

# W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 6 NO. 17

April 29, 1997

## Weekly Menu

*April 28 to May 2*

### 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

*May 5*

- 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

## HPRSI Trivia

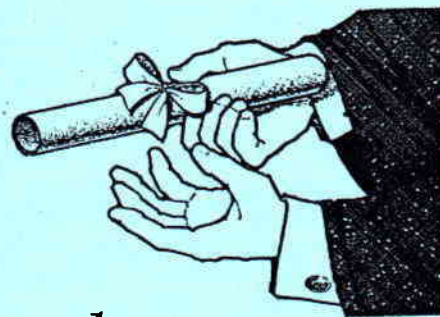
This will be the last trivia question for the school year.

How many legs does a centipede have?

- A. 1,000
- B. 350
- C. 750

Last weeks winners are: Jamie Begay, Rubi Toledano, Barb West, Jaimie Fox, Janel Strikes Enemy, Clarissa Sherman, Tamera Moore, Vicki Knife.

The HPRSI Staff would like to congratulate all of the graduates and wish everyone a happy and safe summer.



## Student Senate

The Student Senate would like to Congratulate all the graduates "You are the class of 1997" "Congratulations".

We'd also like to wish the best to all the students on their finals. We'd like to wish you all a safe trip home and have a safe and fun summer.

Lisa Wallowing Bull - President  
John Robertson - Vice President  
Sandy Flye - Secretary  
Colleen American Horse - Treasurer  
Lisa Condon - Parliamentarian



## Academic Dean's Office

**Bush Foundation and the University of Minnesota  
Tribal College Faculty  
Development Planning Grant**  
Project Directors  
Dennis Clayton and David. O.. Born

Iris Heavy Runner (1/97 - 4/97) and Barbara Graham (4/97 -)

The University of Minnesota has received \$68,315 to undertake an assessment of faculty development needs of the tribal colleges and NAES.

The project involves staff members visiting with tribal college administrators and faculty to listen to them and to develop an understanding of the particular needs of individual institutions. The University does not have, nor does it intend to develop a monolithic solution to tribal college needs for faculty development. We understand that each of the colleges is at a different stage of development, that each one faces different problems and must respond to different constituencies.

Our goals are to open a dialogue between the administrators and faculty of tribal colleges and to help determine ways in which those parties can most effectively utilize the resources of the university to enhance their own development, on their terms, to accomplish their own objectives.

Several focus groups, as well as less formal discussions, will be conducted with representatives of various tribal colleges. The discussions and focus groups will ultimately serve as the foundation for a national survey of administrators and faculty. Results of that survey and the earlier discussions will be made available to all participants. Once an understanding of tribal college needs and opportunities has been developed, the University will seek to work out individual programs and arrangements to facilitate collaborative development.

Examples of collaboration efforts which have already been suggested include short term faculty exchange programs, distance education (interactive television and internet programming), workshops and intensive courses delivered on tribal college campuses, individualized graduate programs, curriculum development workshops involving multiple campuses, and resource sharing arrangements. Many other examples have also emerged, even though the project is in its early stages. Implementation of various solutions will depend in varying degrees on overcoming financial, logistical, technical, and bureaucratic barriers.

Questions and suggestions can be directed to any of the individuals listed above by phone (612-625-6858) or by writing to them at 303 Johnson Hall, University of Minnesota, Minneapolis, MN 55455. We welcome your ideas, suggestions, and recommendations.

## Executive Summary

The time has come to establish a Student Progress and Achievement Research Center to augment the efforts of the State Board of Higher Education, the System office, and the institutions as they seek to improve the educational experiences of the students it serves. Never in the history of the State Board of Higher Education has research been conducted on an ongoing basis solely on students and their postsecondary educational experiences.

Who are our students? What are their goals? When are those goals achieved -- or are they? Where do students transfer to? Where do students transfer from? When is the optimum time to offer support services? How can the North Dakota University System better serve students as they enter and progress through the System?

This document describes the national, state, and institutional need for information about students and how a Student Progress and Achievement Research Center will provide the State Board of Higher Education, policy-makers, administrators, faculty, and staff with sound data upon which to make informed decisions positively affecting students.

Three goals are proposed to meet those needs: (1) Establish and maintain a longitudinal student-tracking database, (2) Produce System and institutional progress, performance, and ad hoc reports, and (3) Provide assistance from a research perspective during the planning and implementation of the new administrative systems.

The organizational and funding structure from the Student Progress and Achievement Research Center would be a unique mix of campus and System office participation. The director of the Center would be a member of the System office staff yet work with a management team of campus CEOs and others who have a stake in the Center's activities. The management team would guide the overall priorities of the Student Progress and Achievement Research Center to ensure their information needs are being met. An inter-institutional advisory group of users and providers of the data used in the analytical reports would also be created.

Involvement of the internal and external beneficiaries of the information is an important aspect of the total quality framework which will guide the Center's activities. The longitudinal nature of the database supports the total quality paradigm, because in order to know whether there has been improvement, baseline data and continuous process analysis is needed. To determine if students are achieving their goals, their enrollment patterns and other key indicators of progress need to be analyzed over time.

One of the messages reiterated throughout the recent Bush panel report, *Partners for Progress: The Next Steps*, is that the State Board of Higher Education needs to establish priorities for the System based upon an accurate information infrastructure and the long-range planning efforts and initiatives proposed by the System office staff in consultation with campus leaders. The Student Progress and Achievement Research Center is ready to assist in that venture.





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## Student Health Center Notes:

Students who have outstanding medical bills in their possession should submit them to the Student Health Center secretary as soon as possible. Those bills that are not submitted prior to May 9, may not be paid.

As of May 9, UTTC students will no longer be allowed to bill medical services such as dental, vision, clinic, or hospital bills to the Student Health Center. The Student Health Center only covers medical bills while a student is actively attending college. If you are planning to live in the Mandan-Bismarck area after May 9, you must make arrangements for payment of medical bills while you are not going to school. Those students who are enrolled in summer school will only be covered medically while summer school is in progress.

Excerpt from U.S. Dept. of Health and Human Services press release dates April 16, 1997.

### **American Indian Babies at greatest risk for Sudden Infant Death Syndrome (SIDS) But simple steps can save lives, health experts say**

American Indian babies are at greatest risk to die from Sudden Infant Death Syndrome (SIDS) -- almost three times more likely than Caucasian babies -- but there are some simple steps all parents and other caregivers can take to reduce the risk of SIDS.

SIDS is the sudden and unexplained death of an infant under one year of age. Most SIDS deaths occur when the baby is between 1 and 4 months old. More boys than girls are victims, and most deaths occur during the fall, winter and early spring months. It strikes nearly 4,000 babies in the United States every year. The causes of SIDS are still unclear, and it is currently impossible to predict which infants might fall victim to SIDS.

The American Academy of Pediatrics says the most important way to reduce the incidence of SIDS, sometimes known as "crib death," is to place babies on their backs to sleep. While health experts are uncertain about the link between the stomach sleeping position and SIDS, there is some evidence that air can become trapped underneath a sleeping infant, causing the child to re-breathe exhaled air. The Academy has stated that sleeping on the back is preferred; however, the side position is considered an acceptable alternative. Lay your child on his/her back when being put down for a nap or to bed for the night. If your baby was born with a birth defect, often spits up after eating, or has a breathing, lung or heart problem, be sure to talk to your doctor about which sleep position to use.

Other steps that parents and caregivers can take to reduce the risk of SIDS include:

- Babies should sleep on firm surfaces free of fluffy bedding and soft toys or pillows. Don't let your child sleep on a waterbed, sheepskin or pillow.
- Expectant mothers receive early and regular prenatal care. Mothers should not smoke, drink alcohol, or use drugs (unless prescribed by a doctor) during pregnancy.
- Create a smoke-free environment around your baby. Babies and young children exposed to smoke have more colds and other diseases, as well as an increased risk of SIDS.
- Keep the temperature in the baby's room so that it feels comfortable to adults. Babies should not get too warm when sleeping.
- Caregivers should ensure that babies receive immunizations on schedule; and if the baby seems sick, contact the baby's doctor or clinic right away.
- If possible, consider breast feeding your baby. Breast milk helps to keep your baby healthy.

"We want to make sure this advice is heard throughout the American Indian Community," said Dr. Kermit Smith., Acting Chief Medical Officer of the Indian Health Service. "Everyone who takes care of infants needs to know how to reduce the risk for American Indian babies."

**Coffee & Rolls  
will be available to Students  
May 5-6  
(the week of finals)  
in the  
Counseling Department**

**Information for the  
Next Newsletter  
no later than May 2  
to Arrow Graphics  
Attn: Wanda Swagger**



## ARE YOU A MEMBER:

Important to those who are nurses, doctors, teachers -- plus those of other work groups -- is that of becoming a member of one's professional organization. Belonging to the Nursing Student Association on UTTC campus is a first step to professionalism. The campus group has accomplished some significant things, for example, the recent health fair. But they want to do more. Part of the challenge is finding a meeting time that fits into the schedules of both the first and the second year students. Nursing faculty are assisting with this. We would welcome your suggestions.

Last week Sister Kathryn served as one of the delegates to the Annual State Nurses Association meeting held in Dickinson -- such a meeting is a great time for meeting nurse colleagues. It's also a good way to become acquainted with developments in one's field. Work in the community, intercultural association, technology are the current "in" directions. Sister Kathryn was also elected to serve as a Director for a three year term on the North Dakota State-wide Nursing Association.

Let's encourage ourselves to become members of our respective professional organizations -- on campus and then as graduates.

submitted by Sister Kathryn Zimmer,  
Director, AASPN Program

## A Special Thank You

The yearbook staff would like to thank those of you who contributed and participated in putting together the UTTC Yearbook.

To Sandy, Wanda, Elaine and Terry, we appreciated you for all your Time and Hard Work.

Anne Kuyper, Thank You for your advise and most needed support. Dave Gipp for photo's and support.

## UTTC BOOKSTORE

Follett Campus Resources will be here for the **Book Buy Back on May 5th and 6th.**

The hours are from 9:00 am to 3:00 pm.

## ATTENTION!!!

### UTTC INSTRUCTORS

**All book orders must be in by May 5, 1997.** To ensure their arrival by the beginning of the Fall Term 1997.

Please have your orders in to me by then. Your cooperation is needed and greatly appreciated!

## ATTENTION ALL TUTORS!!!

You must turn in your tutoring logs with your time sheet.

Tutor Program Evaluations for Tutor and Tutees (Last page in your handbook) are due by the **LAST TUTORING SESSION** or by **TUESDAY, MAY 6, 1997.**

Additional copies of logs or program evaluations are available from Andy or Jane.

Thank you for your cooperation.

Jane Hilsendager, Tutor Coordinator

## Learning Center Evening Hours for the week of April 28-May 2

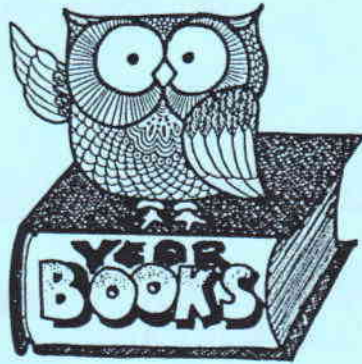
Tuesday, April 29th: 4-8 pm

Wednesday, April 30th: 4-8 pm

Thursday, May 1st: 4-8 pm

Tutors: John Robertson, Elton Spotted Horse & Marshall Demarce  
available as scheduled





**The Yearbook will be  
available to all  
students on  
Monday and Tuesday  
in the Cafeteria.**

**The Yearbooks are  
\$12.00 each  
Cash Only!  
(Limited Edition)**



## **NATIVE AMERICAN INJURY PREVENTION COALITION**

UNITED TRIBES TECHNICAL COLLEGE • 3315 University Drive • Bismarck, ND 58504  
(701) 255-3285 Ext. 374 • FAX (701) 255-9036

### **NATIVE AMERICAN HIGHWAY FACTS**

**NATIVE AMERICANS MV INJURY AND DEATH RATES ARE 3 TO 7 TIMES THE U. S. AVERAGE.**

**INJURIES ARE THE SECOND LEADING CAUSE OF DEATH TO NA WITH MV CRASHES AS THE LEADING CAUSE OF INJURY DEATH.**

**75% OF ALL MV DEATHS INVOLVING INDIAN PEOPLE ARE ALCOHOL-RELATED COMPARED TO 49% FOR ALL RACES.**

**TRIBAL ROADS & SAFETY ENGINEERING ARE GROSSLY UNIMPROVED AND UNDERMAINTAINED.**

**14% OF INDIANS KILLED IN PASSENGER VEHICLES USED A SEAT BELT OR CHILD SAFETY SEAT COMPARED TO 29% FOR ALL RACES.**

**BETWEEN 500 TO 600 AMERICANS INDIANS DIE ANNUNALLY IN MV CRASHES.**

**MV DEATH RATES ARE HIGHEST FOR THE 15 -34 YEAR OLD AGE GROUPS.**

**OVER 25% OF THE 500-600 ARE PEDESTRIANS.**

**INDIAN MALES DIE IN MV CRASHES AT 2.5 TIMES THAT OF INDIAN FEMALES & 3 TIMES THE RATE OF WHITE OR BLACK MALES.**

## CHEMICAL HEALTH CENTER

### THE TWELVE STEPS TOWARD SOBRIETY

1. I admit that because of my dependence on alcohol that I have been unable to care for myself and my family.
2. I believe now that a greater spirit can help me regain my responsibilities and model the life of my forefathers.
3. I rely totally on the ability of the Great Spirit to watch over me.
4. I strive every day to get to know myself and my position within the nature of things.
5. I admit to the Great Spirit and to my Indian brothers and sisters the weaknesses of my life.
6. I pray daily to the Great Spirit to help me.
7. I pray daily to the Great Spirit to help me correct my weaknesses.
8. I make an effort to remember all those that I have caused harm to and with the help of the Great Spirit achieve the strength to try to make amends.
9. I do make amends to all those Indian brothers and sisters that I have caused harm to whenever possible through the guidance of the Great Spirit.
10. I do admit when I have done wrong to myself, those around me and the Great Spirit.
11. I seek through Purification, Prayer, and Meditation to communicate with the Great Spirit as a child to a father in the Indian way.
12. Having addressed these steps, I carry this Brotherhood and Steps of Sobriety to all of my Indian brothers and sisters with alcohol problems and together we share all these principles in all of our daily lives.



# 1st Annual Turtle Mountain Traditional Unity



# POW WOW

**Saturday, May 3, 1997**

**12:00 - 10:00 p.m.**

**Ojibwa School Gym**

**Grand Entry 1:00 p.m & 7:00 p.m.**

**Registration-11:00 a.m.**

**Traditional Meal - 5:00 p.m.**

**Day Monies will be given to  
all dancers & drummers**

**All dancers must be in complete outfit  
to receive money.**

**Special Graduates**

**Honoring Emma Greatwalker**

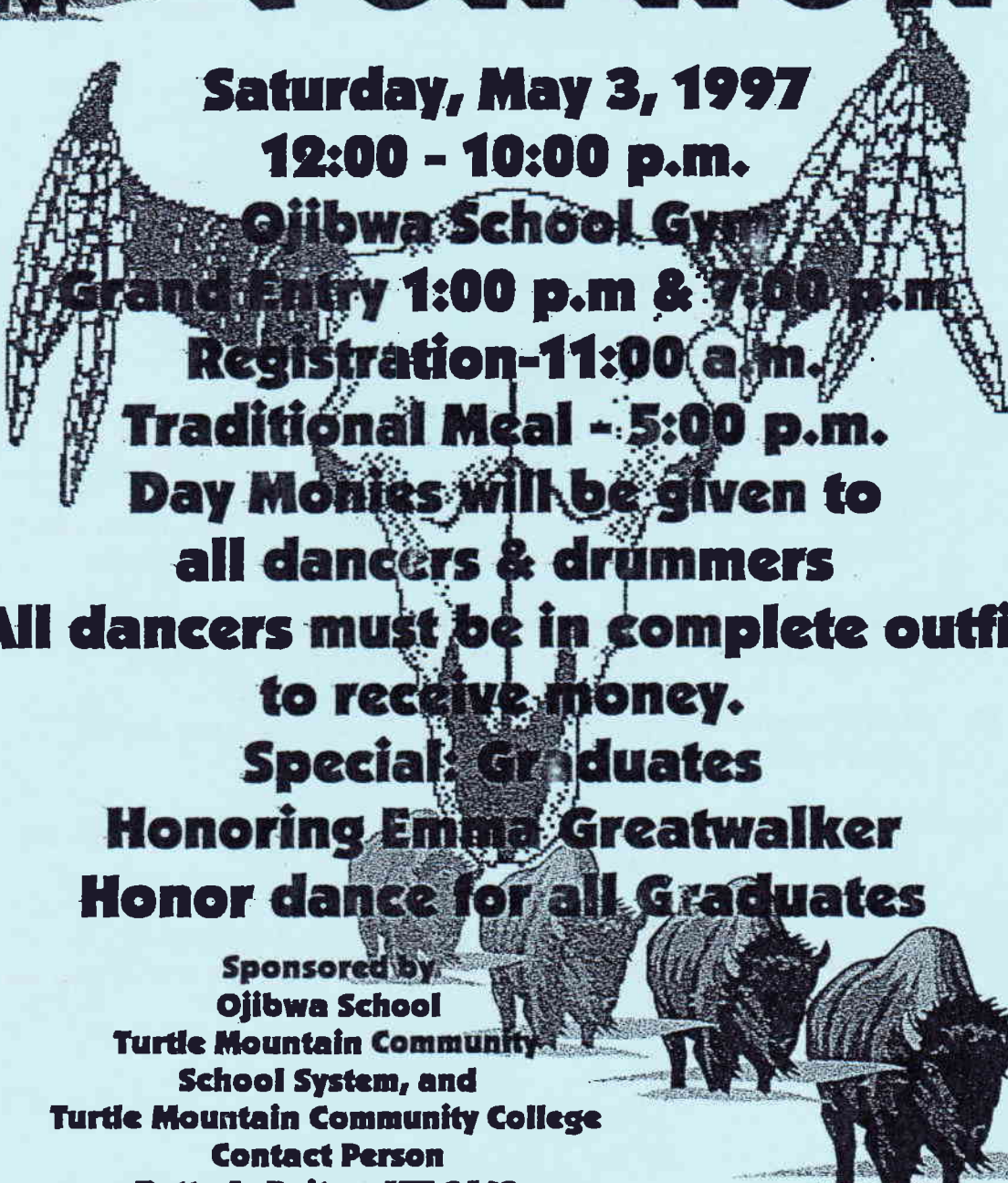
**Honor dance for all Graduates**

**Sponsored by  
Ojibwa School  
Turtle Mountain Community  
School System, and  
Turtle Mountain Community College  
Contact Person**

**Betty A. Poitra: 477-3463**

**POW WOW**

**NO drugs or Alcohol  
NOT responsible for  
accidents**





**SUMMER RESEARCH AND CAREER EXPLORATION OPPORTUNITIES  
for  
AMERICAN INDIAN COLLEGE STUDENTS**

**Place:** Science Department, United Tribes Technical College

**Date and Time:** July 1-August 15, 1997, 8:30-4:30 pm Monday  
through Friday.

**Project Summary:**

Students will be involved in a six weeks of field studies of water quality and career exploration activities. A portable water testing equipment will be used to study alkalinity, conductivity, pH, hardness, amount of calcium, chloride, nitrate, phosphate and sulfate. We will analyze the water samples from area lakes, Lake Sakakawea, Missouri river and Standing Rock reservation. Students will visit local state and federal laboratories and state universities. Students will be required to write report and research for related articles using internet and library.

**Contact Person:**

Dr. Bala  
Mathematics and Science Department  
United Tribes Technical College  
3315, University Drive  
Bismarck, ND 58504  
phone number: (701) 255-3285  
Fax number: (701) 255-1844

**Stipend:** Students will paid \$ 250 a week with \$ 6.00 deduction for every hour missed.

**Requirements and Selection:**

Students must be enrolled in college and must be an American Indian. Students will be selected based on their chemistry grade, overall grade point average and attendance record. To be eligible to participate in this program a minimum of C grade in college level chemistry is required. The midterm grade and current performance records will be acceptable for students those who are enrolled in chemistry this semester. Students who are interested in participating in this program should submit completed application form, college transcript and attendance record to Dr. Bala by May 2, 1997. Preference will be given to students who have never participated in this program.

**Sponsored by the All Nations Alliance for Minority Participation and subject to funding.**

**APPLICATION**

**United Tribes Technical College**

**Research and Career Explorations Experience  
for  
American Indian Students**

1. Name: \_\_\_\_\_

2. Address: \_\_\_\_\_  
\_\_\_\_\_

3. Telephone Number: \_\_\_\_\_

4. Overall Grade Point Average: \_\_\_\_\_

5. Chemistry Grade: \_\_\_\_\_

UTTC is not responsible for any injuries or damage.

\_\_\_\_\_  
Signature of student

\_\_\_\_\_  
Date