

# W UNITED TRIBES TECHNICAL COLLEGE R WEEKLY NEWSLETTE

VOL. 5 NO. 6

September 30, 1996

## Weekly Menu

*Sept. 30 to Oct. 4*

### DINNER

- Mon.- Goulash, Vegetable, Dinner Bun, Salad Bar, Assorted Fruit, Assorted Vegetable Tray, 2% Milk
- Tue.- Bean Soup, Ham Sandwich on a Bun, Salad Bar Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk
- Wed.- Roast Beef and Mashed Potatoes, Natural Gravy, Vegetable, Salad Bar, Dinner Roll, Assorted Fresh Fruit, 2% Milk
- Thu.- German Style Sausage and Beans or Kraut, Salad Bar, Dinner Bun, Dessert, 2% Milk
- Fri.- Fishwich and Chips, Dessert, 2% Milk

*Oct. 7*

- Mon.- Spaghetti with Meat Sauce, Garlic Toast, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk

### SUPPER

- Mon.- Hamburger on a Bun, French Fries, or Potato Chips, Soup, Salad Bar, Brownies, 2% Milk
- Tue.- Pork Chops, Rice, Vegetable, Salad Bar, Dessert, 2% Milk
- Wed.- Swedish Meatballs over Noodles, Vegetable, Salad Bar, Dessert, 2% Milk
- Thu.- Grilled Steak, Baked Potato, Garlic Toast, Tossed Salad, Fresh Fruit, 2% Milk
- Fri.- Lasagna, Garlic Toast, Vegetable, Salad Bar, Dessert, 2% Milk
- Mon.- Baked Ham, Au-Gratin Potatoes, Vegetable, Salad Bar, 2% Milk

## *1996 United Tribes Technical College*

### *Homecoming Activities/Celebration*

Homecoming Activities will start October 14, 1996. Homecoming Activities will be scheduled through the week, in the Newsletter.

Nominations for Homecoming King and Queen will be taken on October 14 and 15 in the library. Voting for Homecoming King and Queen will be in the Cafeteria on October 16.

The Homecoming Parade and Football game will take place on October 18, 1996. UTTC will be hosting Sitting Bull College.

Details pertaining to the activities and parade will be posted in the newsletter. Each vocation will be able to participate in the parade.

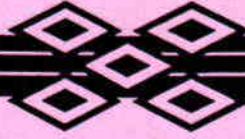
### *Join in Nursing Department Joys*

Of the 13 nursing students who graduated in May 1996, there are nine who have completed the nurse Licensure Examination -- all have passed!!

A graduate who completed her work in the spring of 1995 has also passed and is now enrolled in the nursing baccalaureate degree program at Presentation College, Aberdeen, SD.

Congratulations all! And may the Spirit of Wisdom be with the four still to complete the examination.

submitted by Sister Kathryn Zimmer,  
Director, AASPN Program



## The Native American Higher Education Initiative

Although the W.K. Kellogg Foundation has been involved with tribal institutions for years, in such areas as health and leadership, its latest initiative--a sweeping one--has the potential to address a myriad of issues facing Native American today.

The Native American Higher Education Initiative (NAHEI), which was launched last summer, is pulling together higher education leaders from all of the country's tribal colleges.

"One of the interesting things is that our funding seems to have come right at the right time, because of the cuts in the federal budget," said Betty Overton, the Foundation's coordinator and program director for NAHEI. "We didn't know when we were putting things together for this initiative that those cuts were coming, but that's the way it worked out. Planning is always crucial, but all the more so when budgets have been cut."

The goal of the initiative, Overton said, is two-pronged: to help students achieve success in mainstream colleges and universities, and to help the nation's more than 30 Native-controlled higher-education institutions address the academic, cultural, leadership and economic needs of their communities. As such, the initiative is a natural outgrowth of the Foundation's work with land-grant universities and tribal institutions.

"The interest in this whole area has come from a number of directions," Overton said. "First, it has come because we were increasingly beginning to work in various areas across the Foundation--in leadership and in health, for example, with tribal institutions. We began to note that here was a set of young institutions that still needed a lot of development and capacity building, and that's one of the things that we think we help institutions do." At the same time, she said, "Congress started discussions concerning making these tribal colleges land-grant institutions. Of course, the Foundation was very intrigued with the idea, which eventually became a reality. Not only has the Foundation been a long-time supporter of Native Americans, it also has been a major funder of land-grant institutions."

Currently, NAHEI is in its first phase, which largely is devoted to a strategic-planning and "visioning" process. As part of the first phase, Overton explained, the Foundation has asked those involved in Native American higher education to examine their institutions to determine areas of need, as well as opportunities for program development. "We asked them to come up with one vision, but with each of the individual institutions saying: 'This is how we fit into that vision, and this is how we see making that vision a reality,'" Overton said.

NAHEI is specifically aimed at bringing mainstream colleges and universities together with tribal institutions, so the two groups can plan and develop their programs with a unity ultimately benefiting Native American students and, as result, their communities. "The focus for us is always the Native American student, though we're taking an institutional tack on that," Overton said. "The tribal institutions only enroll about 20 percent of Native American students. The other 80 percent are at mainstream universities. So if we want to really impact Native American students, we can't just focus on tribal colleges, we also have to bring in those mainstream institutions.

"Part of the dilemma that we were seeing was: Do you try to prepare people who are absorbed into the main culture or those who are separated out? The grant is helping bring those two together," she said. For that reason, the Foundation's Initiative has targeted both the American Indian Higher Education Consortium--the tribal colleges' umbrella organization--and the National Institute for Native Leadership and Higher Education--a Stanford-based organization that represents mainstream universities that have sizable Native American enrollments and programs.

"We asked the institutions to try and come together and decide: 'What is your vision? What is it you want to accomplish? Whether you're a mainstream institution or a tribal college, the idea is to try to come together,'" Overton said. The institutions, she added, are doing so in unique ways--by bringing in outside consultants, forming cooperative planning ventures, arranging internal training and strategy sessions, and networking with others who are involved in Native American higher education.

The Initiative's first phase, for example, involves three networking meetings which will give representatives from all of the participating institutions the opportunity to meet and share ideas. The first such session took place this year in Montana. The next meeting is tentatively scheduled for February in New Mexico. So far, Overton said, things are going well. "It's been amazing," she said. "So many of the institutions are having their first chance to actually visit each other and discuss ideas. We keep saying, 'Steal liberally from each other, put plans together,' and so on, and it's been wonderful." That spirit of collaboration and partnership is one of the Foundation's hallmarks. "One of the strategies of our grant making is not do things in isolation, but to connect or link groups and organizations," Overton said.

"If, say, one institution is far along in the process, they can help strengthen others. But it doesn't always have to be someone from outside," she said. "The idea is to build resources and opportunities. We simply want to facilitate the process for them to find those resources, while acknowledging that the Foundations won't ultimately be able to support everybody's plan," Overton says. "In phase two, we see ourselves picking out the big issues and trying to support those," she said. "The Initiative is taking a very logical approach: 'What is the vision?' We can't fund 33 institutions, but we will look at some of the common themes and see where we can be assistance. We hope that through this current planning process, the institutions will be in a better position to talk about their needs.

*Taken from Winds of Change, Volume 11, No. 2, Spring, 1996*



### *Thank You*

*I would like to take this opportunity to express my appreciation to all the staff and students who have taken time to call or stop by the hospital to see me. I can't tell you just how much this means to me. And a special thanks to all those who have donated sick leave to me, this helps keep the wolves away from my door. May God's blessing be with you and your family.*

*Ray Dwelle*

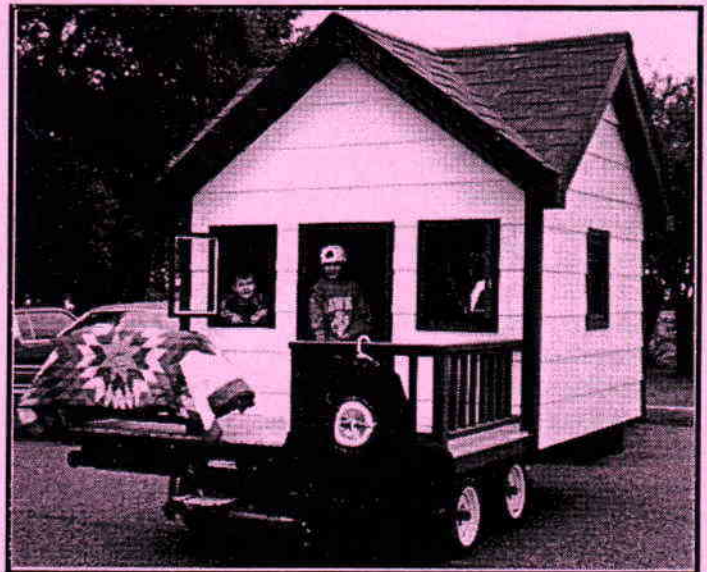
## **UTTC Construction Technology Raffle**

The UTTC Construction Technology Student Association is having a raffle. Grand prize is the Children's Playhouse pictured below. 2nd place is a star quilt, and 3rd prize is a Building Trades Technology jacket worth approximately \$80.00.

We will be having the drawing on November 18, 1996 in the Construction Technology class room number 117C at the Skills Center at 2:00 pm.

The children's playhouse is the same one you may have seen at the United Tribes International Powwow. So come by and purchase a raffle ticket for \$1.00 each. We will also be displaying the prizes in the Bismarck area if you are not able to drop by the UTTC campus. The phone number to call is 255-3285 ext. 242.

Every raffle ticket purchased is a chance to win, so please support the UTTC Construction Technology students. Your contribution will be appreciated.



## **Press Conference Notice**

A new campaign to encourage Native Americans **DON'T DRINK and DRIVE** will be kicked off on October 10 at 11:00 a.m.

The campaign message, "Don't Drink and Drive," will remind drivers not to drink when driving. This is a simple message, but Native Americans are still experiencing motor vehicle fatalities three (3) to seven (7) times the national average. In 1995, North Dakota had 74 fatalities, Native Americans comprise 3% of North Dakota population but had 20% of the fatalities.

The message featured on this billboard will also be in Tribal casino's across the state.

The message is cultural appropriate, since its in their own native language. The press conference will be held at the billboard on South University Drive and 12th Street in Bismarck.

In case of rain it will be held at the James Henry gymnasium in the small auditorium on the United tribes campus.

Contact: Dennis Renville  
(701) 255-3285 ext. 374

**Information for the**  
**Next Newsletter**  
**no later than October 4**  
**to Arrow Graphics**  
**Attn: Wanda Swagger**



**Chemical Health Center  
Presents:**

**A 2 Hour Telecast on:  
DOMESTIC VIOLENCE**

**October 3, 1996**

**Skill Center, Room #118**

**12:00 p.m. - 2:00 p.m.**

**to pre-register call:**

**255-3285 ext. 272**

**Bring your own lunch!**

To The Editor,

A new fad is sweeping the colleges. Although people aren't throwing up over it, it is still growing in popularity. It doesn't give you a hangover, and it helps you get your tests done on time. A way the electrify your brain into a pentinium processor. Power punch for perfect papers and pleasant popular parries at parties.

How to obtain a powerful brain? Good nutrition and a drink to make you think. A think drink: Mix 3 to 6 tablespoons of lecithin granules (or take capsules) with 1 tablespoon of vinegar (which is acetic acid) in a nonalcoholic beverage. Some brain cells combine these ingredients, to make acetylcholine, for your brain cells to communicate and remember with. Most acetylcholine, means more memory available, since more cells are connected by more acetylcholine. Quicker thinking too. Proper nutrition and plenty of protein produces a powerful brain and premium peak performance.

Alcohol will destroy the effect, since it depletes acetylcholine, causing less of it, and alcohol destroys brain cells that make it, which lowers your capability to manufacture this important neurotransmitter. Leading to less memory and coordination ability. The damage can last a lifetime.

Super to be Sober,  
John N. Maguire III  
149 Cabana Road  
Myrtle Beach, SC 29572  
Fax: 803-272-0792

**CHEMICAL HEALTH CENTER  
SYMPTOMS OF  
CO-DEPENDENCY:**

- \* Co-dependents feel trapped, depressed and alone.
- \* They feel embarrassed by the behavior of their chemically dependent family member and feels that their behavior reflects one them.
- \* They are easily influenced by what others say, or do, and what others might be thinking or feeling.
- \* Co-dependents work hard to keep other people from being upset with them or disappointed in them. They may lie or distort the truth to avoid making others angry.
- \* They hide their less than perfect behavior (like making mistakes, swearing, smoking, over eating, or drinking) from family members.
- \* Co-dependents can be afraid to leave home for fear that something will happen to someone they love.
- \* Co-dependents feel obligated to take care of other people.
- \* They feel guilty when they ask for something for themselves.
- \* They give up their own wants and wishes to make other people happy.
- \* The flip side, they try to control people in order to get what they want without having to come right out and ask for it. You cannot make a person less chemically dependent, but you can make a person less co-dependent by getting information and educating yourself.
- \* Keeping silent will make matters worse.
- \* Talk to someone about your fears and worries, even if you don't know what is wrong, talk it out.
- \* Co-dependence is a disease of shaming, blaming and protecting someone. The longer it is kept a secret, the worse it becomes, and the more isolated and different the person feels.

If you think you have a problem of Co-dependency, get help! The Chemical Health Center can help, come on in our office, Our center is open from 8:00 am to 5:00 pm also we have a support group on Tuesday nights for women at the Chemical Health Center at 7:00 pm.



*Congratulation*

We confirm that the totals are correct to the best of our knowledge. There were 162 voters and 162 ballots are accounted for.

**Winners for the Student Senate**

**PRESIDENT**

*Richard Greenwald*

**VICE PRESIDENT**

*Lisa Wallowing Bull*

**THEASURER**

*Colleen American Horse*

**SECRETARY**

*Frog (Raymond Landreaux)*

**PARLIMENTARIAN**

*Thurlo Tidzump*