, MI  
 Tara Hernandez, St. Paul, MN  
 Delbert Lembley, Rosary, MI

Players listed below:  
 Jerrah Pentons, Eagle, SD  
 Arvonn Washington, Rapid City, SD  
 Doreyan Hobey, Orlin, SD  
 Leoni Kille Small, Yankton, SD  
 Darren Reddy, Tigard, OR  
 Chad Marks, Orono, SD  
 Luke Wells, TX, Thompson, SD  
 Waylon Munkasa, Eagle, SD  
 Lance Carlstadt, Eagle, SD  
 Kevon Kingbird, Rapid City, SD  
 BJ Paul Woodard, Rapid City, SD  
 Brad Tracy, St. Paul, MN

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### NOVEMBER

6-8 Men-Oak Conference Try M & W TBA  
 11 JAMESTOWN ST. UNIV. JV W 6 pm / M 8 pm  
 14-16 Shevler College Try M & W TBA  
 17 Jamestown St. Univ. JV W 6:30 / M 8:30 pm  
 21-22 LADY T-BIRDS CLASSIC W TBA

### DECEMBER

2 Concordia College JV W 5:30 / M 7:30 pm  
 3 NDSCS-Wahpeton, W 6:00 / M 8:00 pm  
 19 VALLEY CITY ST. UNIV. JV W 6:00  
 12-13 THUNDERBROS CLASSIC M TBA  
 14 Valley City St. Univ. JV W 6:00  
 18-20 Winter Holes Florida W / W TBA

### JANUARY

10 Miles Comm. College W 6:00 / M 8:00 pm  
 13 Dawson Comm. College W 2:00 / M 4:00 pm  
 14 Univ. of Mary JV W 6:00 / M 8:00 pm  
 18 NILES COMM. COLLEGE W 2:00 / M 4:00 pm  
 20 UNIV. OF MARY JV W 6:30 pm  
 23 WILLISTON ST. COLLEGE W 6:00 / M 8:00 pm  
 25 NDSCS-WAHPETON W 2:00 / M 4:00 pm  
 28 MSU-BOTTINEAU W 6:00 / M 8:00 pm

### FEBRUARY

1 Lake Region St. College W 6:00 / M 8:00 pm  
 6 LAKE REGION ST. COLLEGE W 6:00 / M 8:00 pm  
 12 Bismark St. College W 6:00 / M 8:00 pm  
 14 DAWSON COMM. COLLEGE W 6:00 / M 8:00 pm  
 16 Williston St. College W 6:00 / M 8:00 pm  
 22 MSU-BOTTINEAU W 2:00 / M 4:00 pm  
 25 BISMARCK ST. COLLEGE W 6:00 / M 8:00 pm

MARCH 2-3 Region 13 Playoffs M / W TBA

HOME GAMES • All games Central Standard Time

# COMMEMORATION

DR. MARTIN LUTHER KING, JR. DAY

*"I HAVE A DREAM"*  
AND HOW IT RELATES TO US

MONDAY, JANUARY 19, 2004

PROGRAM: 10 A.M.

VIDEO: 11 A.M.

JACK BARDEN CENTER

SPONSORED BY THE UTTC CULTURE COMMITTEE

# Wellness survey data collected

BISMARCK, ND – Results from the United Tribes Technical College Wellness Survey will be available in the coming month according to the campus wellness committee. Data for the study was collected from students and members of the staff and faculty, who completed a personal health and wellness survey Wed., January 7.

The survey was voluntary for staff and faculty; sixty-three employees chose the option of spending five minutes in front of a computer screen at the Barden Center to complete the form. The survey was mandatory for students and all of the 366 students who registered for Spring Semester completed it.

"Everyone was pretty conscientious about filling it out," said Larry Carlson, Wellness Committee member.

Respondents were asked

about exercise and eating habits, use of tobacco and alcohol, seat belt use, immunizations, fitness activities and other areas related to personal health and wellness.



*Response from the UTTC staff and faculty was "very positive," according Fitness Coordinator Mark Mindt, seen here helping administer the survey to UTTC's new Enrollment Services Director Kathy Johnson. Comments by respondents noted that the survey was "very well researched," and "user friendly," said Mindt.*

The survey instrument was developed over the course of the past year as an outgrowth of a campus wellness initiative launched by UTTC President David M. Gipp. Team members who helped design the survey were Wanda Agnew, Sharleen Germundson, Evelyn Orth and Larry Carlson.

The survey will help advance the college wellness initiative in a number of ways, including curriculum design and development, grant applications, and the creation of a campus wellness center.

Participants were assured that information provided on the form would be reported in group format only and not by individuals. No names were required to take the survey. Larry Carlson will be assembling the data into a published report available in February.



United Tribes Technical College

**Office of Administration**

3315 University Drive

Bismarck, North Dakota 58504