

UNITED TRIBES

News

Vol. 14 No. 4

UNITED TRIBES TECHNICAL COLLEGE • BISMARCK, ND

March 7, 2005

Advisory council supports full funding for tribal colleges

UTN – An advisory committee to the Bureau of Indian Affairs believes the nation's tribal colleges and universities should be fully funded in next year's Federal budget.

The BIA-Tribal Budget Advisory Council, a panel of representatives from each of the BIA's 12 regions, is on record in support of restoring cuts made by the Bush Administration. The action came February 17-18 in Chandler, Arizona. BIA and other Federal officials who helped prepare the President's budget were present.

In particular, the council recommended full restoration of funding for Crownpoint Institute of Technology, Crownpoint, New Mexico, and United Tribes Technical College, Bismarck, North Dakota. Over \$5 million dollars in funding for the two colleges was deleted from the administration's budget for fiscal year 2006, which begins on October 1, 2005. Funding was cut for the nation's other tribal colleges and universities by almost \$10 million.

The Council cited the proven record of tribal colleges and universities in helping improve the lives of tens of thousands of American

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Campus group focusing on recruitment

UTN – Having more students attend United Tribes Technical College is the goal for a low-key group of staff members at the college in Bismarck, ND. The UTTC Recruitment Task

Woodlands Indian finds place to learn among Plains Indian People



Tony Ammann, center, studying in class, is the only student from the St. Croix Tribe attending UTTC.

by Dennis J. Neumann, United Tribes News

Tony Ammann is living out the dream of his late grandfather, Archie Mosay.

"He was the last traditional Anishinabe leader and medicine man in our community," says Ammann. "He had no formal education. But he knew that for Indian people to better themselves and have equality, education was needed."

Ammann had been out of school 14 years before enrolling at United Tribes Technical College (UTTC). At age 42, he fits the definition of an older-than-average student. He'd attended a technical college before,

worked as a truck driver, and drove a school bus.

"I had the worst route. It had the rowdiest kids who put drivers through the wringer. The other drivers couldn't handle it," he said. "But before I finished, it was the best bus route of all."

That was in the tiny woodlands communities of Balsam Lake and Big Round Lake – population about 175 – in Polk County, near Hertel, Wisconsin. He picked up the values and interests of his extended family, including his grandparents, uncles and parents, on the St. Croix Reservation,

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Dennis Lucier's UTTC Cafeteria Menu

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

March 7 - 11

March 14 - 18

March 21 - 25

MARCH 7 - 11		MARCH 14 - 18		MARCH 21 - 25	
LUNCH	DINNER	LUNCH	DINNER	LUNCH	DINNER
Beef Stroganoff	Chili & Dinner Roll	Goulash & Wax Beans	Hamburger Steak & Squash	Spaghetti & Garlic Toast	Baked Ham & Potatoes
Indian Taco	BBQ Chicken & Baked Potato	Bean Soup & Ham Sandwich	Pork Chops & Rice	Steak Sandwich & Potatoes	New England Dinner
Hamburger & Baked Beans	Chicken Burger & Soup	Roast Beef & Potatoes	Lasagna & Garlic Toast	Baked Chicken & Dressing	Salisbury Steak & Potatoes
Individual Pizzas	Submarine Sandwich	Sausage & Kraut	Steak & Baked Potato	Burger & Fries	Braised Beef & Noodles
Roast Pork & Potatoes	Tator Tot Hotdish	Fishwich & Potato Salad	Hot Dog & Baked Beans	Grilled Cheese & Tomato Soup	Fish Filet & Potatoes

Colleges form community campaign

United Tribes News

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UTN photo Dennis J. Neumann



At a press conference February 21, UTTC President David M. Gipp helped describe the unprecedented effort of the three Bismarck colleges to take the lead in helping combat drug and alcohol abuse among students. The colleges hosted the first ever tri-college summit, "Building Bridges for Smarter Communities Safer Students." Supporting the effort from left, Bismarck State College President Donna Thigpen, Bismarck Police Chief Debbie Ness and University of Mary President Sister Thomas Welder. More about the March 3 event in the next issue of UTN.

KODA THE WARRIOR™ We All Need A Spring Break!

CREATED BY MARK L. MINDT
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Are the pressures of your work or school getting you down?

Do you feel like your at the end of your rope?

What can you do?

Where can you go?

Who can you talk to?!?!?



Take heart, because UTTC is on Spring Break. So a little time away from work and your daily routine. This may be just what you need to get over the "Winter Blues." We all feel stress from different areas of our life. We must remember we are natural beings and we can change with the times of the seasons. So listen to your "Inner Rez Dog." You might be a little surprised at what you learn. Take care of yourself/yourselves.



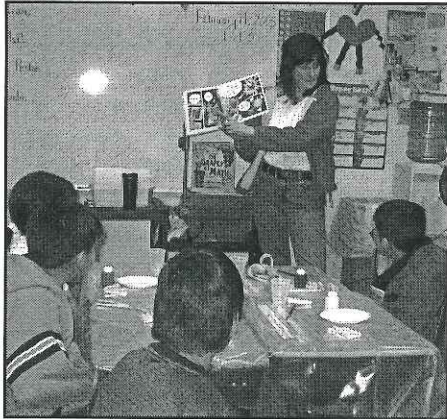
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THE WARRIOR



MINDT ©2005
Makers of
Cultural Comics

TJES Tidbits: Photos • Swimming • T-shirts

Saturday Literacy Club was held on February 5, 2005 from 10:30-12:30. There were 8 families in attendance. Families received a 8 X 10 family picture, a book bag, and a 2005 calendar with the family picture on it. We hope to see more families at the next Saturday Literacy Club which will be held on April 2nd.

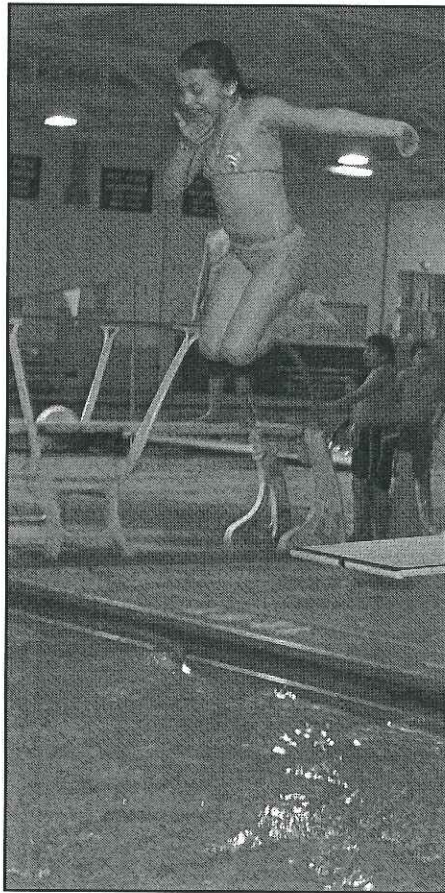


February 12th was an exciting day to be at TJES. It was Saturday Shake-Up Day. Students covered ply-wood boards with fleece fabric



and decorated it to make picture boards. Following the completion of the picture boards, the students traveled to Mandan and had lunch at McDonald's, and then went swimming at the Mandan Community Center. A good time was had by all! Ask the TJES students about Saturday Shake-Ups.

The TJES students in grades 3



UTN photos Carol Melby & Margo Krabberhoff



Each student made a T-shirt transfer and it was pressed onto a white T-shirt for a student in pre school, kindergarten, 1st grade, or 2nd grade. All students (approximately 150) in those age levels received a nice surprise on Valentine's Day. They all got a special T-shirt designed by a TJES student. The recipients were so delighted that they immediately put them on and were showing them to everyone one who would look!!!!



through 7 were learning how to use a computer program called Print Explosion. To make it more meaningful and useful, they were given the assignment to design a T-shirt transfer focusing around a Valentine theme.



IT News: Spyware Abounds

by Marla Trail, Computer Technology Specialist

The IT Department has taken plenty of calls lately about spyware and its effects. These are software programs that gather and report information about a user without knowledge or consent. They cause your computer to slow down, display those annoying pop-ups, reroute your web browser, or have unexpected errors.

Spyware installs itself. It can be bundled with an otherwise apparently useful program. Sometimes it takes advantage of flaws in Internet Explorer. Or Internet Explorer can install spyware via a "drive-by download." This takes advantage of the easy installation used by ActiveX controls and is controlled by the security settings of Internet Explorer.

Our advice is to be careful about what you're downloading or saying 'yes' to on the Internet. Some toolbars, screensavers and web smileys can contain spyware.

Several spyware removal tools that can be used are Spybot Search and Destroy and Ad-Aware. If you're experiencing a problem, please contact the IT Department.

Training is underway for four modules of Jenzabar Internet Campus Solutions (JICS): 1. Advising/Faculty 2. Student 3. Candidate and 4. Staff. JICS will make some of the features of Jenzabar available to users through the use of Internet Explorer. The modules will permit current students access to personal data, class schedules, grades, historical course work, and graduation progress. Potential students will be assisted with the admissions process.

Faculty will be able to track their schedules and their student's schedules and enter mid terms and final grades. UTTC staff will benefit from budget tracking features and the ability to submit purchase requests digitally.

Plans are moving ahead for the student e-mail server. During the next few weeks, software will be installed and tested on the server. We are on schedule for the May 16 implementation.

Applications due April 1 for summer internship

BISMARCK – Applications are being accepted until April 1 for a summer internship with the ND Council on Abused Women's Services to work on the "Campus Violence Project."

The internship is part of the Otto Bremer Foundation funded Partner Internship Program (PIP). The program connects college students with nonprofit organizations for valuable work experiences that raise public interest in the mission of nonprofit work.

The North Dakota Council on Abused Women's Services/Coalition Against Sexual Assault in North Dakota (CAWS/CASAND) will hire an undergraduate student to manage the project.

"We're thrilled to offer the opportunity for a student to get to know our organization and our work," said Project Director Renee Stromme. "It also fulfills a need to advance the Campus Violence Project."

The student intern will work with training curricula and resource tools from the CAWS/CASAND Bismarck office. More information at 701-255-6240 or <http://www.hecua.org/pip>.

UTTC AWARDS BANQUET



FRIDAY, APRIL 15

MARK YOUR CALENDAR!

**BEST WESTERN
DOUBLEWOOD INN,
BISMARCK
DINNER 6 P.M.
YEARS OF SERVICE AWARDS
DOOR PRIZES
FUN**

**MORE INFORMATION:
WES LONG FEATHER X 1218**

Advisory council...

Continued from page 1

Indian students and their families meetings with Federal officials this year, tribal leaders had specifically requested increased funding for tribal colleges and for United Tribes and Crownpoint for FY 2006. Asked why their priorities were not followed, Federal officials present would only say "hard choices had to be made."

Restoring funds for tribal colleges, said Turtle Mountain Band of Chippewa Chairman Ken Davis, would take less than what the President asked to fund law enforcement and detention centers.

"Apparently someone thinks that it's more important to put our members in jail than to keep them in school. And that's unfortunate," said Davis.

The council's resolution noted the trust responsibilities of the Federal government. Education and other services were legally committed to American Indians and Alaska Natives in treaties, statutes and other agreements when tribes ceded vast tracts of land and resources to the United States.

The budget advisory council was established in 1999 to ensure tribal government participation in planning the BIA budget.

Council co-chairs, Jim Gray, Principal Chief of the Osage Tribe, and Tex G. Hall, President of the National Congress of American Indians and Chair of the Mandan/Hidatsa/Arikara Nation, signed the resolution.

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A REUNION OF ALL MARTY
STUDENTS

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UTTC is family path for new financial counselor

UTN – The College's new financial aid counselor is a third generation UTTC employee. Molly Huber's mother, father and grandfather each have an association with the college.

"My mother, Bev Huber, is a teacher here now. My father and my Grandfather worked here too," said Molly.

"A teacher, a businessman and a carpenter. And now I'm the financial aid counselor. All from



the same family." *Molly Huber is UTTC's new financial aid counselor.*

Huber signed on in February filling the newly created position, financial aid counselor, in the Financial Aid division of Enrollment Services.

Her father, Dennis Huber, was UTTC's Minority Business Development director; he retired in 2002. Her grandfather, Charles Huber, worked at UTTC from 1969 to 1978, helping prepare the college for opening and later as Building Trades Instructor. He passed away in 2003 at age 93. General Education Instructor Bev has been at the college since 1983.

"I'm thankful for this new, bright opportunity to work at UTTC," she said. "I'm especially grateful to my mom for not embarrassing me at the pep rally my first week here."

Her main goal is to assist students in finding additional outside sources of funding, said her supervisor, Financial Aid Director Bob Parisien. Her work will focus on getting information to students and assisting them in searching out the numerous financial aid opportunities that exist.

"I'm available any time to discuss scholarship options, financial aid, or just answer questions about the whole process," she said.

University of Mary Students Join with UTTC Teacher Education Students

Submitted by Lisa Azure, Teacher Education

A group of students in the Teacher Education program at United Tribes Technical College have joined with a group of pre-service teachers from the University of Mary to participate in a teaching experience at the Heritage Center here in Bismarck. The students have the opportunity to observe each other actually teaching a group of Bismarck Public School students a Social Studies lesson. The Heritage Center provides the setting, as well as a collection of materials the students can use to teach their lessons.

This past week, the University of Mary students taught the lessons, with the UTTC students observing. After the lesson, the students had the opportunity to give each other feedback and encouragement. After the UTTC students complete the

orientation to the materials, they will each partner with a University of Mary student to develop a team teaching experience.

According to Cindy Balliet, UTTC faculty, the students all enjoyed the opportunity. It served as a cross-cultural learning event as well, in that the University of Mary students asked the UTTC students to share information with them about the content from a Native perspective, wanting to make sure it was accurate.

UTTC students participating were Janice St. Clair (Three Affiliated), Kahnya Cornelius (Oneida Nation), Crystal Black Cloud (Standing Rock), Celeste Phelps (Rolla, ND), Beverly Clairmont (Lower Brule), Tanya Mendoza (Turtle Mountain Chippewa), and Emmaline Tallman (Pine Ridge).

Singing and drumming nights set



Although the turnout thus far has been good, the "boys" are still looking for more singers, both male and female, for open drumming and singing night on campus. It doesn't matter if you're a beginner or a veteran vocalist. Come out and get your voice in shape for the coming powwow season. Every Monday and Tuesday night is set aside in the James Henry Community Center for drumming and singing from 7 to 9 p.m. This will continue through Spring Semester. For more information contact Scott Davis, x 1261.

Woodlands Indian... Continued from page 1

located about 75 miles northeast of Minneapolis/St. Paul.

Ammann is a member of the St Croix Tribe of Ojibway (he prefers to use the word Anishinabe, meaning 'the people' in the tribe's language, rather than Ojibway or Chippewa). The tribe does not have its own tribal college; he's in his first year studying Tribal Management at UTTC.

"I was going to take up food and nutrition, but Tribal Management caught my interest," he said. "An education in Tribal Management seems useful to anyone with the inclination to help their tribe."

Before coming to Bismarck, Ammann spent two-and-one-half years getting another kind of education. He worked at an inner city, evangelical church in Winnipeg, Manitoba.

"Winnipeg is second to Los Angeles in its number of Indians in a concentrated urban population," he said. "Between 60-thousand and 90-thousand Indians are there. The majority are Algonquin."

Working with a food giveaway program, he built relationships with people and earned their respect. Most came from isolated reserves in Manitoba, Saskatchewan and Ontario, with no previous experience, no opportunities, and no schooling.

"Hitting the big city is a shock for Indians," he said. "Lots of them turn to prostitution, alcohol and solvent abuse."

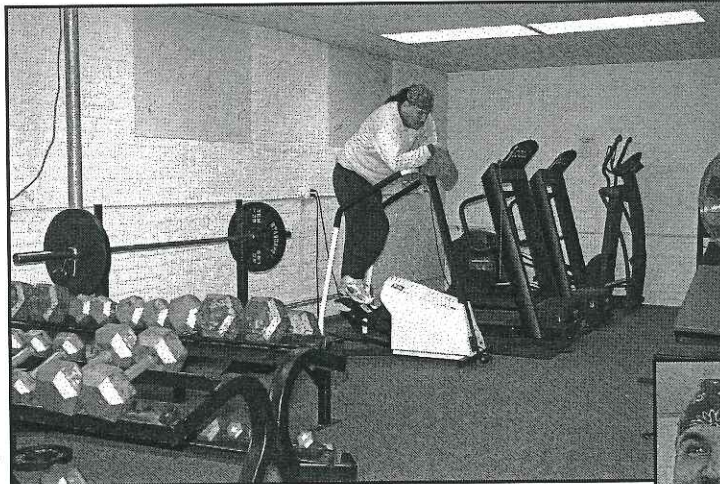
"We had problems on the reservation at home but I hadn't seen that one before," he said. "Ours were tame by comparison. It was an eye-opening experience."

Learning about hardships and realities in urban life gained him a new understanding and broader perspective, qualities that characterize older students. Now, away from the woodlands of St. Croix, he refers to himself as a "Woodlands Indian among the Plains Indian People."

"I'm interested in the history of how Anishinabe people fared when they came out to the Plains," he said.

He did a research paper on the Turtle Mountain Band of Chippewa leader Little Shell. He says it would be interesting to intern at the Trenton Service Area, near Williston, ND, where the descendants of Little Shell live.

By chance, another member of the St. Croix Tribe is also at United Tribes. Russell Swagger, the college dean of student and campus servic-



Ammann on the lonely path – exercising, almost every day on the stair-stepper. Inset, Tony Ammann. UTN photos Dennis J. Neumann

es, hails from the same community. Although the two didn't know each other – Swagger came to Bismarck as student 16 years ago and later earned a leadership position on the college staff – they know plenty of the same people and families at home. The two are St. Croix's ambassadors on the lengthy roster of tribes represented each year in the UTTC student population.

"I had the honor of presenting him with an award for perfect attendance in his first semester," said Swagger. "He also made the President's List with a 3.5 GPA."

During his first term studying tribal management, Ammann worked on the North Dakota Tribal Voter Education Project. He helped educate tribal voters about changes in the voting process and voter rights. He helped motivate them to turn out for the November General Election.

"Indian people can be a voice in politics," he said. "Times have changed and voting is the most important way to change things."

The voter project allowed him to

meet people and get acquainted on campus and in the community.

Bismarck-Mandan is a good place, somewhat slower paced than big cities, he says. And it appears that North Dakota does well for Indian people, compared with other places. "Seems to be a lot of open-minded, fair-minded people out here."

He particularly admires the dedication of staff members, who continually extend themselves for the betterment of students.

"I've found that education puts structure into your life. I don't know if all students realize that," he said. "With that comes the knowledge of things and building character."

Ammann has never married and has no children. He has a sister who attends Harvard University pursuing a master's degree in education, specializing in tribal language. He says he makes a point to be disciplined and punctual and very

faithful to completing things for the long term.

If he has anything close to an obsession it's living a healthy lifestyle. He's been alcohol free for 21 years. Doesn't smoke. And works out almost every day on the stair-stepper machine at the UTTC Athletic Center.

"I don't have diabetes. If you stay in shape you don't have to worry about that."

Although he believes that he'll go back to Wisconsin he says he would follow a path elsewhere if needed, before going back home. It might be for more schooling; he finds the paralegal field interesting.

"I don't know what I'll be," said Ammann. "I'd like to go home and work on some things for the tribe. I'm not being presumptuous or arrogant, but I believe I have something to offer."

Something to offer the people of St. Croix – that would be what his grandfather had in mind.



Recruitment... Continued from page 1



UTN photo Dennis J. Neumann

Members of the UTTC Recruitment Task Force, from left, Admissions Director Vivian Gillette, Assistant Registrar Myra Vasquez, Small Business Management Instructor Carol Anderson, Enrollment Services Director Kathy Johnson, and Distance and Continuing Education Director Leah Woodke.

dents to our campus and to the online programs," said Kathy Johnson, UTTC Enrollment Services Director and chair of the recruiting group. "We're spreading the word about the important programs we have to offer. It's pretty important to our growth plan."

The RTF got its start in the Student and Campus Services Department. The college hopes to increase enrollment to 2,000 students as part of a campus growth and expansion plan in the next five years.

Core members are employees in Johnson's Enrollment Services Department: Assistant Registrar Myra Vasquez, Admissions Director Vivian Gillette, and Career Counselor Vince Schanandore. Small Business Management Instructor Carol Anderson, also a member, authored a recruiting plan. Distance and Continuing Education Director Leah Woodke joined the panel to focus attention on recruiting online students. Jesi Silbernagel, Assistant Dean of Student and Campus Services, who started the group, recently left to spearhead other campus initiatives.

"Everyone is very committed to the goals of this group," said Johnson. "We try to keep things moving forward."

RTF members refined the college's recruitment plan during a

planning session last year. Emphasis was placed on the process of developing branch campuses and recruiting more online students.

"Right now, with the current record levels of enrollment on campus, our classrooms and housing facilities are maxed out," said Johnson. "It makes sense for us to focus on the place where we have room for growth and that's using our distance learning technology."

According to a late February enrollment report, 474 students were at-

tending classes on campus, 45 were enrolled in online classes, and 29 at the college's branch campus at the Owens Valley Career Development Center, Bishop, California. Student enrollment of 548 is a record for Spring Semester.

The distance learning recruitment plan calls for outbound calling, mailings, e-mails, information articles, and media promotion.

Meanwhile, the group is not forgetting about some of the more traditional recruitment methods such as recruitment fairs, campus tours and vocational education conferences.

The group helped create a new college view book, a colorful brochure about college offerings and enrollment, which can be economically distributed to large numbers of potential students. The college's recruiting booth recently received an update and facelift. Recruiters follow a calendar of recruitment events and track outcomes. And a hiring will take place soon for a full time recruiter.

"We've been very committed as a group to working on our recruiting efforts," said Johnson. "We're making sure that those who represent the college have the materials they need to do the best job and that they're knowledgeable and enthusiastic as they promote our programs."



Students pile off the bus from St. Francis Indian School, a tribal grant school with 665 students on the Rosebud Reservation at Stephan, SD. Two-dozen juniors and seniors toured the UTTC campus February 23, an event arranged by the recruitment task force. UTN photo Dennis J. Neumann

Medical research conference scheduled at TMCC

A conference for persons interested in health problems among American Indians and how they might be addressed by research is scheduled for Turtle Mountain Community College April 21 - 22. It is the first conference of its kind.

Nationally recognized American Indian leaders in medicine, research and tribal regulation of research activity will discuss current issues related to biomedical research in American Indian communities. Topics include protection of human subjects, how to organize and fund a research project, biomedical research projects as teaching tools for tribal colleges, and genetic research in American Indian communities.

Special sessions are designed to seek input on what diseases or conditions should be priority research questions. More information Michele Delorme, mdelorme@tm.edu, 701-477-7862 x 2114 or Dr. Lyle Best, sbest@utma.com.

Internship Announcement

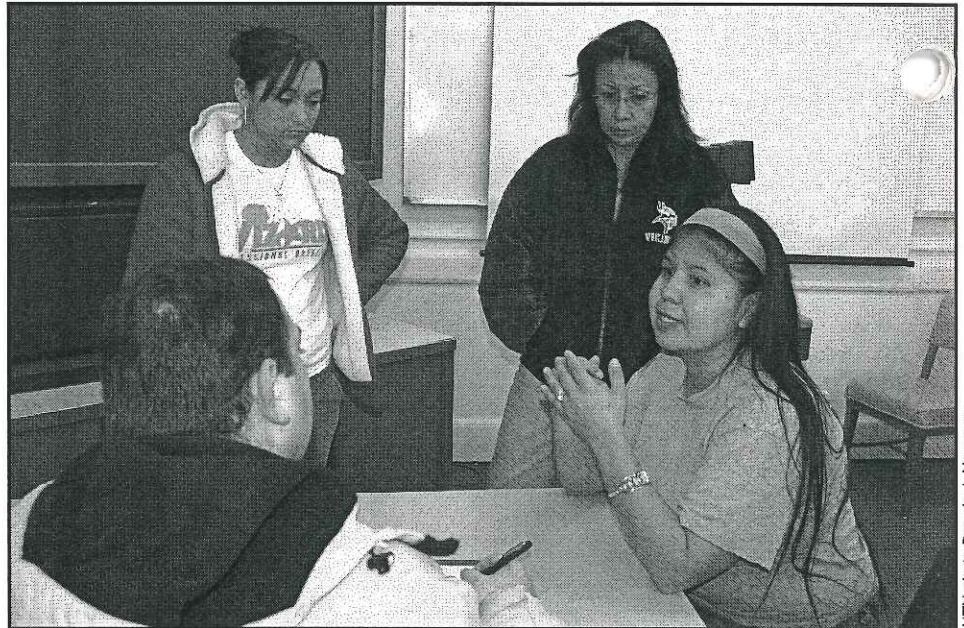
Submitted by Vince Schanandore

US Fish and Wildlife Service and USDA Forest Service will sponsor paid summer internships with a primary focus on recruiting and exposing freshman and sophomore Hispanic, African-American, Asian and Native American students to the conservation field.

Each summer internship offers: a \$4,800 stipend \$1,000 housing allowance or free housing; \$300 minimum to help with relocation expenses.

Students who have an interest in the following or other related academic fields are urged to apply: Biology, Ecology, Wildlife Science, Forestry, Fishery Science, Geology, Soil Science, Natural Resources, Chemistry, Parks and Recreation. For information, please contact: Josephine Xiong, 617-426-4783 x 142, jxiong@eco.org, <http://www.eco.org/conservation>.

AIHEC competition just ahead



UTM photo Dennis J. Neumann

General Education Instructor Justin J. DeCoteau helps students plan for the speech making competition of the annual American Indian Higher Education Consortium (AIHEC) Student Conference. From left Jennifer DeCoteau (Turtle Mountain) Criminal Justice, Marla Striped Face-Collins (Standing Rock), and Stacey Speedis (Yakama Nation) Art/Art Marketing. The AIHEC conference takes place April 1 - 6 in Albuquerque, NM. The theme is "Leadership Through Performance: Academic, Cultural and Athletic Olympics."

AIHEC Student Competitors

ART SHOWCASE COACH: JUSTIN LEBEAUX

Christina Ross
Brandon McDonald
LaRae Laundreaux
Sheena Cain
Dustin Black

BUSINESS BOWL COACH: DAKOTA GOODHOUSE ACCOUNTING LEVEL 1

Christina Christenson
Lynette Uses Arrow
Alice Bird Horse
Brian Eagle
Jennifer DeCoteau

BUSINESS LAW

Brian Eagle
Alice Bird Horse

CRITICAL INQUIRY TEAM ONE - COACH: RUSSELL SWAGGER

Denise Fourhorn (Captain)
Tamara Hayes
Jeremy Agard
Lyndale Agard
Tracie Packineau

TEAM TWO - COACH: DAKOTA GOODHOUSE

Beverly Bull Head
Lydia McKinney
Jennifer DeCoteau (Captain)
Steve White Mountain
Christina Ross

KNOWLEDGE BOWL COACH: SUZANNE SHIELDS-CADOTTE

Everett Baxter
Steve Walker
Ramon Thomas (Captain)
Jason Pretty Boy
Brienne McHugh

SCIENCE BOWL COACH: MIKE COLLINS & TOM DISSELHORST TEAM ONE

Marla Striped Face-Collins
Linette Crows Heart (Captain)
Thomas Crows Heart

Helen Reed

TEAM TWO

Steve Walker (Captain)
Jason Pretty Boy
Brienne McHugh
Everett Baxter

SCIENCE ORAL/POSTER COACH: MARTINA MCKINNEY

Sheena Cain

SPEECH COACH: JUSTIN DECOTEAU IMPROMPTU

Jason Pretty Boy
Brandon McDonald
Alice Bird Horse
Lynette Uses Arrow
PERSUASIVE
Marla Striped Face-Collins
INFORMATIVE
Jennifer DeCoteau
Deanna Urbanec
Todd Trottier

MR. & MS. AIHEC - COACH: JULIE CAIN

Steve Walker
Sheena Cain

ONE ACT THEATER - COACH: JULIE CAIN

LaRae Laundreaux
Sheena Cain
Beverly Bull Head
Lydia McKinney
Dustin Black
Deanna Urbanec

HANDGAME TOURNAMENT

Steve Walker
Jeremy Agard
Jason Pretty Boy
Everett Baxter
Terry Medicine Crow
Sheena Cain
Dustin Black
Denise Fourhorn
Tamara Hayes
Alice Bird Horse
Lynette Uses Arrow
Ramon Thomas

Tips for Success with Online Learning

by Leah Woodke, On-Line/Distance Education Director

United Tribes Technical College now offers courses and degree programs online. The college is accredited for online associate degrees in Early Childhood Education, Elementary Education, Health Information Technology, Injury Prevention, and Nutrition and Food Service. Over 70 students are taking courses online this semester, some more than one course.

Because online is a new way of learning, the Distance and Continuing Education Department provides support to make this a successful experience. Check out these tips for online success:

Discussion Room

One of UTTC's requirements for online coursework is participation in the Discussion Room. Each learner is required to answer the instructor's questions as well as respond to another learner.

TIP: Look at the question posted by your instructor early in the week. Try to respond by the middle of the week. If everyone has posted an answer by midweek, you'll have a chance to think about which one you want to respond to. Try to respond to someone's answer that no one else has responded to. That way, no one is left out of the conversation.

Time Management

Online courses are not held at a designated time or place. They can be easy to ignore.

TIP: If you schedule a fixed time to do your online coursework, you'll be more likely to keep up. The key is to stick to the schedule you create. Since the amount of time you can spend on a computer may be limited, you may want to print out your assignments.

Timely Communication

Your instructor can communicate with you almost anytime. It's one of the great benefits of using computers.

TIP: Check your email at least once per day. It's the most efficient and effective way for your instructor to communicate with you. Some information may be time sensitive.

Dealing with Technical Issues

Some technical difficulties cannot be avoided. Hackers and others continually try to bring down the Internet and attack servers. Sometimes your computer will give you a "time out" if you're inactive too long. Don't let technical issues cause the loss of information.

TIP: To avoid frustration save your work. Copy the assignments from your course and paste them into a word processing document like Word

or AppleWorks. Then save it to disk or to your computer's hard drive. Type your answers into that document and save it. When you're ready to post your answers, all you need do is copy them from the document and paste them into the appropriate areas online. This works for the journal, lesson questions, and the discussion board.

"Help, I'm Failing. I Can't Catch Up!"

We've all procrastinated in our lifetime. What do you do when you fall behind? Some quit. Some complain. Others make excuses.

TIP: Strong learners bear down and work hard to get caught up. They start by contacting their instructor for guidance and help. Another person they consult is the Online Learner Support Coordinator. And they turn to a friend for help and encouragement. They don't give up.

Don't panic; work it through. You'll be glad you did. Of course, the best scenario is to keep up with coursework and meet the deadlines.

For more information or help contact Barbara Archambault, Online Learner Support Coordinator, 701-255-3285 x 1431, barchambault@uttc.edu, or check website <http://www.uttc.edu>.

AIHEC presents tribal college award to Burns



U. S. Senator Conrad Burns (R-MT), at podium, was recognized February 17 by the American Indian Higher Education Consortium with the Abourezk/Skeen award for his support of the nation's tribal colleges and universities. "I'm honored to be in the category of these two great men who worked diligently to improve the education opportunities for Native Americans," said Burns. The award is named in honor of former Senator James G. Abourezk (D-SD), one of the first Congressional supporters of tribal colleges, and the late Congressman Joseph R. Skeen (R-NM) who championed tribal college funding in the 1990s. At the Washington, DC event in the Dirksen Senate Office Building, from left, AIHEC Executive Director Gerald Gipp, U. S. Senator Byron L. Dorgan (D-ND), also a strong supporter of tribal colleges, United Tribes Technical College Dean of Academic and Vocational Programs Phil Baird, Burns, and UTTC Tribal Management Student Jason Pretty Boy. UTN Photo David M. Gipp.

Students build teamwork, learn about grant aid

by Leona White Hat, Student Support Services

On February 1, 45 students attended the spring Semester Grant Aid informational meeting sponsored by Student Support Services in the lower level meeting area of the Jack Barden Center. The Grant Aid program assists students who meet the criteria.

After receiving information, students participated in a group activity aimed at team and social network building. The exercise challenged the students to build a table tall enough so a brief case could fit underneath and be sturdy enough to hold the brief case on top.



The real challenge, however, was to use only newspaper and tape. Out of seven teams, three met the challenge. As a reward, each winning team member received a \$5 gift certificate to the Wopila Coffee Shop.

After this first informational meeting, students are expected to attend several more, which focus on financial aid, student scholarships, student health, time management, formal/social network building, and study skills. The purpose is to assist students, financially, academically, and socially in their transition to becoming a successful college student. To qualify for the program, students must be in good academic standing along with meeting other additional criteria.

The SSS program would like to also thank those who assisted in making the program successful.

Wellness Week Schedule

Monday, April 11

7:45 - 8:15 am Morning Walk (East side of Skill Center)
1:00 pm Cystic Fibrosis Walk (Front of Education Building)
4:30 - 5:30 Yoga (Large Gym)

Tuesday, April 12

7:45 - 8:15 am Morning Walk (East side of Skill Center)
11:45 - 12:15 pm Noon Walk (East side of Skill Center)
4:30 - 5:30 pm Yoga (Large Gym)

Wednesday, April 13

7:45 - 8:15 am Morning Walk (East side of Skill Center)
10:00 am Wellness Speaker - Chief Iron Bear (TJES - K-8 Grade)
3:30 - 5:00 pm Wellness Speaker - Chief Iron Bear (Lower Level - Jack Barden Center)
5:00 pm Supper with Chief Iron Bear (UTTC Cafeteria)

Thursday, April 14

7:45 - 8:15 am Morning Walk (East side of Skill Center)
10:00 am Wellness Center Groundbreaking (Southeast of JBC)
12:00 pm Wellness Walk with Dignitaries, TJES students, staff & students (TJES)
1:00 pm Research Awareness Day Booths (TBA)
1:00 - 4:00 pm Wellness Fair (Large Gym)
3:30 pm Art Contest Awards & Door Prizes (Large Gym)
4:30 - 5:00 pm Yoga (Large Gym)

Friday, April 15

7:45 - 8:15 am Morning Walk (East side of Skill Center)
11:45 - 12:15 pm Noon Walk (East side of Skill Center)
1:00 - 5:00 pm Iron Man/Woman Contest (Bowery)

Men's Health Day

Thursday, March 17th

9:00 - 12:00 pm

Lower Level of the Jack Barden Center

Information booths on various Men's Health topics: Tobacco & Your Health, Massage, Cholesterol & Blood Sugar Screening, Food Safety, Serving Size, Traditional Plants, BMI, Diabetes, Sugar in Beverages, and more...

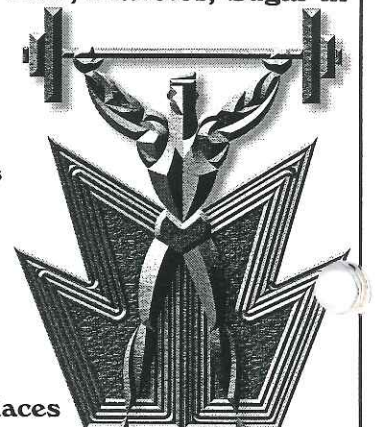
Door Prizes and Snacks!!!

Weight Lifting and Arm Wrestling Contests
1:00 - 4:00 pm in the Large Gym

200 lbs and under Weight Lifting Contest
200 lbs and over Weight Lifting Contest

Arm Wrestling

Trophies to be given for 1st, 2nd, and 3rd Places



Bench press winners earn bragging rights



You could say these two are the strongest woman and man on campus. Margaret McCormack (Nez Perce Tribe) Injury Prevention, hoisted 135 pounds to win the women's division of the February 24 UTTC Bench Press Contest. Steve White Mountain (Standing Rock) Art/Art Marketing, pressed 275 pounds for first in the men's division. Organizer Mark Mindt said there are more UTTC weight lifters now and their form and technique is better. "Our students are getting stronger and making an effort to change their daily wellness routine," said Mindt. "This meet was a success." Mindt urged lifters to train for another competition in March. Other women competitors: Dawn Israel (90 lbs.), Juanita Lindson (90 lbs.) and Tessa Clairmont. Other men lifters: Tim Bull Bear (245 lbs.), Terry Long Elk (225 lbs.) and Danial Stover, Wade Medicine, Jesse Elwell, Vance Tasunka Witko, and Doval Johnson. UTN photo Dennis J. Neumann

Outdoor ceremony starts campus prayer week



Art/Art Marketing student Terry Martinez (Standing Rock), center, led a traditional ceremony February 28 to begin Prayer Week, sponsored by the UTTC Culture Committee. A light breeze and temps in the teens greeted those who gathered at the campus medicine wheel near the administration building. Blessings were offered for the campus and individuals. Also pictured honor guard members Louis "Buster" Landreaux, right, and Terry Moericke, and Culture Committee Chair Julie Cain. UTN photo Dennis J. Neumann

House nearing completion – going up for bids



Students in the UTTC's Construction Technology Program are nearing completion of a three-bedroom house in the Skill Center Building on campus. Kenneth Brown (Standing Rock) confers with Instructor Mike Matheny, left, about the rough-look, Nova brick exterior. The 1,248 square foot house features vaulted ceilings and cabinets made from solid oak, while exterior walls have 2 x 6 studs and R19 insulation. Matheny says the house will be sold to the highest bidder during a sealed bidding process, with proceeds going toward the Construction Technology Program. For information contact Matheny at 701-255-3285 x 1242 or mmatheny@uttc.edu.

Deadline for next issue: 5 p.m. - March 21, 2005

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