

# UNITED TRIBES ON CAMPUS NEWS

Vol. 13 No. 8

UNITED TRIBES TECHNICAL COLLEGE \* BISMARCK, ND

April 12, 2004

## Statement of David M. Gipp UTTC, President

April 6, 2004  
Mayor's Town Hall Meeting on  
Race/National Origin/Religious  
Discrimination  
City of Bismarck

This Town Hall Meeting is an  
extraordinary event, a historic first for  
the City of Bismarck.



UTTC Pres. David M. Gipp

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## QWEST to fund summer art program at UTTC

by Harriett Skye

The Qwest Foundation will fund a collaborative summer art program involving United Tribes Technical College Art/Art Marketing Department and Charles Hall Youth Services.

A QWEST representative, Scott MacIntosh, presented a

\$10,000 check to Carol Myers Dobler, Executive Director of Charles Hall Youth Services.

The funding provides for a Summer Art Program to be taught at United Tribes by Wayne Pruse and Butch Thunderhawk.. Classes begin

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Scott MacIntosh of QWEST presents a check to fund a summer art program at UTTC for students of Charles Hall Youth Services. Following the presentation MacIntosh toured the UTTC campus, art facilities and the Cultural Interpretative Center. From left Sam Azure, Phil Baird, MacIntosh, Wayne Pruse, Carol Myers Dobler and Butch Thunderhawk. Uttc Photo by Harriet Skye





# Dennis Lucier's UTTC Diner

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

**April 12 - 16**

**April 19 - 23**

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, Baked Chips	T	Bar-B-Que Chicken, Potato	T	Oriental Chicken Stir Fry, Rice	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 Joe, Tater Tot's	T	Roast Pork, Potatoes
F	Knoephle Soup, Chicken Salad Soup	F	Burritos, Spanish Rice, White Cake	F	Chicken Nuggets, Macaroni and Cheese	F	Shrimp, Wild Rice, Buttered, Squash



## 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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**Justin LeBeaux**

**Deadline for next issue: 5 pm - April 19, 2004**

**KODA THE WARRIOR** Presents: *The Coyote Chronicles*.

CREATED BY MARK L. MINDT  
SPIRIT LAKE NATION

The end of the year can be real stressful.



End of the year?!?!  
**GULP!**



Some of us just get plain grumpy and mean...



Others of us get goofy and avoid our responsibilities.



**How do you deal with stress?**



MINDT  
©2003

# 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 1209. 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. Each tribal agency has funding sources that have different deadlines. Please contact your agency to find out their application deadline. Please visit the Financial aid Office for other Scholarship Opportunities.

**NAME:** Women's Opportunity Scholarship Fund.

**DEAD-LINE:** June 16, 2004

**ELIGIBILITY:** Must be a North Dakota resident and plan to enroll in a college or university in North Dakota. Be eligible under the financial guidelines established for 125% of poverty; Complete application; Letter of acceptance; Maintain SAP; Intend to enroll in a program leading to a undergraduate academic degree; for more information and eligibility requirements, or to complete an application, please visit the financial aid office for an application.

**AWARD:** \$500.00

**CONTACT:** call 1-888-255-6240 for details.

**NAME:** AIEF American Indian Education Foundation. AIEF funds and supports a variety of students attending colleges throughout the country. AIEF does not just provide the funding, we provide mentoring, support, supplies and encouragement to students throughout their college career.

**DEAD-LINE:** May 3, 2004

**ELIGIBILITY:** Applicants must be full time students. Attending an accredited 2 or 4 year college/university or technical/vocational school. An ACT score of 16 or above is desirable. Should be Native American or Alaska Native. Scholarships for undergraduate studies only.

**AWARD:** Freshmen students could receive \$3000.00 Scholarship. Continuing and returning awards are \$1500.00 for the school year. **CONTACT:** [www.aiefprograms.org](http://www.aiefprograms.org) or call 866-866-8642. Applications can be picked up at the Financial Aid Office

**NAME:** Native American Health Education Fund. NAHEF provides financial aid to Native American students who are pursuing careers in health related fields. Native Americans have multiple medical needs that are not being met by their communities or reservations. Native Americans experience higher rates of diabetes and its associated complications, infant mortality, and heart disease than any other population in the country. NAHEF scholarships are awarded to students who show a desire to return to their communities and

provide improvements in health care.

**DEAD-LINE:** June 15, 2004

**ELIGIBILITY:** Applicants must be enrolled in a health related field; desire to return to their communities or reservations after graduation; be enrolled in a undergraduate program; Complete application; Letter of recommendation; current transcript.

**AWARD:** up to \$500.00

**CONTACT:** visit [www.nahefscholarship@aol.com](http://www.nahefscholarship@aol.com) or call 919-383-1038, applications can be picked up at the financial aid office.

**NAME:** The Sallie Mae Fund Scholarship (Unmet Need Scholarship). Addressing financial need is one of the key elements of The Sallie Mae Fund's community based initiative, Project Access. To help students and families afford the cost of higher education and ensure funding is not a barrier to access, Project Access provides financial assistance through scholarships.

**DEAD-LINE:** May 31, 2004

**ELIGIBILITY:** Must be a U. S. citizen; Have a family income in 2003 of less than \$30,000.; Have demonstrated a financial need of at least \$1000. after financial aid package has been determined; Must be a high school senior or graduate planning to enroll or are already enrolled in a full-time undergraduate course of study at an accredited post-secondary institution, and have a 2.5 GPA or better.

**AWARD:** \$1000.00 to \$3800.00

**CONTACT:** Visit Web-site at [www.thesalliemae.org](http://www.thesalliemae.org) for applications



# NAEYC's Week of the Young Child April 18-24, 2004

"Children's Opportunities - Our Responsibilities"

by Lisa Azure,

The Week of the Young Child is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC), the world's largest early childhood education association, with over 100,000 members and a network of nearly 450 local, state, and regional affiliates.

The purpose of the Week of the Young Child is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs.

NAEYC first established the Week of the Young Child in 1971, recognizing that the early childhood years (birth through age 8) lay the foundation for children's success in school and later life. The Week of the Young Child is a time to plan how we, as citizens of a community, a state, and a nation, will better meet the needs of all young children and their

families.

The UTTC Early Childhood Vocational Student Organization, the UTTC Child Development Center, as well as the Bismarck/Mandan community, will be participating in an array of enrichment activities during that week. Please keep an eye out for more information and know that you are invited to participate!

- Share everything.
- Play fair.
- Don't hit people.
- Put things back where you found them.
- Clean up your mess.
- Don't take things that aren't yours.
- Say you're sorry when you hurt somebody.
- Wash your hands before you eat.
- Warm cookies and cold milk are good for you.
- Live a balanced life-learn some and think some and draw and paint and sing and dance and play and work every day some.

- Take a nap every afternoon.
- When you go out into the world, watch out for traffic, hold hands, and stick together.
- Wonder. Remember the little seed in the Styrofoam cup: The roots go down and the plant goes up and nobody really knows how or why, but we are all like that.
- Take anyone of these items and extrapolate it into sophisticated adult terms and apply it to family life or your work or your government or your world and it holds true and clear and firm. Think what a better world it would be if we all had cookies and milk about three o'clock every afternoon and then lay down with our blankies for a nap! And it is still true, no matter how old you are, when you go out into the world, it is best to hold hands and stick together.

By Robert Fulghum

## Thunderbird's Men win National AIHEC Championship

by Kevin Finley

We went 7-0 in the tournament and never were really tested. We beat: Blackfeet Community College, Dull Knife Community College, Oglala Lakota Community College, Sisseton/Wahpeton Community College, Ft. Belknap Community College, Haskell Indian Nations University, Little Big Horn Community College in the Championship game

All Tournament Team  
Delmar Clown  
Luke Wells

Tournament Most Valuable Player Brandon Stevens. From the past season Brandon was also nominated NJCAA Div. II All-American.

Lady Thunderbirds finished in 3<sup>rd</sup> place ending up 5-2 in the tournament. We beat: Blackfeet Community College, (twice) Ft. Peck Community College, (twice) Dull Knife Community College. Lost to: SIPI, Twice by a total of 6 points.

All Tournament Team  
Margaret Stevens  
Talana White Woman

From the past basketball season Talana was also nominated NJCAA Div. II All-American, 1<sup>st</sup> WBB at UT to ever be considered for this prestigious award. Congratulations to both teams on a great tournament and a fine season.

### Qwest

continued from page 1

June 1 and end August 6; they take place five days a week.

"This is the type of project the Qwest Foundation likes to fund because its about young people," said MacIntosh.

Charles Hall Youth Services offers three types of residential care: shelter, short-term and long term. The organization operates two homes for girls and one for boys. The Art/Art Marketing Department teaches skills, theories, concepts and ethics and is housed on the United Tribes Campus.

The courses will involve body casting with plaster wraps, sculpture finishing techniques; additive and subtractive sculptures, acrylic painting combining 2D and 3D designs as well as, buckskin medicine pot dream catchers, horse effigy and parfleche designs. The juniors and seniors involved will receive a dual (high school and college credit) for completing the course.

# TJES Cooking Club



by Kelly Archambault

Only 3 more Cooking Club meetings left for the TJES Cooking Club students. Cooking Club is an after school program for the students, some things that we have done this semester are: kitchen safety, kitchen savvy, hand washing, and how much should you eat? Some of the recipes that we made are: open-faced pizzawich, Mexican layered tostada, potato soup, and Leprechaun pudding. For the last 3 classes we will be learning about: Snacks, beverages and How to stay healthy and safe, the recipes that we will be making are fruit kabobs, banana orange frost, crackers with cheese and puppy chow.

Cooking Club is open to TJES students in grades 1<sup>st</sup> to 8<sup>th</sup>, Cooking club will be held each semester to those students have returned their permission slips. For more information on Cooking Club I can be contacted by calling 255-3285 ext. 1316.



Cooking Club students making leprechaun pudding on March 17, 2004. TJES students are Anthony McKinney (grade 3), Josh Ector (grade 4), Trey Paul (grade 4), and Dion Redday (grade 5). Kelly Archambault and Mark Mindt, UTTC Extension Program staff, are assisting the students in the back.

# National Health Information Privacy and Security Week April 11-17, 2004

by Rondeena Hamilton

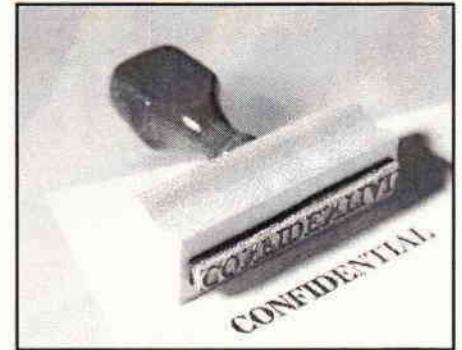
The Health Information Department would like to extend an invitation to all interested staff and students to attend a presentation on the topic of Privacy and Security of medical information. The speaker, Tamara Darling is the Privacy Officer at St. Alexius Medical Center. Ms Darling will be speaking on issues that affect the privacy and security of health information. The presentation will be held at the Jack Barden Center on April 14, 2004 from 2:00pm to 3:30. Refreshments will be served. Here is an article from the American Health Information Management Association (AHIMA) that relates to these issues:

## Right to Know—Who Sees Your Private Health Information

Have you noticed there's something new to read during your wait in the doctor's office—something besides magazines and the newspaper? That's the case since April 14, 2003.

People using healthcare services in the last year should have noticed a change in the registration process. In all healthcare facilities, such as doctor offices, hospitals, nursing homes, rehabilitation or urgent care facilities, patients are asked to sign an acknowledgement stating that they were offered or given a copy of that facility's Notice of Privacy Practices (NPP). It's required by a new federal privacy law, often referred to as HIPAA—the Health Insurance Portability and Accountability Act.

If you have moved from one state to another, you may have noticed that past protections of your private healthcare information (PHI) varied depending on your state of residence. State laws have set the stage. HIPAA introduces a minimum level of protection that all US healthcare providers must apply no matter where they operate.



By law, the NPP must be posted in plain view. It must be made available to you in printed form—and if the facility has a Web site, it must also be posted there. By signing the acknowledgement, you are showing only that the healthcare provider made the information available to you. You are not stating that you agree with content. Your cooperation in this procedure will help healthcare facilities demonstrate compliance with the law.

After you sign, you don't have to accept a copy of the NPP—but consider what you might learn if you do. The privacy law brings you new rights related to your PHI and how it's handled. The law recognizes that an individual seeking healthcare services implies agreement with the use of their health information for purposes of treatment, payment and general operations. Beyond that you have choices in the uses and disclosures of your information and the NPP will advise you what those are. For example, healthcare organizations want to hear from you if you feel your privacy rights have been compromised. The Notice will tell you who to contact and how to proceed with the complaint process.

It's true that this new procedure is "one more thing" to deal with when you seek healthcare services, but if you can take the time to look over the Notice of Privacy Practices, you might learn more about your healthcare privacy rights.



# Automotive Technology Program is recertified



Marcel Gierszewski, Auto Tech Dept. Chair.

by Harriett Skye

The Automotive Technology Program at United Tribes Technical College has received recertification from the National Automotive Technicians Education Foundation, Inc

In a letter to UTTC President David M. Gipp, NATEF said that UTTC's Automobile technician-training program "meets the criteria for recertification in all eight areas." The college was commended for "maintaining program standards and continuing to meet the industry's requirements."

UTTC is the only tribal community college in the nation to be certified through the foundation.

"The explosion in automotive technology makes your high quality automotive training program more valuable than ever," NATEF wrote.

Automotive Technology Department Chair Marcel Gierszewski said the students should also be given credit.

"Their performance in the work place reflects on the education they receive here at United Tribes," said Gierszewski.

# TJES Tidbits #10

by Carol Melby

Hearing screening was done with students in grades K, 2, 4, 6, and 8 in February. Be sure and ask your child about it. If your child is referred for further testing, please follow up on that recommendation. Please call student health if you have any concerns.

TJES will be sponsoring seven (7) Parent Training opportunities in March and April from 11:45 to 12:45 with lunch provided. We hope you will take advantage of these opportunities. The March 18<sup>th</sup> topic was "I Care" and "What if My Child is Having Problems in School." The March 25<sup>th</sup> topic concerned "Children and Aggression". For a list of future Parent Training topics and time, please call the elementary office at 1304. We hope to see all parents there. Come learn and have lunch with us!

There will be three evening parenting series from 6:30-8:00 PM. The March 22<sup>nd</sup> topic concerned *Children Who Mind: What a Parent Can Do* and the March 29<sup>th</sup> topic will be *Teaching My Child Self Control*. We hope to see you there!

TJES staff includes personnel from the Baby Face Program. These individuals are located in the Solo

Dorm #300 Ex 1328. All parents invited to stop in and visit with either Carol or Cyndee. The February meeting involved decorating Valentine cookies (including the cookies to take home). Books that we read were *I Love You Rituals* by Becky Baily and *Understanding Discipline*. In addition, each family received an *I Love You Forever* book. A picnic style dinner was served which consisted of hot dogs and chips. The next scheduled meeting is April 1<sup>st</sup> (and this is not an April Fool Joke) at the Skill Center Exhibit Hall from 12:00 to 1 PM. Please feel free to join the Baby Face Program for these meetings.

Reading Week was held March 22-26 at TJES. Monday started the Kickoff with the TJES staff singing R-E-A-D to the tune of Y-M-C-A! Other reading activities included a Poem in your Pocket Day, SSR (Silent Sustained Reading), Read and Munch Day and a variety of guest readers read to the students Friday. As students read books, they placed a "flower" on the Blooming Book Tree next to Mr. Azure's office. Be sure and ask your child about the Reading Week activities (and read a favorite book together)!

School Board

# Name That Tune: "Tribes Style"

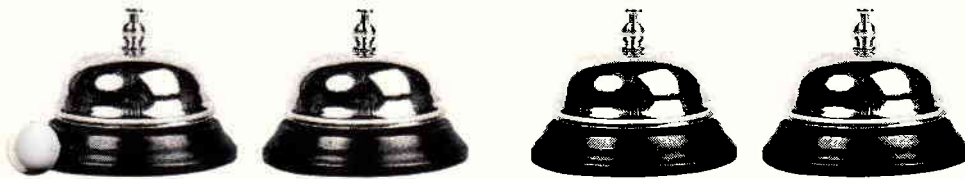
by Christa Cutler

Dennis's Diner was rocking on March 18<sup>th</sup> during the supper hour. The Center for Student Success held their student March activity. UTTC students had to correctly identify the title of the song and the artist to win the Name That Tune: "Tribes Style." Helen Lindgren emceed the successful and fun event. Spinning the platters was Karen Siegfred. The shutterbug for the event was Christa Cutler.

The staff sampled twenty different songs ranging from old country, hard rock, and rap. The

first place winner, Theo White Horse received a UTTC pull over jacket. Second place winners, Danielle Cooke and Leonard Roberts were awarded with \$20.00 gift certificates. Mike Cadotte and Kevin Tapaha, third place winners were presented with UTTC visor caps. Vernon Washington received the consolation prize of a t-shirt.

Thank you to all the students and staff who participated and assisted in this activity. Watch for the Center For Student Success student activity for April.



## Attention: The Environmental Careers Organization has over 150 long and short term internships available Right Now !

Submitted by Vince Schanandore

These positions are all \*PAID\* and last from three months during the summer up to two years in length for recent graduates and are located across the country with various government agencies, nonprofit organizations, and companies. If you are interested in working or interning with organizations such as The Environmental Protection Agency, US Fish and Wildlife Service, Bureau of Land Management, National Park

Service, Jones and Stokes, IBM, West Harlem Environmental Action, and many other environmental agencies/organizations, visit the Environmental Careers Organization website at [www.eco.org](http://www.eco.org) <<http://www.eco.org>> ASAP. If you have further questions after visiting the website, contact Kristie King by phone at 215-493-5320 or by email at [kristiek@eco.org](mailto:kristiek@eco.org) <<mailto:kristiek@eco.org>>.

## ATTENTION: Counselors needed for 7th Annual National Native American Youth Initiative

June 19-27, 2004  
Washington, DC

Submitted by Vince Schanandore

The Association of American Indian Physicians (AAIP) is seeking Native American medical and health professional students to serve as counselors for a Health, Biomedical Research, and Policy Development program for Native American high school students in Washington, DC. The goals of AAIP's National Native American Youth Initiative are to motivate Native American high school students to remain in the academic pipeline and to pursue a career in the health professions and/or biomedical research.

Twelve Native American medical and health professional students will be chosen to serve as counselors for this intensive summer program for high school students. Counselors will serve as role models and guides throughout the entire week. Room,

travel, and board will be paid, as well as a stipend upon completion of the program. Applications are being accepted now for these positions. An AAIP Primary Data Sheet, letter of reference, photo, and a one page personal statement of why you are qualified/eager to work with the NNAYI students is required.

Application deadline is April 23, 2004. If you have any questions please contact Carla Guy at (405) 946-7072 or via e-mail at [cguy@aaip.com](mailto:cguy@aaip.com).

Carla Guy (Caddo)

Student Programs Coordinator  
Association of American Indian Physicians  
1225 Sovereign Row, Suite 103  
Oklahoma City, OK 73108  
Tel: 405-946-7072

Fax: 405-946-7651  
<http://www.aaip.com>

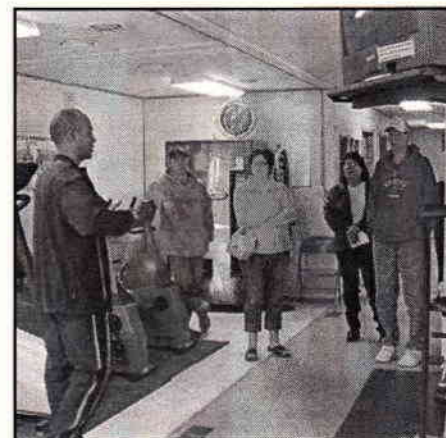
## Standing Rock Programs project positive image to UTTC Nutrition and Foodservice students

by Suzy Thorson



Nutrition and Foodservice students, faculty, and staff

On Monday, April 5, ten students, faculty, and staff members went on a field trip to tour nutrition and foodservice programs on the Standing Rock reservation. The sites included the IHS hospital foodservice and dialysis unit, the Standing Rock diabetes program and fitness center, the Food Distribution center, the Grant school foodservice program, and finally a tour of the Prairie Knights Food and Beverage Department. Everyone thoroughly enjoyed the tours. The hospitality shown to us was outstanding! Our day ended with a buffet meal at Prairie Knight casino. We all came away with a very positive image of the nutrition and foodservice programs as well as great pride in our vocation!



The Standing Rock Diabetes Fitness Center



# UTTC School Spirit Soars at AIHEC

by Russell Swagger,  
Dean of Student & Campus Services

You should have been there! The energy at the conference was unbelievable. Students appeared to walk on air from competition to competition. At least they did for the first two days. It was not a vacation by any means. Students and Staff were up early in the morning each day and were up late into the evening practicing and competing.

Everyone represented UTTC very well. At one point in the Knowledge Bowl competition, which is a personal favorite of mine, UTTC was down to two players. It turns out that UTTC had to be in two places at one time. So, two players went to compete in the Science Bowl and two players stayed and competed in the knowledge bowl. You should have seen it. It was a nail biter, with UTTC losing by only twenty points.

Another interesting competition was the Science Bowl. This was my first experience witnessing geniuses as they answered dozens of science questions. They answered everything from anatomy and biology questions to physical and earth science questions. The game was played much like the popular television show, Jeopardy.

We all sat on the edge of our seats as the announcer called out the United Tribes Technical College Criminal Justice Critical Inquiry Team as the 3<sup>rd</sup> place winners. What a spectacle, to see our students muster up the courage to stand in front of the judges and speak of community

safety and its importance to tribal communities.

We were also very pleased to have students place in the speech competition, talent show, the arts competition and as an AIHEC Student of the Year. One of our students walked away as the new AIHEC Student Congress Secretary.

I should of course remind everyone that our students and staff only had approximately 3 weeks to prepare for the competition. You can then start knocking off more days for the Spring Break and then throw in the fact that the students were stressed out from preparing for Mid-term exams. In reality, they probably only had two weeks of preparation time. The chartered bus became their study hall on wheels.

I can honestly say that since the days that I was a student here and in the time that I have worked here, this event ranks right up there as one of my most rewarding experiences. I personally witnessed future tribal leaders as they learned about the World. I watched them as they matured. And, they showed me how they could put what they have learned into practice. I have the pleasure of saying that I had a place in their professional and educational development. What an honor.

And finally, I would like to thank everyone at UTTC for supporting our students. I can't wait to gear up for next year. What a great experience.

## AIHEC Conference Participants

Kristen Stewart  
Beverly Bull Head  
Tamara Hayes  
Stacey Speedis  
Darren Red Boy  
Steve Walker  
Everett Baxter  
Herman Good Voice Flute  
Nicole Lavallie  
Michaelynn Nanto  
Lydia McKinney  
Denise Fourhorn  
Nicole Jacobs  
Ramon Thomas  
Jason Pretty Boy  
Carla Fleury  
Sonja Cain  
Merry Brunelle  
Jesi Silbernagel  
Wayne Pruse  
Julie Cain  
Suzanne Cadotte  
Justin LeBeaux  
Dr. David M. Gipp  
Russell Swagger  
Eric Cutler  
Tom Disselhorst  
Rondeena Hamilton  
Miss Indian Nations  
Vince Schanandore  
Gary (Our Trusty Bus Driver)

## Competition Places

**Alexis Azure**  
1<sup>st</sup> Place in Pencil Drawing  
**John Pepion**  
1<sup>st</sup> Place  
**Carla Fleury**  
Honorable Mention  
**Steve Walker**  
Honorable Mention Talent Show  
**Jason Pretty Boy**  
2<sup>nd</sup> Place Informative Speech  
**Jason Pretty Boy**  
New AIHEC  
Student Congress Secretary  
**Jeri Fischer**  
AIHEC Student of the Year  
**Denise Fourhorn,**  
**Tamara Hayes & Lisa Jackson**  
3<sup>rd</sup> Place – Critical Inquiry

## LET'S GIVE BACK TO MOTHER EARTH SPRING CLEAN-UP DAY

\*\*\*\*\*

**April 23rd, 2004**  
**9:00 a.m.-Noon**  
**Free cookout @**  
**the Cafeteria.**

**ALL STUDENTS AND STAFF MUST PARTICIPATE**



# Nutrition professional wear National Nutrition Month attire

by Wanda Agnew

Students and faculty from the Nutrition and Foodservice vocation joined nutrition professional from UTTC's Extension Program to celebrate National Nutrition Month during March. Several bulletin boards focusing on nutrition education were placed around the UTTC campus. Shelby Weist, Wopila Coffee Shop manager, developed a bulletin board stressing the need for adding vegetables to our diets and Pat Aune, UTTC Extension Food Safety Coordinator, reminded staff and students to make wise food by eating smart and eating half in an effort to encourage using single portions for weight control. The students and staff enjoyed a nutrition



Everyone posed for a photo while wearing their nutrition month t-shirt and proudly encouraged everyone to "Eat Smart".

month meal as the NF vocation club met for their monthly meeting.

# Nutrition & Foodservice students plant potatoes

by Wanda Agnew

Ten students in the Diabetes and Mother Earth class spent time in the garden Wednesday April 7. They planted the annual UTTC potato patch.

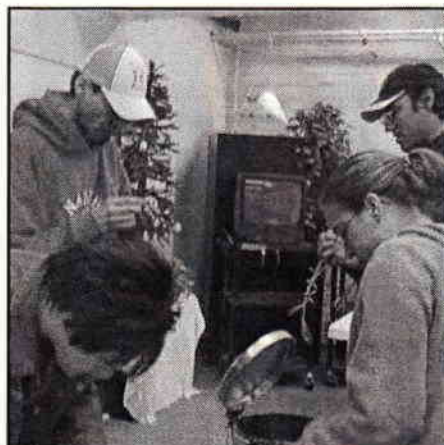
The students desprouted the potatoes and cut them in preparation for the actual planting. Each student dug a hole, placed the potatoes and covered them with dirt. The students were reminded how plants and animals have to die to give us, as human beings life. The annual event is interesting as none of the students had participated in actually planting potatoes before. The potatoes will be harvested in the fall by students enrolled in the Food Science and Basic cooking classes.

# UTTC Extension offers Dining with Diabetes classes

by Wanda Agnew

Kim Hinnenkamp, UTTC Extension Nutrition Coordinator, facilitated meal preparation and two UTTC staff members cooked tasty, low-fat, low sugar recipes. The recipes included pork chops, shrimp and chicken salads, glazed carrots and an apple crisp dessert. Participants, Carol Johnson and Vivian Gillette, reported the morning activity was fun and they were surprised more staff and especially UTTC students did not take advantage of the activity. They worked together in the kitchen to cook and serve the foods after a brief educational presentation. Imagine a FREE meal during a fun learning

session. The next Dining with Diabetes session is scheduled in the Land Grant Resources Room on April 20 from 10 am to noon. Call Kim Hinnenkamp at 1397 to reserve your spot.



**continued from page 1**

On behalf of United Tribes Technical College (UTTC), I want to thank Mayor Warford and the Bismarck City Council for this unique opportunity (which I hope will not be the last), to present our views of the creation of a community that welcomes people of different cultures, religions and races, in which people of all cultures, religion and races will feel free to express themselves and to be respected.

We at UTTC believe that we have been, and can and should continue to be a vital part of this community and its diversity. We began admitting students to our campus in 1969, and for the past 35 years have been an active part of this community and our state. At any given time, our campus, just south of the city limits near the airport, has within its more than 600 strong student population citizens of more than 40 different Tribal Nations from throughout the United States, as well as non-Indian students from North Dakota and elsewhere.

Our students are part of this community, as well. Many of them now live off-campus, in housing at various places within the City of Bismarck. We shop at local stores, eat at local restaurants vote in local, state and federal elections, and many of the sons and daughters of our faculty, staff and students attend local public and private schools. As many of you also know, we sponsor each year our United Tribes International Pow-wow, attended by tens of thousands of spectators and thousands of dancers, singers and drum groups, judges and other participants. These combined activities have a more than \$44 million economic impact on the City of Bismarck and the surrounding region. But this should all come as no surprise, as the indigenous peoples of the Great Plains have been an integral part of this area for countless thousands of years.

Mayor Warford, to his credit, has taken important steps to visit us on our campus and understand our role in the community, something not always done by city officials since our founding. Where once our contributions went unrecognized, we are now beginning to see a response to our needs and our contributions

within city and county government.

Further, as President of United Tribes Technical College since 1977, I have seen many changes in the way our students and staff and other Indian citizens of Bismarck are being treated in our community. When we first opened, there was a separate bail schedule for Indians and non-Indians in the Municipal Court. There were different requirements among Indians and non-Indians for obtaining an identification card that used to be issued by the Burleigh County Clerk of Court. The old Patterson Hotel still had a statement under the glass on its check-in counter that said "We do not rent to Indians." Our students could not cash checks at local businesses. Even our non-Indian staff often were discriminated against in finding housing, let alone our Indian staff and students. Much of this kind of overt racism has disappeared, thankfully.

Despite all of these changes, despite an increased recognition of our contributions to this community, we are often still treated as if we were outsiders, or a special interest group, or as if we should be patronized as if we were still children at the old Bismarck Indian School. Just in the past year, one or more of our students have experienced several incidents of discrimination that are discouraging and give us even more reason to believe that a lot more work towards the goal of ending discrimination is necessary in this community.

**Among other things:**

1) Just two weeks ago, a staff member who works with student housing was confronted with a landlord who had rented a home to one our of our students who began using racially charged language to the staff member. This incident happened despite the nearly 10 year existence of the North Dakota Fair Housing Council and its tireless efforts to ensure that housing discrimination becomes a thing of the past.

2) Some of our students are convinced, based on some recent incidents that are still under investigation, that racial profiling may still be occurring within our City Police Department. To this end, I

propose that we create and install a Police Citizens Advisory Council that works with the Bismarck Police Department to help the police with issues of racial sensitivity, community relations and cultural diversity and that further assists the Police Department to recruit policemen and women of diverse cultural and racial backgrounds.

3) This past fall a student at a local high school was confronted with a totally inappropriate and offensive use of an Indian mascot relating to a sports activity. We hope this incident became a learning tool both for staff and students, but nevertheless, it remains an unfortunate indicator of community attitudes.

4) One of our students conducted a non-scientific, but nonetheless telling, poll about racial attitudes among students at the University of Mary. His poll results showed that stereotypical and often discriminatory attitudes towards Native Americans still widely exist. His poll simply confirms what was found on a state-wide basis by the Department of Labor poll conducted last year.

5) A few years ago, some of the sons and daughters of Indians students at United Tribes who are attending local schools experienced a number of situations where they felt discrimination or lack of sensitivity to their needs at the hands of teachers and administrators. We welcome the effort of the ASSIST committee, which is working with the Bismarck Public School District and the School Board to remedy these and other learning issues affecting our Indian students in the public schools.

In all of this, we must recognize the need to make improvement not only in our attitudes but also in our capacity to provide sanctions when discrimination occurs. This effort must start with the attitudes of the public officials and the business leaders of our community. These leaders must stand up and say publicly that discrimination of any kind, overt or covert, must not be tolerated in our community. They

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willing to say these things in our civic organizations, in our schools, in our churches, in our political meetings and in our workplaces. They must be willing to take and support concrete steps to prevent discrimination from occurring, like supporting the continuation of our Bismarck Human Relations Committee. They must be willing to support giving that effort the legal tools needed to allow investigations of discrimination complaints to proceed and to provide sanctions against those who would discriminate, and to help prevent discrimination from occurring in the future through education and other preventive measures.

This effort must be continuous, and not a one-time effort. Prejudice and racism are attitudes that are passed from generation to generation; and relearned, and each generation must confront it anew and learn how to prevent it from occurring and from being passed on to successive generations. It is not something that cannot just be done away with permanently, as you would demolish a building.

In short, we will need more meetings like this. More importantly, we need to commence and sustain a dialogue with each other, as fellow members of the community, with all the respect and dignity that we can give this effort.

In the end, what we will get is a community that is vibrant, exciting, rich in personal, cultural, religious and spiritual resources, a community confident about itself and its place in the world, a community that embraces diversity and welcomes new ideas, without losing the feeling that this is a community in which we feel comfortable raising our children, running our businesses and living our lives. This may seem like a tall order, but I know that if we as well-meaning, hard working people commence a sustained dialogue on these issues, this kind of community is possible.

Again, Mayor Warford, and the Human Relations Committee, thank you for this opportunity to speak, and to begin a serious community discussion on these issues.

# T'ai Chi Chih goes much deeper than physical therapy

by Sharlene Gjermundson

T'ai Chi Chih was originated by Justin Stone who has had successful careers in music (he still records jazz piano). He was allied member of the New York Stock Exchange. He left the financial world in 1953 to take the first of many trips to the Orient, where he practiced with yogis in Indian and Zen Monks in Japan. In 1974 after having practiced and taught T'ai Chi Ch'uan for many years, he originated T'ai Chi Chih. In its short existence, mostly via word of mouth, T'ai Chi Chih has spread throughout the world. There are now over 1500 accredited teachers.

Justin considers the circulation and balancing of the Chi (Intrinsic Energy) to be the most important secret of life. TCC is a moving meditation, with far reaching benefits. The slow, soft movements have a real effect on blood pressure, weight control, and other physical aspects, but TCC goes much deeper than physical therapy. Most students feel the effects of the practice very quickly, so it is not necessary to accept results as a matter of faith. Students who realize that practice is absolutely necessary often experience profound changes during the beginning courses.

## What are T'ai Chi Chih Movments?

- \* A set of movements completely focused on development of energy, called CHI
- \* 19 stands alone movements and one pose
- \* Not a martial art-completely non-violent
- \* Does not require physical fitness or coordination-very old and very young alike can learn it.

## What are the Benefits of Regular practice?

- \* Circulates and balances the internal energy, called CHI
- \* Circulation of CHI increases physical energy
- \* Balancing of CHI increases health

and well being

- \* Improves balance, physical fitness, flexibility and stamina
- \* Promotes longevity and increases the quality of people's lives
- \* Expands creativity and awareness
- \* Benefits cannot be predicted or guaranteed, but will only come with regular practice

## Who can do the T'ai Chi Chih movements?

- \* Persons of any age or physical ability
- \* Movements may be adapted to be done while seated or for other physical limitations
- \* No special clothing or equipment required
- \* ALL CLASSES TAUGHT BY ACCREDITED TEACHERS

## Where are T'ai Chi Chih Courses being taught?

- \* Corporate Wellness Programs
- \* Schools & Universities
- \* Parks & Recreation Departments
- \* Retreats
- \* Hospitals
- \* Churches
- \* Prisons

## T'ai Chi Chih is a federally registered trademark

Jean Katus, accredited T'ai Chi Chih teacher will conduct two noon hour sessions at the UTTC campus on April 20, and the other on April 21, from 12 noon - 1 p.m. She will present movements to participants, along with verbal instructions, allowing time for enough practice of the movements presented so participants will feel comfortable using them on their own after the session. There will be time for questions. A handout will be available.

Jean Katus has been teaching the T'ai Chi Chih discipline since she was accredited to teach it in 1977 by Justin Stone, the originator.

6th Annual

United Tribes Technical College

# ART SHOW

Featuring  
Contemporary Art,  
Traditional Works and  
Graphic Design by  
Art/Art Marketing  
Students From  
United Tribes  
Technical College

*Region  
2003©*

April 30th - May 1st, 2004  
10:00 a.m. - 5:00 p.m.

Impact Gallery & Gifts  
324 East Broadway  
(corner of 4th & Broadway)  
Bismarck, ND

FUND RAISING RAFFLE

Register for original artwork created  
by faculty during the art show.



# Baby Announcement

## Amber Gagnon



Weight: 8 lbs. 2 oz.

Length: 20 in.

Birthday: 12-1-03

The baby girl of Nicole Gagnon  
& Sister of Mary Gagnon

**3RD ANNUAL WELLNESS GATHERING  
"UNITED TRIBES-LIVING IN BALANCE"  
APRIL 19-23, 2004**



## **Daily Events**

### **Monday, April 19th**

7:45- 8:15 a.m. - Daily Walk - Front of Skill Center  
12:00-12:30 p.m. - Daily Walk - Front of Skill Center

### **Tuesday, April 20th**

7:45- 8:15 a.m. - Daily Walk - Front of Skill Center  
12:00 - 1:00 p.m. - Tai Chi Class at James Henry Gymnasium-Sponsored by SHC  
12:00-12:30 p.m. - Daily Walk - Front of Skill Center  
3:00 - 4:00 p.m. "Women Feeling Good About Themselves"- Land Grant Room  
One Extreme Makeover & Pampered Chef Party.

### **Wednesday, April 21st**

7:45- 8:15 a.m. - Daily Walk - Front of Skill Center  
12:00 - 1:00 p.m. - Tai Chi Class at James Henry Gymnasium-Sponsored by SHC  
12:00-12:30 p.m. - Daily Walk - Front of Skill Center  
7:00-9:00 p.m. - Wellness Speaker-Jack Barden Center

Regina Aguilera is a wellness consultant and provides training throughout Indian Country in a variety of areas including health promotion/disease prevention, youth leadership, native wellness and traditional healing.

### **Thursday, April 22nd**

7:45- 8:15 a.m. - Daily Walk - Front of Skill Center  
12:00 - 1:00 p.m.- Wellness Walk Around Campus  
Led by UTTC President, Executive Deans, Keynote Wellness Speaker, Tribal Officials, IHS Staff, Diabetes Coordinators, Staff & Students, Etc.  
1:00 - 4:00 p.m. - Wellness Fair at James Henry Gym  
Informational Booths to be set up. Door Prizes to be given away at 4 p.m.

### **Friday, April 23rd**

7:45- 8:15 a.m. - Daily Walk - Front of Skill Center  
12:00 - 1:00 p.m.- Weigh to Wellness Awards at Wopila Coffee Shop

**Everyone is Invited - Come & Enjoy the Fun!**



# UTTC Summer Food Safety Institute

June 1 through June 4, 2004  
Bismarck, North Dakota

Join us as we learn together using a "hands-on" approach to study food safety. The Institute is based on the *ServSafe* National Restaurant Association workbook and teaching materials.

Interested individuals will take the *ServSafe* exam and receive national certification. Continuing Education Credits are also available.

**Tours, panel discussions, picnics and special events are planned. The food safety concepts include:**

- *Personal Hygiene*
- *Importance of Food Safety*
- *HACCP (Hazard Analysis Critical Control Points) Concepts and Food Codes*
- *Cleaning and Sanitizing Procedures*
- *Safety Receiving, Cooling, Serving, and Storing Foods*
- *Proper Thawing, Cooking, Hot Holding, and Reheating Foods*

Every class member will receive the *ServSafe Essentials* textbook; UTTC's *Together, Sharing Food Safety* CD; and numerous food safety tools.

## Who should attend?

- *Food service managers and staff*
- *Food vendors*
- *Day care workers*
- *Public health workers*
- *Anyone concerned about health and safety issues.*

**Register by May 20, 2004.**

Class size is limited. For a detailed schedule, costs, scholarship information and registration forms contact:

Pat Aune, Extension Food Safety Coordinator  
United Tribes Technical College  
3315 University Drive, Bismarck, ND 58504  
Phone: 701-255-3285 ext. 1399  
Fax: 701-530-0605  
E-mail: [paune@uttc.edu](mailto:paune@uttc.edu)

Fifteen scholarships are available for ND Tribal Community Members.  
Request a scholarship application using the address listed on the front.

## UTTC's *SerSafe* Certified staff include:

*Kelly Archambault, Pat Aune, Katy Churchill, Kim Hinnenkamp, Wanda Agnew  
Suzy Thorson, Shelby Weist, and Dennis Lucier*

The primary instructor is Pat Aune, UTTC Extension Food Safety Coordinator. Pat recently returned to North Dakota after 33 years of work with the Cooperative Extension Services in North Dakota, Alaska, and Oregon where she developed food safety, storage and preservation education programs focused to locally grown and native food resources.

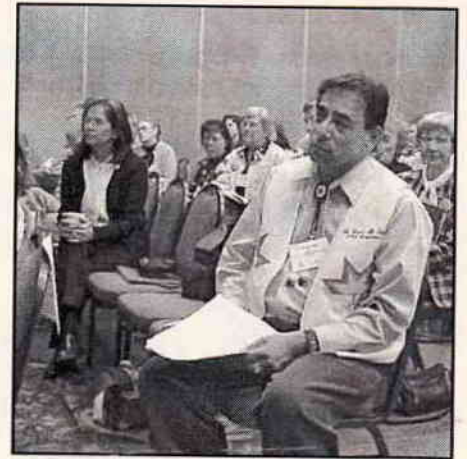
Sponsored by the United Tribes Technical College, Land Grant Extension Program, United States Department of Agriculture (USDA) Cooperative State Research, Education and Extension Service (CSREES) National Integrated Food Safety Initiative. We offer our programs and facilities to all persons regardless of race, color, national origin, religion, sex, disability, age, Vietnam era veterans status, or sexual orientation; and are an equal opportunity employer.

# Mayor wears symbol of his commitment to diversity



Bismarck Mayor John Warford

Bismarck Mayor John Warford believes that symbols are important. That's why he drew attention to the one he was wearing at the city's first major public meeting about cultural diversity. He told people attending the Town Hall Meeting on Discrimination that his beaded medallion was a gift from United Tribes Technical College President David M. Gipp. The mayor thanked Gipp for his generosity and friendship and praised him for being a leader with courage and vision. He said the medallion was a symbol of his commitment to the process of creating a supportive environment for diversity in Bismarck. Warford was instrumental in creating the Mayor's Committee on Human Relations, which organized the April 6 event attended by 350 people.



Dr. David M. Gipp, President of United Tribes Technical College, at the Bismarck Town Hall Meeting on Diversity.



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