



**UNITED TRIBES** www.uttc.edu

# NEWS



Harriett Skye page 14

JANUARY 2010 • VOL. 19 - NO. 1  
UNITED TRIBES TECHNICAL COLLEGE  
BISMARCK, NORTH DAKOTA

## UTTC honors mid-year graduates



United Tribes News photo Dennis J. Neumann

**DIPLOMA MOMENT:** Marlarae D. Cook, Bismarck, ND, received her diploma from Dr. David M. Gipp, United Tribes Technical College president. The honor was conferred on 40 graduates December 18 during the college's Fall Honoring Program. Cook is from the Cheyenne River Tribe; she earned a two-year Associate of Applied Science Degree in Elementary Education. Story and photos page 8.

### UNITED TRIBES TECHNICAL COLLEGE

SPRING 2010 ORIENTATION .....JANUARY 3 -5

SPRING CLASSES BEGIN .....JANUARY 6

Detailed orientation schedule page 12

PROFESSIONAL DEVELOPMENT DAY .....JANUARY 22

More information page 10

[www.uttc.edu](http://www.uttc.edu)



### THE DREAM IS ALIVE

Dr. Martin Luther King, Jr.

January 18, 2010

Multi-Purpose Room

Wellness Center

8 am – 12 pm

# Students recognize area educators



United Tribes News photo Leah Hamann

**CONNECTIONS:** Members of the United Tribes chapter of the Student North Dakota Education Association (SNDEA) honored area educators during American Education Week, November 15-21. Here they presented a certificate of appreciation to Dr. Jean Hall, principal, Jeanette Myhre Elementary School. The UTTC students are, from left, Yvonne Howling Wolf (Three Affiliated), Memore Dupris Skinner (Cheyenne River), and Marlarae Cook (Cheyenne River). Fourteen Bismarck-area elementary schools were visited. All are locations where the pre-service students will likely receive field experience or a student teaching assignment to complete their Teacher Education program at United Tribes.



## LeRoi Laundreaux's Lunch Menu

Includes 2% or Skim Milk, Coffee or Tea and Salad Bar, Fresh Fruit, and Vegetables. Menu subject to change.  
 Cafeteria Hours: Breakfast ~ 7:00 - 8:30 am • Lunch ~ 11:30 - 1:00 pm • Dinner ~ 5:00 - 6:30 pm  
 All Students Must Show ID - NO EXCEPTIONS!!

## January Lunch Menu

January 4-8		January 11-15		January 18-22		January 25-29	
<b>M</b>	Goulash	Spaghetti & Garlic Toast	<b>M</b>	Rice, Tomato & Hamburger Hotdish	Pork Cutlet & Mashed Potatoes		
<b>T</b>	Bean & Ham Soup & Frybread	Philly Cheesesteak & Potatoes	<b>T</b>	Taco Salad	Chicken Stir Fry, Rice & Egg Roll		
<b>W</b>	Roast Beef & Mashed Potatoes	Baked Chicken & Mashed Potatoes	<b>W</b>	Swedish Meatballs Over Noodle	BBQ Ribs & Baked Potato		
<b>T</b>	Sausage & Kraut	Hamburger & French Fries	<b>T</b>	French Dip w/ Au Jus & Chips	Sloppy Joe & Tator Tots		
<b>F</b>	Fish Sandwich & French Fries	Grilled Cheese & Tomato Soup	<b>F</b>	Chicken Sandwich & Mac & Cheese	Chicken Nuggets & Mac & Cheese		

## KODA THE WARRIOR "What Are You Waiting For?"

CREATED BY MARK L. MINDT  
 SPIRIT LAKE NATION

Do you ever feel like you are a prisoner to your own negative thoughts and/or actions. Like You are chained down to some low spot in your life?

Maybe it keeps you so low you can't move ahead... You just don't want to do anything but wait for something better in life.



**MAKE A CHANGE!**  
 You have every right to be...  
 A HAPPY, HEALTHY Person. Find out what has been bothering you and leap into ACTION!  
 Be the WOLF.  
 It's your life, so make the most of what you were given. Quit waiting for someone else to live it for you. **IT'S ALL YOURS**  
 Tell yourself... **I AM WORTH THE EFFORT!**

©2009 Pony Gulch Publishing

kodathewarrior@yahoo.com

# First upper division course approved by curriculum committee

BY LISA J. AZURE, Teacher Education Department Chair

## ON THE SCHEDULE FOR SPRING SEMESTER 2010

The United Tribes Technical College Curriculum Committee has given its approval to the college's first ever upper division course.

Early Childhood Special Education (SPD 400) is the first in a sequence of upper level courses offered by UTTC's Teacher Education Department.

The action came at a meeting of the committee December 4.

SPD 400 is the first 300 or 400 level course offered by the college, which has offered two-year, Associate of Applied Science degrees since 1987.

The new course is on the schedule of offerings for the spring 2010 semester beginning January 6.

The UTTC Teacher Education department is seeking approval from both the state and the North Central Association of Colleges and Schools to offer a Baccalaureate Degree in Elementary Education. The NCA allows coursework to be offered prior to approval to determine the quality of the instruction and the offering.



Members of the United Tribes Curriculum Committee, from left: Joey McLeod, registrar and committee co-chair; Lisa J. Azure, Teacher Education Department chair; Carol Anderson, Small Business Management instructor/chair and committee co-chair; Marge Palaniuk, General Education instructor; Jeanette Martin, Academic Advancement Center instructor; Stacie Iken, Upper Division Program director; Leah Hamann, Teacher Education instructor; and Evelyn Orth, Practical Nursing Program chair.

SPD 400 will be available to students in the Elementary Education program who also wish to seek an Early Childhood Special Education endorsement.

The course will be taught by Tammy

Brown Volk, MEd, of the Bismarck Early Childhood Education Program whose Masters degree is in Early Childhood Special Education.

## More research about mercury in high fructose corn syrup

BY RENEE DUFAULT, MAT, Special Educator, On-line Environmental Hazard Assessment Instructor, Writer, Retired PHS Officer, UTTC

### NEW ARTICLE OUT, TELECONFERENCE SCHEDULED

Last February, *United Tribes News* reported on the first paper I published about mercury in high fructose corn syrup samples. About six weeks ago, my collaborators and I published a follow up review article that explains why it is not good for children to be exposed to mercury in foods made with mercury cell chlor-alkali products. That article was published in Behavioral

and Brain Functions and can be found at [www.behavioralandbrainfunctions.com/content/pdf/1744-9081-5-44.pdf](http://www.behavioralandbrainfunctions.com/content/pdf/1744-9081-5-44.pdf).

The American Association of Intellectual and Developmental Disabilities (AAIDD) asked me to speak at a teleconference on February 9, 2010 at 2 p.m. (EST). Information is available at [www.aamr.org/ehi/content\\_332.cfm?navID=111](http://www.aamr.org/ehi/content_332.cfm?navID=111).

About 300 people from all over the country and world are expected to be listening, including physicians, nurses, special educators, and scientists.

I am honored to be invited to speak. If you are unable to listen the presentation

will be available as a download from the AAIDD website.

In the world of neurotoxicology, the mercury toxicity model that we present in our second paper is considered a credible and likely explanation for why we now have the Autism epidemic. The review article is highly accessed on BioMed Central which publishes 100+ medical journals. The new article, as well as the earlier older article (Jan. 2009), are being downloaded by hundreds of people daily.

I appreciate UTTC continuing to support my work with tribes in environmental health and other areas. Thank you!

# North Dakota Tribes endorse Cobell settlement

## CALL FOR CONGRESS TO APPROVE

BISMARCK (UTND) – The tribes of North Dakota have called on Congress to take speedy action to approve the settlement in the Cobell case. Meeting December 11 in Bismarck, the United Tribes of North Dakota board passed a resolution urging congress “to immediately enact the legislation” required by the settlement.

The settlement was announced December 8 by Interior Secretary Ken Salazar. It would resolve a 13 year old court case over the mismanagement of funds held in trust for American Indian landowners.

Lead plaintiff Elouise Cobell, of the Blackfeet Nation in Montana, filed the lawsuit in 1996 on behalf of more than 300,000 owners of Individual Indian Money (IIM) accounts, where earnings from lands and resources are held for them.

“At home we have upwards of 11,000 enrolled members with IIM accounts,” said Marcus D. Levings, Three Affiliated Tribes chairman. “The tribes in this region, we have a very large number of people who are affected by the settlement.”

During the course of the litigation, it was learned that the Federal government could not provide an accounting for the funds entrusted to it over the course of the past 150 years.

The \$3.4 billion settlement authorizes the creation of a fund for tribal land consolidation and direct payments to every American Indian who holds a valid IIM account.

The settlement required action from Congress by December 31. Without it, the agreement would be considered null and void.



*Three Affiliated Tribal Chairman Marcus D. Levings urged Congress to follow through with legislation on the Cobell settlement by December 31. United Tribes News photo*

The UTND board called on members of the North Dakota and South Dakota Congressional Delegations to sponsor the legislation and hold emergency hearings if necessary “to ensure that the appropriate legislation is enacted” before the deadline.

“I’m sure that Congress is aware of what they need to do now,” said Levings. “This is our way of supporting them and encouraging them on.”

The United Tribes resolution also urged the involvement of North Dakota U. S. Senator Byron L. Dorgan, chairman of the Senate Committee on Indian Affairs.

“Elouise Cobell and John Echo Hawk and the other attorneys involved are to be commended for their hard work on this case for over a decade,” said Levings.

United Tribes of North Dakota is an association of the five federally recognized Tribes located in North Dakota: Three Affiliated Tribes, Sisseton Wahpeton Oyaté, Standing Rock Sioux Tribe, Spirit Lake Tribe and the Turtle Mountain Band of Chippewa. Levings is the board’s secretary; he was acting as chair for the meeting.

**UNITED TRIBES**  
TECHNICAL COLLEGE



### MISSION

United Tribes Technical College is dedicated to providing American Indians with postsecondary and technical education in a culturally diverse environment that will provide self-determination and economic development for all tribal nations.

### VISION

- United Tribes Technical College is a premiere college, a leader in Tribal education, arts, and cultural preservation; technology; research; and the humanities.
- UTTC foresees a campus community with state-of-the-art facilities.
- UTTC aspires to be self-sustaining in line with its mission for tribal self-sufficiency and self-determination.
- Most importantly, UTTC envisions skilled, knowledgeable, culturally-grounded, healthy graduates who will achieve their educational goals; empower their communities; and preserve the environment, tribal land, water, and natural resources.

### VALUES

- United Tribes Technical College Board of Directors, Administration, Staff, Faculty, and Students are guided in their actions by the following values:

U – Unity	T – Traditions
N – Native Americans	R – Respect
I – Integrity	I – Independence
T – Trust	B – Bravery
E – Education	E – Environment
D – Diversity	S – Spirituality

- United Tribes affirms these values as being representative of the tribal medicine wheel concept. This takes into consideration an individual’s physical, intellectual, cultural, and emotional wellness. When these ideals are practiced, the UTTC community will flourish.

### United Tribes Technical College Academic Calendar

January 4-5	Student Orientation/Registration
January 6	Classes Begin
January 7	Last Day to Register for Distance Learners
January 18	UTTC Diversity Awareness/Martin Luther King Day (1/2 Day)
January 20	Last Day to Register for Spring Semester
January 21	Spring Graduates Orientation
January 22	Professional Development Day
January 27	Last Day to Add a Class

# DISABILITY SUPPORT SERVICES

Jamie Hall is the Disabilities Learning Coordinator for the UTTC Disability Support Services Program. Students are encouraged to talk to her about any difficulties experienced while attending UTTC.

## Eligibility Requirements:

Must have a documented disability from a licensed professional.

The disability Support Services is committed to ensuring that ALL STUDENTS WITH A DOCUMENTED DISABILITY have equal access to its academic and social programs.

The office of Disability and Support Services is a resource center for students with disabilities within United Tribes Technical College. The office works to assess students' needs and to provide appropriate and reasonable accommodations.



Jack Barden Center • Room 215

## CONTACT:

Jamie L. Hall  
Disabilities Learning Coordinator  
701-255-3285 x 1465  
jhall@uttc.edu

## PREVENT CATCHING H1N1 FLU

Use same precautions as for seasonal flu:

- Wash hands frequently with warm soapy water
- Use instant hand sanitizer
- Do NOT touch your eyes, nose and mouth
- Stay away from infected people
- Do NOT share cups, eating utensils, water bottles, lip balm or makeup
- Get adequate sleep/Eat healthy



# SHOULD YOU BE HERE?



DON'T LET THE  
FLU CATCH YOU!

DON'T SPREAD GERMS.  
IF YOU ARE SICK... STAY HOME!

A Message From the  
United Tribes Technical College  
Student Health Department



# Conference set to plan for World War II internees' memorial

**TO BE HELD AT FORMER INTERNMENT CAMP IN NORTH DAKOTA**

BISMARCK (UTN) – A gathering is scheduled for Memorial Day to talk about a fitting memorial to those who were locked up by their government during World War II. It is hoped that a few of those attending will be former internees – now in their senior years – who were swept up and sent away to American detention facilities scattered throughout the country.

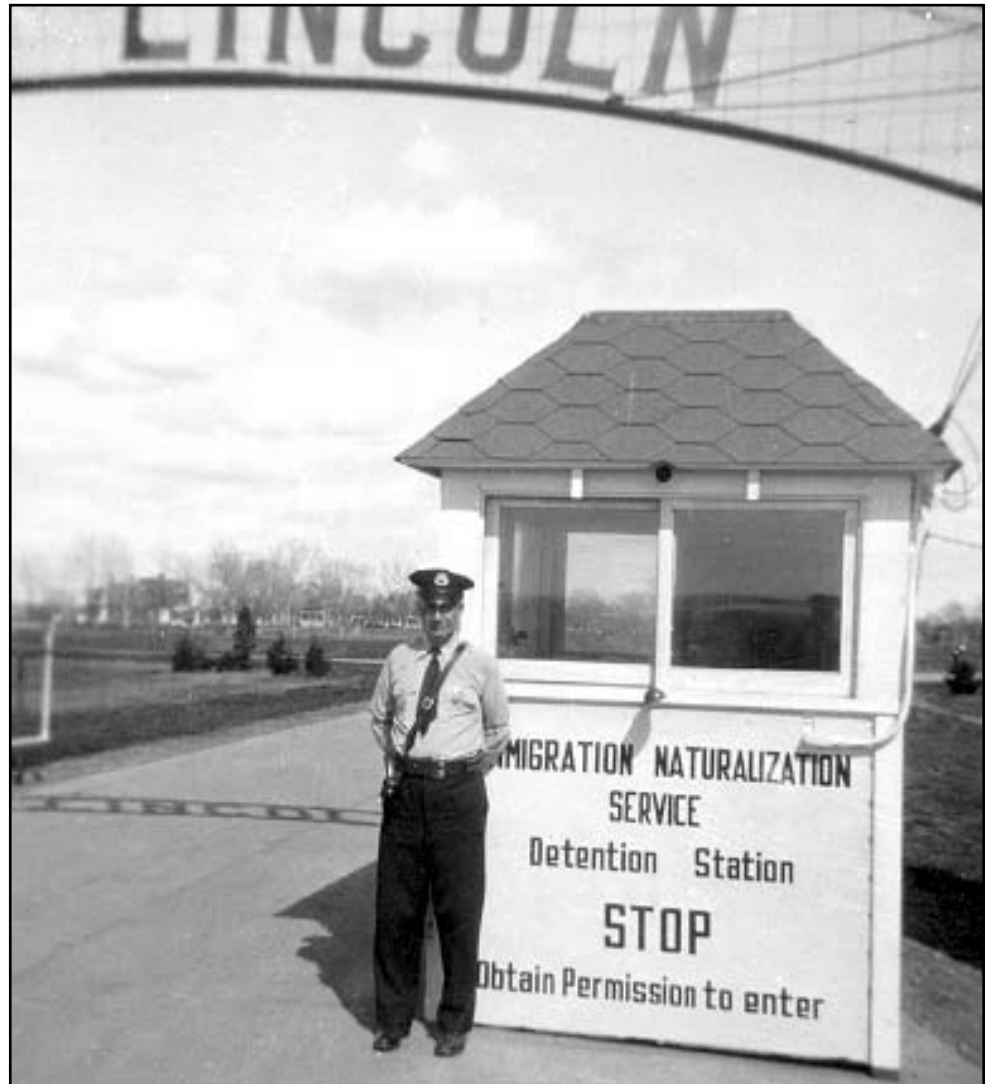
The Fort Lincoln Planning Conference is scheduled for May 30 to June 2 at United Tribes Technical College, site of the former Fort Lincoln Internment Camp at Bismarck, North Dakota.

Fort Lincoln was used as an internment site in the U. S. Justice Department's Alien Enemy Control Program from 1941 to 1946 under the Alien Enemies Act. Over the five year period, the camp held approximately 1,800 Japanese and 1,500 Germans, as well as a small number of Italians, Romanians and others from European countries.

"As stewards of the place where this happened, we strongly believe that planning for a memorial to internees on our campus should involve the people who were confined here against their will," said David M. Gipp, United Tribes Technical College president. "We have always welcomed former internees and their families. And we are grateful for the friendships we've made over the years. It's been an honor to help open pathways of emotional and spiritual healing thru our Native American cultural practices. As ethnic groups, we share the historical experience of injustice at the hands of the government."

The conference is funded by a matching grant from the National Park Service through the agency's new Japanese-American Confinement Sites Grant Program.

In 2009, the NPS awarded the first grants totaling \$960,000 to help preserve and interpret the historic locations operated by the



**GUARDED GATE:** The entrance to Fort Lincoln Internment Camp as seen during World War II. Planning is underway for a memorial on the site, now United Tribes Technical College at Bismarck, ND.

War Relocation Authority and the Department of Justice where more than 110,000 Japanese and Japanese Americans were detained during World War II. Over six thousand German and Japanese from 19 Latin American countries were also held at DOJ camps, as well as thousands of German and Italian men, women and children from the United States.

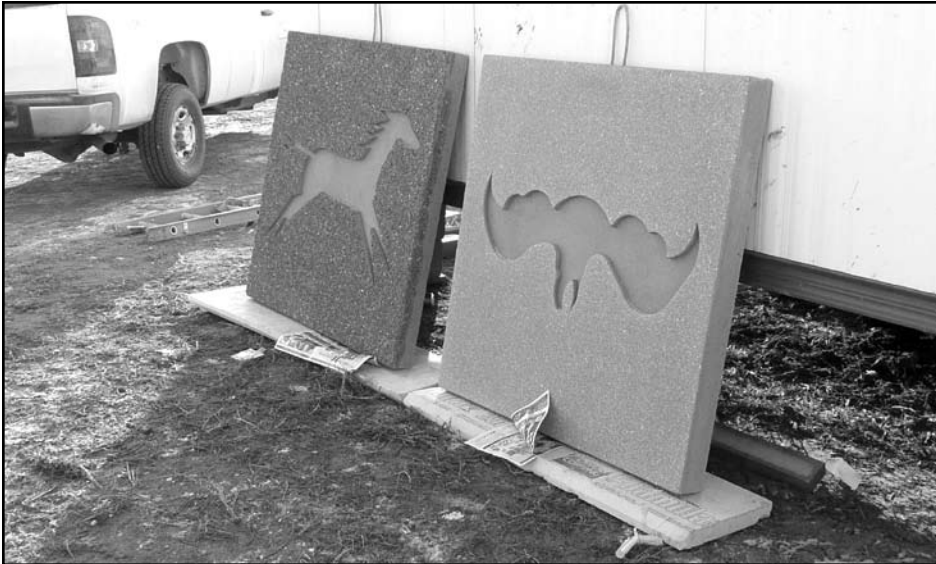
Partnering with United Tribes to plan the event and provide matching funds are: National Japanese American Historical Society, San Francisco, CA, [www.njahs.org](http://www.njahs.org); Japanese Peruvian Oral History Project, El Cerrito, CA; [www.enemyalienfiles.org](http://www.enemyalienfiles.org); Hesono O Productions, Sacramento, CA, [\[masilkcocoon.com/\]\(http://masilkcocoon.com/\); German American Internee Coalition, New London, NH, \[www.gaic.info/\]\(http://www.gaic.info/\); and the North Dakota Museum of Art, Grand Forks, ND, \[www.ndmoa.com/\]\(http://www.ndmoa.com/\).](http://www.fro-</a></p></div><div data-bbox=)

Many of those involved had collaborated on the 2003 opening at United Tribes of "Snow Country Prison," a photo-poetry exhibit about the Japanese and German internment experience at Fort Lincoln.

The conference lead facilitator will be Dr. Satsuki Ina, daughter of a Fort Lincoln internee and executive producer of the award winning documentaries "Children of the Camps" 1999 and "From a Silk Cocoon" 2005.

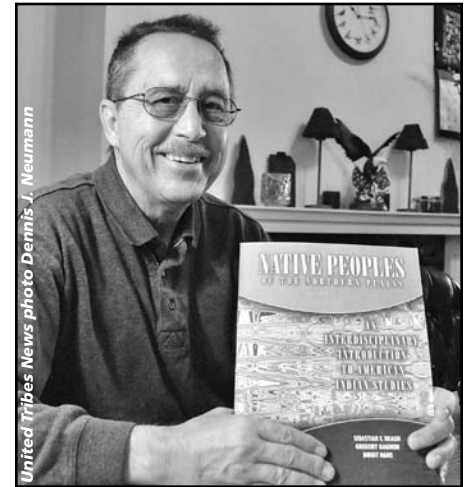
*Continued page 24*

# Tribal symbols for new science building



**IN RELIEF:** The artistry of Butch Thunderhawk (Standing Rock) will grace the exterior of the United Tribes science and technology building, now under construction on the college's new, south campus. Concrete mock ups of two of his stylized images were delivered to the construction site in early December. According to Thunderhawk, the Thunderbird and Horse are images of power and strength in northern plains tribal traditions that are associated with the westerly (Wiyohpeyata) direction. He designed the images for architects last summer and provided cultural design concepts for the entire building. These images will be used, naturally, on the building's west side, where they will be seen by passersby on University Drive. He will create the designs of other tribal symbols for the sides facing in other directions. Thunderhawk is the United Tribes Tribal Arts Instructor/Director. United Tribes News photo Curt Maynard

# New text for Indian Studies



**COLLEGE LEVEL:** Associate Professor Gregory Gagnon (Bad River Band, Lake Superior Chippewa) of the UND Department of Indian Studies presented a copy of "Native Peoples of the Northern Plains" to United Tribes Technical College on November 20. Gagnon (historian) co-authored the new college-level text with UND colleagues Sebastian F. Braun (anthropologist) and Birgit Hans (American Indian literature and oral traditions), as an "inter disciplinary introduction to American Indian Studies." Help in reviewing the draft text was provided by members of the United Tribes staff and other tribal colleges in North Dakota. UTTC President David M. Gipp said the book was "well written" and called it "a major step forward" in presenting the story of tribes in the region. The book is currently in use at UND, which has the only Indian Studies Program offered in North Dakota's University System. The book publisher is Kendal Hunt, [www.kendallhunt.com](http://www.kendallhunt.com).

## Opportunities in the Making



### Student Scholarship Campaign

UTTC employees are allowed to make a gift to the Opportunities in the Making Student Scholarship Campaign through payroll deduction.

No one knows the value of education better than you! Any amount you commit will become a vital part of the financial support needed for students to succeed in building better lives for themselves and their families.

Please make your pledge today! Your gift is tax deductible.

Information: Suzanne O'Connell  
701-255-3285 x1533, [soconnell@uttc.edu](mailto:soconnell@uttc.edu)

# CATCH

# THE BUG

## UTTC LIBRARY

West Main Floor  
Education Building

Hours: Monday - Friday  
8 am - 5 pm

Books, Journals, Magazines,  
Newspapers, Online Database,  
Reference, Fax, Internet Access,  
Photocopies, Interlibrary Loan

[www.infolynx.org](http://www.infolynx.org)

DESIGN-GRAPHICS-PRINTING



Welcome to our newest graphic artist  
Martha Garreau (Eagle Butte, SD).

Martha is a United Tribes graduate,  
double major in Art/Art Marketing  
(2008) & Small Business  
Management (2009).

Contact Martha at  
701-255-3285 ext. 1347,  
[mgarreau@uttc.edu](mailto:mgarreau@uttc.edu).

"CREATIVITY IS OUR SPECIALTY"

# UTTC honors mid-year graduates

BISMARCK (UTN) – United Tribes Technical College honored 40 mid-year graduates during a ceremony December 18 at the college in Bismarck. The college’s “Fall Honoring Program” completed the fall semester and marked the beginning of a three-week holiday break.

Thirty of the grads earned Associate of Applied Science Degrees; ten earned Certificates of Completion in the field of Medical Transcription.

The program’s guest speaker, Scott Davis, urged them to help “take ownership” of their tribal communities.

“Take the energy from your accomplishments here and put them into your work back home,” said Davis, executive director of the North Dakota Indian Affairs Commission. “In earning a diploma you are now obligated to go home and give back to your community. Your families and friends and your tribe are watching you, to see how and what you will do. So, make the most of this opportunity.”

Ten of the UTTC graduates earned two-year degrees in the college’s Criminal Justice Program, followed by six in Small Business Management. Six students received recognition as honor students.

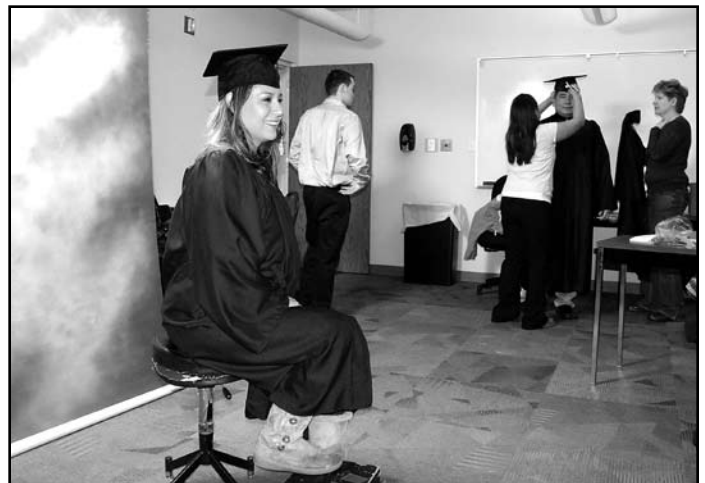
The drum group Tatanka Nagi provided opening and closing songs and a reception was held for 200 friends and family who attended the program in the college’s Wellness Center.

Spring Semester 2010 at UTTC begins with student orientation January 3 – 6, followed by the start of classes on January 6.



*Each graduate wore a facsimile eagle feather by Don Cain, a gift from the Cains to honor Teacher Education Director Lisa Azure for her work with their daughter, Sheena Cain, an Early Childhood Education Graduate.*

**United Tribes News photos Dennis J. Neumann**





**United Tribes Technical College**  
**FALL HONORING GRADUATES, December 18, 2009**

All receive Associate of Applied Science Degrees unless noted  
 \* December 2009 graduates  
 \*\* Double Majors  
 \*\*\*Summer 2009 graduates  
 Honor Students

**BUSINESS OFFICE TECHNOLOGY**

\*Christina D. Bell, Fort Washakie, WY (Northern Arapahoe)

**COMPUTER INFORMATION TECHNOLOGY**

\*Moria F. Kasto, Mandan, ND (Cheyenne River Sioux Tribe)  
 \*\*\*Clayton P. Martell, Poplar, MT (Fort Peck Tribe)

**CRIMINAL JUSTICE**

\*Volanda R. Basurto, Rapid City, SD (Oglala Sioux Tribe)  
 \*Lori M. Bearcub, Cannon Ball, ND (Fort Peck Tribe)  
 \*\*\*Taylor A. Brushbreaker, Rosebud, SD (Rosebud Sioux Tribe)  
 \*\*\*Louise E. Eagle Shield, Lower Brule, SD (Standing Rock Sioux Tribe)  
 \*Gertrude E. Foolish Bear, Bismarck, ND (Three Affiliated Tribes)  
 \*Christy A. Garreau, Bismarck, ND (Cheyenne River Sioux Tribe)  
 \*Linzi M. Morin, Bismarck, ND (Turtle Mountain)  
 \*Carolyn R. Morrison, Crow Agency, MT (Crow Agency)  
 \*Monica L. Patneaud, Belcourt, ND (Turtle Mountain)  
 \*\*\*Savannah J. Peterson, Mandan, ND (Cheyenne River Sioux Tribe)

**EARLY CHILDHOOD EDUCATION**

\*\*\*Sheena D. Cain, Bismarck, ND (Blackfeet Nation)  
 \*Jim L. Waln, Bismarck, ND (Oglala Sioux Tribe)

**ELEMENTARY EDUCATION**

\*Coleen M. Cain, Poplar, MT (Three Affiliated Tribes)  
 \*Marlarae D. Cook, Bismarck, ND (Cheyenne River Sioux Tribe)

**HEALTH INFORMATION TECHNOLOGY**

\*\*\*Marlo L. Friday, Bismarck, ND (Northern Arapahoe)

**COMMUNITY HEALTH**

\*Rhea R. Greenwood, Bismarck, ND (Turtle Mountain)

**MEDICAL TRANSCRIPTION - Certificate**

\*Heidi P. Bettis, Milpitas, CA  
 Tavia D. Betts, Clinton, ME  
 Jennifer A. Hartze, Moberg, SD  
 Janice M. McGuire, Mandan, ND  
 Shari A. Otto, Mandan, ND  
 Terri L. Raidt, Louisville, KY  
 Jessica M. Saylor, Bismarck, ND  
 Jennifer J. Stock, Wishek, ND  
 Emily C. Vesey, Fairfield, ND  
 Cynthia S. Wilson, Lonoke, AK

**NUTRITION and FOOD SERVICE**

\*Sarabeth A. Eagle, Bullhead, SD (Standing Rock Sioux Tribe)  
 \*Geraldine M. Hollow, Fort Yates, ND (Standing Rock Sioux Tribe)

**PRACTICAL NURSING**

\*\*\*Mary E. Calabaza, Bismarck, ND (Santo Domingo Tribe)

**SMALL BUSINESS MANAGEMENT**

\*Michael T. Alex, Bismarck, ND (Spirit Lake Sioux Tribe)  
 \*Chastity L. Clausen, Bismarck, ND (Standing Rock Sioux Tribe)  
 \*Cody M. Conica, Bismarck, ND (Standing Rock Sioux Tribe)  
 \*\*\*Mitchell E. Davis, Bismarck, ND (Turtle Mountain)  
 \*\*\*Dori K. LaFromboise, Moberg, SD (Standing Rock Sioux Tribe)  
 \*\*\*Lisa A. Stump, Box Elder, MT (Chippewa Cree Tribe)

**TRIBAL ENVIRONMENTAL SCIENCE**

\*Sean J. White Mountain, Bismarck, ND (Standing Rock Sioux Tribe)  
 \*Louise M. Yazzie, Eagle Butte, SD (Cheyenne River Sioux Tribe)

40	TOTALS
30	DEC.
0	MAY
10	JULY
6	Honor Students



# Describing Our Teaching Methodologies

BY DR. PHIL BAIRD (Sicangu Lakota), VP, Academic, Career & Technical Education

## THINKING SELF-STUDY

With an NCA site visit scheduled in April 2011, United Tribes Technical College is presently engaged in the self-study process with the faculty addressing questions related to various accreditation criteria.

One of five criteria, Criterion Three: Student Learning and Effective Teaching – reads as follows: “The organization provides evidence of student learning and teaching effectiveness that demonstrates it is fulfilling its educational mission.”

This past fall, academic department chairs began describing what they believed were the various teaching methodologies used in UTTC classrooms. Some of the initial responses are summarized as follows:

**Career-Tech Coursework:**

- Competency-based instruction
- Hands-on teaching - “Teacher demonstrates, student demonstrates, repeat....”
- Project-based teaching
- Interactive computer technology, e.g., simulations
- “Blended” teaching, i.e., face-to-face with computer-assisted instruction
- Teaching with experiential activities e.g., “on-the-job training”

- Integration of industry and “real world” applications
- Teaching within a lab or shop environment closely matching industry

**General Coursework:**

- Lecture with text books and other relevant learning resources
- Web-based instruction with discussion board
- Computer-based teaching with timely feedback
- Review and discussion with case studies
- Story-telling and group discussions
- Peer teaching and interaction
- Role playing
- Instruction with research activities
- Teaching with field trips

Faculty members were also asked to describe some characteristics of effective teaching: encouraging student commitment to learning, motivating, facilitating, animated, promoting creative thinking and problem-solving, and entertaining.

These are some of the initial perspectives shared by faculty about effective teaching. Collectively, the instructional staff will continue to build upon their knowledge and experiences, leading to a written self-study narrative about effective teaching on the UTTC campus.

In the near future, the same self-study question will be offered to UTTC students and other college staff for input.

**United Tribes Technical College is currently conducting a self study evaluation. A written report of its findings will be produced for its NCA reaccreditation visit. The NCA comprehensive visit will take place in 2010-2011. If you have questions or comments regarding UTTC’s self-study experience, please send them to: [ncaaccreditation@uttc.edu](mailto:ncaaccreditation@uttc.edu). To learn more about the NCA accreditation process, visit the website: <http://www.ncahlc.org>**

# United Tribes Professional Development Day is Friday, January 22

## "Moving Forward as a Learning Community"

Professional Development Day will feature two rounds of breakout sessions, much like last year. Each session will be 75 minutes and length, and will be led by a person from the faculty or staff.

As you plan to attend, please keep in mind the seven United Tribes Institutional Learner Outcomes. Even though these are aimed at students, they are an excellent guide for both the staff and faculty in our daily work and during the ongoing institutional self-study.

### UTTC Institutional Learner Outcomes Graduates of UTTC will:

1. Demonstrate knowledge of tribal values within historical, geographic, social, political, and economic contexts
2. Enter the workforce prepared to succeed
3. Communicate effectively
4. Think critically
5. Search, process, present, and distribute information using various modes of current technology
6. Practice and promote holistic wellness and healthy lifestyles
7. Advocate life-long learning

Thanks! See you at Professional Development Day!

**- Tyler Stumpf, Instructor,  
Business & Office Technology**

# Student Health Center Guidelines

BY TARA CLAYMORE, Student Health Center Assistant

Here are some friendly reminders about receiving services from the United Tribes Student Health Center, located in the Lewis Goodhouse Wellness Center on campus:

- Pre-authorization is required from the United Tribes Student Health Center nursing staff for ALL medical and pharmacy needs. It is the student's responsibility to inform the SHC staff of an emergency room visit or hospitalization within 72 hours of the visit or admitting. Students who fail to report a visit or admit within the required time will be responsible for the medical bill.
- Students who are ill, have an acute or chronic medical condition, pre-existing medical condition, pregnant, on medication, or recently have been discharged from the hospital should see the SHC as soon as possible for further information on managing their illness. SHC will not be financially responsible for students and/or dependants with pre-existing conditions and/or chronic diseases. Students and/or dependants will be referred to the nearest IHS facility for follow-up care. The student's permanent area of residence/home agency is responsible for medical expenses while the student is on a scheduled break or vacation.
- If the SHC referred you for medical care, the discharge papers or documentation forms must be submitted to SHC within 72 hours. The paperwork will be processed by the billing department. All NEW & TRANSFER STUDENTS please tell your home agency contract health that you are attending college at United Tribes in 2009-2010 and bring your contract health forms from your home agency to SHC for medical billing and records purposes.
- For returning and new students, we do have Medicaid forms available at the Student Health Center.
- The Student Health Center will provide transportation for college physicals. Please stop by and sign up for one of the following dates available January 19-20 and January 26-27. Please sign up early! We leave the cafeteria at 6:30 a.m. SHARP!
- Office hours are Monday through Friday, 8 a.m. to 5 p.m. If medical care is needed or emergency care after hours or on holidays, contact the UTTC Security at x 1200 or 1300. Call our office if you have any questions or concerns at x 1331 or 1409.

Good luck and have a great spring 2010 semester!

## A Friendly Reminder

When submitting articles for United Tribes News, email articles and/or photos as **SEPARATE ATTACHMENTS** to [opi@uttc.edu](mailto:opi@uttc.edu). Include photo credits. Please **DO NOT** place images directly into Word documents. **NO HARD COPIES OR PUBLISHER FILES ACCEPTED.**

Thanks!

— Andi Gladson, Arrow Graphics  
255-3285 x1437, [agladson@uttc.edu](mailto:agladson@uttc.edu)



## American Indian Business Leaders

Every Monday at Noon  
Jack Barden Center - Lower Level

Everyone Welcome!

For more information contact:

Jeri Severson, AIBL Advisor,  
255-3285 x1377, [jseverson@uttc.edu](mailto:jseverson@uttc.edu)

# Human Rights Day observed



United Tribes News photo Dennis J. Neumann

**IN WRITING:** United Tribes Technical College President David M. Gipp made reference to the United Nations Declaration on the Rights of Indigenous Peoples as part of a program aimed at raising awareness about human rights on Human Rights Day. Other speakers during the December 10 program at United Tribes were: Language and Culture Instructor Tom Red Bird, UTTC Student Financial Aid Director Nathan Stratton, and N.D. Indian Affairs Commission Director Scott Davis. **The Wise Spirit Drum group provided honor songs.** The program was hosted by the UTTC Student Senate, Nathan Dunn, president.

# UTTC receives Leach Foundation grant

The Tom and Frances Leach Foundation included a \$4,000 grant to United Tribes Technical College in 2009. The foundation announced \$425,000 in grants to area organizations in early December. The deadline to apply was June 30.

The Leach Foundation provides charitable grants to support worthwhile endeavors that promote public welfare through educational scholarships, the arts, health and human services.

United Tribes is grateful to the Leach Foundation for its continued support!

# August Little Soldier Raffle Winners

1<sup>st</sup> – Yvette Blake, 2<sup>nd</sup> – Janet Johnson  
3<sup>rd</sup> – Pansy Goodall, 4<sup>th</sup> – Terry Red Fox

Thank you to all who purchased a ticket; we raised \$900 for the memorial for next year.

– Surran Little Soldier

# Swagger named Mellon Fellow

DENVER – Russell Swagger, United Tribes Vice President of Student and Campus Services, is one of three tribal college educators named in November as Mellon Fellows by the American Indian College Fund.

Swagger was awarded the honor for academic year 2009-10 under The Andrew W. Mellon Career Enhancement Program, along with Diana Canku and Lynette Stein-Chandler.

Swagger is an enrolled member of the St. Croix Chippewa Band of Indians of Wisconsin. He has been a VP at United Tribes for 11 years. He has also taught criminal justice, administration, and strategic planning and plans to use his degree to teach and conduct research. He earned an associate of applied science degree in criminal justice from United Tribes Technical College; a bachelor's of science degree in criminal justice from Minot State University and a master's degree in management from the University of Mary. He is currently a Ph.D. candidate in the School of



Russell Swagger

Human Services at Capella University.

Mellon Fellows receive a \$30,000 sabbatical fellowship with additional funding for research-related travel, with the purpose of increasing the intellectual capital, job satisfaction and retention among faculty at the 33 accredited tribal colleges and universities.

The fellowship allows for release time from their usual duties to complete their dissertation for the doctorate.

Swagger's dissertation is titled, "Silent Killer: A study of job burnout in a postsecondary educational setting."

"I have a personal and professional interest in this topic," said Swagger. "Job stress can have direct, major, negative impacts on one's physiological and psychological well-being in addition to an indirect negative impact on one's family and associates. Tribal colleges experience these stressors and possibly at a greater level because of the characteristics of the students they serve and the ambiguous and tenuous nature of funding and staffing resources."

The Mellon Fellows program, which has been in existence since 2004, has funded 18 tribal college faculty Ph.D. candidates to date. Twelve have completed their degrees and four are continuing the process.

Diana Canku, an enrolled member of the Sisseton Wahpeton Oyate, is president of Sisseton Wahpeton College.

Lynette Stein-Chandler is an enrolled member of the A'aninin (White Clay) Tribe of Montana and founder and director of the White Clay Language Immersion School at Fort Belknap College.

# Spring 2010 Orientation Schedule

## Thursday, December 31 – Sunday, January 3

8:00 am - 5:00 pm

Family Housing Check-ins

### Sunday, January 3

8:00 am - 11:00 pm

Dorm Check-ins @ All Dorms

8:00 am - 4:00 pm

Dorms Open House @ All Dorms (Refreshments served)

8:00 am - 5:00 pm

Family Housing Check-ins

9:00 am - 4:00 pm

Registration Station @ Jack Barden Center Lower Level (JBC LL)

10:00 am - 4:00 pm

ACT Compass Test Sessions @ JBC 209

10:00 am - 4:00 pm

Campus Tours for Parents and Siblings of Dorm Students

10:00 am - 11:00 am

Q&A Session for Parents of Dorm Students @JBC Conference Room

10:00 am - 11:30 am

Financial Aid Seminar @ JBC Computer Lab (Parents Welcome!)

10:00 am - 12:00 pm

Brunch @ Cafeteria (For Students, Parents, & Family Members)

12:30 pm - 2:00 pm

Financial Aid Seminar @ JBC Computer Lab (Parents Welcome!)

1:00 pm - 2:00 pm

Housing Orientation @ JBC Conference Room

2:00 pm - 3:00 pm

Q&A Session for Parents of Dorm Students @JBC Conference Room

Evening

Student Union Meet-&-Greet @ JBC LL

### Monday, January 4

8:00 am - 5:00 pm

Registration Station@ JBC LL – Orientation Schedule & Checklist

Parents register students at Elementary School or Child Development Center

9:00 am

Icebreakers @ Gym

9:30 am

Student Senate Leadership @ Gym

10:00 am

Student Handbook with Student Senate @ Gym

10:30 am

Welcome from the President @ Gym

11:00 am

Vice Presidents Talking Circles @ JBC

12:30 pm

Lunch with Academic Advisors @ Academic Areas

1:30 pm - 4:00 pm

ACT Compass Test Sessions @ JBC 209

1:30 pm - 5:00 pm

Complete Orientation Checklist/Attend Seminars

1:30 pm - 6:30 pm

Financial Aid Seminars @ JBC Computer Lab

Cultural Approach to Daily Planning Seminars @ Wellness Center Healing Room

Home Thunderbirds Basketball Game @ Gym

*(Free pop and popcorn for new students sponsored by Strengthening Lifestyles)*

6:00 pm

### Tuesday, January 5

8:00 am - 5:00 pm

Registration Station: JBC LL – Complete Orientation Checklist/Attend Seminars

8:00 am - 4:00 pm

ACT Compass Test Sessions @ JBC 209

8:00 am - 5:30 pm

Financial Aid Seminars @ JBC Computer Lab

Cultural Approach to Daily Planning Seminars @ Wellness Center Healing Room

11:30 am - 1:30 pm

Lunch at Cafeteria (Free for all new students)

Evening

College Survival Skills Night @ JBC LL (Student Union)

### Wednesday, January 6

All Day

Classes Begin

### Saturday, January 9

9:00 am - 2:00 pm

Make-up Sessions for Seminars @ JBC

### Tuesday, January 12 - Thursday, January 14

4:00 pm - 8:50 pm

College Success Class

This Schedule Subject to Change; For the most up-to-date information visit: [www.uttc.edu/admissions/orientation/spring.asp](http://www.uttc.edu/admissions/orientation/spring.asp)

## Native Nations Rebuilders Program

The Bush Foundation seeks candidates for its new program, the Native Nations Rebuilders Program:

- To support the self-determination of the 23 Native Nations that share the same geography as Minnesota, North Dakota and South Dakota.
- To develop and support emerging Native leaders, as well as existing leaders, who are crucial to their nation's success over the long term.

Each year 50 emerging leaders will participate in seminars to strengthen their leadership skills and nation-building knowledge so they may be instrumental in moving their nations, in cooperation with elected leadership, toward realization of their tribes' unique goals.

**APPLICATION DEADLINE: January 11, 2010**

**MORE INFORMATION:** [www.bushfoundation.org/](http://www.bushfoundation.org/)



Jaime A. Pinkham (Nez Perce), Vice President and Native Nations Team Leader

Bush Foundation

## United Tribes Resolutions

The following resolutions were approved by the United Tribes of North Dakota board during a meeting December 11. For more information, please contact United Tribes Attorney Thomas M. Disselhorst 701-255-3285 x 1238, [tdisselhorst@uttc.edu](mailto:tdisselhorst@uttc.edu).

- Supporting efforts to provide consistency in the application of the funding formula of Section 117 of the Carl Perkins Career and Technical Education Act
- Authorization and support for UTTC to be part of consortium seeking to obtain funds through the broadband initiative of the American Recovery and Reinvestment Act of 2009 to provide access to broadband Internet communications to Tribal Citizens throughout the Great Plains region
- Urging the National Congress of American Indians and the National Indian Education Association to permit President David M. Gipp of United Tribes Technical College to make a major policy address to these organizations at their next regularly scheduled national meetings
- Authorization and support for USDA Community Facility Guaranteed Loan for Science and Technology Building on South Campus of United Tribes Technical College
- Urging the creation of a set-aside or a preference funding for Tribes and Tribal organizations dedicated to economic development for any funds made available by Congress to the Economic Development Administration, part of the U.S. Department of Commerce
- Urging Congress to immediately enact the legislation called for in the settlement of the Cobell litigation relating to an accounting of funds placed into Individual Indian Money Accounts by the Bureau of Indian Affairs as announced on Tuesday, December 8, 2009

## WIC

Women, Infants,  
& Children

Supplemental Nutrition Program for  
Women, Infants, & Children

### Clinic Hours:

Monday 1- 5 pm

Friday 8 -12 pm

Room 119 • Skill Center

### APPOINTMENTS REQUIRED

Please call for your appointment  
Kim Rhoades, Nutrition Educator

701-255-3285 x 1316

Fax: 701-530-0622



United Tribes Technical College  
3315 University Drive  
Bismarck, ND 58504

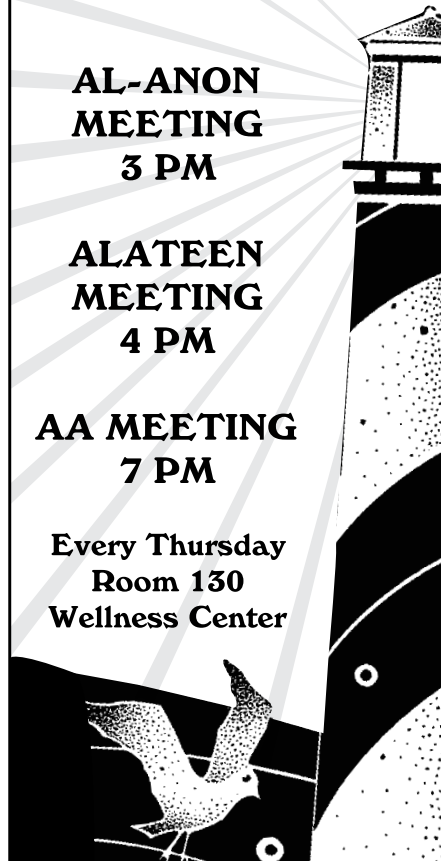
## WE CAN HELP *you find your way*

**AL-ANON  
MEETING  
3 PM**

**ALATEEN  
MEETING  
4 PM**

**AA MEETING  
7 PM**

**Every Thursday  
Room 130  
Wellness Center**



# Dr. Harriett Skye follows

BY DINA M. HORWEDEL, Director of Public Education, American Indian College Fund

**D**r. Harriett Skye (Lakota, Standing Rock) has a long and impressive resume. What stands out is her Ph.D. in ethnic studies (emphasis on Native American Studies), and a documentary film she directed. Her film, "The Right to Be," is an autobiographical story about her journey as an American Indian woman on the pathway of self-awareness and higher education. It was screened at the Sundance Film Festival, along with other Native films in 1994. Today she is a leader, role model and mentor at United Tribes Technical College, where she is vice president of Intertribal Programs. Yet, she is filled with appreciation and gratitude for those who helped her on her educational path. She credits her success to more than just hard work and lucky breaks. She believes everyone she needed in life was put in front of her for a reason.

Harriett Skye started her educational journey on the Standing Rock Reservation in North and South Dakota. With only a high school diploma, she went to work for Mrs. Josephine Kelly, the tribe's chairperson. Lat-

er, she became a tribal community coordinator and editor of the tribal newspaper, *Standing Rock Star*. In 1974 she moved to Bismarck, North Dakota because her son wanted to be an engineer. He needed trigonometry and calculus but the school at Standing Rock did not offer the courses.

In Bismarck, Skye took a job at United Tribes, where she directed the Office of Public Information. She served as editor of *United Tribes News*, the college's monthly newspaper, and hosted radio and television shows. Her program "Indian Country Today" aired from 1973 to 1984 on the local NBC affiliate, KFYZ-TV. The bi-weekly, half-hour interview programs placed prominent Indians before the public to talk about issues from a tribal point of view, something that had never been done on TV before, earning her a loyal following among tribal and non-tribal viewers. Among the accolades she cherishes is one from a fellow broadcaster who said, "Skye is bringing Native people into the homes of an audience that wouldn't allow an Indian into their living room."



Host of the biweekly TV interview program "Indian Country Today" on KFYZ-TV, Bismarck, from 1972 to 1984

Talking and writing about issues led to involvement in civil rights. Skye served on the North Dakota advisory board to the U. S. Commission on Civil Rights and worked to further Indian Education Act legislation. In Denver and Washington, D.C., she participated in hearings on employment discrimination that led to studies of the issue. Her involvement brought death threats, which she accepted as coming "with the territory."

In 1984, Skye entered a new era and things changed dramatically. "Motherhood as I knew it was over. As a graduation gift I took my daughter to Washington, D.C. I introduced her to a lot of people, including the former Commissioner of Indian Affairs. On the plane home she said to me, 'I have a job in Washington.' I fought it and refused to let her to go, but in the end I realized I couldn't stop her. But I was hanging onto her leg at the airport!" she laughs. "The consolation was she went to live with her brother and his family."

After her daughter left, Skye said "it seemed all I could do in North Dakota was done. Reaganomics impacted funding for programs I worked on and they ended. So I was out of a job and didn't have an education. I was so glad when my high school burned down because their records burned with them," she chuckled.

"That summer I drove to Quebec City and



Interviewing North Dakota Governor Arthur A. Link, a strong supporter of United Tribes and Indian programs.

# education full-circle

presented a paper along with other Native women at a university. My daughter called and said 'you're just a little way from Washington. Why don't you come and see me?'" Skye chuckled, saying it was not a short distance, but she went anyway. She decided to move to Washington and found a job. Later she was fired from the position and went into a tailspin. "I had never been fired in my life. I went on unemployment and was sitting at my kitchen table crying and praying. I was 55, too young to retire, and too old to train. I couldn't find a job. I picked up the phone book and called Northern Virginia Community College."

After speaking with Dr. Fred Hecklinger, director of counseling and asking several questions, including whether they had pro-



*In her role as TV program host interviewing American Indian Movement activist Russell Means in 1974.*

grams for people over 50, she told him, "don't ask me any questions because I don't have any answers." When she asked him where the school was, she was surprised to learn it was only two blocks away, practically in her back yard. She made an appointment, and learned that her work experience would give her a semester's worth of credits, and filled out an application. Skye said Hecklinger was instrumental in her life. "If you could be anything in your life and didn't have to worry about being paid, what would you do?" he asked me. He also told me that an education is an investment in me, and no one will ever be able to take your education away from you. I told him I'd be the oldest Indian woman in the U.S. paying back student

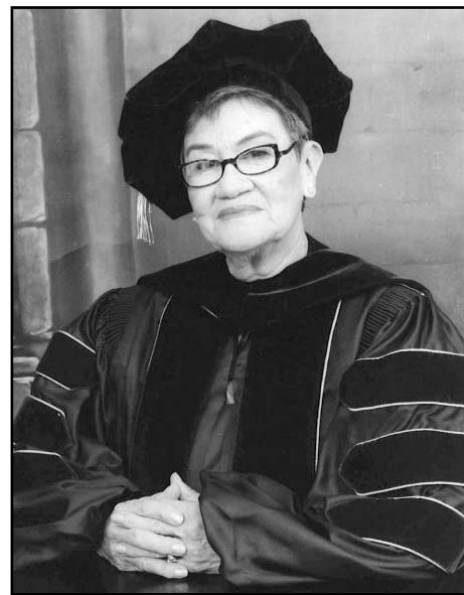
loans," she laughed, then added, "I paid it all back, too."

Skye went on to New York University (NYU) to finish her bachelor's degree. Education was always like a spiritual need, Skye explained, and she had a hunger for what she was learning. "I couldn't quit. I don't know how else to explain it. I had to go to class. One spring day I wanted to sit and let the sun warm me and enjoy every minute of it. I lay on the bench in the park to let the sun warm me. Then I started thinking about the cost per credit hour. I couldn't stay there and got up and went to class. After class, I passed the park where I had been and saw the police had cordoned off the area by the bench with yellow police tape. Four students had been killed there. A woman's accelerator had stuck. The accident happened five minutes after I left."

Skye said she loved her time in New York. It was there she met other Native filmmakers and produced and directed her film with the help of Stefano Saraceni, a brilliant filmmaker and friend. "The students at NYU were upset when they thought they had the most incredible education but knew nothing about Native Americans. A kid from New Jersey said to me, 'I thought we killed all of you a long time ago.' In the evening they would come into my room and ask me questions, and I would teach an informal class, sometimes for an hour or two, sometimes three. I was like the resident grandmother."

In 1997, Skye went west and was accepted at the University of California-Berkeley as a graduate student in Ethnic Studies. But in December of that year she got the telephone call that every mother dreads. Her eldest son had colon cancer and only had a few months to live. She quit writing and delayed her studies to be with him. After his passing, she credited American Indian colleagues, who worked with her on a spiritual basis, with encouraging her to pick up her work at Berkeley.

Back at Berkeley she received help on her dissertation from another memorable person. Professor Ronald Takaki helped her focus on a subject. Part of her film touched on the loss of 55,000 acres of land at Standing



*In her doctoral cap and gown, University of California-Berkeley, Ethnic Studies. Her dissertation is about the effects caused at Standing Rock by the flooding of the Oahe Dam.*

Rock due to construction of a dam on the Missouri River. "He told me to go home and write five pages about that. I went home and wrote 20 and cried and cried. I didn't realize the emotional impact that event had on me. The food, the animals that lived on the river bottom, everything was gone. I told him the next time I saw him that I was an emotional mess. He told me to write about it because there was great passion there." That's how she found her dissertation topic.

Skye's 2003 dissertation offered what she called the "Iktomi Paradigm." Iktomi is the trickster, a spider that can take on different identities in Lakota myth and legend. Examining the loss of land at Standing Rock to the Oahe Reservoir, her work described how layer upon layer of government agencies and bureaucracies, from the Congress and the U. S. Supreme Court on down, have dispossessed tribes of their land and natural resources. That the trickster has not been able to make Indians vanish entirely is because of their language, customs, and humor, she asserted.

When looking back at the path she took, Dr. Skye says, "It is spiritual. Everything and everyone that I needed was put right in front of me." She credits many people and orga-

*Continued page 24*

# Christmas at the White House



**SPECIAL INVITE:** "It was quite an honor to be there," said David M. Gipp, United Tribes Technical College president, of the holiday reception he attended December 15 at the White House. Seen here by a Christmas tree in the east wing, Gipp said he was in a group of about 300 guests invited by the President and Mrs. Obama. In greeting the group, the President praised them as people who have helped bring about change in America by working for those who need help. In the group were about 20 tribal leaders

from the around the country, Gipp said, and activists from other ethnic groups. Entertainment was provided by musicians and vocalists from the military. There was a Christmas tree in each room, Gipp said. On one was a bulb commemorating the first American Indian woman to earn a medical degree, Susan LaFlesche Picotte (1865-1915) from the Omaha Tribe.

## Marketplace for Kids Education Day

Monday, May 3, 2010  
University of Mary, Bismarck

- Develop Young Entrepreneurs
- Grades 3 through middle school, but open to all ages
- Classes and educational activities to help young people develop their business skills, enhance personal development, and explore career options

More Information: Kent Ellis 701-224-5513 or  
Marketplace for Kids HQ 888-384-8410 (toll free) or  
[www.MarketplaceForKids.org](http://www.MarketplaceForKids.org).

## IHS Dental Externships

- Gain professional experience and determine whether a career with the IHS Division of Oral Health, or a position at a specific IHS or Tribal site, is right for you.
- Available for dental students between their third and fourth years of school within the months of April through September.
- Sponsor: Indian Health Service
- Deadline: February 28, 2010

More Info: [www.dentist.ihs.gov/extern.cfm](http://www.dentist.ihs.gov/extern.cfm)  
Timothy L. Lozon, DDS, [Timothy.Lozon@mail.ihs.gov](mailto:Timothy.Lozon@mail.ihs.gov)  
800-IHS-DENT (447-3368) or 301-443-0029 (direct)





# You Need a Mailbox

**T**he United Tribes Housing Department strongly encourages students residing in UTTC housing to get a mailbox. They are available for the asking at the UTTC Mailroom.

If you have one already, and/or a Washington Court apartment address, please check your mail daily.

The housing department sends important information by surface mail. You must be able to receive mail promptly to maintain your campus housing.

If you decide to move to off campus housing, other than Washington Court apartments, please notify the Student Accounts office of your new address: 701-255-3285 x 1212 or x 1346, or gracine@uttc.edu. This will assure that you continue receiving important correspondence from United Tribes.

Thank You.

**- Lorraine Davis,  
United Tribes Housing Supervisor**

# Frankly speaking about HIV/AIDS



**WAITING IS BEST:** Lisa Tiger urged young people to wait through their school years before having sex. The advice came as part of a frank discussion about HIV/AIDS with 7th and 8th grade students from Theodore Jamerson Elementary School. Tiger, a member of the Muscogee Nation who is of Creek, Seminole, Cherokee and Irish descent, is an AIDS educator and motivational speaker. She was infected with the virus by a boyfriend and has AIDS. Waiting, she said, "allows you to enjoy school without the worries of pregnancy or a sexually transmitted disease." The December 1 event was part of the United Tribes observance of World AIDS Day. It included a memorial walk and a ribbon tying ceremony on the campus Medicine Wheel tree.

# Business forum held at UTTC

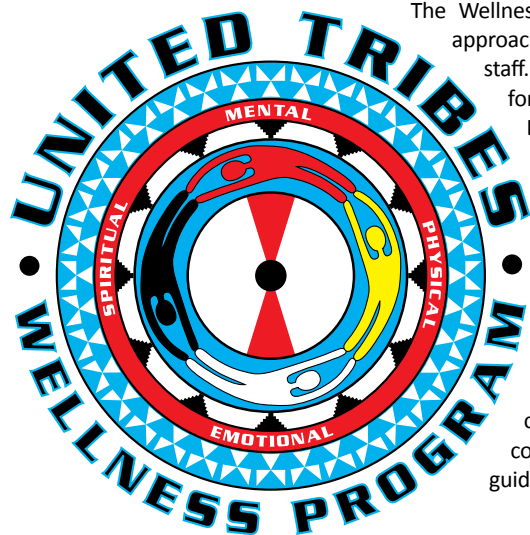


**PAYING ATTENTION:** Representatives of minority business enterprises were keen to gather any and all information they could December 8 from presenters at the United Tribes "Business To Business" Forum. Here, they focused on Raymond Cervantes of the U. S. Department of Commerce's Minority Business Development Agency. The forum brought together minority business people with recipients of American Reinvestment and Recovery Act (stimulus) funds. The goal was to make contacts and build rapport that would potentially lead to joint opportunities. Twenty-two minority businesses were represented, along with the U.S. Department of Commerce, N.D. Department of Commerce, ND Indian Affairs Commission, U.S. Dept. of Transportation, BIA Planning & Development, Bismarck-Mandan Development Association and the Federal Highway Transportation. The UTTC event was hosted by the North Dakota/South Dakota Native American Business Enterprise Center. The next forum of this kind in the region will be held in March in Pierre, SD.

# THE LEWIS GOODHOUSE WELLNESS CENTER





The Lewis Goodhouse Wellness Center houses UTTC's Community Wellness Services. UTTC has made a major commitment to the health and wellness of our students, staff and visitors within the campus community. United Tribes Technical College promotes a safe environment to experience diverse cultures, sample the mainstream, and focus on building the student's future in a good way on their path of "Life Long Learning".





The Wellness Center provides a multi-disciplinary approach enhanced by professionally trained staff. The departments included are: Center for Student Success, Chemical Health, Domestic Violence Advocate, Resident Life, Strengthening Lifestyles, and Student Health.


**Mission Statement:** Our Wellness Center believes in a holistic approach, blending cultural practices with the best in physical, emotional, mental and spiritual care. The Wellness Center provides students and staff with state of the art exercise equipment along with counseling services and healthy living guidance to include support of spiritual growth utilizing traditional methods.

 = Spirit (SPIRITUAL)

 = Head (MENTAL)

 = Heart & Lung (EMOTIONAL)

 = People in Motion (PHYSICAL) and colors represent the 4 Directions

 = Persons in Sweatlodge (WELLNESS CENTER)

## Recycle Your Plastics



Receptacle Locations:  
Skill Center  
Arrow Graphics

Notify the GREEN TEAM if you want a receptacle in your area:  
Sherri Toman, [stoman@uttc.edu](mailto:stoman@uttc.edu)

## WE'RE NOT JUST A BOOKSTORE...



... Come in from the cold & check out our new winter fashions!

- HOLIDAY ITEMS:**
- Boxed Christmas Cards (6 new designs)
  - Sister Sky body lotions and body washes
  - TJES T-shirts - adult and children sizes
  - More Pendleton blankets & mugs arriving soon

Payroll deductions available to full time employees (employed at least 3 months).

For more gift ideas check out the online store

[www.uttc.edu](http://www.uttc.edu)

# UNITED TRIBES 40

## FOLLOWING UP

**A** good many of you responded with information about the old photos published in each issue of United Tribes News in 2009 to recognize the colleges' 40 year anniversary. Thanks for sharing your knowledge and stories. Here's some of what was learned from you:

### STUDENT GROUP ON PORCH

Alvina Broken Leg (Oglala Sioux Tribe), Rushville, NE, was one who responded to the undated photo in the February edition, identifying herself in the student group on the porch of the education building (upper left among those seated, wearing glasses). Through her son William, a current student, she said the photo was 1970 or 71. And she handed us another mystery: this photo to the right of an unidentified United Tribes student of that era. If you know who this is, tell us with an e-mail: [opi@uttc.edu](mailto:opi@uttc.edu).

### COLLEGE RODEOS

A few of the buckaroos in the March edition's rodeo photo from the early 70s were identified by Rosie Moore Zavala of Bismarck. Her father, the late Ed Moore, was running the chute. Buster Moore chipped in with ID of youngsters sitting with him on the fence, including Sam Moore, Tony Two Bears and J.R. Foote. Michelle Beaty added the names of fence-sitters Richie and Robbie Dunn, along with Emerson Chase and Toni Foote in front of the chute. "Brings back the good ole days," said Micky.

### FIRST LPNS

The April edition photo of the first class of United Tribes Licensed Practical Nurses in 1979 prompted a phone call from Harlan Horned Eagle, the only male student of the ten graduates. One of the other graduates in that group, Deborah Bordeaux, now the Principal of Loneman School, Pine Ridge, SD, attended the United Tribes Nurses Reunion during the 2009 powwow.



*Do you know who this is? Tell us with an e-mail: [opi@uttc.edu](mailto:opi@uttc.edu).*

### STOCK CAR CLUB

Mike Clifford, now with the Pine Ridge IHS, put a name to the one person we did not identify in our November photo of the Stock Car Club: Carl Martinez wearing a jean jacket and leaning on the fender. We implied that racing at a local track began in the late 70s. In fact the club was formed in 1974 by instructor Ray Patneaud with students James Cadwell, Melvin Farmer, William White Lightning and Harold Thompson. The first cars were a 1966 Mercury and a 1961 Chevy.

### STAFF PHOTO 1980

Concerning the staff photo from 1980 in the December edition, Harriett Skye pointed out that it is Irby Hand at the far left of the last row and not Wilbur Red Tomahawk. She said she ought to know because she was married to him! Irby, not Wilbur.

We mistakenly identified the ninth person in the second row. Anita Moore called to say it was her sister Tamara Moore and not Joey McLeod.

### ODDS-N-ENDS

M. Yvonne Longie (Spirit Lake) wrote that she had "a lot of good memories of [United Tribes], and learned so much," graduating in October 1970 in Business Clerical. She recalled the monthly newsletter KEYAPI, published by B/C students and staff. She said it was started by Don Hart and he picked that name, which in Lakota translates to "it is said or it is reported." KEYAPI was also known affectionately as the "Tiny Bud Tribune."

It was said that student Lee Fox Sr. (Three Affiliated) was instrumental in organizing fellow students to conduct the first United Tribes powwow in 1970. Origins of the powwow are of keen interest and anyone who has recollections is encouraged to share them.

Of course, United Tribes is always interested in photos; perhaps you would allow duplication.

Thank you to all who shared. It is enlightening, inspiring and entertaining!

- Editor

## SHARE WHAT YOU KNOW



Dennis J. Neumann, Editor, United Tribes News, Director, Office of Public Information  
United Tribes Technical College • 3315 University Drive • Bismarck, ND 58504  
701-255-3285 x 1386 • FAX 701-530-0610 • [opi@uttc.edu](mailto:opi@uttc.edu)



# JANUARY ACTIVITIES

DATE	TIME	ACTIVITY	
4	8am	Student Orientation	
	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Hand Games/Open Drum (Multi-Purpose/Healing Room)	
		UTTC Men's Basketball League	
5	12p-1p	Circle of Parents Meeting (Wellness Center Classroom)	
	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Volleyball League (Multi-Purpose Room)	
	6p-7p	Men's Wellness (Healing Room)	
6	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Pool Tournament	
		Beading/Sewing/Quillwork (Multi-Purpose Room)	
		Women's Wellness (Healing Room)	
7	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Volleyball League (Multi-Purpose Room)	
	7pm	Relaxation Techniques (Healing Room)	
	8	12p/4p	Walking Club
8	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Movie Night (Multi-Purpose Room)	
	9	6pm	Thunderbirds v. Dawson Community College
	10	2/4p	Thunderbirds v. NoDak/Wahpeton
	11	12p/4p	Walking Club
3:30p-5p		Youth Activity (Multi-Purpose Room)	
6pm		Hand Games/Open Drum (Multi-Purpose/Healing Room)	
		UTTC Men's Basketball League	
12		12p-1p	Circle Of Parents (Wellness Center Classroom)
	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Volleyball League (Multi-Purpose Room)	
	6p-7p	Men's Wellness (Healing Room)	
13	7pm	Aerobics/Pilates/Taebo (Healing Room)	
	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Pool Tournament	
		Beading/Sewing/Quillwork (Multi-Purpose Room)	
14		Women's Wellness (Healing Room)	
	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Volleyball League (Multi-Purpose Room)	
	7pm	Relaxation Techniques (Healing Room)	
15	12p/4p	Walking Club	
	4/6p	Thunderbirds v. Williston	
16	2pm	Papa's Polar Patch	

DATE	TIME	ACTIVITY	
17	2/4pm	Thunderbirds v. NoDak/Wahpeton	
18		UTTC Diversity Awareness Day	
	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Hand Games/Open Drum (Multi-Purpose/Healing Room)	
		UTTC Men's Wellness Basketball League	
19	12p-1p	Circle Of Parents Meeting (Multi-Purpose Room)	
	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Volleyball League (Multi-Purpose Room)	
	6p-7p	Men's Wellness (Healing Room)	
20	7pm	Aerobics/Pilates/Taebo (Healing Room)	
	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Pool Tournament	
		Beading/Sewing/Quillwork (Multi-Purpose Room)	
21		Women's Wellness (Healing Room)	
	12p/4p	Walking Club	
	6/8p	Thunderbirds v. Bismarck State College	
	22		Professional Dev. Day - Wellness Center Closed
	23	6pm	Hot Cocoa & Movie
24	2pm	Community Bingo!!	
	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Hand Games/Open Drum (Multi-Purpose/Healing Room)	
		UTTC Men's Basketball League	
26	12p-1p	Circle Of Parents Meeting (Wellness Center Classroom)	
	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Volleyball League (Multi-Purpose Room)	
	6p-7p	Men's Wellness (Healing Room)	
27	7pm	Aerobics/Pilates/Taebo (Healing Room)	
	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Pool Tournament	
		Beading/Sewing/Quillwork (Multi-Purpose Room)	
28		Women's Wellness (Healing Room)	
	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Volleyball League (Multi-Purpose Room)	
	7pm	Relaxation Techniques (Healing Room)	
29	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	7pm	Welcome Back! Pow-wow	
30	2pm	Heritage Center	
31	1/3pm	Thunderbirds v. Lake Region	

# Apply Early For Tribal Funding!

In order for students to receive the best possible chance of obtaining tribal funding, we encourage you to Apply Early!

Classroom training assistance includes: tuition & fees, books & supplies, and student subsistence. Applicants seeking participation in the Workforce Investment Act (WIA) program for classroom training services must complete the following:

#### WHY APPLY EARLY:

- Deadline dates vary for every tribal funding agency
- Awards are based on availability of funds
- Priority for selection maybe awarded on a first come first serve bases

#### FUNDING MAY BE DENIED FOR:

- Missed deadline date
- Incomplete files
- Did not apply

#### DOCUMENTATION REQUIRED:

- Acceptance letter from educational institute
- Financial needs analysis (budget) – from financial aid officer
- Semester grades / mid-term grades
- Class schedule
- Criteria submitted may vary for new and returning students
- To ensure application completeness, contact and follow up with funding agency frequently.

To be eligible for Workforce Investment Act (WIA) classroom training assistance, **ALL** students **MUST** apply with home funding agency first.

#### APPOINTMENTS / QUESTIONS:

The Workforce Investment Act office (WIA) is located in building # 61. The office is open Monday-Friday from 8 -5 pm. Call (701) 255-3285 ext.1229 / 1232 for assistance.



# Beyond the 40<sup>th</sup> Anniversary

BY DR. PHIL BAIRD, Vice President, Academic, Career & Technical Education

## TURNING TOWARD THE SPRING

**O**n behalf of the academic departments of United Tribes, I take this opportunity to welcome students and staff back to college studies for the spring 2010 semester.

Looking at the number 2010 on the calendar makes me think of something out of a sci-fi movie. When you think about it, your time this semester as part of the United Tribes community will help shape the future of the college. I mean that!

During the first half of our 2009-2010 academic year, we created some quality moments by reflecting on the college's history. We marked anniversary dates that helped us recall the humble beginnings, gigantic challenges and important accomplishments of the past 40 years. And we connected with our greatest resource by remembering and recognizing the people who were involved.

But, recalling history is an exercise that achieves its highest potential when it brings us a fresh perspective on contemporary issues.

During the second half of this college year, our focus as a campus community will again turn toward the future. On the agenda will be the perennial challenges we face as an institution of tribal higher education: financial resources, program development,

re-accreditation and facilities development.

Students should know that the college's board and administrative leadership continue to seek the financial resources necessary for Native people to gain access to postsecondary education. We know financial aid is foremost in your mind.

The college will continue to develop academic programs, in particular, baccalaureate degree programs. Administrators will become even more adept in refining student support services to promote student success.

Institutional self-study activities will gain momentum to prepare the college for a re-accreditation visit in April 2011 by the Higher Learning Commission of the North Central Association of Colleges and Schools. With re-accreditation, the college will further evolve as one of the premier tribal colleges in the nation.

One tangible indicator that you can use to gauge the progress is the new building on the south campus. As the state-of-the-art Science and Technology building rises from an open field, you will see the next chapter unfold in the United Tribes story. And, as student or staff member, you are more than just a witness; you are a player in helping to shape the future of United Tribes Technical College.

So, welcome to the spring 2010 semester and the beginning of UTTC's next 40 years!

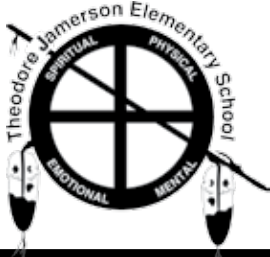
### Let us help you with your transportation needs

The Standing Rock Public Transportation Program offers affordable one-day public transit services to and from Bismarck, the Standing Rock Reservation, Mobridge, Pierre, Rapid City and Sioux Falls,

South Dakota. Others stops include Selby, Gettysburg and Onida, South Dakota.

**For more information contact:  
Standing Rock Public Transit  
Fort Yates, North Dakota  
701-854-8090**





## News from Second Grade

### EXCITING TRIPS TO YMCA



Swimming at the YMCA are 2nd graders Taywaun and Tallon. Photo was taken by Laura.

**W**e had swimming lessons and free time. If we pass the test we can go off the diving board. At the YMCA they could use noodles and belts. We had to take showers before going into the pool. I'll pass the test someday.

**- Tallon Long Feather**

Some got to have free time at the YMCA. And we had swimming at the YMCA! They could use the noodles. And if we pass, we can jump off the diving board!

**- Mheki Moran**

I went swimming on Wednesday. The second graders had lots of fun. We took lessons – they were about swimming on your back and your tummy. It was fun to swim on your back and tummy. It was so much fun I love swimming a lot. We are going again.

**- Nevaeh Bear Eagle**

## TJES Science Fair



Marlaysia Cloud, 11, grade 6, explains her project about harmonics to judge Roger Quast, a retired teacher from Wachter middle school. "She knew her topic very well," said Quast. Marlaysia is the daughter of United Tribes student Opal Alden.

**T**he science fair was held December 11 starting at 9 a.m. Nineteen 4th to 7th graders presented their science projects to three judges: Mike Barnhart, Roger Quast, and Duane Robey, retired math and science teachers.

The students had been working hard on their projects for about two months.

"It was fun for me because I knew all the

answers," said Marlaysia after being judged.

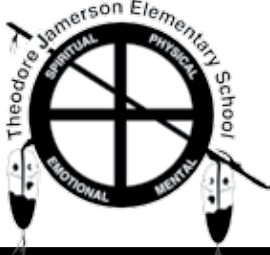
The judging took about two hours; most of us were anxious for the judging but also excited.

All the students that participated in this science fair get to go to the State Science Fair during Martin Luther King Day.

**- Marlynn, Fourth Grade**



# THEODORE JAMERSON ELEMENTARY



# TIDBITS

## Family Night



Twenty one families attended TJES family night on December 9. Families enjoyed Lasagna, had family photos taken, and participated in a variety of math activities: measuring for cookie jars, brain teasers, origami, fraction trees. Everybody went home with great projects.

## Kiwanis donates to Theodore Jamerson



TJES Principal Sam Azure accepted a \$251 check on December 7 from Susie Kapelovitz, Region 1 Lt. Governor of the Minnesota/Dakotas District of Kiwanis International. The gift was proceeds from a silent auction held during the official visit of District Governor Bruce Klair of Red Wing, MN to Region 1 Kiwanis Clubs in October. As part of the event, Kiwanis members from seven clubs brought items for auction and bid on them to raise money for TJES. The Minnesota/Dakotas District Region 1 includes clubs from Devils Lake and Jamestown to the Montana border. Ms. Kapelovitz is a member of the Dickinson Rough Rider Country Kiwanis Club.

## TJES Christmas Program



Students in preschool through grade eight participated in the December 10 TJES Christmas program in the big gym. The program included dancing, singing and laughter. The Kindergartners through 3rd grades sang and danced. 1st grader Hunter played a Christmas tree in "Decorate the Christmas Tree." The 5th and 6th grade students played recorders.

A group of 5th and 6th grade girls participated in a dance called the "Hoedown Throwdown." Marques of the 7th grade played Elvis Presley and 8th grader Kari played LeeAnn Rymes in a duet.

Santa and his elves sang together and passed out candy canes to the TJES students.

— Marlayisia, Sixth Grade

## Conference set...

Continued from page 6

Other conference participants include Karen Ebel, also a daughter of a Fort Lincoln internee, who is working for passage of the Wartime Treatment Study Act as president of the German American Internee Coalition; and John Christgau, Minnesota native and author of the 1985 book "Enemies: World War II Alien Internment," a non-fiction account of internment at Fort Lincoln, reissued this year by the University of Nebraska Press.

Participation and input will be invited from local and national groups and individuals, and internment scholars through direct invitations and public announcements. It is believed that several former Fort Lincoln internees will be able to attend. Most are in their mid to late eighties.

For more information about the conference please contact Wes Long Feather 701-255-3285 x 1218, wlongfeather@uttc.edu or Dennis Neumann 701-255-3285 x 1386, opi@uttc.edu.

United Tribes was awarded \$18,919 to host the conference. Congress established the grant program in 2006. Eligible locations included the ten War Relocation Authority camps set up in 1942 that held Japanese Americans under Executive Order 9066. Also eligible were dozens of additional locations in at least 16 states, including civilian and military-run internment camps.

Fort Lincoln was originally constructed as a military post between 1899 and 1902 at a location now south of the Bismarck airport. It came into being after the military decommissioned Custer's Fort Lincoln post south of Mandan. The tribes of North Dakota acquired the facility as surplus government property and began education and training programs for American Indians in 1969. United Tribes Technical College is now one of the nation's premier tribal colleges, granting two-year associate degrees and certificates in 20 technical-vocational fields. The annual student count is over 1,100.

## Dr. Harriett Skye...

Continued from page 15

nizations along the way for helping her to stay on track and achieve her goals. "I was a Mellon Fellow through the American Indian College Fund, and without it I would never have been able to finish my education. I was at a standstill, out of money. I always will be grateful because that pushed me over the top. And they didn't care how old I was either," she laughed.

*"I have always loved what we do here because everyone goes to school. We educate the babies, the pre-schoolers, the elementary students, and the parents – the whole family."*

– Dr. Harriett Skye

More recently she came full-circle and returned to United Tribes at the invitation of Dr. David M. Gipp, college president. As vice president of Intertribal Programs she supervises six programs and serves on the college's administrative council helping to guide policy and make key organizational decisions.

"I have always loved what we do here because everyone goes to school. We educate the babies, the pre-schoolers, the elementary students, and the parents – the whole family. Even the babies have a curriculum, one of the most amazing concepts in Indian education. I feel lucky to be here." One of her hopes is that these students will become teachers of Native studies, thus bringing her work around the circle again for the benefit of another generation.

**TO ADVERTISE IN UNITED TRIBES NEWS CONTACT:  
Andi Gladson, 701-255-3285 x 1437, agladson@uttc.edu.**

## Earning Your Way



### Nutrition and Foodservice Associate of Applied Science Degree

The Nutrition and Foodservice program at United Tribes Technical College is an opportunity for hands-on experience.

- Healthful food preparation
- Food science
- Food safety
- Wellness
- Community nutrition

Graduates are professionally trained with food preparation and nutrition education skills that allow you to make a positive impact on the health of American Indian people.

Follow one of two-degree majors: Nutrition and Wellness or Foodservice/Culinary arts. You choose depending on your interest. Both are offered on campus and Online.

You have the opportunity to take a national exam to become ServSafe Certified and/or a national exam to be credentialed as a Certified Dietary Managers (CDM).

A degree prepares you for employment or to successfully transfer into programs of advanced training to become a dietitian or chef.

After graduating, you are prepared for employment with school lunch, WIC, diabetes/wellness programs, hospital or elderly care food service, and casino kitchens or private restaurants.

Earn Your Way with a two year Associate of Applied Science degree in Nutrition and Foodservice.

**UNITED TRIBES**  
TECHNICAL COLLEGE



Nutrition and Foodservice Program

Annette Broyles, Chairperson

abroyles@uttc.edu

3315 University Drive • Bismarck, ND 58504  
701-255-3285 x1406 • www.uttc.edu



# UTTC partners with U-Mary for foodservice experience

BY ANNETTE E. BROYLES, UTTC Nutrition & Foodservice Instructor/Department Chair

All Nutrition and Foodservice students at United Tribes are required to complete 150 hours of internship during Foodservice Practicum I or Nutrition Practicum II in order to complete their major.

When Shannon Dionne, Nutrition and Wellness major, decided to pursue the Practicum I in fall 2009, little did she know she would spend time at the University of Mary in their foodservice department.

This is the first semester that UTTC Nutrition and Foodservice Department and Chartwell's dining services at the University of Mary have partnered to help provide a variety of foodservice experiences to UTTC students.

Shannon was able to gain experience working in the University Dining Hall, Benedictine Dining Hall, and Chick's Place, learning about the flow of food from purchasing to serving. She worked under the direction of Brian Laehn, Executive Chef at University of Mary.

While there, she was able to share some of her knowledge of nutrition by helping expand their meal offerings to include more whole grains and decrease servings of high fat condiments.

Shannon will graduate spring 2010 and would like to continue her education in dietetics or community nutrition.



Shannon Dionne (Fort Peck Tribe, Poplar, MT) gained experienced in foodservice during a practicum at University of Mary. United Tribes News photo Annette Broyles

## SAVE THE DATE

### **Tribal Conference on Aging**

**June 2-3, 2010**

**United Tribes Technical College  
Bismarck, North Dakota**

#### **Who should attend:**

- Individuals, caregivers and Tribal entities interested in issues of aging
- Conference topics: Elder Abuse, Exploitation, Racism, and Discrimination; Tribal Court/Elder Court systems; Wisdom of the Elders; Taking Care of Oneself; Understanding Medicaid, Medicare, and Medicare Part D; Keynote Speakers; and Entertainment

#### **Contact:**

North Dakota Aging and Disability Resource-LINK: 1-800-451-8693 or the Standing Rock Tribe: 1-877-517-3413

## Healthy Eating

BY KIMBERLY RHOADES, United Tribes Land Grant Nutrition Educator

To start off the New Year right – do not pledge to lose weight but to eat healthier and in moderation. Here are some helpful tips to start the New Year off right:

### **Healthy Eating Basics**

You don't have to sneak around the snack table at all the gatherings you attend to escape from gaining any extra pounds. Instead of loading your plate, sky high, with sweets, just take a couple of items. If there's a fruit or vegetable platter, pile your plate full of grapes, berries, melon balls, cauliflower, broccoli and carrots.

### **Tasty Alternatives**

Drink fruit juice or water instead of soda during special events or get togethers. You can still have one glass of soda at supper, but avoid chugging numerous cans of regular soda.

### **Lay Off the Sweets**

Skip all the chocolates and upcoming holiday treats that are being handed out left, right and center and grab a piece

of fruit instead. It may sound lame to eat fruit but in the end your body will thank you. If not a whole fruit, grab a handful of dried cranberries and raisins.

### **Avoid Fatty Foods**

For breakfast, toast up some whole grain bread or make some whole wheat and blueberry pancakes. Add a poached or scrambled egg and avoid having too many fried foods. That way, if you are craving a couple pieces of fried bacon, you won't have to feel so bad about indulging.

### **Everything in Moderation**

Remember that you don't have to cut out all the favorite foods or treats at mealtime just take smaller portions. If you're still hungry after dinner, eat a vegetable or fruit. If you want a couple of chocolates, go for it. But don't end up sitting in front of the TV or visiting and finish off a whole box. Try to be more aware of your food intake and the affect it has on you and your body.

More information contact Kim Rhoades: 701-255-3285 x 1426, krhoades@uttc.edu.



# UNITED TRIBES THUNDERBIRDS



Thunderbirds forward Shayne Alcon (Three Affiliated), 55, puts up a shot with tough OLC defense during a game in the John Thunderhawk Classic Tournament December 4. United Tribes News photos Dennis J. Neumann



Alyssa Starr, 30, goes for position on a rebound during a game in the John Thunderhawk tournament.

## JOHN THUNDERHAWK CLASSIC

### DECEMBER 4

Bismarck State College Men 88, Jamestown College JV 76  
 Bismarck State College Women 58, Jamestown College JV 42  
 United Tribes Thunderbirds 108, Oglala Lakota College 68  
 United Tribes Lady T-Birds 87, Oglala Lakota College 42

### DECEMBER 5

Bismarck State College 117, Oglala Lakota College 66  
 Bismarck State College Women 90, Oglala Lakota College 44  
 United Tribes Thunderbirds 87, Jamestown College JV 82  
 United Tribes Lady T-Birds 93, Jamestown College JV 67

## T-BIRDS JANUARY BASKETBALL SCHEDULE

DATE	OPPONENT	TEAM	TIME
Jan. 4	.....Minot State University J.....	W .....	6 pm
Jan. 6	.....@ Northern State University JV, Aberdeen, SD .....	W .....	6:30 pm
Jan. 9	.....Dawson Community College .....	M&W .....	4 & 6 pm
Jan. 10	...Miles Community College .....	M&W .....	2 & 4 pm
Jan. 15	...Williston State College .....	M&W .....	6 & 8 pm
Jan. 17	...NDS-C-Wahpeton .....	M&W .....	2 & 4 pm
Jan. 21	...Bismarck State College .....	M&W .....	6 & 8 pm
Jan. 24	.....@ Lake Region State College .....	M&W .....	2 & 4 pm
Jan. 31	...Lake Region State College.....	M&W .....	1 & 3 pm

Home Games in Bold



More Information:  
 Daryl Bearstail, Athletic Director  
 701-255-3285 x 1361, dbearstail@uttc.edu

# United Tribes Holiday Open House

December 11, 2009

Student Union  
Jack Barden Center

Sponsored by Student  
& Campus Services



Santa with Rees (left) and Reed Wiest, twins of Gina Morrison (Standing Rock) a student in the Criminal Justice Program. United Tribes News photo Dennis J. Neumann



Santa and helpers, from left, Shanna Decoteau, resident assistant; Secret UTTC Santa (aka Vivian Gillette), admissions supervisor; Jolita Grinolds, resident assistant; and Annette Martel, retention coordinator and interim director of Career and Leadership Development.



Winning the 32" flat screen TV was Bernice Morning Gun (Crow Agency), a student in the United Tribes Nursing Program, with her one-year-old daughter Ambrosia.



## Spreading Holiday Cheer

- \* 138 students attended
- \* 39 staff attended
- \* 120 holiday door prizes awarded to students
- \* Food and refreshments for all

NONPROFIT ORG.  
U.S. POSTAGE PAID  
PERMIT NO. 46  
BISMARCK, ND



Since 1970

**EDITOR:**

Dennis J. Neumann, Public Information Director  
701-255-3285 x1386, opi@uttc.edu

**DESIGNER:**

Andi Gladson, Graphic Artist  
701-255-3285 x1437, agladson@uttc.edu

**CIRCULATION:**

Andi Gladson, Arrow Graphics  
701-255-3285 x1437, agladson@uttc.edu

To be added to UTN's mailing list or to change your mailing address please contact us at 701-255-3285 x1437 or agladson@uttc.edu.

**ARTICLE SUBMISSIONS**

E-mail articles and photos as separate attachments to opi@uttc.edu. Please include photo credits.

**DO NOT INSERT IMAGES DIRECTLY INTO TEXT DOCUMENTS. NO HARD COPIES OR PUBLISHER FILES.**

United Tribes News is published monthly by the Office of Public Information and Arrow Graphics, divisions of United Tribes Technical College, 3315 University Drive, Bismarck, ND, Dr. David M. Gipp, President

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



Arrow Graphics is a full-service print shop providing design and printing services available to the general public. More information, 701-255-3285, toll-free at 888-643-8882 x1296.



**DEADLINE FOR NEXT ISSUE: 5 PM - JANUARY 11, 2009**



United Tribes News is printed on acid free paper certified to contain 30% recycled post-consumer fiber.

## Tribes honor University of Mary president



United Tribes News photo Dennis J. Neumann

**FRIENDLY TRADITION:** Members of the United Tribes staff had the pleasure of meeting and honoring the new University of Mary president on December 10. The Rev. James Shea attended a reception in his honor at the Barden Center on the United Tribes campus. Among the gifts presented by UTTC President David M. Gipp was a framed breast plate created by former Art/Art Marketing student Stacey Speedis of the Yakima Tribe. Shea acknowledged the long friendship between

United Tribes and University of Mary and pledged to continue relations in that tradition. Shea became U-Mary President July 1, 2009, succeeding Sister Thomas Welder who retired. He is originally from Hazleton, ND. The UTTC reception included an invocation by counselor Julie Cain, talks by students Lisa Stump and Jenna Skunk Cap and vice presidents Phil Baird and Russell Swagger, a receiving line, and honor songs by the Wise Spirit singers.