

UNITED TRIBES ON CAMPUS NEWS

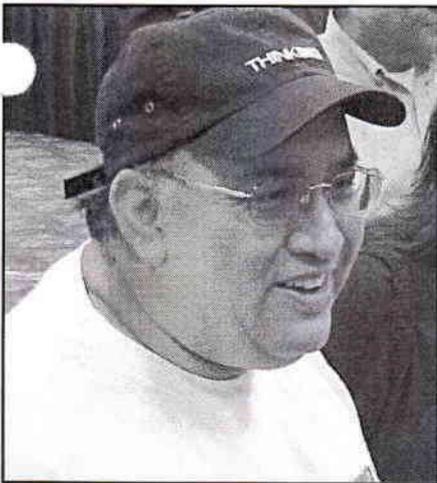
Vol. 13 No. 7

UNITED TRIBES TECHNICAL COLLEGE * BISMARCK, ND

March 29, 2004

BIA Secretary is UTTC graduation speaker

BISMARCK, ND – The man who describes himself as a “breath of fresh air” in the Bureau of Indian Affairs has accepted an invitation to speak at the United Tribes Technical College 2004 graduation ceremony.



“Famous Dave,” David W. Anderson, head of the BIA, has accepted an invitation as keynote speaker for UTTC graduation on May 7.

David W. Anderson, Assistant Secretary of Indian Affairs in the U. S. Department of Interior, will keynote commencement activities scheduled

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Gipp urges participation in Bismarck Town Hall Meeting

BISMARCK, ND – United Tribes Technical College President David M. Gipp would like to see a large turnout of American Indians at the upcoming Bismarck Town Hall Meeting on diversity. That’s why he’s urging everyone involved with the college to attend.

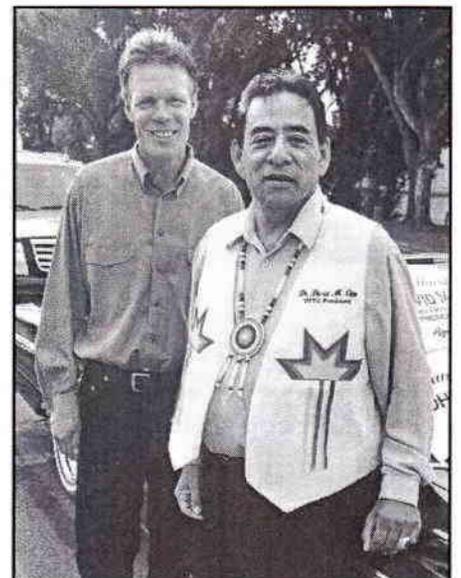
“I think it’s important that the UTTC campus community attend this forum,” said Gipp. “We are the significant ethnic group in the area. We have a role to play in helping overcome negative issues and making this a better community.”

The forum, titled “Within Our Grasp: Building a Better Bismarck Through Diversity,” is the first in a series of community discussions planned and promoted by the Mayor’s Committee on Human Relations. It takes place Tuesday, April 6 from 6 p.m. to 9:30 p.m. at the Radisson Hotel, 605 East Broadway Avenue. The meeting will focus on race, national origin and religious discrimination.

According to Gipp, issues of concern to American Indians include the treatment of Indians in public places, as well as access to housing, employment, business opportunities, health care, education and social services. Fair treatment by the courts and law enforcement is also a topic as the college seeks better communication and relations with law enforcement agencies.

“As far as we know, there

are two American Indians on the local city police force and none at Burleigh County,” said Gipp. “This is especially important because we have a growing American Indian population in Bismarck and Mandan.



UTTC President David M. Gipp, right, urges American Indians to attend the upcoming April 6 Town Hall Meeting on diversity. Bismarck Mayor John Warford believes the meeting will serve to welcome cultures that help the city grow stronger.

Most of our population now lives off the reservations in this state.”

In addition, Gipp says he believes it important for Indians to frequently and clearly explain their unique status in society.

“We are the people from

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Dennis Lucier's UTTC Diner

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

March 29 - April 2

April 5 - 9

DINNER		SUPPER		DINNER		SUPPER	
M	Goulash, Wax Beans	M	Hamburger Steak, Potatoes	M	Spaghetti w/Meat Sauce	M	Baked Ham, Potatoes
T	Bean Soup, Ham Sandwich	T	Pork Chops, Rice, Green Beans	T	Steak Sandwich, Potatoes	T	Bew England Dinner, Biscuit
W	Roast Beef, Potatoes	W	Lasagnia Square, Garlic Toast	W	Oven Baked Chicken	W	Salisbury Steak, Potatoes
T	German Sausage, Boiled Potato	T	Grilled Steak, Baked Potato	T	Buffalo Burger, Baked Fries	T	Braised Beef, Egg Noodles
F	Fishwich, Potato Salad	F	Hot Dogs, Baked Beans	F	Grilled Cheese, Tomato Soup	F	Fish Fillet, Potato Wedges



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.

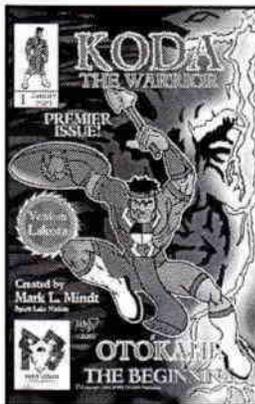
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Justin LeBeaux

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

KODA THE WARRIOR

CREATED BY MARK L. MINDT
SPIRIT LAKE NATION

"People often wonder what my Vision is for KODA the Warrior. As you can see, Koda's future looks bright. Although, his story is not over. Without proper planning and perseverance, KODA will not develop as a strong, Native American Man." For more details about these cultural comic books, contact Pony Gulch Publishing or e-mail Mark Mindt.



Book 3
Healing Time
January 2005



©2003

Book 4
Full Circle
January 2006



©2003

UTTC study says hotel is feasible

BISMARCK, ND – A report prepared for United Tribes Technical College says economic activity could support the addition of a new hotel in the Bismarck-Mandan area. A college advisory committee working on the project released the report's conclusion following a ten-week study by a consulting firm.



Barbara Schmitt, of United Tribes Technical College, announced that the Bismarck market would support a new hotel, which could also serve to train college students for jobs in the hospitality industry.

"Based on information gained during the fieldwork, it appears market demand is sufficient to support the development of a new hotel," said Barbara Schmitt, Economic Development Director of the United Tribes Technical College University Center and chairperson of the advisory committee.

Al Nygard Consulting of Bismarck studied the feasibility of a new hotel with an associated meeting and conference center that could also

serve to train college students for jobs in the hospitality industry. Nygard collected data and information from sources in the market and examined key indicators of community growth trends and patterns. Several UTTC students assisted in the study: Nicole Many Horses, Natasha Old Elk and Antone Cavalier.

"What we learned is good news for our community," said Schmitt. "The indicators show steady and increasing growth in the Bismarck-Mandan market."

The conclusion was based on analysis of market characteristics, area hotel supply and demand, and amenities offered in the market. The proposal under consideration is for an approximate 250-room hotel with 30,000 square feet of space for meeting and conference facilities costing an estimated \$36 to \$40 million, said Schmitt.

Schmitt commended Nygard and his team for their speedy and diligent work and thanked them for delivering a well-prepared analysis of the current needs in the area.

Serving on UTTC's hotel advisory committee are representatives of the five tribes that govern the college: the Standing Rock Sioux Tribe, Spirit Lake Nation, Three Affiliated Tribes, Turtle Mountain Band of Chippewa and the Sisseton-Wahpeton Sioux Tribe. The college board has not acted upon information in the study, said Schmitt.

Call For Papers

by Michael Aleksziuk, Ph.D.,
Project Leader and Editor,
Landscapes of the Heart

Landscapes of the Heart,
Expanded Edition

Narratives of Nature,
Environment and Self

Scholars, writers and environmentalists are invited to submit manuscripts for consideration in an expanded edition of the book *Landscapes of the Heart* – one that will cross the boundaries of ecology, economics, law, culture, health, the social sciences and the humanities.

Students are VERY welcome in this interdisciplinary project, for they've had experiences – and thus have a perspective – quite different from that of previous generations of scholars. Aboriginal/Indigenous students are very welcome because of the points of view represented.

There is, additionally, a need to have more female authors in the book. Women might consider circulating this information. It's essential that at least half of the authors in the expanded edition be women.

The time window for submitting articles is May 31 to August 31, 2004. Guidelines can be found at: http://www.telusplanet.net/public/aleksiuk/homepage/call_for_papers

INTERNSHIP OPPORTUNITIES

Submitted by Vince Schanandore

The organization known as Internships4You currently has new internship opportunities in Massachusetts, Arizona, Nevada, New York, Illinois, Connecticut, Minnesota, Florida, Texas, Alabama, North Carolina, Virginia, California, Maryland, Washington, and New Hampshire.

To view these postings, visit www.internships4you.com/internSearch.php4 for the listings in your area.

Please to forward this information to potentially interested students and consider having Internships4you as another resource for you and your students. There are no fees to Career Centers or students who use Internships4You. Visit www.internships4you.com/careercenters to register and you will be able to receive notification of opportunities for your students as they are made available to us. We expect another 50-75 new postings within the next several weeks due to 125 new employer registrations.

Currently we are seeking career centers interested in joining Internships4You's Advisory Board. Advisors will provide us with guidance and feedback on how to make our services as beneficial to students as possible.

If you would be interested in joining, please email advisor@internships4you.com.

We look forward to working with you, providing students and employers with quality intern recruitment services.
Internships4You • Build Your Future • Andrew E. Schwartz, CEO <http://www.internships4you.com>

Gipp urges participation in Bismarck Town Hall Meeting

Indian Tribes who have a distinct legal, political relationship with government," he said. "Our status, based on Treaties, Indian Law and the U. S. Constitution, should not be confused as some kind of minority relations effort. We have some

teaching to do here."

"I urge you to take another person - a friend, associate, relative, or student," said Gipp. "It's important to make your presence known and show that you care about your future and the well being of all who live

here."

Refreshments will be served at the meeting. UTTC will sponsor a drum and coordinate an appropriate ceremony. There is no charge to attend. An agenda and registration form can be found elsewhere in this newsletter.

BOOKSTORE NEWS



Attention all graduates and faculty: Your caps and gowns are in! You may pick them up at any time during our business hours. Graduates may also pick up their announcements.

New items available:

- * More butt-printed shorts in navy blue/white
- * White hoodie with light blue UTTC front

Coming soon:

- * Sleeveless T-shirts in ringer style and assorted colors
- * Re-order on white hoodie with light blue UTTC front
- * Re-order on light blue with white full zip hood

Also watch for Mark Mindt's new KODA The Warrior comic book due to arrive soon.

Bookstore hours are 8:00-5:00, Monday through Friday, including the noon hour. If you have any questions please call Cathy or Leah at ext. 1460. See You Soon!

Smart Eats for a Healthy Weight

by Kim Hinnenkamp, LRD
UTTC Extension Program

Eating for healthy weight is not about going on (and then off) the latest diet. The best way to achieve - and maintain - a healthy weight is to make small changes that you are willing to keep for the long term. Try these suggestions to help you reach your health goals:

Eat Early: Kick-start the day with breakfast. Start with protein like yogurt, peanut butter, or an egg. Add whole grains like whole-wheat toast or a high-fiber cereal. Finish it off with fruit such as a banana, canned peaches, frozen blueberries or orange juice.

Eat Bright: Fight disease with a rainbow of produce. The bright colors in fruits and vegetables signal nutrients that help fight cancer, heart disease, high blood pressure and the

effects of aging. Try to eat a rainbow of fruits and vegetables daily: green, yellow, orange, red and purple.

Eat Half: Re-size super-portions to fit your needs. Portion sizes of foods served in restaurants, from vending machines and provided by cookbooks have all grown larger over the past 30 years; so have we! One simple solution: cut your food portions in two; eat half and save the rest for another time.

The information above adapted from the NC NET Program and Eat Right Montana. During March, National Nutrition Month, the Licensed, Registered,

Dietitians (LRD's) of the ND Dietetic Association encourage you to Eat Smart - Stay Healthy.

Dining with Diabetes Cooking Classes Being Offered!

by Kim Hinnenkamp, LRD
UTTC Extension Program

Do you or does someone in your family have diabetes? Are you bored with eating the same old thing? Do you enjoy cooking new recipes? Then Dining with Diabetes is for you!

WHAT: A series of three sessions where you'll learn how to cut fat, sugar, and sodium in cooking without cutting out taste.

WHEN: Tuesday, April 6, 20 and 27 from 10-12 noon

WHERE: Skills Center, Nutrition and Foodservice Kitchen Lab

TO ENROLL: Contact Kim Hinnenkamp UTTC Extension Program at ext. 1397 or khinnenkamp@uttc.edu. Session size is limited to 10 participants.

FOR MORE INFORMATION: Contact UTTC Extension Program staff, Kim Hinnenkamp (ext. 1397) or Kelly Archambault (ext. 1316).

Men can be allies in non-violence

by Tessa Sicble,
Public Education Coordinator
Council on Abused Women's Services

The rate of rape and sexual assault of Native American women is 3.5 times higher than for any other race in the United States. The rate continues to rise while Native women and girls remain invisible as an at risk population – Bureau of Justice statistics.

Violence against women and children touches the lives and affects the health of our communities. Violence against women and children has persisted at epidemic rates for far too long. In particular, domestic and sexual violence has destroyed too many families, torn away at the fabric of our communities, and absorbed a tremendous amount of precious resources.

We have been unsuccessful in reducing the number of incidents,

in part, because we have not engaged large groups of individuals as potential allies—including men. It is time to try something new.

The North Dakota Council on Abused Women's Services (NDCAWS) has created a new campaign entitled "Men as Allies in Non-Violence."

This campaign will reach out to engage men in North Dakota to help end violence against women. Two television stations are broadcasting ads statewide urging men to become involved in ending violence against women. The ads are targeted for times when men are likely to watch.

The campaign calls for statewide events to encourage men to become part of the solution. Men participating in the following events

will be asked to enlist as allies: statewide rodeos, Powwows and fishing tournaments.

Men as Allies in Non-Violence invites men to get involved. Men are asked to adopt the message that violence affects everyone, not just women, and that the community as a whole needs to make a commitment to end violence.

Violence against women is not just a "women's issue," but a human rights issue. Working in partnership, men and women together can make enormous strides toward changing attitudes and perceptions about domestic violence.

Honor the women in your life and take the pledge at www.ndcaws.org. For more info contact Tessa at 255-6240.

WHAT MEN CAN DO

Be aware of language. We live in a society in which words are often used to put women down. Such language sends a message that females are less than fully human. When we see women as inferior, it becomes easier to treat them with less respect, disregard their rights and ignore their well-being.

- **Communicate.** Our discomfort with talking honestly and openly about sex dramatically raises the risk of rape. By learning effective sexual communication, stating your desires clearly, listening to your partner and asking when the situation is unclear, men make sex safer for themselves and others.

- **Speak up.** When your best friend tells a joke about rape, say you don't find it funny. When you read an article that blames a survivor of violence for being assaulted, write a letter to the editor. When laws are proposed that limit women's rights, let politicians know that you won't support them. Do anything but remain silent.

- **Organize.** Form your own organization of men focused on ending violence against women and

I PLEDGE TO...

Speak out against violence; Listen to others' fears about their safety; Challenge images of violence; Recognize that cooperation is power; Support men and women who are working to end violence.

BECAUSE...

I believe that violence will not end until we are part of the solution.

join efforts with your local violence intervention programs.

- **Work to end oppression.** Rape feeds off many forms of prejudice. By speaking out against any beliefs and behaviors, including violence against women, that promote one group of people as superior to another and deny other groups their full humanity, you support everyone's equality.

- **Support survivors.** In the United States alone, more than 1,500,000 women are raped or physically assaulted by an intimate partner each year. By learning to sensitively support survivors in their lives, men can help both women and other men feel safer to speak out and let the world know how serious the problem of violence against women is.

- **Contribute time and money.** Rape crisis centers, domestic violence

agencies, and men's anti-rape groups count on donations for their survival and always need volunteers to share their workload.

- **Talk with women** about how the risk of being assaulted affects their daily lives; about how they want to be supported if it has happened to them; about what they think men can do to prevent violence. If you're willing to listen, you can learn a lot from women about the impact of violence and how to stop it.

- **Talk with men** about how it feels to be seen as a potential rapist, about the fact that 10-20% of all males will be sexually abused in their lifetimes; about whether they know someone who has been raped. Learn about how sexual violence touches the lives of men and what can be done to stop it.

Adapted from Men Can Stop Rape. 65-70% of men are opposed to violence against women, but don't know what to do to help. Don't be the silent majority. Speak out. Take the pledge.

MEN AS ALLIES IN NON VIOLENCE
701-255-6240

Student Support Services celebrates National TRiO Day



by Jennifer Lunde

To honor the students who succeeded in college with the support of our nation's TRiO programs, UTTC Staff and Students celebrated National TRiO Day on February 27. We offered sweets and meats for our guests, along with three door prizes, won by Bev Huber, Natasha Old Elk, and Annette Broyles. It was a successful TRiO Day for faculty, staff and students. Thank you to all for your participation.

Since 1965, over 10.5 million Americans (67% poor and working families) have benefited from the services of the TRiO pre-college programs: Talent Search, Upward Bound, Student Support Services, McNair Program, and the Educational Opportunities Centers. For over 30 years, America's federally funded TRiO programs have been helping students from low-income families to finish high school, enter college and successfully graduate. Today there are over 2,600 TRiO programs serving nearly 823,000 students. TRiO programs are hosted at Over 1,200 colleges, universities and agencies throughout the United States, Caribbean and Pacific Islands.

Student Support Services help students to stay in college until they earn their baccalaureate degrees. Participants receive tutoring, counseling, transfer assistance, remedial instruction, financial assistance, and referral assistance.

Searching for Robin Walking Eagle-Richards

We are searching for a young lady by the name of Robin Walking Eagle-Richards for settlement of her father's estate. Robin is the daughter of Marlene Richards and my cousin, Kenny Walking Eagle. Her mother's sister's name is Anita, who was/is married to Dale Red Leaf. We

believe that they are from the South Dakota area.

It is critical that Robin call the Fort Peck Assiniboine & Sioux Agency in Poplar, MT and ask to speak with Michelle Buck Elk, 406-768-5112.

Pinamiya, Jonny Bear Cub Stiffarm

8th Annual Indian Law Scholarship Golf Tournament is July 17

Help Us Help American Indians Attend Law School. We are raising money to help American Indians attend law school and we need your help.

The Minnesota American Indian Bar Association (MAIBA) is hosting its Eighth Annual Indian Law Scholarship Golf Tournament. All proceeds from the Tournament go to the MAIBA Scholarship Fund to benefit selected American Indians in attending a Minnesota law school.

This year, the Tournament will be held on Saturday, July 17 at Grand National Golf Course in Hinckley, MN, which is part owned by the Mille Lacs Band of Ojibwe.

More information or have questions, please call (612) 303-7826 or sarah.oquist@usbank.com



National Indian Youth Police Academy accepting applications

Applications are currently being accepted for the 2004 National Indian Youth Police Academy (NIYPA). The deadline is June 1.

This year's academy is from July 18 thru August 1 in Tacoma, WA. Please pay close attention to the application process. An incomplete

application is like not sending one at all.

Check our website at www.tribaltraining.com. Call Youth Academy. Woody Lewis, Good Star, LTD., Las Vegas, NV, mojive1566@aol.com

Healing arts practitioner is keynoter for Wellness Week

ISMARCK, ND – A life-skills counselor who practices acupuncture and healing arts is the featured speaker for the 2004 Wellness Gathering at United Tribes Technical College. Regina Aguilera is the keynote speaker at 7 p.m. Wednesday, April 21 in the Jack Barden Center. Her talk is open to the public free of

charge as part of a week fill with campus wellness activities.

Regina Aguilera M.S. Lac. (Yaqui) completed her Master's degree in Traditional Chinese Medicine and after many years working for tribal clinics in Southern California she opened her own practice, Native Touch Acupuncture & Healing Arts. She provides acupuncture, herbal medicine, nutritional and life-skills counseling and therapeutic bodywork.

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. She is on the Advisory Circle for the Native Wellness institute. She worked for several tribes and urban Indian clinics in Southern California for the past 15 years providing personal and community health promotion.

Aguilera is an avid Tai Chi student and instructor and also follows her traditional teachings and culture. She is married and has three children and lives in the mountain community of Julian, California.



UTTC Wellness Gathering keynote speaker Regina Aguilera.

Other activities of the 2004 United Tribes Wellness Gathering are a wellness fair Thursday, April 22 from 1 p.m. to 4 p.m. in the large gymnasium of the James Henry Community Building featuring information and help with health screenings, family planning, injury prevention, smoking cessation, and

other activities. Traditional wellness consultations will be provided by experienced presenters who will be located in four Tipi lodges outside the building between 1 p.m. and 3 p.m.

Jesse and Cheryl Taken Alive (Standing Rock) will present information about traditional health practices for men and women respectively, between 3 and 4 p.m.

The UTTC community is invited to take

part in wellness walks on the college campus each morning of the week of April 19 – 23 at 7:45 a.m. and at 12 noon on Monday, Thursday and Friday.

Tai Chi Cha practitioner Jean Katus, Ft. Yates, ND, will lead Tai Chi classes at 12 noon on Tuesday, April 20 and Wednesday April 21 in the lower level of the Jack Barden Center.

Healthy lunches and snacks will be provided as well as door prizes. UTTC students and students from Theodore Jamerson Elementary School will participate. The public is invited to attend. More information contact Sharlene Gjermundson, 701-255-3285 x 1409 or sgjermundson@uttc.edu.

Working Families are Eligible for Tax Benefit

People who work full or part-time might owe less in taxes and might get cash back if they file for the Earned Income Credit and the Child Tax Credit. Filing the federal income tax form could put extra money in your pocket.

Who can get the Earned Income Credit?

If you lived with one child in 2003 and your family earned less than \$29,666, you can get up to \$2,547. If you are married the income limit is \$1,000 higher and you will get a larger EIC.

If you lived with two or more children in 2003 and your family earned less than \$33,692, you can get up to \$4,204.

If you had no children living with you in 2003 and you earned less than \$11,230 and you were between ages 25 and 64, you can get up to \$382.

The Child Tax Credit can be up to \$1,000 for each child.

How do you apply for this money?

File IRS tax form 1040 or 1040A and attach Schedule EIC. To claim the Child Tax Credit file IRS form 8812. The forms are usually available at the post office.

Contact the UTTC Land Grant Extension Office Annette Gefroh, ext. 1384 for additional information about these tax benefits.

Contact Annette Gefroh, UTTC Land Grant Extension Program Ext. 1384

Fitness trainers say it's all about finding your balance

Attacking a thick-crust pizza at midnight is a bad idea if you want to maximize the gains you make working out. If you don't pay attention to what you eat, your fitness routine isn't complete and probably won't be effective.

No, it isn't your mom saying that, although she would be right. It's the people who do fitness training for a living.

"For any routine to be effective you have to find your balance," said Jamie Grismer a former professional football player, now a certified personal trainer. "It's all about knowing the metabolism of your own body."

Grismer was one of two presenters from Optimum Fitness of Bismarck, at a workshop about health and fitness as a lifestyle during UTTC Men's Health Day.

That gob of pizza is mostly carbohydrates and would likely end up as fat around your middle because your metabolism slows overnight, according to Grismer, who earned an exercise science degree from University of Mary.

Promoting the notion that "you are what you eat," he said that it takes protein to build and repair muscle tissue used during strenuous exercise.

Grismer recommended "stoking the fire of your metabolism," by eating five or six small but balanced meals throughout the day. That keeps the metabolism steady and burns calories. He said he doesn't entirely avoid carbohydrates but near the end of the day he tends to keep the fire burning with protein foods.

Grismer's partner, Russ Drake, took a special interest in health and fitness 10 years ago after a car accident left him unable to run or walk. A former high school wrestler, Drake said he met the challenge and regained the ability to walk by taking up resistance training – weightlifting.

"For me it was a confidence builder too," he said. "Only a few years ago I was a person who couldn't walk to the bathroom alone.

Certainly I wouldn't have been able to stand up in front of a group and talk about it."

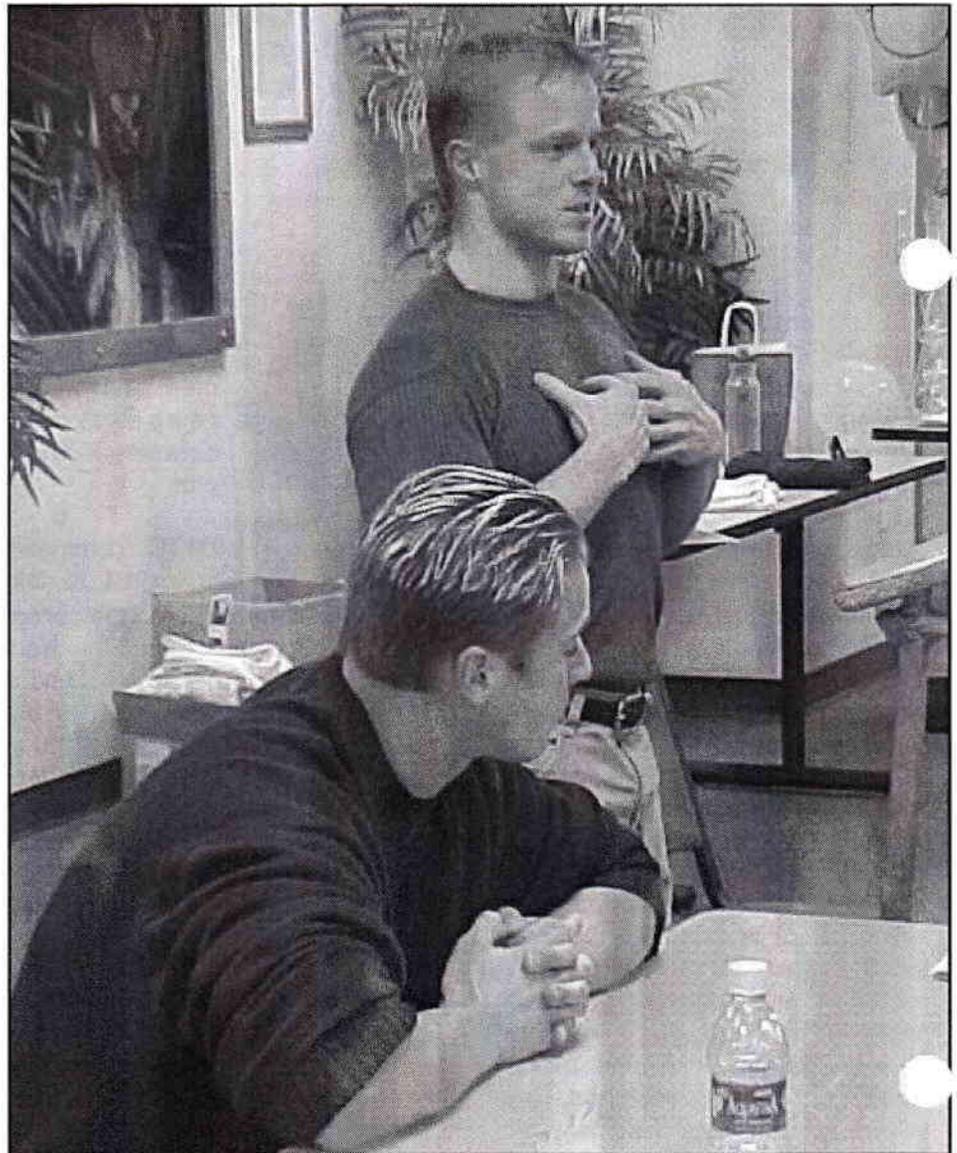
Like most who come to the practice, Drake fell prey to overdoing it. He bulked up to look like professional bodybuilders in magazines. Ultimately he learned the lesson that balance applies to the workout room too.

"Those muscled up guys in the magazines are the wrong role models," he said. "The way to do it right is design a training program that fits your body type. Then you set little goals and work your way up. It's like climbing a ladder. The guys in the magazines use performance enhancing drugs."

Drake says you don't have to go to extremes but it does take time for results to show. There's no substitute for the three "D's," dedication, discipline and desire, he said.

Both trainers emphasized that routine exercise should be adopted as a part of everyone's lifestyle.

Sharlene Gjermundson, director of the UTTC Student Health Center, coordinated men's Health Day on March 18, along with assistance from fitness coordinator Mark Mindt and others in the Campus Wellness Circle. The event also included information booths on a variety of topics and a yogurt bar.

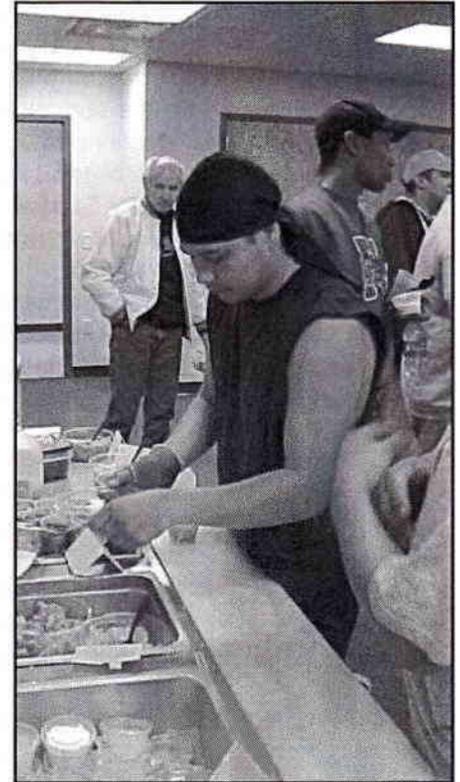


Russ Drake, standing, and Jamie Grismer, together are the muscle and brains behind Optimum Fitness Center, Bismarck.

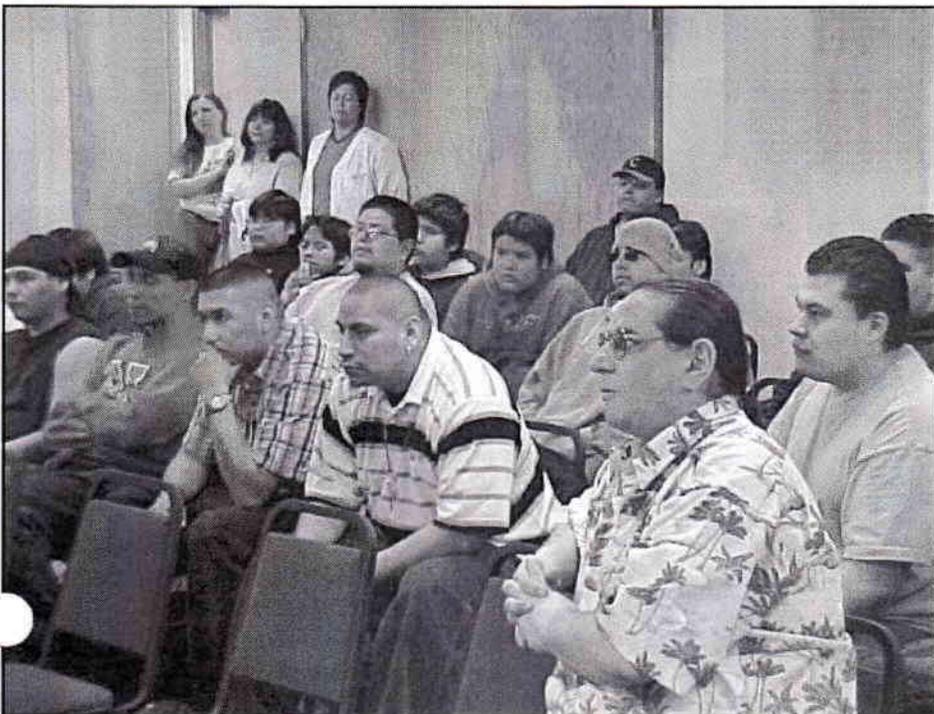


Jamie Grismer played football for the Bismarck Roughriders, now he's a certified fitness trainer.

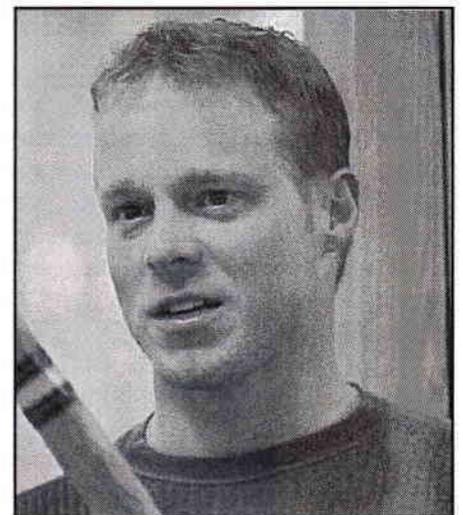
Story and photos by
Dennis J. Neumann



Marcus Luxon samples the popular Men's Health Day yogurt bar.



UTTC students and staff attending the talk about health and fitness as a lifestyle.



Russ Drake used resistance training to overcome the effects of a car accident that left him unable to walk.

continued from page 1

for Friday, May 7 in the James Henry Community Building on the college campus.

Anderson was tapped by President Bush to bring change to the government agency that serves more than 560 tribes and more than 1 million American Indian and Alaska Natives.

A resident of Minnesota, he is best known as the founder of Famous Dave's barbecue restaurants. Opened 10 years ago, the company has expanded to 87 locations in 23 states. He is a member of the Lac Courte Oreilles Band of Lake Superior Chippewa in northern Wisconsin and once served as the tribe's CEO.

Since starting his government position in early February, Anderson has presented motivational talks aimed at sharing his business philosophy with Indian leaders.

"We don't have an economic development problem in Indian Country," he recently told a group of BIA educators at a conference in San Diego, CA. "We lack motivated people. We don't teach people to succeed. We don't teach Success 101."

In education, Anderson believes that students in the BIA system are not being challenged. Like his own school experience where he earned Cs, Ds and Fs, he believes most American Indian students are bored – "thoroughbreds" that lack motivation. "Our job as educators should be to help create lives worth living."

By his own admission, Anderson was a poor student who never seemed to focus in school, later drank heavily and ultimately became an alcoholic. Several brushes with death in automobile accidents, repossessions and bankruptcy, and family heartache eventually lead to treatment and change

"I'm very open about it," he said. "God had his hand over my life."

Last year, his publicly traded food and restaurant chain reported \$90.8 million in revenues making him one of the nation's most recognizable and successful American Indian entrepreneurs.

"Indian people have missed out on wealth building. We need to be a nation of home owners, not HUD home renters."

"We need 'Up With Indian People' rallies like the black people had. We need more of a positive mental attitude to break the cycles of dysfunction in Indian Country."

Despite his buoyant personality, Anderson's sales pitch for Indian achievement is overshadowed by recent news of significant cuts in BIA funding for the first time since the 1980s. Tribal leaders have reacted with shock to combined reductions over the next two fiscal years that trim almost 6 percent from the agency's \$2.3 billion budget. Reductions are spread throughout dozens of the agency's programs and BIA personnel say they emanate from the Office of Management and Budget.

Although Anderson has said that education is a top priority, cuts in school funding in particular will affect scholarships, Early Childhood Development, student transportation, school construction, administrative costs and tribal colleges. The hits include zero funding for United Tribes Technical College in FY 2005 and beyond.

"Tribes whack on me for more money," he told the San Diego

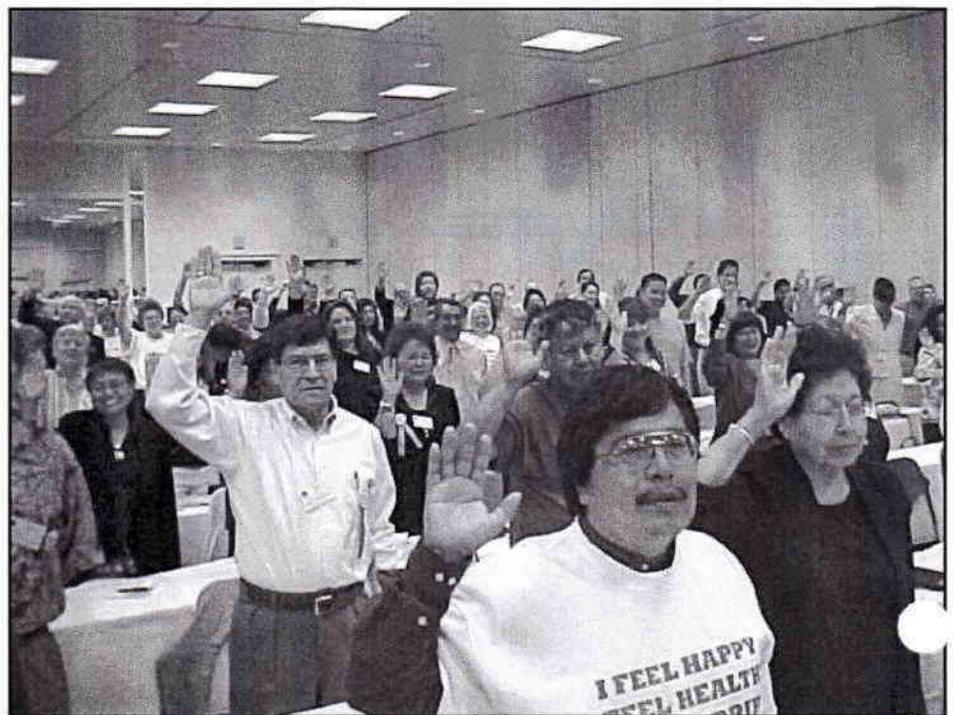
audience. "What I'm trying to do is get out here and share my message. We need to change the thinking of people in Indian Country. Lots of us don't understand change, and don't like it."

"If you always do what you did, you'll always get what you got," he added.

After years of reading self-help books by motivational speakers, this year he published his own book, Famous Dave's LifeSkills for Success. The book's 481 pages are filled with anecdotes, quotations, sayings and drawings about the keys to success in life and business. On the subject of personal responsibility he advises to live a life free of excuses. "I'm responsible, I'm accountable." "If it's to be, it's up to me."

Next to reading – he says he devours 2 to 3 books per week, four newspapers daily and 20 to 30 magazines per month – he relies on positive mental energy as one of his keys to success. He believes that problems are opportunities.

"God gives us those problems. They make us strong and we gain wisdom from solving them. Leadership is about crisis and problem solving. Greater adversity reveals the depth of character within."



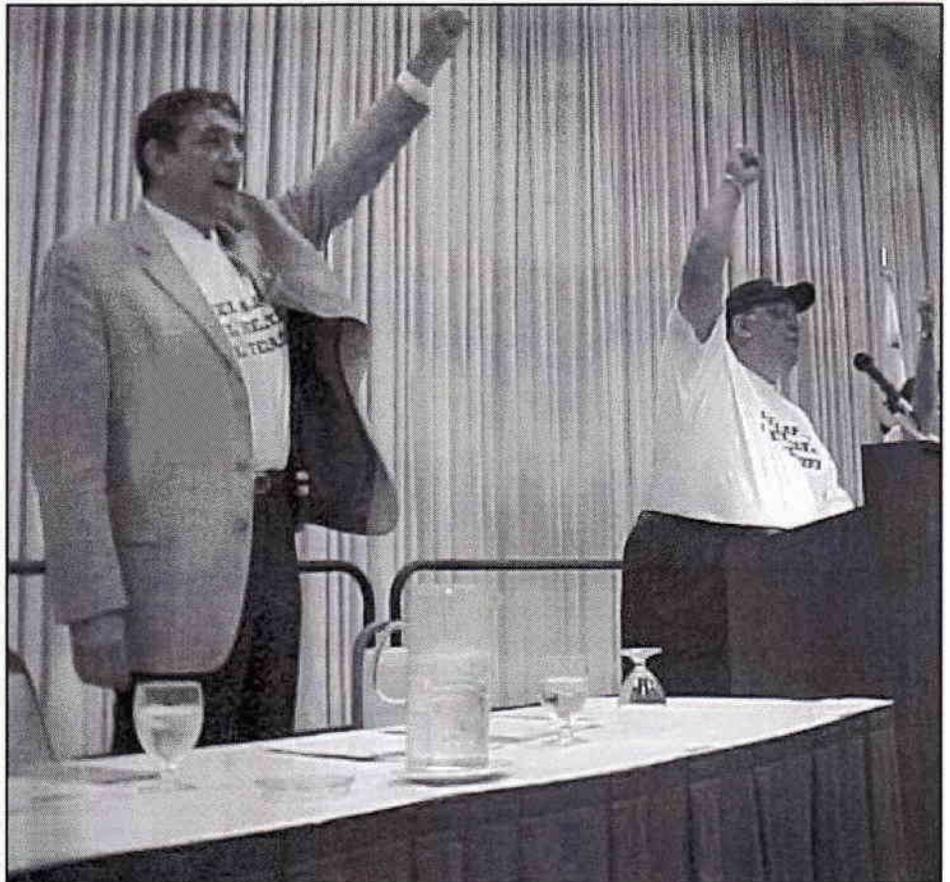
BIA education employees at a recent conference in San Diego pledge aloud to be "part of the positive change" Famous Dave hopes to bring to the agency.

For Indian students, Anderson hopes to develop a "power pack" of motivational CDs and pursue the development of "leadership academies," similar to his LifeSkills Center for Leadership based in Minneapolis, which provides training in leadership, communication, team building and decision-making for Native youth.

To accommodate Anderson's schedule, the UTTC graduation ceremony may be moved to later in the day.



UTTC Dean of Childhood Education Sam ... with two OIEP line officers: Chery Farley, ...yenne-Eagle Butte and Bill Walters, Pine ... ridge, both sporting a motivational t-shirt at the OIEP meeting in San Diego, CA.

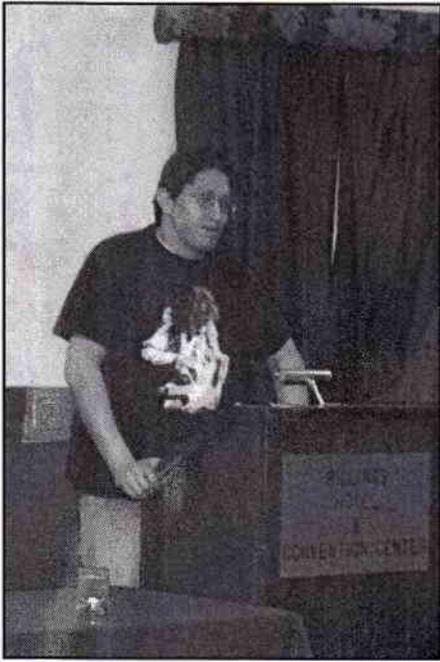


Cheerleader and motivator, Famous Dave Anderson, at podium, energizes an education conference with a positive slogan. Director of the Office of Indian Education Programs Ed Parisien, at left, ranks Anderson among the "great leaders who give you hope and inspiration."

Story and photos by Dennis J. Neumann

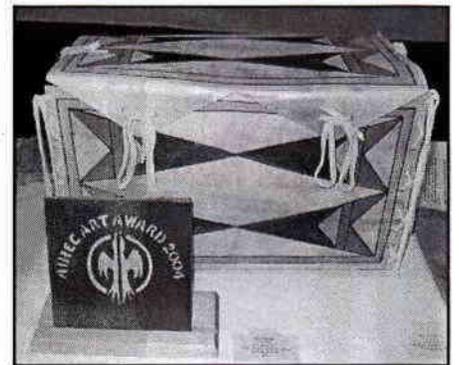
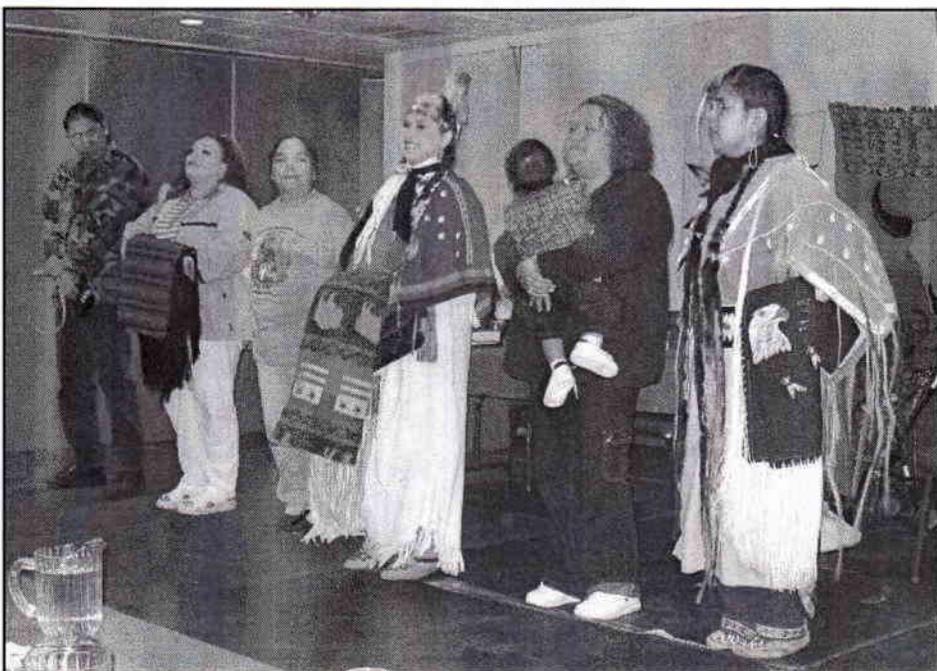


Anderson is accorded near-celebrity status with photo opportunities and autographs. One Indian educator said, "If education can be operated like a business, then he's the head of the sales team."



AIHEC Snapshot

Clockwise from above, Carla Fleury with her Honorable Mention stain glass; Sonia Cain with her son Darius and sister Sheena Cain; John Pepion's parlesch box; close up of Carla Fleury's stain glass; Sonja Cain, center, sings the Flag Song with the UTTC players in the one act play; Herman Good Voice Flute played the role of a soldier returning from Iraq in UTTC's one act play; and Darren Red Boy presenting in the speech category. Photos by Justin Lebeaux. More on AIHEC in the next issue.



WITHIN OUR GRASP: BUILDING A BETTER BISMARCK THROUGH DIVERSITY

Tuesday, April 6, 2004 - 6:00-9:30 PM
Radisson Hotel, 605 E. Broadway Avenue, Bismarck, ND

Join us at the first of a series of Mayor's Town Hall Meetings on diversity issues in the Bismarck community. This Meeting will focus on Race/National Origin/Religious Discrimination in Bismarck. A schedule of events follows:

6:00-6:30 PM: Registration & Social

Arrive early to register, enjoy information on diverse cultures and religions, review display tables and receive materials to educate yourself on diversity.

6:30-6:45 PM: Opening Address and Welcome - Mayor John Warford, City of Bismarck

6:45-7:15 PM: Are We That Different?

Feature presenters on Muslim and Jewish faiths. Learn about these faiths, common misconceptions of Islam and the growing tide of anti-Semitism.

7:15-8:00 PM: What's Working/Not Working in Making Bismarck Diverse

A panel will discuss Bismarck's diversity, post 9/11 discrimination, how discrimination feels through a victim's eyes, and examples of how Bismarck has positively welcomed diversity.

8:00-8:15 PM: Break

8:15-8:45 PM: How Can We Overcome?

Presenters will share their personal experiences and stories of living in Bismarck and identify how we can overcome discrimination as a community.

8:45-9:10 PM: Audience Interaction

Questions for panel members for discussion.

9:10 PM-Close: Drum and Smudging Ceremony Sponsored by United Tribes Technical College

Learn from and experience an American Indian ceremony which shows a way to pray and purify those gathered for good things.

Throughout the evening, there will also be vignettes on discrimination and diversity sponsored by community youth representatives. **Attendance is free but advance registration is required to ensure adequate seating and materials.** Materials available in alternative formats upon request. Please complete the form below to register.

MEETING REGISTRATION – PLEASE PRINT CLEARLY!!!

NAME: _____

COMPANY (if applicable): _____

ADDRESS: _____

CITY/STATE/ZIP: _____ PHONE: _____

Mail your registration to: NDFHC, 533 Airport Road, Suite C, Bismarck, ND 58504 or FAX: 701-221-9597

(over)

Information on the Sponsors

This workshop is sponsored by the City of Bismarck Human Relations Committee and the North Dakota Fair Housing Council through a U.S. Department of Housing & Urban Development grant.

The mission of the City of Bismarck Human Relations Committee is to protect and promote the personal dignity of all Bismarck citizens and eliminate any discriminatory barriers that prevent them from reaching their full human potential. They seek to make education and compliance a meaningful and visible strategy as they work to recognize the value of a diverse community. For more information, visit: www.ndfhc.org/HRC.htm

The mission of the North Dakota Fair Housing Council is to provide support, encouragement and assistance to those seeking equal access to housing in North Dakota and eastern South Dakota. For more information, visit: www.ndfhc.org

Endorser Information

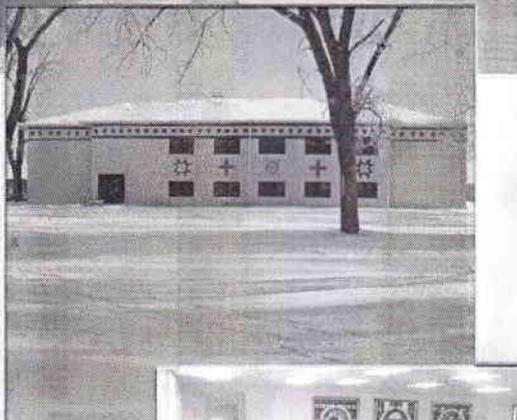
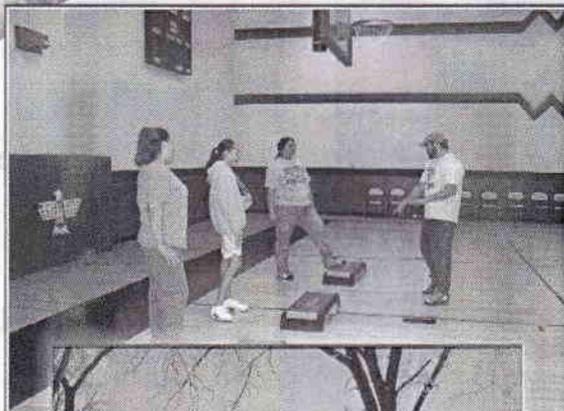
Endorsers for the event are still being sought and would be listed in subsequent publications and meeting programs/materials. No financial commitment is necessary; endorsers need only acknowledge their support of the event and commitment to advancing diversity. Contact Amy at 701-221-2530 or ndfhc2@btinet.net for more information.

- AARP North Dakota
- American Association of University Women-North Dakota
- American Red Cross: Burleigh & Morton County Chapters
- Bismarck Jaycees
- Bismarck Police Department
- Bismarck Public Schools
- Bismarck State College
- Bismarck Veterans Memorial Public Library
- Bismarck-Mandan Board of Realtors
- Bismarck-Mandan Chamber of Commerce
- Bismarck-Mandan Unitarian Universalist Fellowship and Church
- Burleigh County Housing Authority
- Church of the Brethren, Mon-Dak Area
- The Church of the Helping Hand, Inc.
- Cloverdale Foods Company
- The Coffee Break
- Commission on the Status of Women
- Community Homes of Bismarck
- Dakota Center for Independent Living
- Embracing Diversity Learning First Committee of Bismarck State College
- Episcopal Diocese of North Dakota
- Gandhi Peace Network
- Indian Affairs Commission
- International Club
- League of Women Voters of Bismarck-Mandan
- Mental Health Association in North Dakota
- National Association of Social Workers–North Dakota Chapter
- North Dakota AFL-CIO
- North Dakota Association of School Psychologists
- North Dakota Council on the Arts
- North Dakota Department of Labor-Division of Human Rights
- North Dakota Disability Advocacy Consortium
- North Dakota Human Rights Coalition
- North Dakota Progressive Coalition
- Parents, Families and Friends of Lesbians and Gays (PFLAG)
- Presbyterian Church, U.S.A. Presbytery of the Northern Plains
- Protection & Advocacy Project
- Religious Society of Friends (Quakers)
- Roman Catholic Church, Bismarck Diocese
- Ruth Meiers Hospitality House
- St. Mary's Central High School
- United Church of Christ, Northern Plains Conference
- United Methodist Church, Dakotas Conference
- United Tribes Technical College

United Tribes Technical College GATHERING OF THE CLANS

April 1, 2004

What's Happenin' at UTTC



**9:30 a.m. Continental Breakfast/
Social at the Jack Barden Center**

**10:00 a.m. Invocation by Tom Red Bird
Welcome Russel Swagger**

**10:30 a.m. Ice Breaker
Overview of Agenda
Break into Clans**

11:00 a.m. Tour the Campus

12:15 p.m. Lunch at Cafeteria

12:45 p.m. Moccasin Games-Brent Kary

**1:15 p.m. Thunderbirds Basketball Special
Door Prizes**

2:00 p.m. Farewell/Survey

For more information contact Jesi Silbernagel, (701) 255-3285 Ext. 1314

Or check out our web-site: www.uttc.edu

Conversation sculpted about niece with cancer

It seems pretty clear that the notorious "sculpture assignment" brings out the best in some UTTC students. Instructor Brian Palecek explains that the assignment, which is required of students in the combined speech/humanities class, isn't about artwork, though some is very good; it's about self-reflection and starting a conversation about it.

Cheryl Danks (Three Affiliated) a student in Health Information Technology, lovingly fashioned a doll jingle dress dancer especially to honor her niece.

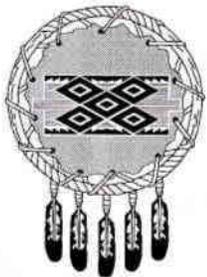


Cheryl Danks

"She's our family "miracle," Danks wrote a Humanities Class self-assessment.

"Sometimes I feel things get a little rough going but then I think of what she went through with her cancer. For as little as she was, she showed tremendous strength, courage and a will to live. So I try not to 'sweat the small stuff,' because it's all 'small stuff.'"

Danks' niece endured chemotherapy and radiation treatment at the Mayo Clinics in Rochester, MN and is now a five year cancer survivor. She is age 9.



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