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W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 4 NO. 22

March 11, 1996

Weekly Menu

Mar. 11 to Mar. 15

DINNER

- Mon.- Chuckwagon Stew, Homemade Buns, Salad Bar, Fresh Fruit, Relish Tray, 2% Milk
- Tue.- Baked Ham, Mashed Potatoes, Salad Bar, Vegetable Relish Tray, Dessert, 2% Milk
- Wed.- Turkey-Ala-King, Baking Powder Biscuit, Rice, Cranberry Sauce, Salad Bar, Pumpkin Bars, 2% Milk
- Thu.- Bar-B-Que Beef on a Bun, Fries, Salad Bar, Green Beans, Assorted Fresh Fruit, 2% Milk
- Fri.- Chicken Nuggets/Fish Platter, Wild Rice, California Blend Vegetables, Salad Bar, Lemon Bars, 2% Milk

Mar. 18

- Mon.- Goulash, Vegetable, Dinner Bun, Salad Bar, Assorted Fruit, Assorted Vegetable Tray, 2% Milk

SUPPER

- Mon.- Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% Milk
- Tue.- New England Dinner, Boiled Potatoes, Boiled Vegetables, Salad Bar, Dessert, 2% Milk
- Wed.- Chicken Breast on Rice, Au Gratin Potatoes, Salad Bar, Dessert, 2% Milk
- Thu.- Pepper Steak, Spanish Rice, Tossed Salad, Garlic Toast, 2% Milk
- Fri.- Roast Pork, Mashed Potatoes & Gravy, Vegetable, Salad Bar, Dessert, 2% Milk
- Mon.- Hamburger on a Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies, 2% Milk

Small Business Management

Small Business Management students - Lisa Condon, Leah Red Fox, and Chris Cadotte - attended the 21st Annual Minority Contractors Association Conference held February 21-22, 1996 at the Doublewood Inn, Bismarck, ND. The theme - "Small Business and Entrepreneurship in the 21st Century" paralleled the purpose of the Small Business Management program which is to prepare and assist business operators to achieve their goals through improved management, organization, and overall operations of business.

Carol Anderson, Small Business Management Director and Randy Miller, Construction Technology Director also attended the conference. Several students in Construction Technology were able to attend a student session on February 22, 1996.

The conference was co-sponsored by Laducer & Associates, Inc. and Minority Contractors Association of North Dakota.

Diet For Dollars

Come one, come all and sign up and join in on Dieting For Dollars. The Competition will begin Friday, March 15th at 9:00 am at the Student Health Office.

The Rules are:

1. All contestants must weigh without shoes.
2. NO jackets or sweaters when weighing in.
3. \$10.00 dollars will be paid in at the time of weighing in.
4. Weight will be checked weekly, you must check your weight every Friday.
5. Women and men will have separate categories. A winner will be paid from each category.
6. At the end of 30 days the person who lose's the most weight will win the total amount of money collected. Good Luck to All.

For more information, contact:

Emmett Redday
LPN Vocation

or House #157 on Campus.

Meet Lassie Lung

Students in Liz Miller's Anatomy and Physiology course are studying different body organs. They put their findings into the form of a personal story.

This is Melissa Redday's account about Lassie Lung:

I am Lassie Lung. I live in the town of Melville. I have many neighbors that live in other parts of Melville: they are nose, pharynx, larynx, trachea, the bronchial tree, and my closest relatives are alveoli and pleura and diaphragm. They live under the same roof or house that I do. We call it the thoracic cavity part of town.

Together with other organizations or systems of our town we all make Melville a nice place to live and work.

But right now I would like to tell you how my organization works and how we play a role in keeping it in good homeostasis or a good environment.

First the nose is one of my special relatives. He lives just outside the town, on the north end; I guess you can say he serves as or is a cop, for our town. He produces mucus and kicks out all the bugs that might enter Melville. By filtering with hairs, it also warms the town's air and moistens it so that our insides don't get too dry.

And the pharynx - he serves as a passageway for food and air. The throat is his nickname.

And the brother of the throat is the larynx who provides and directs food supplies to its proper place in town and also directs the filtered air into our system. Or in other words, he opens and closes doors and tells supplies where to go so they don't get lost. We call his home, or the roof over his head, thyroid cartilage.

The trachea is also a director for air and his nickname is the windpipe. The windpipe helps keep pathways open to make sure we get our supply of air.

And then there are the alveoli who are very close brothers and sisters who exchange gases and energy. They are some of my closest relatives and they work with me to manage things.

The pleurae help me also. Without the pleurae I would dry up and our system could not function properly. This could cause a malfunction called pain, and the rest of Melville would also be affected by our malfunction of pain. So I am luck to have the pleurae by my side. Oh yeah! pleurae also affect my relatives, the alveoli.

My next of kin, the diaphragm, is a very special brother of mine. He works with me when I am full of air supply and I get stretched and recoil passively during expirations.

If the nose lets in too much air at one time, the diaphragm gets mixed up and causes the town to get jumpy or to have the hiccups. We can sometimes stop these by not functioning for a moment and then function at rhythm pace again.

I can't forget the panic of other systems if they think my organization or system is not giving them their supply or share of oxygen; they will use an emergency route that they call a yawn. It brings a large amount of air supply through another source outside the town, called the jaw which can also open a doorway to Melville.

So that's my life (Lassie the Lung) in the town of Melville and my daily job or my 24 hour period, that will go on for the rest of my life.

REFERENCE:

Marieb, Elaine N. - Human Anatomy and Physiology
The Benjamin and Cummings Publishing Co., Inc. 708-751
Found in Nursing Office.

Submitted by Sister Kathryn Zimmer,
Director AASPN Program

* * * * *

March 1

Dear UTTC Staff,

Thank you for the lovely flower arrangement.

I am finding the day gets long-television can be watched only so long and reading is hard to do.

We did discover as a result of my falling and the cat-scan and x-rays that 'blondes have brains! But, oh do those brains ache at times, that was the other discovery.

Yes, I am resting an doing/very little but flip the remote on the tv.

Thank you for your thought-fullness.

Barbara Frey

* * * * *

* LEARNING CENTER EVENING HOURS*

for the week of
March 11 - 15

Monday, March 11: 6 - 9 p.m.

Tuesday, March 12: 7 - 9 p.m.

Wednesday, March 13: 7 - 9 p.m.

*News for the next weekly
Newsletter should be turned in
no later than
March 15, 1996
to Arrow Graphics
Wanda Swagger*



REGISTRAR NOTES

We have an "even more" tentative list of the 1996 Spring semester graduates which is listed below (some nursing students' names were not printed in the last newsletter). **A REMINDER TO ALL GRADUATES, YOU MUST HAVE ON FILE IN MY OFFICE AN "APPLICATION FOR GRADUATION". A WORD TO THE WISE** (Vocational Advisors), please note if you graduates are missing their application for graduation and there **WAS A DEADLINE: MARCH 1, 1996. PUT LIST HERE.....**

RETENTION ALERT!!! This is in regards to the I (Interactive) V(Video) N(Network) courses, unless otherwise noted, these are scheduled to end on **MAY 9TH**. Instructors be aware that **this is the same day as Graduation Exercises** and in order to receive full credit student must be in attendance. If you have further concerns, please contact the instructors or Liz Miller, the technician.

GUESS??? WHAT!!!. Midterm grades are finished. They (plus Time & Attendance hours) are being mailed out to each students' funding source/agency, counselors, advisors, student support services and to the students themselves. In the past grades were not mailed out to students, but alas this must be done as some students were unaware they were even signed up for a class (imagine!) and **VIOLA** they have a poor grade, which in turn brought down those all important 3 little numbers, i.e. GPA. Please check your mailbox first before stopping by my office for your copy. Thank you.

WALKING BUFFALO

"I want our people to know that they must come to understand their hurt and their pain if they are going to get sober and find peace.

Within our traditional ways,
we have ceremonies for anything
that we encounter.

Richard D. Thomas

AA MEETING

held at
Chemical Health Center
Every Wednesday Eve. at 7:00 pm

TENTATIVE 1996 SPRING SEMESTER GRADUATES: 3-11-96

AAM/SB: No Graduates

Two Year Associate Degree

AST: Austin Backward, Ben Shotgun, Albert Witt

CJ: Jean Cadotte, Kristi Dionne, *Rhea A. LeBeau, *Eddie Smart, Jr., *Lee Marie Smart, *Shelley Linette Two Bulls-Missing Address, *Duane Lodi Uses Arrow-Missing Address

ECE: *Brenna Lynn Guthrie, Melanie Redwater, *Shirley A. Witt
HI: Elizabeth Good Shield, Patricia Herron, Keva Janis, Lynne Mann, Rita Moran, Letitia Stewart

LN: *Pierre Louis Berger, *Marilee Jo Byington-Missing Address, *Shelly Rae Harvey, *Christine Johnson, *Danielle Lyons, *Linda J. Martinez-Missing Address, *Bonnie J. Mehrer-Missing Address, *Linda Lee Nygard-Missing Address, *Dana Lynn Reidhammer, *Glenda Faye Rush-Missing Address, *Deborah K. Sperle-Missing Address, *Rhonda Ellen Taken Alive-Missing Address, *Marie R. Temes-Missing Address, *Nicolett Volz

OT: *Michelle Lee Bear Heels, *LeAnn Marie Berger, *Katherleen Sue Big Eagle, *Leah Elaine Blue Bird, *Belynda W. Vassar, *Colleen Lisa Condon, *Cleveland Isaac Iron Heart, II, *Brenda Joyce Kirkie-Missing Address, *Rhonda Mae Mitchell, *Lisa M. Rowland, *Jessica P. Stewart, *Sheila D. Wilkinson

One Year Certificate

BTW: Paul Cavanaugh

CJ: *Waylon James Goodleft, *Steven R. Redbow-Missing Address, *Thurlo Reed Tidzump

HM: *Tegan Raye Janis-He Crow

*Application for Graduation on file. Total Degrees/Cert: 46/5


**SORRY THE
NEWSLETTER WAS
SO LATE!!!
THE COMPUTER
WAS STILL ON
SPRING BREAK!!!**

THEODORE JAMERSON ELEMENTARY

March 1996



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Womens Support Group-6-7 Child Dev. Center & Childrens Support Group-4-5-Small Gym Say No Club- 5th-5:30-Education & Entertainment-Old Gym 14th-6:00-5th&8th grade only! - to be announced. 21s- 5:30-Swim & Slide-Cafertena Bus Pickup 28th- 5:30- Poster Contest-Old Gym PTO Meeting 12:00-1:00 At Russell Hawkins Bulding					1	2
3	4 1:30 Dismiss Spring Break Staff Inservice Dance Club 3:15-5p Womens Group Childrens Group	5 1:30 Dismiss Spring Break Staff Inservice Say No	6 TAT Meet 1:30 Dismiss Spring Break Staff Inservice Staff Meet.	7 No School Spring Break	8 No School Spring Break	9
10	11 Womens Group Childrens Group Homework Cent. 3:45-4:45	12 No School Parent/Teacher Conferences	13 TAT Meet Parent Breakfast Dance Club 3:15-5p Homework Cent. 3:45-4:45 PTO Meet.	14 Say No Science Fair Kindergarten Public Lib. Homework Cent. 3:45-4:45	15	16
17 St, Patrick's Day 	18 Dance Club Womens Group Childrens Group Homework Cent. School Assembly	19 Parent ✓ out 3:45-5:00 After School Club 3:15-3:45 Parenting Class 4:30-6:30	20 TAT Meet Staff Meet. Dance Club 3:15-5:00	21 Say No Homework Cent. 3:45-4:45	22	23
24	25 Dance Club Womens Group Childrens Group Homework Cent. 3:45-4:45	26 Parent ✓ out 3:45-5:00 After School Club 3:15-3:45 Parenting Class 4:30-6:30	27 TAT Meet Dance Club 3:15-5:00 Homework Cent. 3:45-4:45	28 Say No Homework Cent. 3:45-4:45	29	30
31						

NORTH DAKOTA

arts
ALLIANCE

DAKOTA CONNECTIONS

Winter 1996

FUNDAMENTALS OF ARTS LEADERSHIP

Bismarck, April 13 and 14, 1996

A WORKSHOP ON BUILDING HEALTHY ARTS ORGANIZATIONS

Making the arts a vital part of a community takes vision, energy and talent. It takes financial resources. Even more fundamentally, it takes the skills of people who understand how to plan, how to build a group that works together, how to communicate, how to develop community connections and support. These skills will be the focus of a workshop, *Fundamentals of Arts Leadership*, hosted by the North Dakota Arts Alliance in cooperation with the National Assembly of Local Arts Agencies. It will be held at United Tribes Technical College in Bismarck on Saturday and Sunday, April 13 and 14.

Two national arts leaders will be the facilitators. Robert Lynch, President and CEO of the National Assembly of Local Arts Agencies, and Tina Burdette, President of *Imagine the Possibilities*, an organization service company in Tulsa, Oklahoma, are leading authorities in arts management, with many years of experience in the field.

NALAA's involvement and generosity will make it possible for us to present the workshop at a low cost to participants. The \$40 registration includes lunch on both days. NoDAA members qualify for a reduced fee of \$25; if more than one person attends the workshop from a member organization, each additional participant's fee is \$15.

The workshop is intended for staff, volunteer leaders and board members in arts organizations of every size and description in North Dakota. We hope that groups will be able to send more than one person to Bismarck so that new ideas and skills can have an impact

on organizations. Lunch will be included in both days' sessions; at Sunday's lunch, Sandra Karnack will speak on arts organizations and the ADA.

The curriculum of the workshop will be based on North Dakota arts organizations' needs and concerns. Between now and April, the presenters will get input from NoDAA on the topics to be emphasized. You can contribute to this process by contacting the NoDAA office with your ideas. In similar workshops around the country, sessions have included *Planning for Action*; *Funding the Arts through Local Partnerships*; *Working Well with Board, Staff and Volunteers*; *Promoting the Arts in the Community*; and *Key Issues Facing the Arts Today*. All participants will receive a 310-page workbook incorporating recent developments and ideas on arts management.

The National Assembly of Local Arts Agencies fosters the development of the arts in communities around the United States. Robert Lynch has led the organization since 1978. Lynch is nationally known as an advocate and as a speaker on arts leadership, management, creativity and community cultural planning. Before joining NALAA, he was executive director of the Arts Extension Service at the University of Massachusetts. Tina Burdette is familiar to some North Dakotans for the advanced leadership workshop she conducted at last year's *Art Beyond Boundaries* conference. A writer and teacher as well as an organization consultant, she has served clients in major state and national cultural organizations.

A brochure with full information on

workshop topics, schedule, registration and lodging will be sent to the NoDAA mailing list and will also be available through local arts councils. Contact the NoDAA office for more information.

IN THIS ISSUE:

MAKING THE CASE FOR ARTS EDUCATION

To achieve their full potential as human beings, children need an education in the arts . . .

Of course they do, and the fact that you're reading an arts newsletter suggests that you agree. But what about parents, teachers, and school board members who don't . . . or who believe that the arts are a fine but dispensable frill? It's not enough to argue for arts education from our personal love of the arts or even our personal experience with the arts' impact on students. There is an impressive, growing body of research that points out the multiple benefits of arts education as an important contributor to student success. **On page 2** – four reasons the arts are indispensable to education: a summary of the case we need to make for the arts in our schools.

Also in this issue:

RESOURCES FOR THE ARTS IN SCHOOLS AND COMMUNITIES

MADE IN NORTH DAKOTA:

Arts Entrepreneurs at Marketplace '96;
Anthology of North Dakota Writers

THANKS TO NoDAA

ORGANIZATION MEMBERS

Making the Case for Arts Education

excerpted from *The Arts and Education: Partners in Achieving Our National Education Goals*, a publication of the Goals 2000 Arts Education Partnership

The arts are indispensable to education, for four important reasons:

- 1.) The arts engage students in learning in a variety of ways that enable them to develop many areas of intelligence and different habits of mind.
- 2.) Research shows clearly that the arts help children build both basic and advanced thinking skills, develop problem-solving skills, and instruct children in diverse modes of thinking and learning. These are essential for life-long learning and responsible citizenship. (*To learn more about this research, see the Kennedy Center publication listed in the Resources section of this newsletter.)
- 3.) The arts reach students who are otherwise disempowered and disenfranchised by providing diverse routes to academic and personal achievement. They enhance self-discipline, perseverance and hard work and provide gateways to other learning.
- 4.) As well as being valuable in their own right, the arts help students build solid connections with other academic areas and to integrate their learning. The arts promote cross-cultural and interdisciplinary learning. They also offer students the opportunity to acquire skills not readily available via other disciplines.

The Goals 2000 Arts Education Partnership brought together more than 100 national organizations to develop plans for incorporating the arts in the Goals 2000 education improvement process. Contact NoDAA for more information on research and action.

NORTH DAKOTA ARTS ALLIANCE

PO Box 428, Minot 58702

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E-mail: nodaa@aol.com

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Resources for the Arts

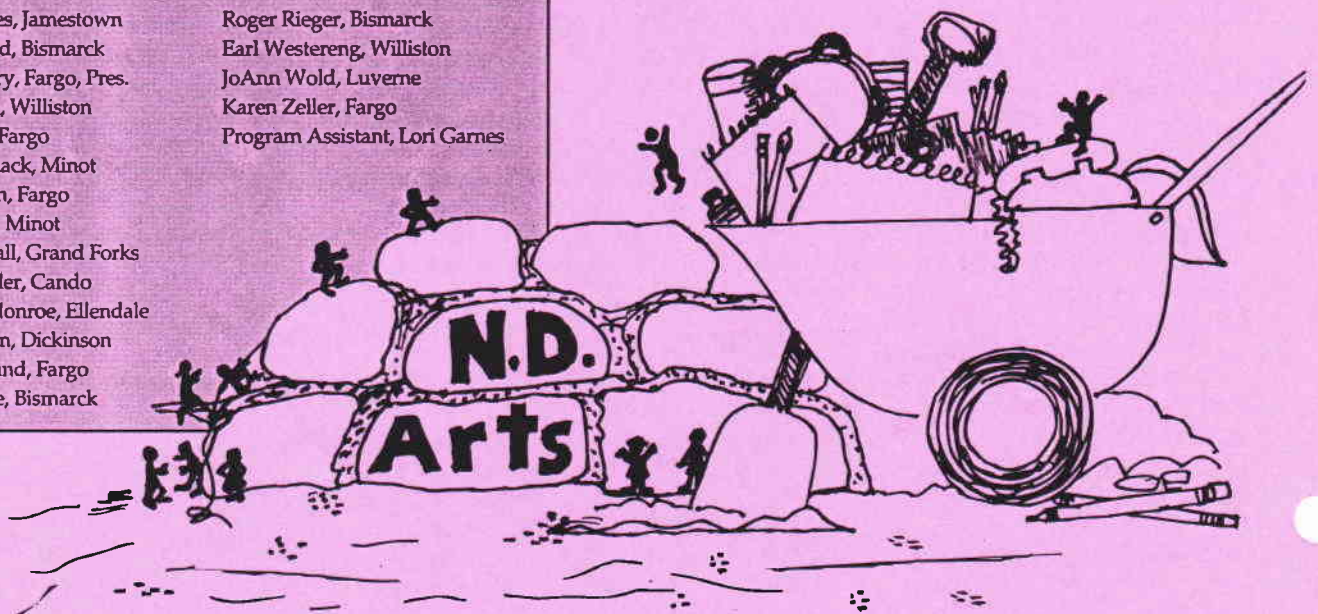
A selective list of materials and resources for the development of the arts in schools and communities

Two books published in Minnesota focus on the integration of the arts into rural school and community life. *Rural Arts Collaborations: The Experience of Artists in Minnesota Schools and Communities* (\$10) and its companion *Handbook for Rural Arts Collaborations* (\$7) are guides for successful involvement of the arts in rural communities. The emphasis is on specific descriptions of projects that have worked and on practical recommendations for creating similar collaborations. The handbook offers guidelines on such basics as creating artist/teacher collaborations, developing project themes, offering formats for artists' activities, finding school and community connections, and handling the logistics of budgeting, fundraising, assessment and publicity.

To Order: Write COMPAS
304 Landmark Center, 75 W. Fifth St.
St. Paul, MN 55102 or call 612-292-3249

Schools, Communities and the Arts: A Research Compendium (\$16.50) has been published by the Kennedy Center Alliance for Arts Education Network. Its purpose is to summarize the most recent research findings on arts education in an accessible, readable format. It is a particularly useful resource for everyone who wants documentation as they make the case for the arts in education to educational policy-makers.

To Order: Write the John F. Kennedy Center for the Performing Arts Education Department
Washington, DC 20566-001 or call 202-416-8845



NoDAA Organization Members

The North Dakota Arts Alliance is made up of individuals and organizations involved in the arts in our state. One of the newest organization members is Prairie Public Radio, with stations in Bismarck, Dickinson, Minot, Williston and Jamestown. Prairie Public Radio has become the first NoDAA member at the Guarantor level.

Other current organization members are:

Arts Council of the Lake Region
 Arts Plus, Fargo
 Bismarck Art and Galleries Association
 Cando Arts Council
 Dakota West Arts Council
 Fargo-Moorhead Community Theatre
 Fargo-Moorhead Civic Opera
 Fargo-Moorhead Symphony
 Fire Hall Theatre, Grand Forks
 Grand Forks Master Chorale

International Ambassadors of Music
 International Music Camp
 KDSU Public Radio
 Lake Agassiz Arts Council, Fargo
 Little Star Theatre, Milton
 ND Art Gallery Association
 Northwest Art Association, Minot
 Plains Art Museum, Fargo
 Red River HS, Grand Forks
 Sleepy Hollow Summer Theatre, Bismarck
 Suitcase Shakespeare, UND
 United Tribes Technical College
 Valley City Art and Galleries Association

We will acknowledge individual members by name in a future issue.

Be A Member of The North Dakota Arts Alliance and get the Resource Guide

 Name of individual, organization, business

 Business/organization contact person and title

 Address

 City State Zip

 Work phone Home phone

Enclosed is my check, payable to the North Dakota Arts Alliance, in the amount of:

INDIVIDUAL, BUSINESS, EDUCATIONAL INSTITUTION

- _____ \$2,500 Pacesetter
- _____ 1,000 Guarantor
- _____ 500 Benefactor
- _____ 250 Contributor
- _____ 125 Sponsor
- _____ 75 Donor
- _____ 50 Patron
- _____ 25 Friend, individual basic membership
- _____ 5 Student

ORGANIZATION

(Dues based on annual operating budget)

- _____ \$150 (budget over \$100,000)
- _____ 125 (budget 75,000-100,000)
- _____ 100 (budget 50,000-75,000)
- _____ 75 (budget 25,000-50,000)
- _____ 60 (budget 10,000-25,000)
- _____ 40 (budget 5,000-10,000)
- _____ 30 (budget under 5,000)

Return to:
 North Dakota Arts Alliance
 P.O. Box 428
 Minot, ND 58702

Made in North Dakota

In each issue of Dakota Connections, we describe art being created in our state, with emphasis on work and ideas that can be shared with others. Readers are invited to submit information for this feature.

Artists at Marketplace '96

NoDAA organized and presented a workshop, Art as a Business, at this popular economic development gathering in Bismarck on January 4. Three successful artist-entrepreneurs offered advice on how artists can market their art, with information based on their own experience. Mink Shalhoob of Bismarck moderated a discussion that ranged from wholesaling to pricing. Panelists were Susan Davy of Davy Pottery (Route 1, Box 100, Burlington 58722), David Badman of Badman Original Jewelry (407 DeMers, Grand Forks 58201) and desk-top publisher and designer Kim Eslinger (229 W. Rosser Avenue, Bismarck 58501).

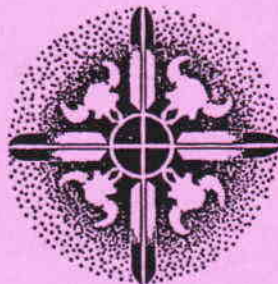
North Dakota Writers in *Prairie Volcano*

Editors Martha Meek and Jay Meek have collected work of 50 writers in this volume. Some - like Louise Erdrich, Jon Hassler, and Louis L'Amour - have familiar names. Others will be new to you - all have lived in North Dakota, whether they were born here or came

from elsewhere. They reflect on the land, on coming to North Dakota or leaving it, on ethnic roots and space and cold and beauty and struggle and what it means to live in this place. As editor Jay Meek says, "*Prairie Volcano* means to suggest by the title . . . how powerfully the force of our imaginings rises from the drift plains and prairie marl." Martha Meek's introduction, "Writing from the Doughnut Hole," offers a thoughtful perspective on the art that comes out of North Dakota experience; and Jacquelyn McElroy's cover serigraph, with its exploding grain elevator, is a unique complement to the title.

This paperbound anthology is published by Dacotah Territory Press/St. Ives Press. You will find it in several North Dakota bookstores, including Maxwell's in Bismarck, B. Dalton in Minot and Grand Forks, Books to Go in Devils Lake, Barnes and Noble and Zandbroz in Fargo, and the ND Museum of Art and UND Bookstore in Grand Forks. (\$14.95) It can also be ordered through Plains Distribution Service, Box 931, Moorhead, MN 56561.

From the Office of the Cultural Arts Department:



UTTC hosting workshop on "Fundamentals of Arts Leadership"
at UTTC Skills Center, Room 107,
April 13-14, 1996

UTTC is a member of the North Dakota Arts Alliance and anyone interested in attending this workshop that is a UTTC employee or student may attend. The cost is \$25.00 for registration fee for the 1st person and each additional person would be \$15.00.

If paying by check - make it out to: **North Dakota Arts Alliance**

UTTC students and staff are encouraged to attend. For more information call: Sandy Poitra, Ext. 331