



UNITED TRIBES www.uttc.edu



Monopoly page 27

MARCH 2010 • VOL. 19 - NO. 3
UNITED TRIBES TECHNICAL COLLEGE
BISMARCK, NORTH DAKOTA

NEWS

UTTC hosts Census Road Tour



United Tribes News photo Dennis J. Neumann

COUNTING ON YOU: Bernice Morning Gun (Crow Agency) steps courageously forward as the first of a trio of United Tribes Nursing students to engage with an interactive display about the census. With the help of a census worker, the computer took photos of participants and recorded their messages about why the census is important to them.

The images and comments became part of the "Portrait of America" feature of the 2010 Census Road Tour that visited United Tribes Technical College on February 19. Next in line are Tracey Brewer (Oglala Sioux Tribe) and Amber Davis (Turtle Mountain).


BISMARCK (UTN) If you take to new technology, then a traveling exhibit about the census will interest you. It captured the imagination of students and staff at United Tribes when the college played host to the 2010 Census Road Tour.

The tour is a tech-centered traveling exhibit that features LCD screens, information kiosks and a computer that takes photos and records messages from those who

want to participate in the exhibit's "Portrait of America."

The exhibit was on display February 19 courtesy of the Denver Regional Census Center and Jeff Baker, an enrolled member of the Turtle Mountain Band of Chipewewa, who works as the agency's tribal partnership specialist. Baker is the liaison between the census and tribes in North Dakota.


Continued on page 9

A Journey of Many Voices... 

...TO DEFINE WHO WE ARE AS AMERICAN INDIAN AND ALASKA NATIVE PEOPLE

TRIBAL TOUR IN NORTH DAKOTA

April 8.....Three Affiliated Tribes, New Town
 April 9..... Turtle Mountain, Belcourt
 April 10.....Spirit Lake, Fort Totten
 April 12.....Standing Rock, Fort Yates
 (Check locally for exhibit site)

 **IT'S IN OUR HANDS**

Space for the arts at UTTC

LIGHT BULB MOMENT: Ideas were sparked for L. Kelly Lindquist at left, president of Artspace, in a conversation with UTTC Tribal Arts Instructor Butch Thunderhawk. The encounter occurred during Lindquist's February 4 visit to learn about the arts at United Tribes. The 30 year old organization that was founded in Minneapolis is now the nation's leading nonprofit developer for the arts, owning and operating 23 major projects in 17 cities and 12 states. Art-space focuses on the space needs of artists and promotes the benefits that accrue to communities that invest in their artists.



United Tribes News photo Dennis J. Neumann



LeRoi Laundreaux's Lunch Menu

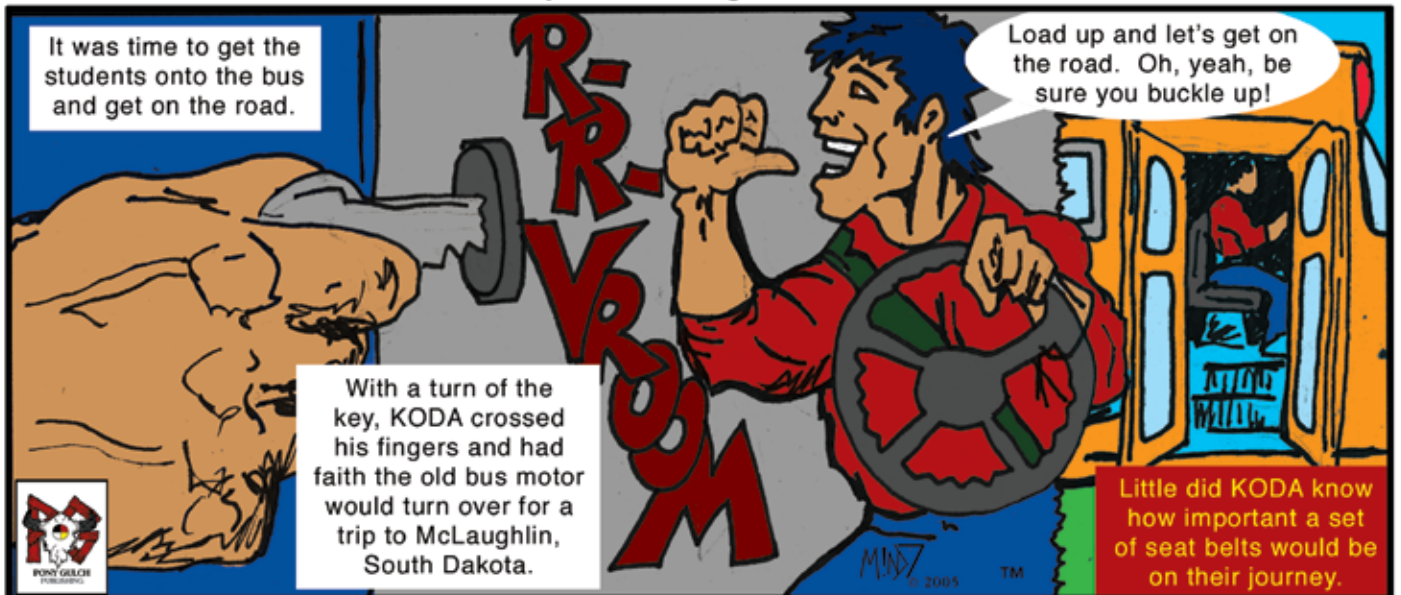
Includes 2% or Skim Milk, Coffee or Tea and Salad Bar, Fresh Fruit, and Vegetables. Menu subject to change.
 Cafeteria Hours: Breakfast ~ 7:00 - 8:30 am • Lunch ~ 11:30 - 1:00 pm • Dinner ~ 5:00 - 6:30 pm
 All Students Must Show ID - NO EXCEPTIONS!!

March Lunch Menu

| | March 1-5 | March 8-12 | March 15-19 | March 22-26 |
|----------|---------------------------------|---|--|-----------------------------------|
| M | Hamburger Hotdish | Pork Chop & Mashed Potatoes | M Philly Cheesesteak & Baked Beans | Hamburger Gravy & Mashed Potatoes |
| T | Taco Salad w/ Assorted Toppings | Chicken Stir Fry, Fried Rice & Egg Roll | T Ham Salad Sandwich & Soup | Baked Chicken & Rice |
| W | Swedish Meatballs Over Noodles | BBQ Ribs & Baked Potato | W Hamburger & French Fries | Roast Beef & Mashed Potatoes |
| T | French Dip w/ Au Jus & Chips | Sloppy Joe & Tator Tots | T Pizza (Cook's Choice) | Hamburger & French Fries |
| F | Chicken Sandwich & Mac & Cheese | Chicken Nuggets & Mac & Cheese | F Pork Chow Mein, Fried Rice & Egg Roll | Indian Taco w/ Assorted Toppings |

KODA THE WARRIOR "Mayhem in McLaughlin" Part 1 of 7

CREATED BY MARK L. MINDT
 SPIRIT LAKE NATION



It was time to get the students onto the bus and get on the road.

With a turn of the key, KODA crossed his fingers and had faith the old bus motor would turn over for a trip to McLaughlin, South Dakota.

Load up and let's get on the road. Oh, yeah, be sure you buckle up!

Little did KODA know how important a set of seat belts would be on their journey.

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kodathewarrior@yahoo.com

To Be or Not To Be?

BY DR. PHIL BAIRD (Sicangu Lakota), Vice President Academic, Career and Technical Education

THE EVOLUTION OF TRIBALLY-CONTROLLED POSTSECONDARY ACCREDITATION

Accreditation is one of the touchstones in all of education. In the field of tribal higher education, accreditation has been a two-edged sword, a defining and dividing issue for tribal colleges and universities.

At the heart of accreditation in the tribal setting is the question of what standards of measurement should be used to validate the educational value, strength and integrity of tribal colleges and universities (TCUs)? By whose metrics should these unique educational institutions be measured?

Questions about accreditation have been around almost from the start when the TCUs were established over 40 years ago. Many were the recipients of well-intended assistance through “arrangements” with mainstream postsecondary institutions. This was done to offer a template for organizing academic programs and student services and to facilitate the transfer and acceptance of student grades and credits by other colleges.

As time when on and TCUs disengaged from these partnerships to become independent colleges, accreditation status became a crucial question, particularly when being considered for federal funding. Eligibility requirements for grants said TCUs had to be accredited institutions or candidates for accreditation. Thus, accreditation has been a pathway dictated by the federal government since it approves the list of those associations (such as the North Central Association of Schools and Colleges) that provide accreditation.

When TCUs began to pursue mainstream accreditation status, a myriad of problems and challenges emerged. These included questions about student learning assessment methodologies, availability of full-time faculty, educational program priorities, facilities and learning environ-

ments, financial stability and decentralized learning sites, to name a few.

Initial accreditation experiences for many tribal colleges were disappointing. TCU leaders watched as consultant-evaluators from accrediting associations and professional organizations expressed difficulty seeing a “real higher learning institution” with no residential campus, classes taught in trailers and church basements, students from the poorest counties in the country, instructors and staff who volunteered or were paid with minimal compensation, and an institutional priority for advancing Native language and culture as part of higher education learning.

These beginning accreditation experiences sparked a lot of discussion among the founding tribal college leaders, who brought another perspective that questioned established practices: Since TCUs are chartered by sovereign tribal governments, don't we have the inherent right to establish methods or entities of our own for evaluating the viability of our postsecondary education institutions? To what extent can the standards embrace a tribal point of view? Can the process be conducted internally or must we rely on external entities? And, what are OUR priority outcomes for education – rebuilding Indian Nations or acculturating native students to mainstream non-native society?

These questions prompted founders of the American Indian Higher Education Consortium (AIHEC) to address accreditation of tribal colleges as an organizational goal. People such as Stanley Red Bird (Sinte Gleska College), Gerald One Feather (Oglala Lakota Community College) and others believed there should be a tribal accreditation model. The AIHEC goal remains in place today.

Depending on who you talk to, there are



Phil Baird

varying perspectives about the evolution of accreditation in tribal higher education. Most tribal colleges, including United Tribes, have successfully settled into the mainstream accreditation process. This is not necessarily a bad thing. As I have said before, TCUs are validated in that process with what I call the “wasicu good housekeeping seal of approval,” and are regarded on the same level as accredited non-tribal institutions.

In contrast, Sinte Gleska University President Lionel Bordeaux hopes to renew the discussion about developing an independent, tribal accreditation model. He says he understands the strengths of the existing accreditation mechanisms, but he questions whether TCUs still need to be validated by people and standards from outside tribal culture. “This is not the tribal control and self-determination envisioned by our founding leaders and elders,” he says.

Progress on the accreditation can be seen in other developments. The leadership of the Association of Community Tribal Schools (ACTS) has adapted existing mainstream accreditation processes to include attention on areas important to tribal schools such as native language and culture.

In the early 1990s, the National Indian Education Association (NIEA) was successful in gaining congressional recognition of tribal education departments. The establishment of TEDs was a first step toward tribally-controlled accreditation. However, federal funding of TEDs has continued to be a challenge for Indian educators and tribal government leaders.

Several years ago, leaders from indigenous higher education institutions in the U.S., Canada, Hawaii and New Zealand came together to establish the World Indigenous Nations Higher Education Consortium (WINHEC). One initial goal was to develop an accreditation mechanism for tribal cultural education programming at

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STAFF NOTES



SHERI BEARKING BAKER has been appointed to serve on the North Dakota Parole Board. The appointment was made in January by Governor John Hoeven. Baker (Standing Rock) is the United Tribes Director of Community Wellness Services. She will serve a three year term on the board, replacing Richard Davidson of Grand Forks, a good friend of her late father Leonard Bear King.

Congratulations are in order for **RUSSELL SWAGGER** on completing the program for a doctorate through Capella University. Swagger (St. Croix Chippewa Tribe of Wisconsin) is the United Tribes Vice President of Student and Campus Services. His coursework and research over the past three-and-one-half years culminated in a quantitative study of employee burnout. His dissertation, "Silent Killer; A Study of Job Burnout in a Post-Secondary Educational Setting" will be published in the near future through Capella.



Congratulations are in order for **RUSSELL SWAGGER** on completing the program for a doctorate through Capella University. Swagger (St. Croix Chippewa Tribe of Wisconsin) is the United Tribes Vice President of Student and Campus Services. His coursework and research over the past three-and-one-half years culminated in a quantitative study of employee burnout. His dissertation, "Silent Killer; A Study of Job Burnout in a Post-Secondary Educational Setting" will be published in the near future through Capella.

Employee Service Awards

January 22, 2010

~ 5 YEARS ~

Harriett Skye
Sarah Meyer
Misty Miller
Vicki Stevens
Bernadette Dauenhauer
Jada Barrett
Renee Becker
Jerry Zimmerman
Lynelle Lawler
Derek Schulte
Anita Charging
Lorraine Davis
Robert Fox
LeRoi Laundreaux
Carol Walker
Jill Keith

~ 10 YEARS ~

Shirley Bordeaux
Darcie Blue Earth
Jefferey McDowell
Evelyn Orth
Juanita Reiner
Charmelle Fuchs
Blair Thomas
Helen Lindgren

~ 15 YEARS ~

Sheri BearKing-Baker

~ 20 YEARS ~

Charlene Weis

~ 30 YEARS ~

Mervin Anderson

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.

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**



American Indian Business Leaders

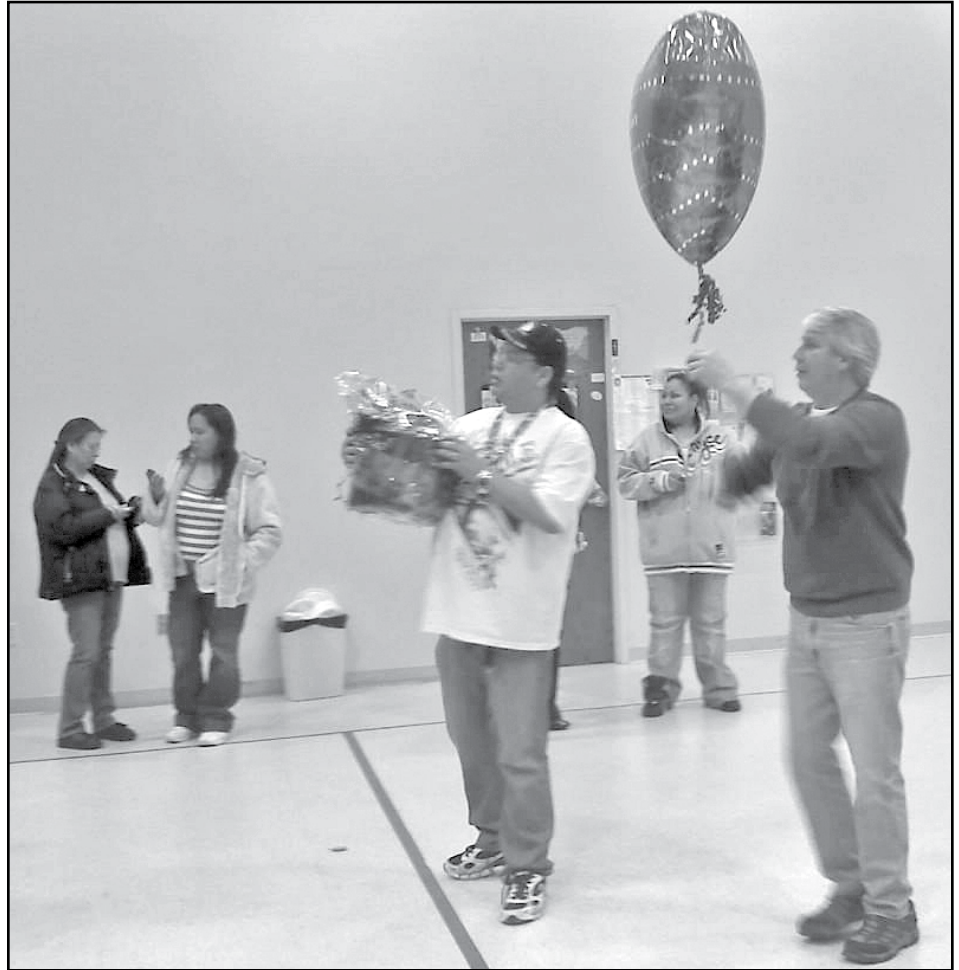
Every Tuesday at Noon
Student Union - JBC Lower Level
Everyone Welcome!

For more information contact:
Jeri Severson, AIBL Advisor,
255-3285 x1377, jseverson@uttc.edu

Lisa Stump, President
Dave One Horn, Vice President
Ursala Kary Latray, Secretary
Tia Jeanotte, VP of Marketing & Fundraising
VP of Outreach - Open
Jenna Skunk Cap, Student Senate Representative


Social custom revived as fundraiser

BY LISA STUMP, UTTC AIBL PRESIDENT



Glenn Fox and Terry Moericke auctioned off a basket for AIBL.

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

On Valentines Day 2010 the Strengthening Lifestyles Program had a round dance at the college. It was a winter social and the United Tribes chapter of AIBL put our efforts together and made cakes and beautiful baskets for the dancers.

It is an old tribal custom that families bid on baskets at a social and bought chances to win a cake.

During this event, the cake walks consisted of round dancers dancing to love songs of the Wise Spirit drum and Thunder Horse, the guest singing group.

The bidding got really interesting with the highest bid at \$60 for a basket.

It was nice to see all of the kids bringing their dollars for the cake walks and sharing in one of our winter socials. We were all pleased with the outcome.

I found it nice to see the basket social come back to life as it was a custom much practiced by tribes that held winter socials.

Our heartfelt thanks go out to all who bid on the baskets and walked for cakes and to our advisor, Mr. Terry Moericke, and his wife Linda for their support.



Advertising space available!

See page 21 for details.

Accreditation...

Continued from page 3

both TCUs and mainstream institutions with native studies programs. Several tribal and state higher education institutions have already committed to this “native view” of accreditation evaluation.

Will there be tribally-controlled post-secondary accreditation?

“I don’t see the question as choosing a single accreditation process.”

I don’t see the question as choosing a single accreditation process. Tribal colleges operate in a complex social, political, economic and cultural environment and we are familiar with “walking in many worlds.” Perhaps we need to be able to select from multiple or targeted accreditation methodologies for different areas of a postsecondary institution. If we work toward that, certainly we will be faced with numerous issues to address and problems to solve, including professional and public recognition and acceptance of the different methods.

It is certain that there will be continued discussion about accreditation among current and future tribal college leaders. This will occur within a larger national discussion about the value, accountability and transparency of higher education institutions in general.

The fact that today’s TCUs can at least make a choice under tribal control about accreditation options might say something about how far the TCUs have come. In that sense, the evolution of accreditation is an indicator of the vibrancy of tribal colleges and universities, and the advancement of tribal self-determination.

UNITED TRIBES
TECHNICAL COLLEGE



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



DO YOU KNOW WHERE YOUR HANDS HAVE BEEN?

DON'T LET THE FLU CATCH YOU!

WASH YOUR HANDS WITH WARM, SOAPY WATER FOR 20 SECONDS.

A Message From the
United Tribes Technical College
Student Health Department



UTTC ready for AIHEC

BY JEN JANECEK HARTMAN, Ph.D., Director of STEM Education

United Tribes will send 20 competitors and five coaches to the annual student competition of the American Indian Higher Education Consortium (AIHEC) in Chandler, Arizona. The event begins March 21 with an opening ceremony and ends with an awards banquet on March 23.

To be eligible, students must be carrying at least six credits and be in good academic standing. They must have good attendance that is verified by their advisor, and not have any disciplinary infractions.

The United Tribes team members are

listed here with the categories of competition each will participate in.

This year's hosting committee consisted of volunteers from the following tribal colleges: College of the Muscogee Nation, Comanche Nation College, Dine College, Haskell Indian Nations University, Institute of American Indian Arts, Navajo Technical College, Southwestern Indian Polytechnic Institute, and Tohono O'odham Community College.

The host hotels for the competition this year are the Wild Horse Pass Hotel and Casino and the Radisson Hotel



AMERICAN INDIAN
HIGHER EDUCATION CONSORTIUM

Phoenix/Chandler.

Wish us luck!

For more information visit the AIHEC website (www.AIHEC.org), which has a link to the conference page containing the agenda and updates.

UNITED TRIBES TECHNICAL COLLEGE AIHEC COMPETITORS

Rolynn Clown:

Business Bowl, Critical Inquiry

David One Horn:

Speech-Persuade, Business Bowl, Mr. AIHEC

Matt St. John:

Business Bowl, Science Poster

Lisa Stump:

Speech-Persuade, Critical Inquiry

Jenna Skunk Cap:

Speech-Inform, Traditional Plants, PowerPoint

Sierra Two Bulls:

Speech-Persuade, Knowledge Bowl, Fun Run/Walk

Michael Chappell:

Speech-Inform, PowerPoint, Fun Run/Walk

Trent Otter Robe:

PowerPoint, Speech-Serious Interpretation, Fun Run/Walk, Archery

Bobbi Jo Wise Spirit:

Speech-Persuade, Speech-Inform

Glen Fox:

1-Act Play, Archery, Knowledge Bowl

Nathan Dunn:

Creative Writing, 1-Act Play, PowerPoint, Archery

Chris Montclair:

Science Bowl, Science Poster

Duane Jackson:

Traditional Plants, Science Bowl

Ryan Moran:

Traditional Plants, Science Bowl

Stacey Grant:

Traditional Plants, Speech-Persuade, Knowledge Bowl, Web Design, Archery

Emmanuel Red Bear:

Web Design, Traditional Plants, Knowledge Bowl

Cristina Haase:

Science Bowl, Critical Inquiry

Alvin Jeremy McLeod:

Speech-Inform, Critical Inquiry

Jeri Morsette:

Business Bowl, PowerPoint, Critical Inquiry, Ms AIHEC, Fashion Show

Codi Blackbird:

Web Page Design, Knowledge Bowl, Archery

HAND GAME TEAM

Rolynn Clown, David One Horn, Jenna Skunk Cap, Sierra Two Bulls, Trent Otter Robe, Bobbi Jo Wise Spirit, Glen Fox, Nathan Dunn, Stacey Grant, Emmanuel Red Bear & Jeri Morsette

ONE ACT PLAY

Jeri Morsette, David One Horn, Jenna Skunkcap, Nathan Dunn, Glen Fox, Siena Two Bulls, Michael Chappelle, and Sonja Cain

UTTC/AIHEC COACHES

Mandy Guinn:

Knowledge Bowl, Science Bowl, Science Poster/Oral Competitions

Rebekah Olson:

Science Bowl, PowerPoint, Science Poster/Oral Competition

Jen Janeczek Hartman:

Science Bowl, Speech, PowerPoint, Critical Inquiry, Business Bowl, Traditional Plants

Ruth Buffalo-Zarazua:

Archery, Volleyball

Tamara Marshall:

Archery, Volleyball

Sonja Cain:

Hand Games, Mr./Ms AIHEC, One Act Play, Fashion Show, Traditional Plants

Julie Cain:

Hand Games, Mr./Ms AIHEC, One Act Play, Fashion Show, Traditional Plants

Red Koch: Chaperone/Chauffer

Land Grant Advisory Board activated



United Tribes News photo Dennis J. Neumann

Members of the newly formed Land Grant Program Advisory Board listened to a report February 5 about obesity and diabetes education from Kim Rhoades, Extension Nutrition Educator. Board members, from left: Dr. Harriett Skye, Josh Skye, Denise Lajimodiere and Brenda Redday.

BY PAT AUNE, United Tribes Land Grant Director

Representatives of the five tribal nations that govern United Tribes Technical College have been recruited to serve on an advisory board for the college's USDA Land Grant Programs. The group will review the programs and share ideas, concerns and community issues that might be addressed by education.

Those attending an organizational meeting were: Josh Skye (Standing Rock), Native Gardens Project Director for the Standing Rock Diabetes Program; Denise Lajimodiere, Ed.D, (Turtle Mountain), Assistant Professor at the NDSU College of Human Development and Education; Brenda Redday (Sisseton-Wahpeton Oyate), an employee in the United Tribes Cafeteria; Deb LaVallie (Spirit Lake) Inspector/Contracting Officer for the Spirit Lake Housing Corporation; Monica Nagel (Three Affiliated Tribes), an employee with the Senior Meal Program in New Town; and Debbie Painte (Three Affiliated Tribes), Director of the United Tribes Workforce Investment Act (WIA) Program.

Dr. Harriett Skye, United Tribes Vice President of Intertribal Programs, recruited the members to serve on the advisory committee.

Discussion topics at the February 5

meeting included the need for a holistic approach to treat diabetes. Nutrition and diet, traditional foods, gardening and exercise are components of the Standing Rock Diabetes Program and the educational efforts supported by UTTC Land Grant.

The Land Grant Program currently has special funding for obesity and diabetes projects. The program is seeking a gardening educator to develop a youth and adult education program and a research garden.

Denise Lajimodiere shared with members that generational trauma and boarding school issues are components of the National Boarding School Healing Project. She offered to be available to meet with "survivors" who are ready to talk about the trauma they endured.

Housing needs, strategic planning for

the reservation, financial education and debt issues were topics to be considered for future Land Grant program efforts.

Annette Broyles and Jill Keith shared information about the Nutrition and Foodservice vocational programs. Kim Rhoades reviewed the extension and diabetes programs. Pat Aune provided background information about all USDA Land Grant Programs. Other participants were UTTC Counselor Russell Gillette (Three Affiliated Tribes) and UTTC student Lisa Stump (Rocky Boy).

Board members said they are interested in meeting quarterly and are willing to meet in different reservation locations since the programs developed by Land Grant are designed to benefit all reservation communities served by United Tribes.

UNITED TRIBES TECHNICAL COLLEGE

MID-TERM EXAMS MARCH 1-5

SPRING BREAK MARCH 8-12

LAST DAY TO DROP A CLASS.....MARCH 19

www.uttc.edu

DISABILITY SUPPORT SERVICES

Students are encouraged to talk to the Disabilities Learning Coordinator 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.



INTERIM CONTACT PERSON:

Betty Anhorn, M. Ed., LAC

701-255-3285 x 1471

banhorn@uttc.edu

Census Road Tour... *Continued from page 1*

The computer with the camera and recorder was clearly the most popular feature of the exhibit. It allowed United Tribes staff members and students to become part of the census promotional information that is toured around the country and posted on the agency's website.

Harriett Skye, United Tribes VP of Intertribal Programs, looked earnestly into the lens and praised the census for having American Indians in their own ethnic category rather than being lumped in the category of "other" as they once were.

By participating in the census, you can help create a better future for you and your family.

– Census Brochure

Others who commented mentioned the "under-count" of American Indians in previous censuses and the need for tribes to promote a thorough and accurate count in 2010.

Baker has scheduled one-day 2010 Census Road Tour events at four North Dakota reservations in early April: Three Affiliated on April 8; Turtle Mountain on April 9; Spirit Lake on April 10; and Standing Rock on April 12.

The reservation road tour events will contain tribal specific information and exhibits that were specially prepared to encourage

American Indian participation in the census.

Included with the traveling exhibit are numerous handout and giveaway items with the 2010 Census logo and information



Jeff Baker (Turtle Mountain) is the liaison for the 2010 Census and North Dakota tribes.

pieces that feature prominent American Indians. One poster included the image of the chairman of the Standing Rock Tribe and two women tribal ambassadors: Miss Indian Nations and Miss Standing Rock.

The United Tribes event included a public program that featured songs from a drum group and a song and exhibition by a junior grass dancer, and talks by Baker, United Tribes Technical College President David M. Gipp, North Dakota Indian Affairs Commission Executive Director Scott Davis and Bismarck Mayor John Warford.

The exhibit was on display in the college's Lewis Good House Wellness Center and was sponsored by the college administration, the wellness center, Chemical Health Center, and the Strengthening Lifestyles Program.

For information about the road tour and the census, visit the website www.census.gov/regions/denver/.

A Journey of Many Voices...



...TO DEFINE WHO WE ARE AS AMERICAN
INDIAN AND ALASKA NATIVE PEOPLE

THE 2010 CENSUS: Your Community's Future

The federal government distributes more than \$400 billion annually to tribal, state and local governments based on census data. One of the shortest census forms in history, the 2010 Census asks 10 questions and takes only 10 minutes to complete. Completing your census form is easy, important and safe. Your participation is vital.

Harvard No Tuition

Harvard University has announced that undergraduate students from low-income families will pay no tuition. The policy applies to families earning less than \$60,000 a year with an honor student graduating from high school. No tuition and no student loans.

To learn more visit Harvard's financial aid website:

www.fao.fas.harvard.edu



"Eat Right"

**March is National
Nutrition Month®**



United Tribes staff members took part in an educational cooking class titled "Quick Family Meals" during Professional Development Day on January 22: from left, Rebekah Olson, Mandy Guinn and Ann Kraft. United Tribes News photo Jill Keith

NUTRITION FROM THE GROUND UP

BY JILL KEITH, LRD, Nutrition and
Foodservice Instructor

The National Nutrition Month® campaign reinforces the importance of nutrition as a key component of good health, along with physical activity. In keeping with the theme "Nutrition from the Ground Up," the Nutrition and Foodservice instructors and students, along with Land Grant Extension staff, held an educational cooking class titled "Quick Family Meals" for UTTC Professional Development Day.

Staff, faculty, and students that participated in the cooking class learned about activities that are appropriate for kids in the kitchen, recipes that are quick and easy for kids to help with (as well as tasty!) and resources available for evaluating their family's food intake.

The class had fun in the kitchen, preparing fresh-baked pretzels, fruit salsa with baked tortilla chips, veggie turkey chili, roasted root vegetables, and sweet potato applesauce casserole. Everyone received copies of the recipes prepared as well as the After-School Cooking Club cookbook and a calendar with recipes provided by the Mountain Plains Region Nutrition Advisory Committee.

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

Try the Fruit Salsa with Baked Tortilla Chips for yourself! Kids can easily help make them and they are healthy and delicious!

Fruit Salsa

- 1 c. diced strawberries
- 1 diced banana
- 1 peeled and diced kiwi
- 1 cored and diced apple
- 2 Tbsp. lemon juice
- ¼ c. sugar
- ¼ tsp. nutmeg
- ¼ tsp. cinnamon



Combine fruit in a medium bowl and add lemon juice. Stir in sugar, nutmeg and cinnamon. Use as a dip with baked chips or serve as a side dish with grilled meat or fish.

Baked Tortilla Chips

- 1 (12 ounce) package tortillas
- Spray vegetable oil
- Seasoned salt (optional)
- Preheat oven to 350 degrees.
- Spray each tortilla with vegetable oil.

Stack oiled tortillas and cut into 8 chip-sized wedges. Arrange the wedges in a single layer on a cookie sheet. Bake about 7 minutes, stir or turn the chips. Bake another 8 minutes or until the chips are crisp, but not too brown.

Nutrition & Foodservice students earn national certification



Pictured are Almona Oakie and Carol Reed proudly displaying their ServSafe Certificates.

BY ANNETTE E. BROYLES, UTTC Nutrition and Foodservice Instructor/Dept. Chair

ServSafe® training and certification provides students with the knowledge, skills, and abilities to serve safe food. All Nutrition and Foodservice students are eligible to take the National ServSafe Exam at the completion of the Managing Food Protection class fall semester.

Four students passed the exam in December with a seventy-five percent or better. Almona Oakie, Carol Reed and Geri Hollow (fall 2009 graduate) became certified for the first time. Former student Aaron LaBlanc (spring 2006 graduate) became re-certified, as the certification is good for five years.

Food safety class schedule in March

BISMARCK (UTN) – United Tribes Technical College will offer another two-day ServSafe® class in early March. The “hands-on” food safety workshop begins at 1 p.m. Monday, March 8 and concludes by 5 p.m. Wednesday, March 10.

Participants learn and practice food safety procedures in the UTTC Skill Center’s foodservice lab. The workshop concludes with participants taking the national ServSafe® exam.

The \$140 fee includes the ServSafe® Essentials Fifth Edition, national exam fee, printed resources and UTTC’s Together, Sharing Food Safely CD and 2 lunches.

The national exam documents knowledge of health problems caused by poor food handling, hand-washing and personal hygiene, food codes and business issues, cleaning and sanitation procedures and

times and temperatures for cooking, serving and storing foods. The national exam is produced and monitored by the National Restaurant Association Education Foundation.

UTTC instructor, Pat Aune will teach the course. UTTC’s Land Grant Extension Program, USDA’s National Institute of Food and Agriculture (NIFA) sponsor the training. For registration information contact Aune at 701-255-3285 x 1399 or e-mail paune@uttc.edu.



Pat Aune teaches the ServSafe® food safety course at United Tribes.

ServSafe® Classes

Sponsored by
United Tribes Technical College

The UTTC Land Grant Extension program sponsors this food safety course for food service workers and managers seeking professional certification or recertification with the National Restaurant Association Educational Foundation ServSafe® Food Protection Manager Certification Examination. The class size is limited to 25. The fee includes SERVSAFE® ESSENTIALS 5TH EDITION, printed resources, UTTC’s Together, Sharing Food Safely CD, two lunches and exam fee.

For registration information contact Pat Aune, UTTC Land Grant Director, 701-255-3285 ext. 1399, paune@uttc.edu

DATE:
March 8-10
Fee: \$140

UNITED TRIBES
3315 University Dr.
Bismarck, ND

United Tribes News photos Dennis J. Neumann

United Tribes News photo Dennis J. Neumann

MEASURE UP TO GOOD HEALTH

2010 CAMPUS WELLNESS PROGRAM

4-5 p.m. each Tuesday

Healing Room of the Lewis Goodhouse Wellness Center

Every Tuesday until April 27 students, staff and faculty are encouraged to participate in Measure Up to Good Health. Nutrition and wellness topics, exercise activities and a check-in for measurements and weight changes are included in 30 minute sessions with additional time for walking or exercising. The on-line class, "Wellness In the Work Place," taught by Ruth Buffalo-Zarazua provides additional information and motivation.

| | |
|----------------|---|
| March 2..... | Gardening for Good Health |
| March 16..... | Trim the Fats and Sugars |
| March 23 | Emotional Health and Spirituality |
| March 30..... | Plan Your Meals and Snacks |
| April 6 | Healthy Snacks and Portions |
| April 13 | Changing Habits, Motivation |
| April 20 | Fruits and Vegetables, More Matters |
| April 27 | Celebrate Your Good Measures; social hour, music, food, entertainment, prizes |



OPEN TO ALL STUDENTS, STAFF & FACULTY

For more information please contact:
Ruth Buffalo-Zarazua (ext. 1357 or rbuffalo@uttc.edu)
Pat Aune (ext. 1399 or paune@uttc.edu)



WIC PROGRAM



Who can receive WIC:

- Pregnant women
- Breastfeeding women
- Postpartum (delivered) women
- Infants and children up to age five

To Get WIC:

Make an appointment Mondays (1-5 p.m.) or Fridays (8 a.m. to noon) at UTTC Skills Center Rm. 119 or call WIC x 1316.

Why get WIC:

- Receive healthy foods at no cost
- WIC staff will give you ideas and recipes for feeding your family
- You save money

Good nutrition is important for every age... starting with pregnancy, through infancy and childhood. It provides the best possible start for each of us to grow up healthy.

WIC Coordinator x 1316



MyPyramid.gov

STEPS TO A HEALTHIER YOU

My Pyramid Trail Mix (Makes: 8 servings)

Ingredients:

- 1 cup dried cranberries—Fruit group
- 1/2 cup soynuts*—Vegetable group
- 1/2 cup almonds*—Meat (purple food group)
- 2 cups whole grain crackers and pretzels—Grain (orange food group)

Each serving has approximately 165 calories: 4.9 grams (g) protein, 21.8 g carbohydrate, 7.7 g fat (3.9g monounsaturated fat), 148 mg sodium. *OMIT soynuts and almonds for children under age six due to choking hazard

One size doesn't fit all.

MyPyramid offers personalized eating plans and interactive tools to help you plan/ assess your food choices based on the [Dietary Guidelines for Americans](#).

Check out other spotlights at MyPyramid.gov

- Inside the Pyramid • My Pyramid tracker • My Pyramid for Moms
- 2010 Dietary Guidelines • My Pyramid for Kids and Preschoolers

These are easy to access and informational for physical and nutritional benefits.

Do it for the HEALTH of YOU!

UTTC Land Grant Program: Kimberly Rhoades, Nutrition Educator x 1426



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! With your home funding agency!

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

GENERAL REASONS FUNDING MAY BE DENIED:

- Missed deadline date
- Incomplete files
- Did not apply

THE FOLLOWING DOCUMENTS ARE GENERALLY REQUIRED FOR AN APPLICATION TO BE COMPLETE:

- Acceptance letter from educational institute
- Financial needs analysis (budget) – from financial aid officer
- Semester / mid-term grades (student MUST maintain a 2.0 GPA)
- Class schedule

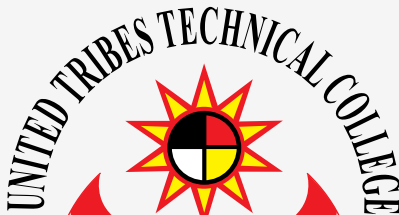
CRITERIA SUBMITTED FOR TRIBAL FUNDING MAY VARY FOR NEW AND RETURNING STUDENTS:

- 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.

The WIA office is located in building # 61 on campus. For students who need assistance contacting agencies or completing tribal funding applications please call 701/255-3285 ext.1229 / 1231



STUDENT SENATE

Meeting each Thursday
12 noon
Student Union
(JBC Lower Level)

Please come and join the discussions!

Executive Committee
Meeting each Wednesday
12 noon

NORTH DAKOTA LEADERSHIP AWARDS

Accepting nominations for the 2010 North Dakota Community Leadership Awards

- Individuals, businesses and organizations may submit
- Leadership that contributes to North Dakota's quality of life
- Community service, business, farming, industry, the professions, education, health, religion, politics, environment, and law enforcement
- Help identify outstanding community leaders so they can be recognized

DEADLINE: April 16
Nomination form at
www.ndchamber.com

More information:
Laura Helbling
701-222-0929, 800-382-1405
laura@ndchamber.com

WE CAN HELP

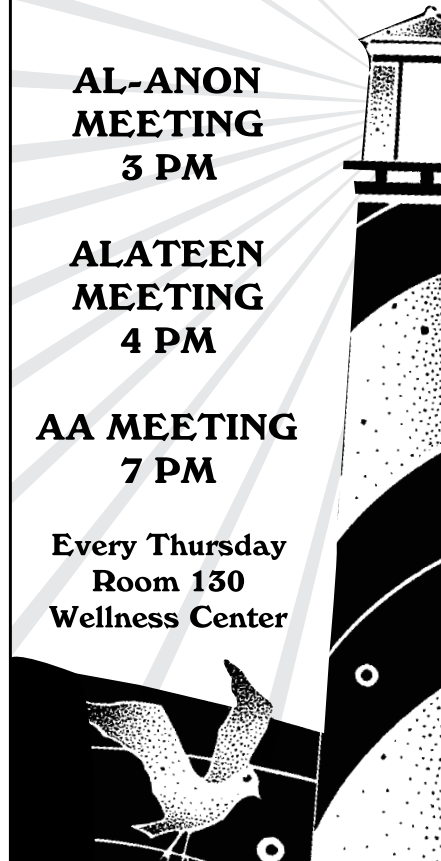
you find your way

AL-ANON
MEETING
3 PM

ALATEEN
MEETING
4 PM

AA MEETING
7 PM

Every Thursday
Room 130
Wellness Center



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

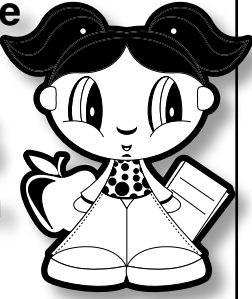
APPOINTMENTS REQUIRED

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

**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**



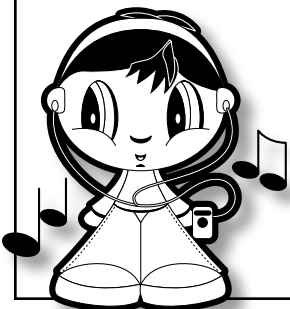
**Classes and
educational activities
to help young people
develop their business
skills, enhance
personal development,
and explore career
options**

More Information:

**Kent Ellis 701-224-5513 or
Marketplace for Kids HQ
888-384-8410 (toll free)**

or

www.MarketplaceForKids.org.



**Three Affiliated
MEETINGS**

The Three Affiliated Tribes Business Council has scheduled a series of public meetings in March about energy development and other issues for tribal members who reside off the reservation. Chairman Marcus Levings will coordinate the meetings. Members of the council will attend. You are Welcome!



**MINNEAPOLIS
Tuesday, March 9
5-9 p.m.**

Mystic Lake Casino Meeting Rooms
2400 Mystic Lake Blvd Northwest
Prior Lake, MN 55372-9004
952-445-9000



**BISMARCK
Monday, March 15
5-9 p.m.**

United Tribes Technical College
James Henry Gymnasium
3315 University Drive
Bismarck, ND
701-223-8001



**FARGO
Tuesday, March 16
5-9 p.m.**

Holiday Inn of Fargo
3803 13th Ave South
Fargo, ND 58103
701-282-2700



**WILLISTON
Monday, March 29
5-9 p.m.**

El Rancho Hotel Meeting Rooms
1623 2nd Ave W
Williston, ND 5880
701-572-6321

**More information:
Vonnie Alberts, 701-421-0601**

**You Need a
Mailbox**

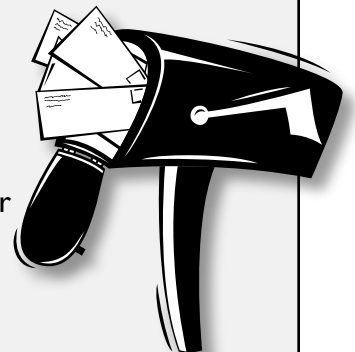
The United Tribes Housing Department strongly encourages students residing in UTTC housing to get a mailbox. They are available for the asking at the UTTC Mailroom.

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,
UTTC
Housing
Supervisor



Business students awarded scholarships



United Tribes News photo Dennis J. Neumann

LEADING THE WAY: Students in the United Tribes Business Bachelor's Program received some timely assistance in the form of much-needed scholarships. The business group is the first cohort of students in four-year programs to be offered and conferred entirely at United Tribes. However, during the college's transition to advanced degree programs, students are without customary access to funding from

their tribal agencies. The scholarships presented February 4 during a small ceremony at the president's office were made possible with the support of the American Indian College fund. Some of the recipients in the cohort who joined UTTC President David M. Gipp (at left) are, from left, Cody Conica, Urusala Kary LaTray, Matt St. John, Mikelynn Tieman, Glen Fox, and Lisa Stump.

GERALD MOHATT

United Tribes added its condolences in early February to those expressed by others in tribal higher education over the passing of Gerald Mohatt. Jerry entered the spirit world February 10 at Fairbanks, Alaska following a long battle with leukemia. He was 69.

Mohatt was a professor of psychology and served as director for the University of Alaska at Fairbanks Center for Alaska Native Health Research. He was recognized nationally for his work with Alaska Natives and other indigenous peoples.

Before going to UAF in 1983, Mohatt was the founding president of one of the first native colleges, Sinte Gleska Tribal College, now Sinte Gleska University on the Rosebud Lakota Reservation.

Arts Grants Deadlines

• Artist-in-Residence • Teacher Incentive • Community Arts Access • Presenter Support

Submit online by April 1, 2010 for programs taking place between July 1, 2010 and June 30, 2011 (draft review deadline is March 15).

Traditional Arts Apprenticeship applications must be postmarked by May 15, 2010 for project periods of July 1, 2010 to April 30, 2011.

Early submission strongly encouraged for all programs.

ND Council on the Arts
<http://northdakota.cgweb.org/>

NDCA office 701-328-7590
amschmid@nd.gov



Staff changes in Housing Department

BY LORRAINE DAVIS, United Tribes Housing Director

Donna Belgarde is an occupancy specialist in the family housing department of Student and Campus Services. She has been with us for over a year. She has provided and continues to provide accountability, friendly customer service, and due diligence. She is a hard worker. I just want to share my joy and pride in my teammate. Her main focus is placing applicants into our tax credit apartments which are the August Little Soldier units on campus but not to exclude all other services she provides to our current tenants for our regular family housing units. She has a positive attitude with a coopera-

tive style that has enabled her to successfully learn and grow. She is a huge asset to the housing department.

Tonja Morris is the new office assistant in the family housing department. She has been with us for just over a month now. She has prior experience in the office field and has impressively caught on very fast to our policy and procedures. Her main focus is answering the main stream phone calls and organizing for our office and not to exclude all other office duties. She is doing an outstanding job for us!

Jerard Grant is our new housing cus-

tomian. He too has been with us just over a month now. He has caught on fast and is doing a great job.

A personal thank you from the Housing Director, Lorraine Davis. We couldn't do it without any of you!

A farewell and thank you to our previous housing custodian, **Autumn Gwin**. Autumn brought innovation and due diligence to our department. She was always ready for a challenge and ready to initiate a new way of doing things. She was with us for approximately five months. We will miss you and your awesome work. Thank you Autumn!



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:

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

CineYouth Film Festival

2010 CALL FOR ENTRIES

Now accepting submissions from filmmakers 20 years old and younger

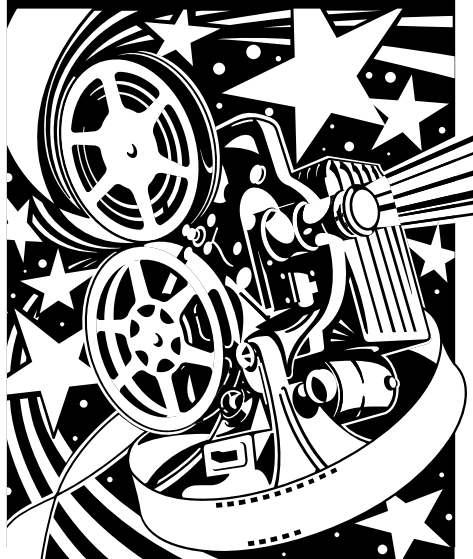
Deadline: March 15

Selected films will be screened and filmmakers are invited to attend exciting workshops, meet film professionals and network with other youth filmmakers from across the country at the Festival May 6-8 at Columbia College, Chicago.

Information and Guidelines:

www.cinemachicago.org/cineyouth

Contact: Rebecca Fons, Festival Director
rfons@chicagofilmfestival.com



IHS 437 Scholarships



APPLICATIONS BEING ACCEPTED

Apply online

www.scholarship.ihs.gov

Deadline: March 28, 2010

All required documents/forms can be found on the Scholarship website

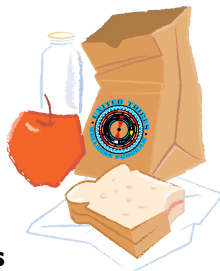
MORE INFORMATION:

Kimberly Annis
437 Scholarship Coordinator
Indian Health Service
115 4th Ave SE, Federal Bldg.
Room 215
Aberdeen, SD 57401
Ph: 605-226-7466
Fax: 605-226-7321
kim.annis@ihs.gov

United Tribes Technical College presents...
St. Alexius Employee Assistance Program

BROWN BAG

Professional
Development
Education &
Training Series



TIME:
12:00 noon - 12:50 pm

LUNCH PROVIDED

Wellness Conference Room
Lewis Goodhouse Wellness Center
United Tribes Technical College
Bismarck, North Dakota

Wednesday, March 3

TRAINING TOPIC:
Suicidal Behavior in the
Community & Workplace

PRESENTER:
Dick Werre, LSW, LAC

Wednesday, March 17

TRAINING TOPIC:
Assuming a New Supervisory Position

PRESENTER:
Kelsey Lang, MA, LACP

Wednesday, March 23

TRAINING TOPIC:
Get to Work:
How to Motivate Yourself & Co-workers

PRESENTER:
Chuck Motis, MS, LAC, LPCC

Wednesday, March 31

TRAINING TOPIC:
20 Ways to Manage Frustration

PRESENTER:
Kari Schoenhard, LCSW, LAC

**CEU's EARNED
OPEN TO STAFF & STUDENTS**

MORE INFORMATION:



Betty Anhorn
701-255-3285
Ext. 1471
banhorn@uttc.edu

TO LIVE IN A GOOD WAY



A video featuring Richard Twiss (Rosebud Lakota)

Community Access TV (Cable Channel 12)
Monday, March 1 @ 6 p.m.
Wednesday, March 3 @ 8 p.m.
Tuesday, March 9 @ 7 p.m.

Also on video-on-demand www.freetv.org

GO TO SCHOOL Without Leaving Home



UNITED TRIBES TECHNICAL COLLEGE
ONLINE EDUCATION

- Study from Home
- Increase Your Income Potential
- Access courses after the kids have gone to bed

PROGRAMS OFFERED COMPLETELY ONLINE:

- AAS Injury Prevention - prepare to work with suicide prevention and other critical health issues
- Medical Transcription Certificate - train to work from home transcribing medical dictation
- AAS Nutrition and Food Service - prepare to work with Nutrition and Diabetes programs
- AAS Health Information Technology - prepare for a career in health/medical records
- AAS Early Childhood Education - prepare for a career in Head Start or Child Care
- AAS Elementary Education - become an elementary school paraprofessional

701-255-3285 • www.uttc.edu

UNITED TRIBES TECHNICAL COLLEGE
3315 University Drive • Bismarck, ND 58504

Accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools

UTTC SELF-STUDY

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. To learn more about the NCA accreditation process, visit the website: <http://www.ncahlc.org>.

David M.
Gipp

Scholarship
Fund



To honor his 30 years as college president, United Tribes has established the David M. Gipp Scholarship Fund as part of the "Opportunities in the Making" Student Scholarship Campaign. With the support of generous individuals and businesses in Bismarck-Mandan, this successful campaign has provided support for the education of 280 students in the past two years. Your contribution to the David M. Gipp Fund will help it grow, providing additional scholarship support. Please take this opportunity to recognize and honor David and help in his life's work.

Send your check to:
David M. Gipp Scholarship
United Tribes Technical College
3315 University Drive
Bismarck, ND 58504

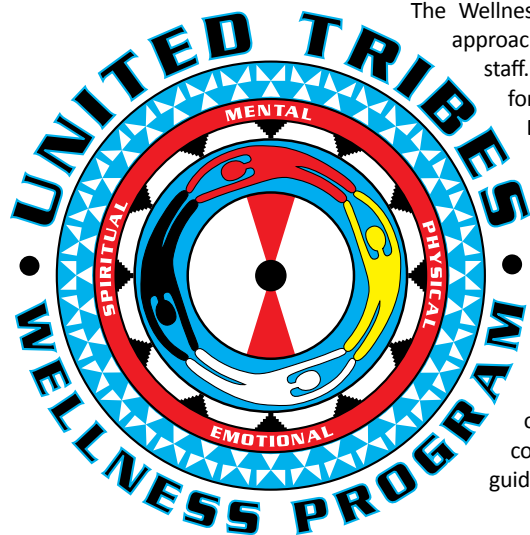
Contact: Brad Hawk
701-255-3285 x 1387, bhaw@uttc.edu






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".



-  = Spirit (SPIRITUAL)
-  = Head (MENTAL)
-  = Heart & Lung (EMOTIONAL)

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.

-  = 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

WE'RE NOT JUST A BOOKSTORE...



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

- FEATURED ITEMS:**
- 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



UNITED TRIBES THUNDERBIRDS

2009-10 REGULAR SEASON



Point guard Nicole Wells led the Lady T-birds in steals with 106 during the regular season.



WOMEN'S MON-DAK PLAYER OF THE WEEK FEBRUARY 8-14, 2010

Kristin Bearstail, 5' 7" sophomore guard: Three games, Kristin scored 75 points, had 13 assists, 9 steals, and 7 rebounds.



Andrew Russell led the Thunderbirds in scoring and rebounding during the regular season.

LADY THUNDERBIRDS by the NUMBERS

| | |
|-----------------------------------|---------------|
| Overall Win/Loss Record | 19/11 |
| MON-DAK Record | 12/7 |
| Average Points Scored | 79.2 |
| Field Goal Shooting | 40.9% |
| 3 Point Shooting | 30.7% |
| Free Throws | 71.5% |
| Rebounding percentage | 46.7 |
| Assists | 19.8 per game |
| Turnovers | 16.8 per game |
| Steals | 14.8 per game |
| Scoring Leader: Kristin Bearstail | 22.1 per game |
| Rebounds Leader: Cristin Haase | 8 per game |
| Steals Leader: Nicole Wells | 106 |

THUNDERBIRDS by the NUMBERS

| | |
|---------------------------------|---------------|
| Overall Win/Loss Record | 9/20 |
| MON-DAK Record | 1/17 |
| Average Points Scored | 79.6 |
| Field Goal Shooting | 44% |
| 3 Point Shooting | 26.5% |
| Free Throws | 61.5% |
| Rebounds | 42.2 per game |
| Assists | 14.5 per game |
| Turnovers | 21.8 per game |
| Steals | 10 per game |
| Scoring Leader: Andrew Russell | 16.5 per game |
| Rebounds Leader: Andrew Russell | 16.5 per game |

Thunderbirds season statistics from CyberSports USA.



United Tribes News photos Dennis J. Neumann



WELLNESS ACTIVITIES

| DATE | TIME | ACTIVITY |
|--------|----------|---|
| 1 | 12p/4p | Walking Club |
| | 3:30p-5p | Youth Activity (Multi-Purpose Rm) |
| | 6pm | Hand Games/Open Drum (Multi-Purpose/Healing Rm) |
| | | UTTC Men's Basketball League |
| 2 | 12p-1p | Circle Of Parents Meeting (Wellness Center ClassRm) |
| | 12p/4p | Walking Club |
| | 3:30p-5p | Youth Activity (Multi-Purpose Rm) |
| | 6pm | Volleyball League (Multi-Purpose Rm) |
| | 6p-7p | Men's Wellness (Healing Rm) |
| | 7pm | Aerobics/Pilates/Taebo (Healing Rm) |
| 3 | 12p/4p | Walking Club |
| | 3:30p-5p | Youth Activity (Multi-Purpose Rm) |
| | 6pm | Pool Tournament |
| | | Beading/Sewing/Quillwork (Multi-Purpose Rm) |
| | | Women's Wellness (Healing Rm) |
| 4 | 12p/4p | Walking Club |
| | 3:30p-5p | Youth Activity (Multi-Purpose Rm) |
| | 6pm | Volleyball League (Multi-Purpose Rm) |
| | 7pm | Relaxation Techniques (Healing Rm) |
| | | AA Meeting (Wellness Center Conference Rm) |
| 5 | 12p/4p | Walking Club |
| | 3:30p-5p | Youth Activity (Multi-Purpose Rm) |
| | 6pm | Movie Night (Multi-Purpose Rm) |
| 6 | 2pm | Sledding @Tom O'Leary |
| 7 | 2pm | Bath Salt/Candle Crafts (Multi-Purpose Rm) |
| 8-12th | | Spring Break! |
| 13 | 2pm | Gateway to Science |
| 14 | 2pm | Heritage Center |
| 15 | 12p/4p | Walking Club |
| | 3:30p-5p | Youth Activity (Multi-Purpose Rm) |
| | 6pm | Hand Games/Open Drum (Multi-Purpose/Healing Rm) |
| | | UTTC Men's Basketball League |
| 16 | 12p-1p | Circle Of Parents Meeting (Wellness Center ClassRm) |
| | 12p/4p | Walking Club |
| | 3:30p-5p | Youth Activity (Multi-Purpose Rm) |
| | 6pm | Volleyball League (Multi-Purpose Rm) |
| | 6p-7p | Men's Wellness (Healing Rm) |
| | 7p | Aerobics/Pilates/Taebo (Healing Rm) |
| 17 | 12p/4p | Walking Club |
| | 3:30p-5p | Youth Activity (Multi-Purpose Rm) |
| | 6pm | Pool Tournament |
| | | Beading/Sewing/Quillwork (Multi-Purpose Rm) |
| | | Women's Wellness (Healing Rm) |
| 18 | 12p/4p | Walking Club |
| | 3:30p-5p | Youth Activity (Multi-Purpose Rm) |
| | 6pm | Volleyball League (Multi-Purpose Rm) |
| | 7pm | Relaxation Techniques (Healing Rm) |
| | | AA Meeting (Wellness Center Conference Rm) |

| DATE | TIME | ACTIVITY |
|------|----------|---|
| 19 | 12p/4p | Walking Club |
| | 3:30p-5p | Youth Activity (Multi-Purpose Rm) |
| | 9p-12a | Dance off! Contest (Multi-Purpose Rm) |
| 20 | 1pm | Matinee @Grand Theatre |
| 21 | 6pm | Community Bingo!! |
| 22 | 12p/4p | Walking Club |
| | 3:30p-5p | Youth Activity (Multi-Purpose Rm) |
| | 6pm | Hand Games/Open Drum (Multi-Purpose/Healing Rm) |
| | | UTTC Men's Basketball League |
| 23 | 12p-1p | Circle Of Parents Meeting (Wellness Center ClassRm) |
| | 12p/4p | Walking Club |
| | 3:30p-5p | Youth Activity (Multi-Purpose Rm) |
| | 6pm | Volleyball League (Multi-Purpose Rm) |
| | 6p-7p | Men's Wellness (Healing Rm) |
| | 7p | Aerobics/Pilates/Taebo (Healing Rm) |
| 24 | 12p/4p | Walking Club |
| | 3:30p-5p | Youth Activity (Multi-Purpose Rm) |
| | 6pm | Pool Tournament |
| | | Beading/Sewing/Quillwork (Multi-Purpose Rm) |
| | | Women's Wellness (Healing Rm) |
| 25 | 12p/4p | Walking Club |
| | 3:30p-5p | Youth Activity (Multi-Purpose Rm) |
| | 6pm | Volleyball League (Multi-Purpose Rm) |
| | 7pm | Relaxation Techniques (Healing Rm) |
| | | AA Meeting (Wellness Center Conference Rm) |
| 26 | 12p/4p | Walking Club |
| | 3:30p-5p | Youth Activity (Multi-Purpose Rm) |
| | 6pm | Movie Night (Multi-Purpose Rm) |
| 27 | 2pm | Sledding @ Tom O'Leary |
| 28 | 1pm | Swimming @ Mandan Community Center |
| 29 | 12p/4p | Walking Club |
| | 3:30p-5p | Youth Activity (Multi-Purpose Rm) |
| | 6pm | Hand Games/Open Drum (Multi-Purpose/Healing Rm) |
| | | UTTC Men's Basketball League |
| 30 | 12p-1p | Circle Of Parents Meeting (Wellness Center ClassRm) |
| | 12p/4p | Walking Club |
| | 3:30p-5p | Youth Activity (Multi-Purpose Rm) |
| | 6pm | Volleyball League (Multi-Purpose Rm) |
| | 6p-7p | Men's Wellness (Healing Rm) |
| | 7pm | Aerobics/Pilates/Taebo (Healing Rm) |
| 31 | 12p/4p | Walking Club |
| | 3:30p-5p | Youth Activity (Multi-Purpose Rm) |
| | 6pm | Pool Tournament |
| | | Beading/Sewing/Quillwork (Multi-Purpose Rm) |
| | | Women's Wellness (Healing Rm) |

MARCH 2010



UNITED TRIBES www.uttc.edu

NEWS

ADVERTISING ORDER FORM

Advertiser: _____ Date: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Contact Person: _____

Fax: _____ E-mail: _____

By applying my signature below I agree to advertise in United Tribes News and fully agree to pay the amount specified below. Since advertising space is limited payment is due with submission of order form to guarantee placement. I fully understand that all ads must be received by the deadline listed below. Failure to remit ad before deadline will result in loss of ad placement and NO Compensation of any/all payment(s) made.

Client Signature: _____ Date: _____ TOTAL AMOUNT DUE: \$ _____

AD SIZES

- Full Page.....7.25" x 10".....\$250
- 2/3 Page Vertical4.75" x 10".....\$175
- 1/2 Page Vertical4.75" x 7.375".....\$125
- 1/2 Page Horizontal7.25" x 4.875".....\$125
- 1/3 Page Square.....4.75" x 4.875".....\$100
- 1/3 Page Vertical.....2.25" x 10".....\$100
- 1/6 Page Vertical.....2.25" x 4.875".....\$50
- 1/6 Page Horizontal4.75" x 2.3125".....\$50

- Number of Issues to Run _____
- 1/2 Year Discount.....5 Issues -5%
 - 1 Year Discount10 Issues -10%
 - AD SETUP**\$60

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AD SPECIFICATIONS

DEADLINE DATE:

Ad artwork and materials are due the 12th of the month prior to publication

FINAL ARTWORK: Please submit completed ad as black & white, camera-ready PDF, high resolution 300 dpi, or Illustrator EPS format. All fonts must be outlined or embedded, and all images and/or graphics support files embedded in your file. No full bleeds.

IMPORTANT: Ads created in Microsoft Word* and Microsoft Publisher*, as well as low resolution .jpg and .gif files off the web, are not camera-ready and cannot be accepted as final artwork.

MORE INFORMATION: Andi Gladson, 701-255-3285 x1437, Fax: 701-530-0633, Email: agladson@uttc.edu

AD DESIGN:

If you cannot supply a digital file per our specifications, we will be pleased to create your ad for you. An additional \$60.00 will be added to final price of ad. **

* An extra conversion fee will apply for materials submitted in these formats
** Basic set-up only. Other charges may apply.

United Tribes News will not be responsible for any grammatical, spelling or numerical errors in ads submitted.

PAYMENT OPTIONS:

- Credit Card:**
 -
 -
 -
 -
- Check/Money Order:** Check # _____
(payable to Arrow Graphics)
- Bill Department:** _____
(Campus only)

PAYMENT DUE WITH SUBMISSION

Credit Card #: _____

Card Expiration Date: _____ SC#: _____

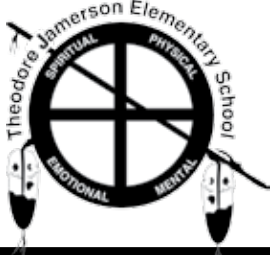
Cardholder Name: _____

Cardholder Phone: _____

HOW TO ORDER:

1. Fax this form to 701-530-0633
2. Email agladson@uttc.edu
3. Call 701-255-3285 x1437
4. Mail to United Tribes News Advertising
c/o Arrow Graphics
3315 University Drive, Bismarck, ND 58504

THEODORE JAMERSON ELEMENTARY



TIDBITS

Trophy tussle for grades 4 and 8



TJES 4th graders proudly displayed the best attendance trophy for the month of December. Because the 8th grade students at TJES had perfect attendance for the month of January, on February 11, the 8th graders got their “REVENGE.” They came into the 4th grade classroom to take the trophy. Mrs. Olson tried to hide it but Ms. Stevens saw the trophy and the 8th grade students took it again.

Science Club Cameras

On Feb 8, after-school students in science club were taught how to make pin-hole cameras. At the next science club they will take pictures and develop them, scan them, reverse them with a computer, and print them.

– Taylahni, 4th grade

TJES receives award

Theodore Jamerson Elementary School was awarded Greatest Gains in Reading and Math for a school with high turnover. During the BIE Leadership Institute for principals, math and reading coaches held in San Diego CA, TJES was one of four schools recognized for student gains in implementing the Reading First and Math Counts programs.

– Kieran, 6th grade

For the month of December, the 4th grade students challenged the 8th graders for the trophy. Sure enough at the end of the month the 4th grade marched in there and took it from them. Fourth Grader Taylahni promises, “We will get it back...

wha ha ha ha! This battle must end, and 4th grade must have perfect attendance.”

The attendance competition has been going on almost all year between the 4th and 8th graders.

– Taylahni, 4th grade

Theodore Jamerson at Huff Hills



On February the 5th, students in grades 4 through 8 spent the day at Huff Hills, a ski slope south of Mandan. Another school was at the hills and TJES students had to wait patiently about half-an-hour be-

fore we could start checking out skis.

It was a warm and snowy day. There were a lot of crashes with ski's falling off. But nobody got hurt.

– Kieran, 6th grade

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United Tribes Technical College - 3315 University Drive - Bismarck, ND 58504

701-255-3285 Ext. 1296

“CREATIVITY IS OUR SPECIALTY”



SCHEDULE:

7 a.m. Race Day **REGISTRATION**
8 a.m. Half-Marathon **START**
9 a.m. 10K Run **START**
9:10 a.m. 5k Walk/Run **START**

Registration Form Available at

www.uttc.edu

For More Information:
Ruth Buffalo
Wellness Department
701-255-3285 x1357
rbuffalo@uttc.edu

5th Annual **THUNDERBIRD RUN**

HALF-MARATHON • 10K • 5K

Saturday, August 21, 2010

*Beginning and ending at
United Tribes Technical College
Past prairie and cropland and through
woodlands along the Missouri River*

Two Half-Marathon Competitive Classes:

OPEN DIVISION - ages 14 to 39

MASTERS DIVISION - ages 40 & over

Half-Marathon Early Registration Fee - \$20
After August 20 - \$25

10K Early Registration Fee - \$15
After August 20 - \$20

5K Early Registration Fee - \$10
After August 20 - \$15

“AWARDS FOR ALL CATEGORIES”

SOUTH DAKOTA BUSINESS TO BUSINESS FORUM



To be held Wednesday,
March 17th, 2010
Best Western Ramkota
Pierre, South Dakota

Do you want a piece of \$10 billion in procurement opportunities? Are you willing to partner with local minority businesses in South Dakota?

If you said, YES! then sign up today and come to the free forum that will focus on matching you with joint venture and contracting opportunities. This forum will provide a unique venue to meet local minority businesses who are interested in construction and professional service contracting, particularly in the South Dakota areas.

At this B2B Linkage Forum...

- Meet and interact with key decision makers from public and private sectors at the tribal, state and local levels.
- Network and match MBEs with ARRA award recipients

These key industry sectors offer contracting & subcontracting opportunities:

- Construction
- Construction Suppliers
- Architectural & Engineering
- Information Technology
- Professional Services
- Demolition

MBEs are eligible to receive travel stipends.

Contact: Allison Davis 701-255-3285 x1263, adavis@uttc.edu or
Barbara Schmitt at 701-255-3285 x1436, bschmitt@uttc.edu.
Or register online at www.uttc.edu by March 3rd, 2010.

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



Sweet Grass Project

INNOVATIVE TEACHER EDUCATION PROGRAM

YOUR OPPORTUNITY

TEACHER TRAINING

United Tribes Technical College seeks applicants for a new project to prepare American Indian personnel for teacher certification. The **Sweet Grass Project** is a four year teacher education program at United Tribes from 2009 to 2012. This project is funded by the U.S. Department of Education, Office of Special Education Programs (OSEP).

TRAINING and PREPARATION:

- Engage in teacher education coursework while maintaining a 2.5 - 3.0 GPA
- Graduate with a bachelor degree in Elementary Education and Early Childhood Education with an Early Childhood Special Education endorsement
- Complete the requirements for teacher certification
- Provide a service obligation (agree to teach in an early childhood special education setting) in exchange for the OSEP sponsorship

COMPETITIVE SELECTION PROCESS

Limited to 25 students

Participants who are selected will begin coursework during fall semester 2010 on the UTTC campus in Bismarck. Preference for the OSEP sponsorship will be given to students who already have a two-year degree and successfully complete the Praxis I exam, a test of basic skills in reading, writing and mathematics. Praxis exam costs are paid.

All **Sweet Grass Project** courses are offered on the campus of UTTC, with 300 and 400 level course credits granted through Sinte Gleska University, Mission, SD. **Sweet Grass** is similar to the recently completed Prairie Alliance for Special Education program. Participants in that program have been exceptionally successful with both Praxis I and II and are already certified teachers with teaching jobs in schools throughout the region!

COMMITMENT REQUIRED

This teacher preparation program requires a high level of commitment from participants. The academic preparation is intense and may feel overwhelming at times. But you will be supported by advisors and mentors who will guide you toward success. When you reach your goal of being a certified teacher, your sense of accomplishment will make everything you go through worthwhile!

APPLICATION DEADLINE: April 23, 2010

MORE INFORMATION or APPLY:

Lisa J. Azure, **Sweet Grass Project** Director
UTTC Teacher Education Department
lazure@uttc.edu, 701-255-3285 x 1407

Thank you for your interest!



United Tribes Technical College
3315 University Drive • Bismarck, ND 58504

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Pass "GO" and collect all kinds of fun

BY CAROL ANDERSON, Small Business Management Department Chair



United Tribes News photo Dennis J. Neumann

Banker Stacey Grant brokers a property deal in the Junior Achievement Monopoly Tournament February 13 at the Mandan Fire Station.

STUDENTS PLAY KEY ROLE AND GET MONOPOLY FIX

United Tribes Technical College students played a special role at a community event February 13. Students from the Small Business Management, Art-Art Marketing and Energy Auditor programs served as bankers for a Monopoly tournament.

They had the fun of handling the play money, selling the property deeds and interpreting the rules of the popular board game for the annual Junior Achievement Monopoly Tournament.

The event was a fundraiser sponsored by the Bismarck-Mandan Chamber of Commerce, Junior Achievement, and Cumulus

Broadcasting, a local radio station group.

Seven UTTC students participated: Stacey Grant, E. J. Redbear, Antonio Motis, Sandra Stevens, Jennifer Hickman, Arden Boxer, and John Strait. It was a good opportunity to take part in a community event and exercise some of the skills associated with entrepreneurship.

Ninety participants matched their luck and business instincts against each other in three age categories: grades 4-8; grades 9-12, and adults.

The action played out in what might seem like an odd location: the garage of Mandan Fire Station No. 1, another sponsor. But it was a great place with plenty of room next to the fire engines. They even witnessed what happens during a fire call

when the trucks roll out.

The UTTC students said they enjoyed the day, especially seeing the play of the young kids who are very quick and competitive.

One UTTC student, E. J. Redbear, played in the tournament and placed second in the adult division and received lots of good prizes.

It was this tournament's fifth year playing the popular board game that was invented in 1934, and a great day for everyone who participated.



E.J. Redbear

Carol Anderson serves on the Chamber's Business Education Partnership Committee

40th Annual
UNDIA TIME-OUT WEEK
April 12-14, 2010 • University of North Dakota

"CELEBRATING FOUR DECADES OF EDUCATION & DIVERSITY"

Speakers • Entertainment • Workshops
www.und.edu/dept/indian/ISA.htm

Hosted by UND Indian Studies Department & Association

40th Annual
UNDIA TIME-OUT WACIPI
April 16-18, 2010

University of North Dakota
Hyslop Sports Center Arena

UNDIA Website: www.und.edu/org/undia
Phone: 701.777.4291

Hosted by the UND Indian Studies Association

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DEADLINE FOR NEXT ISSUE: 5 PM - MARCH 15, 2010



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

UTTC Science building taking shape



GOING UP: Two workers for Northwest Contracting Company install steel supports February 22 on the upper level of the second floor of the United Tribes science building. Despite above average snowfall, work continued through the winter season on the first structure to be built

on the college's new, south campus. The approximate \$5 million dollar facility will provide much-needed classroom and laboratory space for science, technology, nursing and law enforcement programs. United Tribes News Photo Dennis J. Neumann

United Tribes News photo Dennis J. Neumann