

UNITED TRIBES ON CAMPUS NEWS

Vol. 13 No. 5

UNITED TRIBES TECHNICAL COLLEGE * BISMARCK, ND

March 1, 2004

Tribes have advantage in filling emergency gap

BISMARCK, ND – There's a small but potentially significant gap in the way communities respond to catastrophic disasters, like a huge tornado or unexpected explosion. Not enough has been done to prepare people who are on the scene when it happens – regular folks who can do some good in the time before professionals arrive.

"Basically we're teaching civilians how to respond to an emergency situation," said Barbara

Schmitt, University Center Director at United Tribes Technical College. "Being able to react to a situation can help fill that gap."

Schmitt is the co-coordinator of UTTC's Community Emergency Response Team (CERT). The campus community of about 1,000 people located in the greater Bismarck-Mandan metro area is the first locality in North Dakota to assemble and train such a team. The training is promoted
continued on page 4



UTTC's Property/Supply Manager David Raymo practices basic fire suppression using the PASS system, which stands for Pull the pin, Aim the extinguisher, Squeeze the handle, and Sweep it across the fire source, in this case a small amount of gasoline confined to a metal bin used during a simulation exercise.

Men's Health Day

Thursday, March 18th
All Activities To Be Held at Jack Barden

LOTS OF DOOR PRIZES & SNACKS

9:00-12 Noon - Information Booths - Topics are as follows: Oral hygiene, testicular cancer, Cholesterol & BS Screening, Body Fat & BMI, Domestic Abuse, Health & Fitness, Nutrition, Sexually Transmitted Diseases, Tobacco, Lean Machine, Financial Literacy & Many More!!!

1-3 p.m. - "Health & Fitness as a Lifestyle" Presented by: Jamie Grismer - Former Bismarck Roughrider Football Player, Certified Personal Trainer, Exercise Science Degree from U of Mary.

Russ Drake - Fitness Instructor
At the end of this session a \$75 Scheels Gift Certificate will be given away.

INSIDE:

Mid-term Exams	p. 6
T-Birds Hoops	p.10-11
Historical Trauma	p. 9
Shed For Sale	p. 12



Dennis Lucier's UTTC Diner

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

March 1 - 5

March 8 - 12

DINNER		SUPPER		DINNER		SUPPER	
M	Spaghetti, Garlic Toast	M	Baked Ham, Au-Gratin Potatoes	M	Chili, Garlic Toast	M	Roast Beef, Mashed Potatoes
T	Steak Sandwich, Potatoes	T	New England Dinner	T	Taco Salad	T	Bar-B-Que Chicken, Potato
W	Over Baked Chicken	W	Salisbury Steak, Potatoes	W	Swedish Meatballs, Noodles	W	Individual Pizza
T	Buffalo Burger, Baked Fries	T	Braised Beef, Egg Noodles	T	French Dip w/ Au-Jus	T	Chicken Breast, Wild Rice
F	Grilled Cheese, Tomato Soup	F	Fish Fillet, Potato Wedges	F	Knoephle Soup	F	Burritos, Spanish Rice



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
- ◆ 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.

UTTC Newsletter is published by United Tribes Technical College
 3315 University Drive
 Bismarck, ND 58504
 (701) 255-3285, #437
justinlebeaux@yahoo.com
jlebeaux@uttc.edu
 Justin LeBeaux

Deadline for next issue: 5 pm - March 8, 2004

KODA THE WARRIOR

Introduces: *The Coyote Chronicles*

CREATED BY MARK L. MINDT
SPIRIT LAKE NATION

The Helpless Eyewitness.

The Coyote sees everything while at the Re-United Tribal University. Some good. And some not. What can a rez-dog do?



Let's See.

KODA, I SAW A FAMILY WHO WAS NOT WELL.

BENNY, WHAT'S WRONG WITH YOU TODAY?

I WAS WALKING ACROSS CAMPUS THIS MORNING WHEN I SAW...

A FAMILY STRUGGLING.

THE YOUNGSTER SAW ARGUMENT AND WAS REALLY BOTHERED.

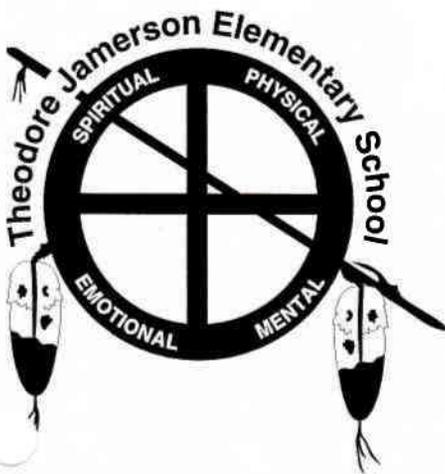
BOTH OF THE PARENTS WERE COLLEGE STUDENTS.

I HAD AN IDEA.

TJES Tidbits #9

by Carol Melby

Don't forget about the Planetarium Week at TJES. A Family Star Night is scheduled for Wednesday, March 3rd from 3:30 to 5 PM. Come and learn about the various constellations. Families that attend the Family Star Night will receive a home solar system kit and be eligible to sign up for a drawing for a telescope.



Math Centers began in February. They meet every Monday and Tuesday from 3:15 to 4:15 in various rooms at TJES. Each grade level will be concentrating on a different area of the math standard. Centers are divided up into their groups. Each center is then divided into three 20 minute activities; personal instruction, a hands-on-activity and a math game. During the math center, each student will receive a nutritious snack.

Students may be referred to the math center by parents, staff, or by volunteering themselves for this great opportunity

Saturday Shake-Ups were held February 21st and 28th from 10 AM -2:30pm. Be sure to register your child for the March Saturday Shake-Up or they will miss out on a great opportunity. March Shake-Ups will be held on the 20th and 27th. Sign your child and see how to make cars out of boxes! Remember, lunch is provided.

Now....How to earn a free lunch and get "math smart" on the

side. Students at TJES have a chance to do just exactly that. Each student in grades 1-8 work on story problems in RMC (Reading/Math Center) one time a week for 20-40 minutes, depending on their level. The students work at a level that is comfortable for them – challenging but not too frustrating.

Each time they solve a problem correctly, they get a sticker for their chart. Once they reach 20 or 30 problems, dependent upon their level, they get a free pop or candy bar. After they reach the next level, it's both pop and candy, the 3rd level is a prize from the prize box (paper, pens, notebooks, outdoor games, etc) and the 4th level is a free lunch anywhere downtown. They usually go in groups of 3 or 4 students with one teacher and the restaurants most chosen include Space Aliens, Pizza Hut, TGIF, Grizzly's, Ground round—it's their choice.

The students have really learned to set goals, get some extra help in math and enjoy a meal out all in one task. Last year the students at TJES solved over 16,000 problems—most of the substitutes at our school can't believe that the kids are "excited" to do story problems. Some students even work on them after school on Tuesday nights.

If you'd ever like to stop in and "help out" with story problems or just watch these kids attack them, please feel free to call RMC at 1306 and we'll let you know what time your child/children are working on them. In the meantime—here's one for you to solve. First person to call Ext 1394 with the correct answer earns a can of pop—we're making it easy on you as they have to do 30 of these to get that pop!

What % of the pages in a 300 page book, have page numbers whose digits add to 10?

Good luck and happy math days to you!!

Church

Adolphus and Mary Ann Kootenay will hold church service at the UTTC Chapel on February 29, 2004 at 2pm. This is an interdenominational church service and everyone is welcome to attend. There will be singing, praise and worship and a time for fellowship. Bring your friends and relatives and let's all worship the Lord together.

Adolphus is an evangelist who has been spreading God's Word for over twenty years. He has a deliverance ministry for Native Americans. He is Nakota Sioux and he is originally from the Edmonton, Alberta (Canada) area. He is a former medicine man who practiced Indian Religion for 37 years and now he is a born-again Christian doing the work of the Almighty Father.

If you have questions, please contact Adolphus or Mary Ann at 530-0709 or stop in at 1834 N. Washington St, Apt 1, Bismarck ND.

Chili Feed successful

by Christa Cutler

The Center for Student Success had a wonderful turnout at our "Hot Hearts Chili Feed" on February 12th. Thank you, to all who came.

Also we would like to thank those who participated in the Valentines box contest. First place: Tribal Tourism, Second Place: Hanna Small, Third Place: Karen Little Wind & Rondeena Hamilton. Once again thank you for participating.

Continued from page 1.

by the North Dakota League of Cities and is reminiscent of Civil Defense programs of the Cold War era.

"There's a renewed emphasis on preparedness after 9/11," said Schmitt. "The President declared that people should be self-reliant and be able to help themselves and their neighbors in case of disaster or emergency. The UTTC administration has taken that seriously."

The college recruited and organized 34 staff members from offices in all buildings on its 105-acre campus into four response teams. Emergency gear such as hard hats, identifying vests, safety goggles, rubber gloves and other emergency supplies are kept at the workstations of CERT members for easy access.

Members have attended meetings, viewed videotapes and received training in search and rescue, first aid, blood-borne pathogens, and basic fire suppression. During a recent training session the teams were timed in their response to a simulated airplane crash into a building on the college campus, which is adjacent to the Bismarck airport.

"It felt like this was a real situation," said CERT member Julie Cain, a UTTC counselor. "We have a real need for this. We've already had tornado warnings here. Who would

save us? It wouldn't be our security force, they don't have enough people."

The simulated exercise was aimed at teaching how to "do as much good in the least amount of time," said Schmitt. How long it would be before the arrival of professionals depends on the magnitude of the event.

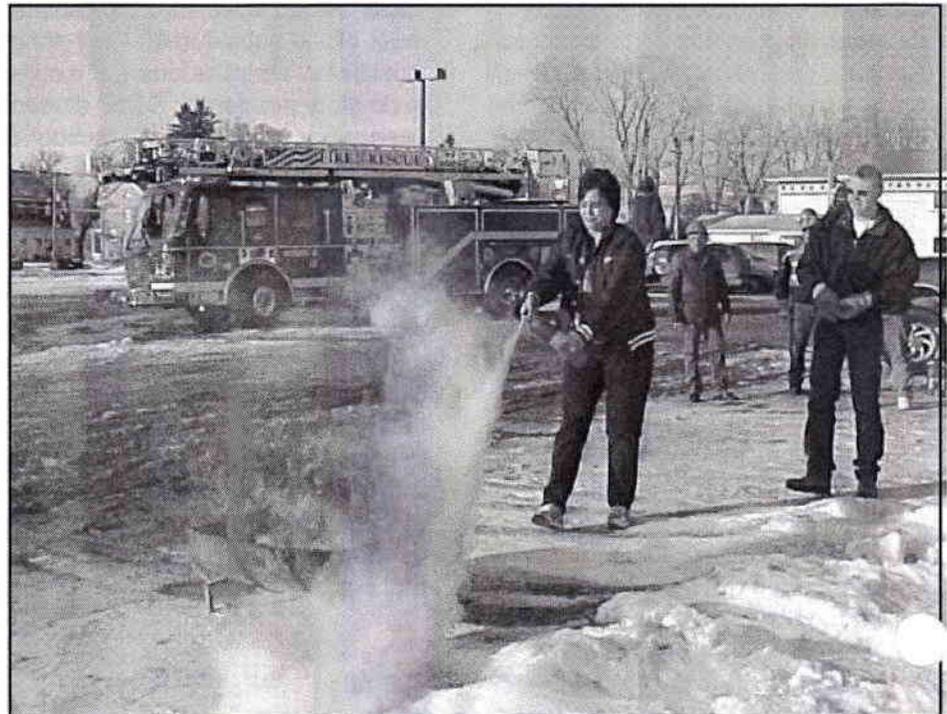
"In the case of a tornado with major destruction it might be 24 hours before emergency professionals could get to certain areas," said Lt. Joey Vandervliet of the Bismarck Fire Department who conducts public safety training and helped during the UTTC simulation. "Realistically, the time would probably be much shorter



Co-coordinators of UTTC's Community Emergency Response Training are Barb Schmitt, at left, and Sharlene Germundson. Team member Mike Stockert at right.



Extracted from a damaged building, team member Anthony Delorme plays the role of disaster victim during the CERT simulation. Mike Stockert adjusts the bandage as Jan Whiteman looks on.



Charmelle Fuchs trains with the fire extinguisher, aided by Lt. Joey Vandervliet of the Bismarck Fire Department, who conducts public safety training.

but certainly there'd be a need for self-reliance."

While emergency training for lay people in larger communities has to become widespread in North Dakota, it appears that American Indian communities have the right formula for getting people trained for the unexpected.

"Tribal communities are close knit when it comes to emergencies," said Vandervliet, who also staffs the ambulance that serves the Standing Rock Reservation near Bismarck-Mandan. "People there look after each other. And they're willing to take the time to learn how to do it. It's unbelievable."

In larger communities there's a tendency to rely on trained professionals and first responders who are readily available, according to Vandervliet. Emergency training may be shifting away from community-wide efforts to an emphasis on church groups, certain businesses and neighborhoods, which have that closer-knit quality found in tribal communities.

UTTC has offered its CERT training free of charge to tribal entities. The college organizes the sessions in partnership with local emergency agencies such as fire departments and EMTs. Training has already been provided at Sisseton-Wahpeton and Spirit Lake. A future session is planned at Fort Berthold.

For more information contact Barbara Schmitt, 701-255-3285 ext. 1436 or bschmitt@uttc.edu or Sharlene Gjermundson 701-255-3285 ext. 1409 or sgjermundson@uttc.edu.

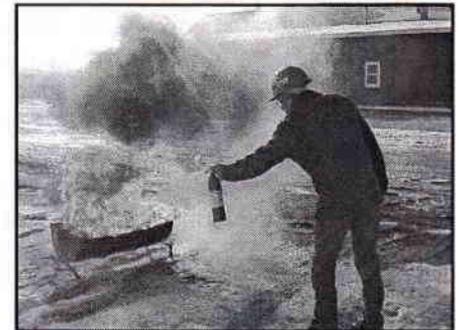
Story and photos by Dennis J. Neumann



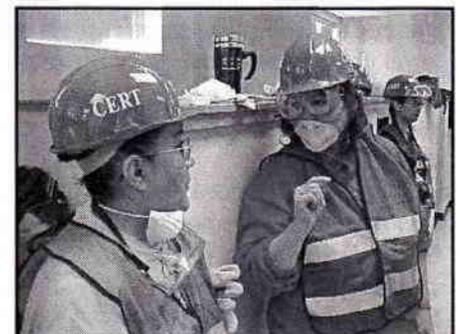
Clad in emergency gear, one of UTTC's CERT teams huddles to plan for their role in the simulated exercise.



One of the more serious simulated injury victims of the exercise is attended by CERT team members.



CERT team member Louis Landreaux stays up-wind of the fire to apply extinguisher retardant.



Members of the CERT team will store emergency gear at their workstations. At left Student Health Nurse Suzanne Cadotte and Counselor Julie Cain.

What does “low-carb” mean?

by Kim Hinnenkamp

The new nutrition word for 2004 is “low-carb”. Many fast food restaurants are now serving low-carb entrees, and grocery store shelves are filled with low-carb foods such as bread, ice cream, beer, pasta, etc. With this new craze about low-carb foods lately, you are probably wondering what is the big deal. People following a high protein low carbohydrate diet were told to skip out on high carbohydrate foods such as bread, potatoes, pasta, etc. To help people following these diets, food manufacturers have now created low-carb versions of the high carbohydrate foods they are unable to eat.

But what is actually changed in these foods when the carbohydrate is removed? In most cases food manufacturers take out the carbohydrates and add extra fiber and/or high-fat ingredients such as nuts, replace sugar with sugar alcohols, and replace flour with soy flour, soy protein, or wheat protein. These changes do not make the foods unhealthy, but they don't cut out calories either. Most of these low carb foods have the same amount of calories as the original food had. Since cutting calories is still the key to weight loss, choosing low-carb foods may not help you lose weight. Plus low-carb foods generally cost more; sometimes four times more than the original food. Finally, since there is no legal definition of “low carbohydrate”, any food can be labeled “low-carb” with it's meaning being different on each food.

For more information, contact Kim Hinnenkamp, UTTC Extension Program, at ext. 1397 or check out the article “Low-Carb Foods: Less Than Meets the Eye” from the January 2004 issue of the University of California at Berkeley Wellness Letter on their website at www.wellnessletter.com.

Mid-Term Exams



are this week

It's that time again. Mid-Term exams are scheduled for the week of March 1 – 5 at United Tribes Technical College. Instructors schedule Mid-Terms according to their own class routines during the week; there is no master schedule like the one used for final exams. Students in Terry Ander Construction Technology class had the opportunity to get prepared with a preliminary test in February. Reviewing the results, from left, are Lawrence Pretty Weasle (Crow Agency), Gabriel Smith (Spirit Lake), and Richard Rogers (Rosebud). Anderson says he used the test as a learning tool to help improve comprehension of the course textbook, Modern Carpentry.

North Dakota Human Rights Coalition

• Position Announcement/Paid Summer Internship

The North Dakota Human Rights Coalition seeks applicants for a summer intern to interview individuals in North Dakota who have experienced discrimination and to document those experiences, with a focus on people in the gay/lesbian/transgender bisexual community, people of color (including Native Americans and New Americans) and people with disabilities.

This is a full-time summer internship for an undergraduate college student, 40 hours per week, \$8.75 per hour. Application deadline is April 1, 2004. See more information about the internship, including the

application form, at:
<http://ndhrc.org/Announcements/2004%20NDHRC%20Position.htm>.

Or Contact:

North Dakota Human Rights
Coalition
P.O. Box 1961
Fargo, ND 58107-1961
(701) 239-9323
(701) 478-4452 (Fax)
humanrights@ndhrc.org

The North Dakota Human Rights Coalition works to effect change so that all people in North Dakota enjoy full human rights.

“Protecting Our Children” is theme of NICWA conference

“Protecting Our Children” is the theme for the 22nd Annual National Indian Child Welfare Association Conference set for April 4 – 7 at the Marriott Tech Center in Denver, Colorado. Individuals who are committed to serving American

Indian children and their families are invited and encouraged to attend.

The “early bird,” reduced rate conference pre-registration deadline is March 19. If you didn’t receive one of the conference forms that arrived on campus, visit the website www.nicwa.org.



This image is on the 2004 NICWA Conference information.

ATTENTION GRADUATES

This is the last week to order graduation caps and gowns and announcements at the Bookstore.

Please come in as soon as possible to ensure that the right size is ordered for you.

ATTENTION GRADUATES

ND College recruiters on campus March 2

Representatives from North Dakota’s four-year colleges will be on the UTTC campus on the morning of Tuesday, March 2. Recruiters from six colleges will be set up in the Barden Center from 8:30 a.m. to 11:30 a.m. to meet with students interested in learning more about earning a bachelor’s degree.

It’s the first time the state’s four-year schools have made a group-recruiting visit to the UTTC campus. Other tribal colleges will also be visited during the two-day tour schedule.

Symposium theme is "Indian Education Leadership and Tribal Governments"

NORMAN, OK – "Indian Education Leadership and Tribal Governments" is the theme for the 8th Annual Symposium on American Indians, set for April 8 –9 on the campus of the University of Oklahoma. The conference aims to bring together tribal, state and federal agencies to partner on education for American Indians. The gathering is sponsored by the University of Oklahoma's Native American Studies program and the college of Public Health's Native American EXPORT Center.

"We will focus on today and tomorrow more than yesterday," said Jerry C. Bread, coordinator of Native American Studies. "It's time that we prepare a more meaningful relationship on the role of tribal government in public education."

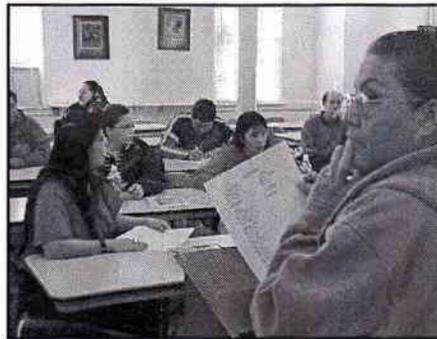
Among the invited speakers are Ed Parisian, director of the B-I-A Office of Indian Education, Norbert Hill, director of the American Indian Graduate Center, and Sandy Garrett, superintendent of instruction in the Oklahoma Department of Education.

For more information about the symposium contact Margaret Vennoch 405-325-2312, mvennoch@ou.edu.

Student competitors selected for AIHEC

by Suzanne Shields-Cadotte, AIHEC
Student Competition Coordinator

The students and coaches listed below have been tentatively selected to represent United Tribes Technical College in the AIHEC Student Competition March 20 - 24 in Billings, Montana. Their selection and participation is based on GPA, time and attendance, public and academic conduct, and their commitment to competing on an academic level with other tribal colleges.



Making her list and checking it twice during an AIHEC Student Competition meeting, Coordinator Suzanne Shields-Cadotte, holds the all-important list of students eligible for the March 20 - 24 trip to Billings, Montana.

KNOWLEGE BOWL: Steven P. Walker, Everett Baxter, Jason Pretty Boy, Ramon Thomas, and Joaquin Andrews. Coach: Suzanne Shields-Cadotte.

SPEECH: Impromptu – Jason Pretty Boy, Darren Red Boy, Claymore Shanley. Informative – Carol Lindley, Stacey Speedis, and Louella Demaray. Oral Interpretation – Beverly Bull Head, Louella Demaray, and May Packineau. Coach: Eric Cutler.

ONE ACT THEATER: Beverly Bull Head, Lydia McKinney, Carla Fleury, Herman Good Voice Flute, and Sonja Cain. Coach: Eric Cutler.

MR & MS. AIHEC: Steven P. Walker

and Sonja Cain. Coach: Julie Cain.

FASHION SHOW: Sonja Cain, Julie Cain, and Carla Fleury. Coach: Julie Cain.

SCIENCE BOWL: Steven P. Walker, Jason Pretty Boy, and Kristen Stewart. Coaches: Steve Kubisiak and Rondeena Hamilton.

CRITICAL INQUIRY: TEAM 1 – Jason Pretty Boy, Melissa White, and Lisa Jackson. Coach Tom Disselhorst. **TEAM 2** – Carol Lindley, Tamara Hayes, Denise Four Horns, and Lisa White Bear. Coach Russell Swager.

RUN FOR THE AIHEC OF IT: Sonja Cain, Julie Cain (Walk), Rondeena Hamilton, Steven P. Walker, and Everett Baxter (5 K).

ART: Stacey Speedis, Sonja Cain, Carla Fleury, Joaquin Andrews, Darren Red Boy, and Claymore Shanley. Coaches Wayne Pruse and Justin LeBeaux.

COMPETING BUT NOT TRAVELING: Jamie Ducheneaux, Jody White, Teata DeCorah, Alexa Azure, Mario Small, and John Pepion.

HANDGAMES: Coaches Merry Brunelle and Jesi Silbernagel

WEB DESIGN: Joaquin Andrews, Louella Demaray, and Herman Good Voice Flute. Coaches Jay Wheeler, Merry Brunelle, and Jesi Silbernagel.

Faculty members are asked to assist these students in arranging for their absence from class in March and the corresponding homework assignments. Mid-Term grades will be a determining factor in participation.

Historical Trauma in Native America for Educators

Thursday, March 25 and
Saturday, March 27, 2004
8:30 a.m. – 4:30 p.m.
Jack Barden Center - UTTC
Bismarck, ND

This training introduces the concepts of historical trauma and intergenerational grief as it relates to issues in education and teaching. It is intended to help participants understand the impact of historical trauma and what they can do to facilitate the healing process. This training is for teachers, administrators, school staff, students (9-12), parents and other professionals or paraprofessionals who work with Native American youth and parents in education.

- Pre-registered: \$50.00 On-site: \$75.00
- Payment must be received by the NATI Business Office by COB the Friday before the training (March 19) for pre-registration rate and seat to be reserved
- Continental breakfast, lunch and refreshments will be served
- An agenda is available upon request
- On-site registration is subject to availability of seats
- Graduate teacher credit (1.0) through UND is pending

To register or for more information, contact the Native American Training Institute at:
701-255-6374 or visit the website at www.nativeinstitute.org.

Thunderbirds end regular season, enter playoffs

BISMARCK, ND – The United Tribes Thunderbirds go into the Mon-Dak Men's Basketball Conference playoffs February 29 having ended the regular season with a record of seven wins and seven losses. The T-Birds dropped the final regular season game February 25 to Bismarck State 104-98, sending the Region 13 tournament to MSU-Bottineau. The Thunderbirds open the playoffs against Bethany Lutheran, Mankato, MN.

Overall for the season the Thunderbirds posted a record of 17 and 12.

Brandon Stevens became UTTC's all time leader in steals with more than 123. As of mid February, Stevens lead the league with 2.8 steals per game. He also ranked seventh in assists (3.5).

Luke Wells was the league's fourth leading rebounder (8.6), and Chad Marks the seventh (6.3) in mid-February.

The Lady Thunderbirds finished the regular season with a conference record of two wins and 12 losses. Overall on the season they were 10 and 17, with most of the games decided by fewer than three

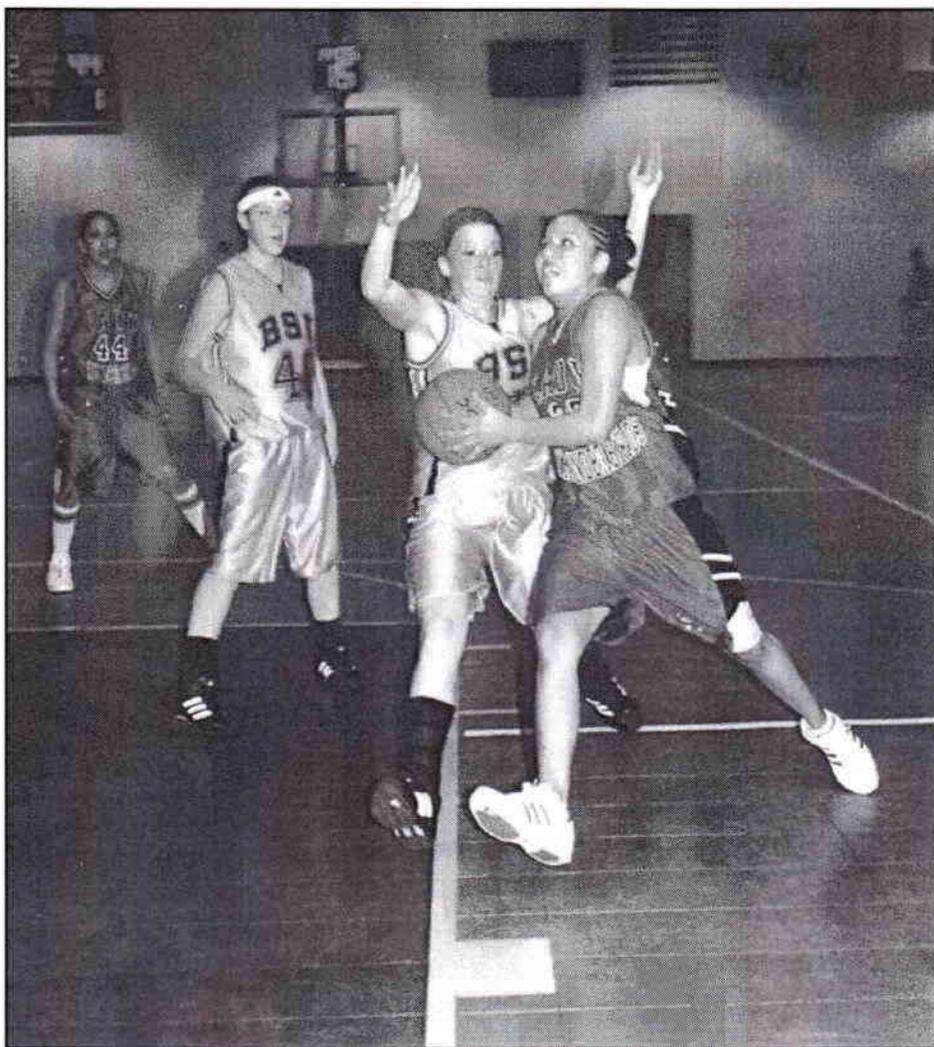
points in regulation or overtime. The Lady Thunderbirds enter post season play February 29 at the BSC Armory in Bismarck also against a team from Bethany Lutheran, Mankato, MN.

Talana White Woman became UTTC's all time leading scorer in the final game of the regular season February 25. White Woman surpassed 1,000 points in the game against BSC and as of mid-February led the Mon-Dak Conference regular season in scoring with 17.8 per game. White Woman was ranked eighth in rebounds (7.2), and seventh in steals (1.9). She holds the UTTC records for most assists and steals.

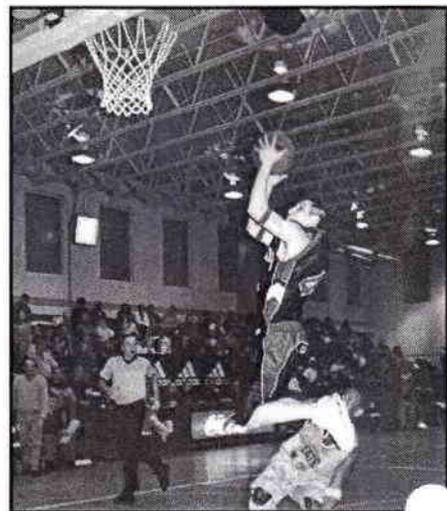
Margaret Stevens was the 10th leading scorer in the league in mid-February with 12.8 points per game, sixth in rebounds (8), and ninth in assists (2.4). She is UTTC all time leader in rebounds.

Tova Harjo averaged 8.3 rebounds per game to rank third in the league in mid-February.

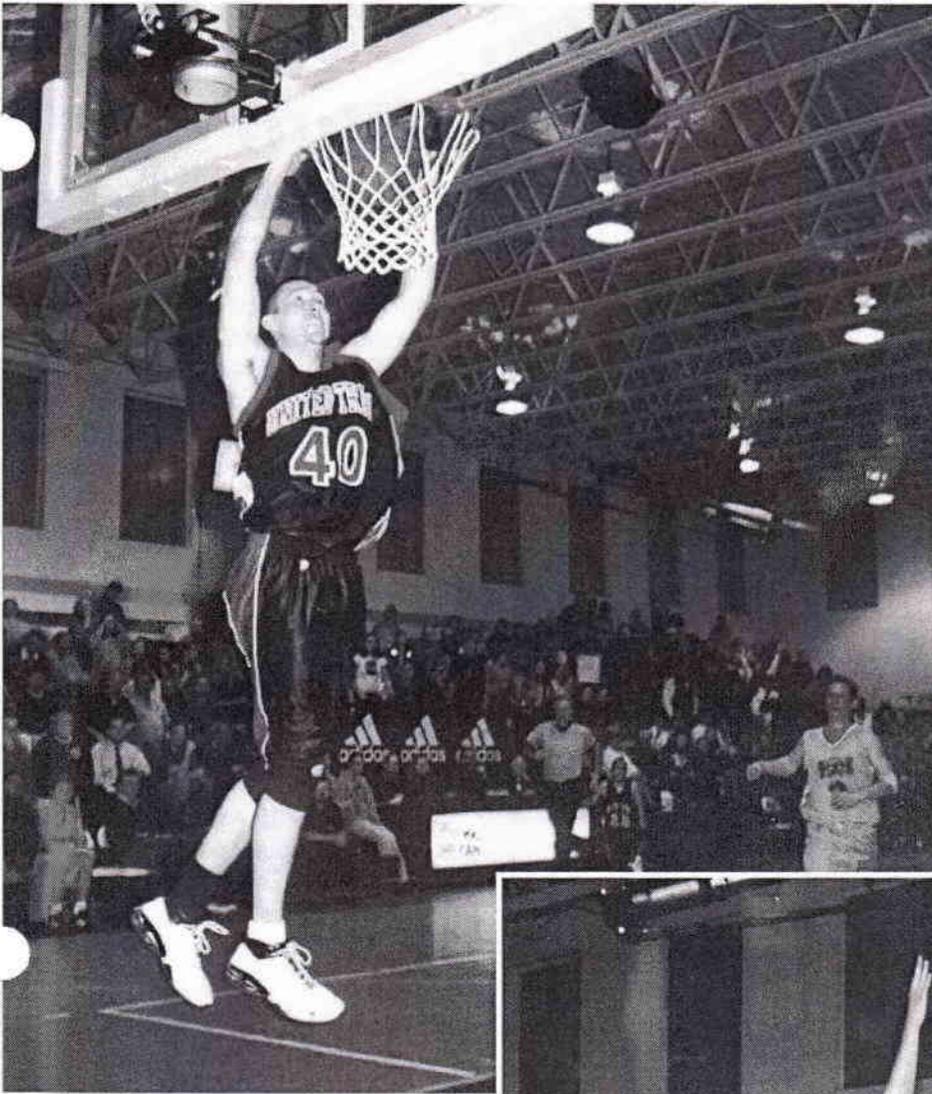
Final regular season statistics for the Mon-Dak Athletic Conference are to be posted early in March at the website, www.mondak.org, click on Archives.



The Lady Thunderbirds all time leading scorer, Talana White Woman, seen here on a scoring drive against BSC on February 12, surpassed 1,000 career points in the last game of the regular season. "That's a lot of points in two years," said UTTC Athletic Director Kevin Finley.



Brandon Stevens on a breakaway score in the game at BSC on February 12. Stevens was the conference leader in steals (2.8) in mid-February and is UTTC's all time leader in the theft category.

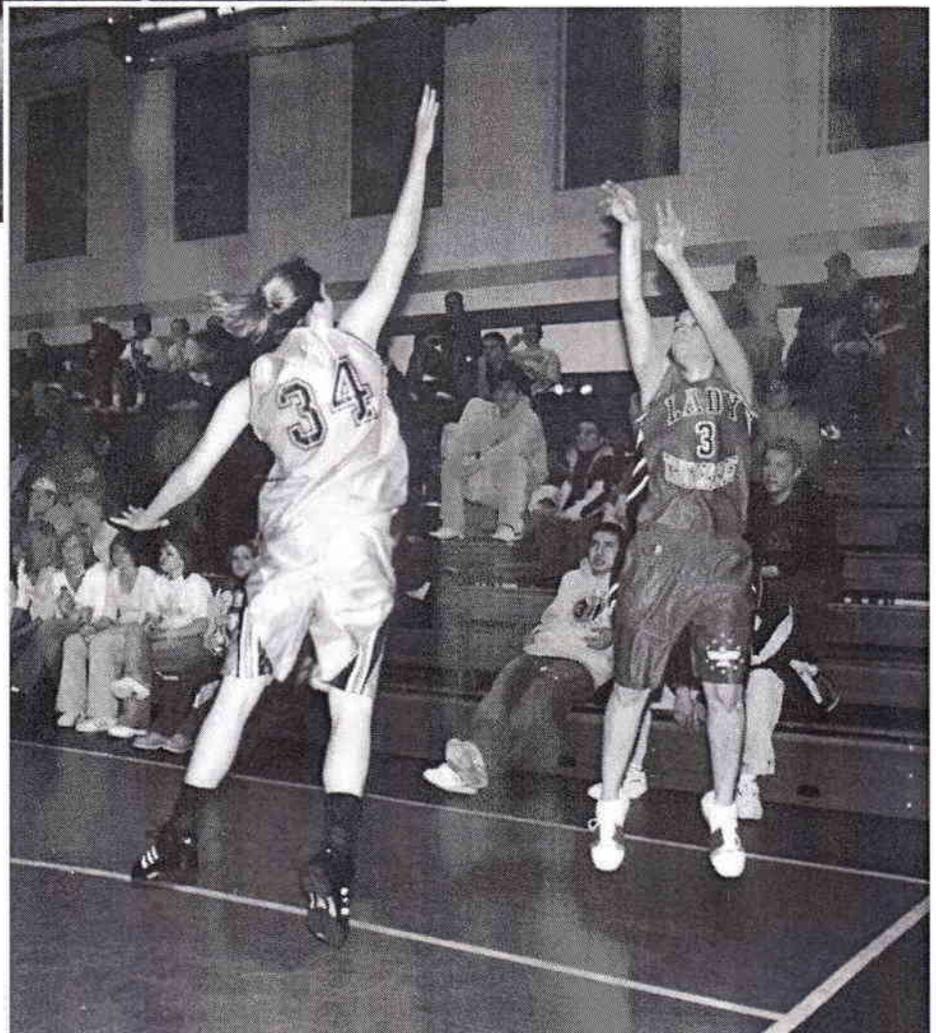
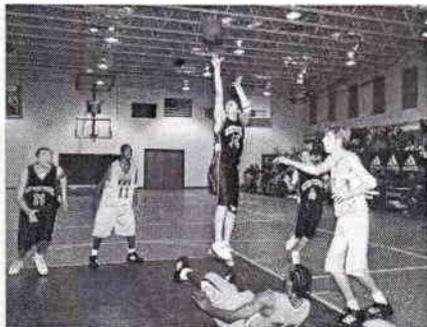


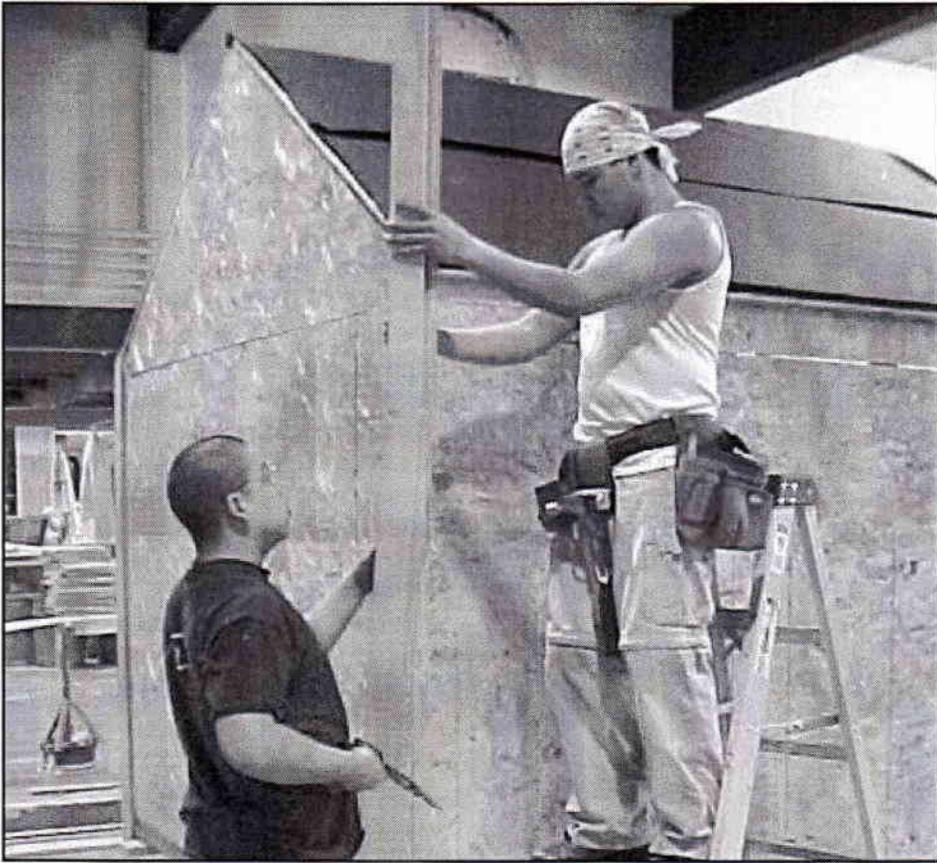
Thunderbirds action from the February 12 games with cross-town rival BSC, clockwise from below, Ada McCormack launches a three from the corner over the outstretched hand of a BSC defender.

With a hesitation dribble, guard Delbert Trombley ventures inside the three-point line against the BSC defense.

Chad Marks pops the jumper inside the lane after a BSC defender unsuccessfully tries to draw the offensive foul.

Waylon Mendoza applies the two-handed form of punctuation that brought surge of momentum and a roar of approval from Thunderbirds fans.

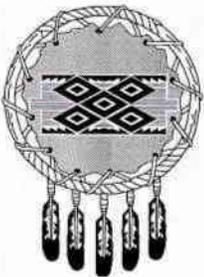




Carpentry Club

HANDIWORK FOR SALE

In the want ads of the newspaper it would come under the heading: Yard and Garden Shed FOR SALE. The 9 x 9, gable roof structure is a well-built fundraiser for the UTTC Carpentry Club. Construction Tech students Marcus Luxon (Rosebud) on ladder, and Ishta Two Bears (Standing Rock) measure and fit some of the all-weather siding. The club has two sheds ready, both built in the indoor Construction Tech workshop. To inquire about purchasing one at the reasonable price of \$750, contact Construction Technology Department Chair Terry Anderson, 701-255-3285 ext. 1242 or 1388, or tanderson@uttc.edu.



United Tribes Technical College
Office of Administration
3315 University Drive
Bismarck, North Dakota 58504