

Brando Recalled page 4

Youngsters excel in 'Math Day' challenge



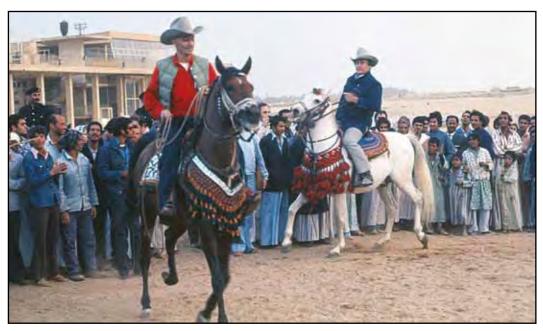
NEW SCHOOL RECORD: Students in Grade 4 of Theodore Jamerson Elementary School on the United Tribes campus rapidly keyed-in the answers to simple math problems March 4 during "World Math Day." Youngsters in grades K to 8 logged onto an Internet website and correctly solved over 161,000 problems during live games of mental arithmetic with other 5-18 year-old students around the world. Each game lasted for 60 seconds and students moved up in difficulty as

they progressed in solving problems. Some students played on computers at home and some went to the computer lab before school started. The TJES students more than tripled their problem solving output of one year ago, proving to instructors that the school's "Math Counts" program is working. Read more about "World Math Day" under TJES TIDBITS on page 22.





Fredericks selected to Cowboy Hall



RIDING DIPLOMACY: One of the many equine accomplishments of the late John "Buzz" Fredericks Jr. that was not mentioned in the announcement of his selection to the North Dakota Cowboy Hall of fame was riding an Arabian horse near the Sphinx on the edge of the Sahara. That's him aboard the white mount in 1976 when he traveled to the Middle Fast with a North Dakota trade mission. He earned the respect of Egyptians he met and later hosted some who came to North Dakota, Fredericks (Three Affiliated) will be honored by the Cowboy Hall along with other inductees at a ceremony June 26 in Medora. Fredericks is the father of Kathy Johnson, UTTC's Assistant VP of Student and Campus Services. Mounted on the dark horse is rancher Dick Bond, Almont, ND, Dennis J, Neumann photo for KFYR-TV News



LeRoi Laundreaux's Lunch Menu

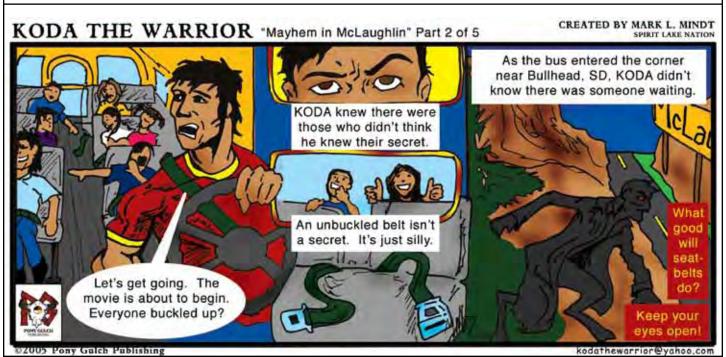
Includes 2% or Skim Milk, Coffee or Tea and Salad Bar, Fresh Fruit, and Vegetables. Menu subject to change.

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!!

April Lunch Menu

	March 29 – April 2	April 5 – 9	April 12 – 16	April 19 – 23
Λ	Goulash	EASTER MONDAY: Brunch 10am–12pm	Tomato, Rice & Hamburger Hotdish	Pork Cutlet & Mashed Potatoes
T	Bean & Ham Soup w/ Frybread	Philly Cheesesteak & Oven Fries	Taco Salad w/ Assorted Toppings	Chicken Stir Fry, Fried Rice & Egg Roll
VV	Roast Beef & Mashed Potatoes	Baked Chicken & Mashed Potatoes 🔌	Swedish Meatballs over Noodles	BBQ Ribs & Baked Potato
了	German Sausage & Kraut	Hamburger & French Fries	French Dip w/ Au Jus & Chips	Sloppy Joe & Tator Tots
	Fish Sandwich & French Fries	Grilled Cheese & Tomato Soup	Chicken Sandwich & Mac & Cheese	Chicken Nuggets & Mac & Cheese



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



TIME: 12:00 noon - 12:50 pm LUNCH PROVIDED

Jack Barden Center Lower Level United Tribes Technical College Bismarck, North Dakota

Wednesday, April 7

TRAINING TOPIC:

Responding to Grief & Death in the Workplace

PRESENTER:

Tom Olson, MS, LPCC

Wednesday, April 14

TRAINING TOPIC:

Dealing With Workplace Crisis

PRESENTER:

Dick Werre, LSW, LAC

Wednesday, April 21

TRAINING TOPIC:

Managing and Responding to Anger

PRESENTER:

Kari Schoenhard, LCSW, LAC

CEU'S EARNED

OPEN TO STAFF & STUDENTS



MORE INFORMATION:

Betty Anhorn 701-255-3285 x1471 banhorn@uttc.edu

UTTC selected for Minority Student Success Award

GRANT FUNDS PROVIDED BY WALMART

BISMARCK (UTN) – United Tribes Technical College has been selected by the Institute for Higher Education Policy (IHEP) to receive a Walmart Minority Student Success Award to help build on its demonstrated success in enrolling, retaining, and graduating first-generation college students.

The \$100,000 gift is made possible by a \$4.2 million grant to IHEP from the Walmart Foundation.

United Tribes was one of only 30 minority-serving institutions (MSIs) selected through a highly competitive application process to strengthen efforts to support first-generation students.

MSIs are Hispanic-Serving Institutions, Historically Black Colleges and Universities, Predominantly Black Institutions, and Tribal Colleges and Universities.

UTTC representatives will attend the annual IHEP Summer Academy. IHEP is an independent, nonprofit based in Washington DC that works to increase access and success in postsecondary education around the world. During the academy, MSI representatives will establish action plans to increase capacity, share ideas to better serve first-generation college students and develop partner-ships with other colleges and universities.

"This is a wonderful award for the college. It's an honor," said David M. Gipp, United Tribes president. "We're fortunate to have been selected and we'll make good use of the award for the benefit of our students!"

Grant funds will be used at United Tribes to initiate a "College STEPS" program (Creating Supportive and Timely Enrollment Pathways). It will be a year-round, faculty led initiative to enhance the success of first generation college students who are required to complete preparatory coursework. The goals will be to increase completion rates through the use of new scheduling approaches, and to increase student retention by concentrating on designated faculty advising during their

first term.

"The institutions in our 2010 Minority Student Success cohort broaden and deepen the pool of MSIs committed to ensuring the success of first-generation students both at their campuses and beyond," said Michelle Asha Cooper, IHEP president. "We are pleased to be working with them on programs that are sure to serve as models to all of higher education."

"At Walmart, we understand that education is critical to the lives and well-being of all Americans. We're proud to support giving that enables the success of first-generation college students," said Margaret McKenna, Walmart Foundation president.

The Walmart Foundation grants support the existing work of MSIs to strengthen firstgeneration student success programs, with a special focus on classroom practices and the role faculty play in their students' academic success.

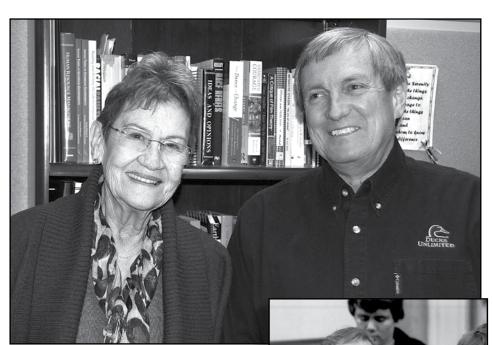
Approximately 41 percent of students enrolled at MSIs are first-generation, compared to 30 percent at predominantly white institutions. The over-representation of first-generation students at MSIs makes them ideal to help improve retention and persistence gaps for this student population.

Joining United Tribes as 2010 award recipients are: Adams State College (CO), Bloomfield College (NJ), Bowie State University (MD), Coppin State University (MD), Delaware State University (DE), El Camino College (CA), Fort Belknap College (MT), Hampton University (VA), Leech Lake Tribal College (MN), New Jersey City University (NJ), University of Houston- Downtown (TX), University of New Mexico (NM), Valencia Community College (FL), and Winston-Salem State University (NC).

For more information about the initiative and grantees, visit the IHEP Web site <u>at</u> www.ihep.org/walmartminoritystudents.cfm

Through its philanthropic programs and partnerships, the Walmart Foundation says it funds initiatives focused on creating opportunities in education, workforce development, economic opportunity, environmental sustainability, and health and wellness. From February 1, 2008 through January 31, 2009, Walmart – and its domestic and international Foundations – gave more than \$423 million in cash and inkind gifts globally. To learn more, visit www.walmartfoundation.org.

Remembering Earlier Times



RETURN VISIT: Pat Travnicek, at right, got guite the education when he worked at United Tribes in 1974-75. One he never forgot. Travnicek was a University Year-In-Action student and worked for Harriett Skye in the Office of Public Information. Among his first assignments was to cover a visit to South Dakota by the actor Marlon Brando, a supporter of Indian rights. "And there I was, fresh out of college, hanging around with the likes of Dennis Banks and Russell Means. How amazing," said Travnicek on campus March 10 for a visit with Skye. Travnicek lives in Minot, ND, works at the Minot Air Base, and serves as state chair of the conservation organization Ducks Unlimited.

The story that featured Brando was about an American Indian Movement sponsored rally for Sara Bad Heart Bull at the State Capital in Pierre and was carried in the November 26, 1974 edition of United Tribes News.

United Tribes Resolutions

The following resolutions were approved by the United Tribes of North Dakota board during a meeting March 12. For more information, please contact United Tribes Attorney Thomas M. Disselhorst 701-255-3285 x 1238, tdisselhorst@uttc.edu.

Urging the U. S. Congress to enact legislation permitting intertribal control of Haskell Indian Nations University and Southwestern Indian Polytechnic Institute

Authorization and support for a BIA

guaranteed loan or other commercial loan with a local bank for completion of the Science and Technology building on the south campus of United Tribes Technical College

Authorization to establish a virtual art gallery website under a grant from the Administration for Native Americans for Native Americans to promote self-sufficiency among artists, tribal citizens and students/learners within the Native American community at United Tribes Technical College.

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, culturallygrounded, 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:

 $\begin{array}{lll} \textbf{U-Unity} & \textbf{T-Traditions} \\ \textbf{N-Native Americans} & \textbf{R-Respect} \\ \textbf{I-Integrity} & \textbf{I-Independence} \\ \textbf{T-Trust} & \textbf{B-Bravery} \\ \textbf{E-Education} & \textbf{E-Environment} \\ \textbf{D-Diversity} & \textbf{S-Spirituality} \end{array}$

• 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.



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

CATCH 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

Breaking-the-ice — not a problem



TALK TO ME: Mixing was no problem for these three students from the Automotive Technology Program February 24 during the start of Student Professional Development day. From left, Lynes End of Horn, Chato Wiest (both Standing Rock), and Mikell S. Starr, Jr. (Eastern Shoshone) had no trouble comparing notes about the blanks on each-other's forms. The "icebreaker" called for finding others among the 260 students attending who had done or accomplished things that were listed on the activity sheet. The day-long program in the college gymnasium was facilitated by Dr. Ramona Klein, an educator and motivational speaker who promotes life-long learning. The theme was: "Creating Our Own Success."

UNITED CIPCLE of Parents Noon Luncheon Meetings Every Tuesday

Noon Luncheon Meetings Every Tuesday

Lewis Goodhouse Wellness Center • Wellness Classroom

April 6, 13, 20, 27

Programs by NDSU Extension Service/Region VII
Parenting Resource Center

INCENTIVES FOR ALL PARTICIPANTS!

More information:

Tamera Marshall, Strengthening Lifestyles Family Specialist, $701-255-3285 \times 1492$



Opening Doors on

INTERNSHIP BUILDS CADRE OF NATIVE NUTRITION EXPERTS

Inlike the typical mainstream college student, Allison Albers is a mother, wife and student at United Tribes Technical College. With a husband, three children, and a fourth on the way, Albers manages her responsibilities and busy life carefully, balancing family obligations with her academic and professional goals.

Despite her demanding schedule, Albers participated in an internship program for UTTC students at the USDA Agriculture Research Service (ARS) laboratories. Last summer, Albers (Hunkpapa Lakota, Standing Rock) worked with scientists, dieticians, and fellow interns interviewing children and talking to them about the principles of nutrition and hygiene she studied at UTTC.

"The internship far exceeded my expectations," said Albers. "It was a great opportunity and experience, and it opened doors for me."

The community-based project was designed to increase understanding of how middle school children think and make



Allison Albers completed her associate degree training at United Tribes Technical College, the only tribal college or university currently participating in an internship program with the USDA.

choices about healthy eating. Albers advocated better food choices, particularly promoting fruits and vegetables, as well as physical activities. She showed the middle schoolers how to make a fun and healthy snack: a "veggie face" with ranch dressing spread on a whole wheat bagel half.

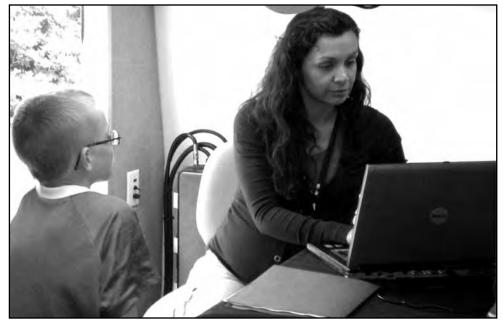
Half of the interns, including Albers, had internships at the Grand Forks Human Nutrition Research Center (GFHNRC), which is one of only six centers for human

nutrition research in the U.S. Department of Agriculture (USDA). Albers was one of five Native American student interns working at the GFHNRC last summer.

This internship program is one way the USDA seeks to expose bright students to career possibilities in the biological, agricultural, and environmental sciences, including those in the Agricultural Research Service. Relatively few Native American students are going into those fields – and fewer still at the graduate level.

"My future goals are to work primarily with Native American families who live on reservations in North and South Dakota," said Albers. "My focus is to provide education and assistance to these families on the important topics of proper nutrition and adequate exercise. With the continuing epidemic of chronic disease, including obesity and diabetes, I feel that it is very important to have qualified health care workers to address these issues."

Albers recently completed an Associate's Degree in Community Health at UTTC in May 2009, and she finished the UTTC early childhood education program in 2004. Last fall, Albers entered the University of North Dakota, Grand Forks, ND, with a major in pre-Dietetics. She intends to continue her



Allison used information from a food database to emphasize the importance of fruits and vegetables. Photo by Brenda Ling

Science By Dr. GERALD COMBS, JR., SUSAN SORUM, and DR. PHIL BAIRD Courtesy of Tribal College Journal

education with graduate study in nutrition or public health.

"My plan is to use my education as a dietitian and be able to direct it into various settings of the community such as US-DA-supported Women, Infants, and Children (WIC) food assistance programs; diabetes prevention programs; school settings; public health organizations; and home environments."

"We have been exploring how tribal people can regain what their ancestors had - an independent, organic, and nutritious system of producing food."

- Phil Baird, United Tribes Vice President

"People like Allison are needed to address these problems," said Jerry Combs, director of the Grand Forks Human Nutrition Research Center. "Assuring a sustainable production of safe, healthy and accessible food is important to everyone. Realizing that goal calls for finding answers to some knotty problems ranging from the sustainability of soil and water resources, to the efficiency and diversity of cropping systems, to the healthfulness of foods, food habits, and health practices."

With support provided by ARS, the internship program was developed several years ago. Since 2005, a total of 38 Native American students, including 20 from UTTC, have completed eight-week summer internships at five ARS laboratories and research centers in the Dakotas and eastern Montana.

UTTC is the only tribal college or university (TCU) participating in the internship program at this time. The University of Arizona, which also serves Native American

students, has also partnered with the USDA. The interns are selected by their academic institution. They receive salary support as temporary federal employees, and some travel and living expenses are paid.

Five ARS labs (in Fargo, Mandan, and Grand Forks, ND; Brookings, SD; and Sidney, MT) participate in this program. The cost, just over \$5,000 per intern, is paid by ARS Office of Outreach, Diversity, and Equal Opportunity.

"We designed the program to provide experiential learning to complement the formal academic programs offered by the partner institutions," said Combs. "This is particularly valuable for tribal colleges and universities (TCUs), many of which are rurally isolated, as it addresses the need for opportunities to weave science education and

practical research around critical health issues facing American Indian populations. Our goal is to provide relevant and supportive internships that allow students, as future tribal leaders, to better understand and prepare for real world challenges."

"We expect that the ARS internships will also serve to help UTTC, along with other TCUs, to define something being referred to as 'tribal food sovereignty' by Native professionals and traditionalists," said Phil Baird (Sicangu Lakota), UTTC vice president.

"This has been a goal of UTTC and other tribal organizations. We have been exploring how tribal people can regain what their ancestors had - an independent, organic, and nutritious system of producing food in balance with Mother Earth's resources and Native spiritual beliefs," he said.



During a USDA internship last summer, Allison led a discussion about the importance of fruits and vegetables. Photo by Brenda Ling

FOR INFORMATION ABOUT THE ARS NATIVE AMERICAN INTERNSHIP PROGRAM, CONTACT:

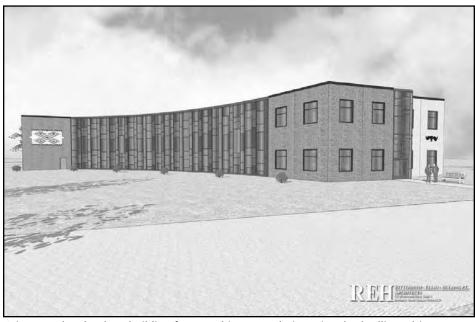
Ms. Susan Sorum, Grand Forks Human Nutrition Research Center, susan.sorum@ars.usda.gov; or Dr. Don McLellan, Director, ARS Office of Outreach, Diversity and Equal Opportunity, don.mclellan@ars.usda.gov.

Dr. Combs is the director and Ms. Sorum is the administrative officer of the Grand Forks Human Nutrition Research Center, Grand Forks, ND. Dr. Baird (Sicangu Lakota), is Vice President, Academic, Career and Technical Education, United Tribes Technical College, Bismarck, ND. Dr. Combs sits on the UTTC Research Advisory Committee and Institutional Review Board. Ms. Sorum coordinates this internship program.

Exterior walls in place



CHECKING PROGRESS: The United Tribes Science and Technology building is beginning to look more and more like the structure envisioned by the planners and architects. By early March, the precast exterior wall panels had been set in place, bringing definition to the first building on the new, south campus. Seen on the panels are the horse and eagle images in relief that were designed by Butch Thunderhawk. The interior space for two floors measures in at 34,000 square feet. Building completion is expected in the fall, with instructional use beginning at the start of spring semester in January 2011. An 18,000 square foot addition will be added later.







DISABILITY SUPPORT SERVICES

United Tribes Technical College recognizes its responsibility for making reasonable accommodations to ensure there is no discrimination on the basis of a disability as established under section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Reasonable support services, accommodations, and appropriate referrals are coordinated through the office of Disability Support Services.

The UTTC office of Disability Support Services is a resource for all UTTC Students with a documented disability from a licensed professional and is committed towards supporting the student in accessing all UTTC Academic Programs. The DSS office collaborates in assessing students' needs and provides appropriate reasonable accommodations in a timely manner.

UTTC Students are encouraged to schedule an appointment and visit with the Disability Support Services Coordinator in promoting self advocacy towards Academic Success within the United Tribes Technical College community.



INTERIM CONTACT PERSON:
Betty Anhorn, M. Ed., LAC
701-255-3285 x 1471
banhorn@uttc.edu

Film series featured at United Tribes



SPECIAL GUESTS: Bismarck Mayor John Warford and his spouse Jenny Warford were special guests March 11 at United Tribes for a screening in the Bismarck Native American Film Series. Showing was "Jim Thorpe – World's Greatest Athlete." The 2009 documentary chronicles the life of the Sac and Fox Nation member who the King of Sweden dubbed as the "World's Greatest Athlete" at the 1912 Olympics. The film series is a community outreach program supported by the mayor. "These events will help bring awareness to all in the community about the importance of learning from inspiring role models like Jim Thorpe," said Warford in a brief talk. "We are a community together and we need to emphasize this more in the city of Bismarck." The film series is sponsored by UTTC, BSC and the ND Indian Affairs Commission, Executive Director Scott Davis seen at rear.

DESIGN-GRAPHICS-PRINTING



QUICK PRINTING 4-COLOR LASER PRINTING

Brochures - Books - Letterheads - Envelopes - Newsletters
Formal/Informal Invitations - Catalogs - Flyers - Posters - Forms
Complete Set-Up - Custom Designing & MORE!!!

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

701-255-3285 Ext. 1296

"CREATIVITY IS OUR SPECIALTY"



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

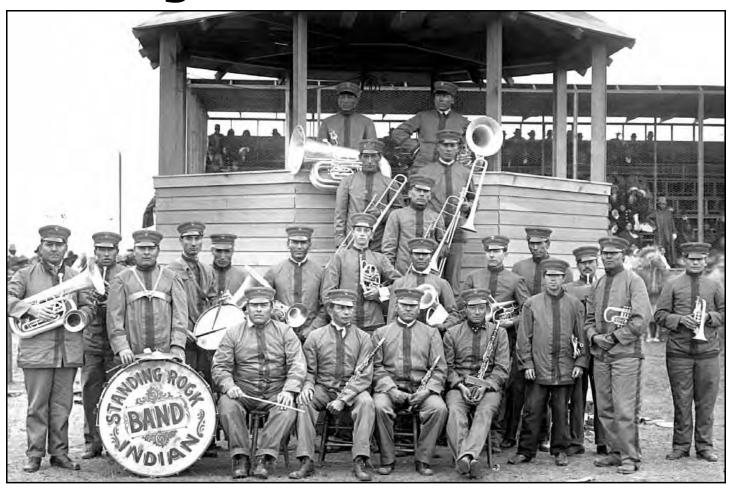
Thank you for your interest!



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

www.uttc.edu

Standing Rock music ambassadors





Standing Rock Indian Band photo from the Fiske collection (#459), courtesy State Historical Society of North Dakota. Standing Rock Warrior Band photo Dennis J. Neumann for United Tribes News.

THEN & NOW: When the Standing Rock High School Warrior Band energized the gym for the United Tribes Thunderbirds basketball games on February 4, they were following the musical footsteps of earlier Standing Rock musicians.

The Standing Rock Indian Band, above, was photographed at the bandstand of a county fair, probably the Morton County Fairgrounds in Mandan in the 1920s or 30s. Standing Rock Tourism Director LaDonna Brave Bull Allard says that Fort Yates music teacher David Blackhoop, a trained musician, led a band that played for community events. His group even played with the Lawrence Welk Band at a dance hall in Fort Yates. This may or may not be Blackhoop's group. If you have information about this photo, please contact United Tribes News (opi@uttc.edu).

The current Standing Rock Warrior Band was revived in the late 1990s by its esteemed director Kim Cournoyer-Warren (standing and playing trumpet); Beth Tepper, high school principal. The visit to UTTC was the first time a high school band performed in the gym for the Thunderbirds. And, as it turned out, the enthusiasm was successful. The Lady Warriors defeated cross-town rival BSC.

Two Bulls honored in Washington

BY DAVID M. GIPP, United Tribes Technical College President

WASHINGTON (UTN) - The president of the Oglala Sioux Tribe was honored here March 1 during the 15th Annual Indian Women Supporting Each Other Honoring Luncheon. Theresa Two Bulls was recognized for her years of service to the tribe and tribal people.

Two Bulls oversees a nation of 55 thousand tribal citizens, headquartered in Pine Ridge, SD, with 51 other communities, and 3.2 million acres of land. She is married and has six children.

Two Bulls thanked the group and said she believes in respect and as her mother advised, "Be good to everyone." She said she was "tired of the rut we were living in" and decided to run for office to bring positive change.

Two Bulls said she had to go out and convince the men that it was time for a woman to lead. The key to her campaign was unity, she said. She is a former



Theresa Two Bulls

legal secretary, former tribal prosecutor, and a two-term South Dakota State Senator and was the Tribe's first Vice President. She is the chair of the Great Plains Tribal Chairman's Association, secretary of the National Congress of American Indians and serves in many other capacities.

"You have to be on the national level to take care of your interests," she said. "You have to be at the table."

"We have to speak up for our issues," she said. "We have their ears open but now we need to open their eyes by having them come to our communities."

Also honored was Kathryn Harrison, former chair, Confederated Tribes of Grand Ronde, who served on the tribal council for 19 years and helped her tribe gain federal recognition in 1983. She is 82 and won many awards over the years for

Attending the event were Larry Echo Hawk, Assistant Secretary for Indian Affairs and Jodi Gillette, Deputy Associate Director in the White House Office of Intergovernmental Affairs.

NDUS DIVERSITY CONFERENCE 2010

Thursday, April 22 Best Western Doublewood Inn Bismarck, North Dakota

> Conference host: **BSC Embracing Diversity** Committee

Keynote Speaker: Winona LaDuke

Other speakers will share knowledge about diversity and human relations Invited and encouraged to attend are students, and staff members of colleges, tribal colleges and organizations, multicultural programs and campus diversity groups

Free and open to the public!

Online registration required by April 19th Booth space available for trade fair!

Register online http://bismarckstate.edu/ ceti/diversity/

More information:

Erik Cutler, Director ND College Access Challenge Program North Dakota University System 1815 Schafer St Ste 202 Bismarck ND 58501-1217 701.224.2437 Fax: 701.224.2500 erik.cutler@ndus.edu

EASURE UP TO GOOD HEALTH

2010 CAMPUS WELLNESS PROGRAM 4-5 p.m. each Tuesday · 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 online class, "Wellness In the Work Place," taught by Ruth Buffalo-Zarazua provides additional information and motivation.

April 6	Healthy Snacks and Portions
	Fruits and Vegetables. More Matters
•	Good Measures; social hour, music, food, entertainment, prizes

For more information please contact:

Ruth Buffalo-Zarazua, 255-3285 x1357, rbuffalo@uttc.edu or Pat Aune, 255-3285 x1399, paune@uttc.edu



OPEN TO ALL STUDENTS, STAFF & FACULTY





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
- 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

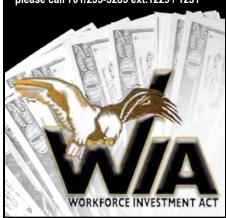
CRITERIA SUBMITTED FOR TRIBAL FUNDING MAY VARY FOR NEW AND RETURNING STUDENTS:

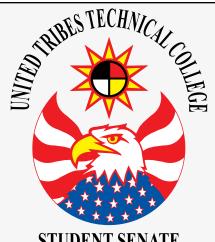
To ensure application completeness, contact and follow up with funding agency frequently.

TO BE ELIGIBLE FOR WORKFORCE **INVESTMENT ACT (WIA) CLASSROOM** TRAINING ASSISTANCÉ:

 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

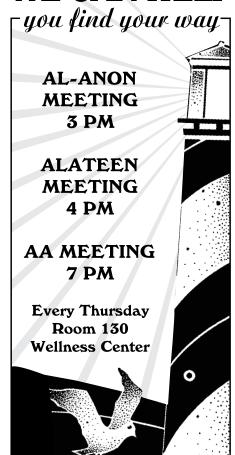
Accepting nominations for the 2010 North Dakota Community **Leadership Awards**

- 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





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

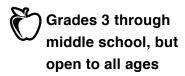


United Tribes Technical College 3315 University Drive Bismarck, ND 58504



Monday, May 3, 2010 University of Mary Bismarck





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.



Green Energy Summit held at United Tribes

BISMARCK (UTN) – United Tribes Technical College hosted a Green Energy Summit March 30 at the college in Bismarck. Participants learned about opportunities for developing "green energy" programs and initiatives in tribal communities.

The event was for tribal personnel who work in programs that provide services

The program covered opportunities and challenges in the new "green energy" economy, including capacity building, finding resources and forming collaborations. Demonstrations showed the advances in energy audit technology.

Highlighted was the United Tribes Energy Auditor Training Program, the on-



Among the weapons in the energy auditor's tool kit is the thermal imager. Students in the United Tribes Native Energy Auditor Program have been trained for its use in evaluating heating loss in buildings. United Tribes News photo Barbara Schmitt

in the areas of housing, jobs, placement, workforce and weatherization. Tribal officials interested in "green energy" changes in their communities also attended.

The summit was hosted by the Office of Indian Energy and Economic Development and the United Tribes Native Energy Auditor Program.

ly program of its kind in the nation that trains Native people as energy auditors.

For more information about "green energy" programs for Native communities, contact: Janet Thomas 701-255-3285 x 1870, jthomas@uttc.edu, or Barbara Schmitt 701-255-3285 x 1436, bschmitt@uttc.edu.



-PREVENT CATCHING-----N1H1 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





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

Arts Grant Deadlines

Traditional Arts Apprenticeships

GRANT APPLICATION DEADLINE: MAY 15 For projects July 1, 2010 to April 30, 2011 Notice of Intent to Apply due by April 15

Traditional Arts Apprenticeships honor and encourage the preservation of North Dakota's diverse living traditions by providing grants that allow master traditional artists to pass their skills and knowledge to apprentices on a one-to-one basis over an extended period of time.





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

THUNDERBIRD H

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

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Connie Nelson

Ellen Forderer

Lynelle Lawler

Paulette Lemer

Renee Becker

- Experienced Staff in Medical Transcription & Nursing
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1-866-556-5327 • www.exactmed.com

2010 Graduation Ceremony

BISMARCK (UTN) - The 2010 United Tribes Technical College Commencement Ceremony is scheduled for 1 p.m. Friday, May 7 in Lone Star Arena on the college campus in Bismarck.

Students will be honored who have earned Associate of Applied Science Degrees and Certificates of Completion in the college's academic and vocational programs. The event concludes the 2009-10 academic year.

Graduates have chosen the theme: "Life isn't about finding yourself; Life is about creating yourself."

Formal graduation photos will be taken from 8:30 a.m. to 12:30 p.m. in the Lewis Goodhouse Wellness Center. Grads are asked to arrive early for best results; photography ends promptly at 12:30 p.m.

A graduation banquet will be the evening prior to the commencement ceremony.

Tribal leaders on the United Tribes governing board will recognize the graduates: Three Affiliated Tribes, Sisseton-Wahpeton Oyate, Spirit Lake Tribe, Standing Rock Tribe, and the Turtle Mountain Band of Chippewa. The drum group Tatanka Nagi will provide honoring songs.

In case of inclement weather, the ceremony will be held in the James Henry Community gym.

GRADUATION PHOTOS

Friday, May 7 • 8:30 a.m. to 12:30 p.m. Lewis Goodhouse Wellness Center

ends promptly at 12:30 p.m.

2010 Rosebud Renewable Energy Conference

FORT COLLINS, CO - Renewables on Tribal Homelands: A Rosebud Sioux Tribe Renewable Energy Conference will be held April 28-30, 2010, at the Rosebud Casino & Hotel in South Dakota. Sponsored by the Rosebud Sioux Tribe; Trees, Water & People (TWP); Lakota Solar Enterprises (LSE); and the National Renewable Energy Labs (NREL), the conference will highlight the energy cost problems faced by the Indian Reservations of the American West, the new and developing family and facility-scale alternative energy projects being implemented to address these problems, and the future possibilities for Native American renewable energy development. Renewables on Tribal Homelands is all about bringing renewable energy into tribal communities and homes. The conference is open to all tribes and individuals who are interested in renewable energy technologies and looking for ways to start and fund innovative projects.

The Rosebud Reservation has been at the forefront of tribal renewable energy development, making this an ideal opportunity to explore the future of Native American renewable energy innovations and opportunities. Participants will tour multiple sites on the Reservation, including the Little Thunder Project, a demonstration site for multiple renewable energy applications. This project utilizes the home of Rosie Little Thunder, the head of a well-known traditional Lakota family. The renewable energy demonstrations on the site include windbreak and shade trees, a solar air heater, photovoltaic panels, and a small wind turbine. Participants will also visit the 750 kilowatt utility-scale commercial wind turbine at the Rosebud Casino. Purchased in 2003, this is the first commercial wind turbine in the lower 48 states wholly owned and operated by a Native American tribe. The Sicanyu Lakota of the Rosebud Reservation also negotiated the first tribal sale of carbon offset "green tags" generated by this turbine to NativeEnergy of Vermont. Site tours will also include visits to a straw bale house and solar heater installations.

The last day of the conference will address future renewable energy projects and opportunities, using case studies of other tribes' renewable energy efforts. Included will be a presentation by Henry Red Cloud, proprietor of Lakota Solar Enterprises (LSE), about the Red Cloud Renewable Energy Center (RCREC). Located on Pine Ridge Reservation in South Dakota, RCREC provides tribes with training by and for Native Americans in solar heating and other renewable energy applications. Along with tours and presentations, the conference will feature traditional dinners and cultural activities in the evenings.

For more information about this event or to register, please contact Liz Sunderland at Trees, Water & People at 970-484-3678, liz@treeswaterpeople.org, or Deana Haukaas at Rosebud Sioux Tribe Utility Commission at 605-747-4097, deanaml@ hotmail.com.

Trees, Water & People is a Colorado-based 501(c)(3) nonprofit organization committed to developing sustainable community-based conservation solutions. To learn more, visit www.treeswaterpeople.org.

*Arrive early for best results; photography

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

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.





= Heart & Lung (EMOTIONAL)



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



= Persons in Sweatlodge (WELLNESS CENTER)





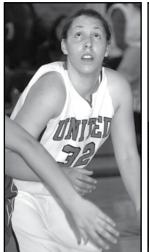


UNITED TRIBES THUNDERBIRDS

Congratulations to the United Tribes Thunderbirds basketball teams on their 2009-10 season in the Mon-Dak Conference. Special recognition and congratulations to the Lady Thunderbirds who received athletic and scholar awards.



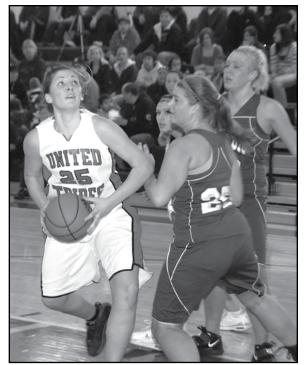
Nicole Wells: All-Conference Honorable Mention







Left to right, Marie Spotted Horse, Hanna Helleckson & Alyssa Star: Mon-Dak Conference Scholar Athletes



Cristin Haase: All-Conference First Team & Mon-Dak Conference Scholar Athlete



Kristin Bearstail: All-Conference First Team & Mon-Dak Conference Scholar Athlete



WELLNESS ACTIVITIES

DATE	TIME	ACTIVITY	
1	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Volleyball League (Multi-Purpose Room)	
	7pm	Relaxation Techniques (Healing Room)	
2-5	CLOSED	Easter Break	
6	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)	
	7p	Aerobics/Pilates/Taebo (Healing Room)	
7	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Pool Tournament	
	<u> </u>	Beading/Sewing/Quillwork (Multi-Purpose Room)	
8	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Volleyball League (Multi-Purpose Room)	
	7pm	Relaxation Techniques (Healing Room)	
9	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	9p-12a	Dance Off Contest (Adults 18&over) Multi-Purpose Rm	
10	2pm	Gateway To Science	
11	2pm	Heritage Center	
12	<u> </u>		
12	12p/4p 3:30p-5p	Walking Club Youth Activity (Multi-Purpose Room)	
	6pm	Hand Games/Open Drum (Multi-Purpose/Healing Room	
	оріп	UTTC Men's Basketball League	
13	12n 1n	Circle Of Parents Meeting (Wellness Center Classroom)	
15	12p-1p	Walking Club	
	12p/4p		
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Volleyball League (Multi-Purpose Room)	
	6p-7p	Men's Wellness (Healing Room)	
14	7pm	Aerobics/Pilates/Taebo (Healing Room)	
14	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Pool Tournament	
		Beading/Sewing/Quillwork (Multi-Purpose Room)	
45	42 **	Women's Wellness (Healing Room)	
15	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Volleyball League (Multi-Purpose Room)	
	7pm	Relaxation Techniques (Healing Room)	
16	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Movie Night (Multi-Purpose Room)	
17	1pm	Snoopers!	
18	2pm	Ping Pong Tourney	

DATE	TIME	ACTIVITY	
19	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	
20	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)	
	7pm	Aerobics/Pilates/Taebo (Healing Room)	
21	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)	
22	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Volleyball League (Multi-Purpose Room)	
	7pm	Relaxation Techniques (Healing Room)	
23	12p/4p	Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Movie Night (Multi-Purpose Room)	
24	1pm	Swimming @ Mandan Community Center	
25	6pm	Community Bingo!	
		Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Hand Games/Open Drum (Multi-Purpose/Healing Room)	
		UTTC Men's Basketball League	
27	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)	
	7pm	Aerobics/Pilates/Taebo (Healing Room)	
28	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)	
29 12p/4p Walking Club		Walking Club	
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	6pm	Volleyball League (Multi-Purpose Room)	
	7pm	Relaxation Techniques (Healing Room)	
30 12p/4p Walking Club			
	3:30p-5p	Youth Activity (Multi-Purpose Room)	
	9p-12a	Thunder Alley Bowling @ Midway Lanes Mandan	

APRIL 2010

Class presentations raise awareness, help develop leaders

BY BOBBY CROW FEATHER & SIERRA TWO BULLS, Members of the Leadership Development Class

group of United Tribes students made a series of presentations in early March about topics that have affected them personally.

The presentations were part of an assignment in the class, Leadership Development, with instructor Terry Moericke. They were made to youngsters in grades 7 and 8 at Theodore Jamerson Elementary School.

Three teams of students, with three students per team, made presentations on March 2, 3 and 5.

One team titled their presentation: "Healthy Awareness." It included information on such topics as diabetes, lupus, and remaining active in today's world.

The topics were developed from presentations each member had previously prepared. The subjects were chosen because they affect people throughout Indian country, and because they touched each member in a personal way.

Matt St. John, who focused on staying active in today's world, recounted the story of his family and how his brother overcame diabetes. Rolynn Clown told how she was diagnosis with lupus and how she is managing her life. Bobby Crow Feather spoke about diabetes and its effects on the



UTTC student Ursula Kary LaTray makes a presentation about teen awareness of violence against women as her part of a leadership development class presentation.

body, while also emphasizing the importance of prevention.

The group of Ursula Kary LaTray, Mikelyn Teeman and Sierra Two Bulls presented "Teen Awareness of Violence, Depression, and Drugs/Alcohol." They pointed out that violence, depression, and drugs and alcohol are the leading causes of deaths for students between ages 12-18. Those topics were selected to bring about awareness of subjects that the group members have personal experience with.

The other group of students was: Nathan Dunn, Lisa Stump and Glen Fox.

The objective was for these students to demonstrate leadership within the United Tribes campus community on issues affecting Indian Country today, said Moericke.

The presentations were a good opportunity for both the college students and those at TJES, who received healthy multi-grain bars and water while they listened and participated in the discussion.

The Leadership Development class extends it appreciation and thanks to TJES Principal Sam Azure, Instructor Pat Leno, and the TJES students for the opportunity to share with them.

Above and Beyond By JEN JANECEK HARTMAN, PH.D., Director of STEM Education

I'd like to recognize the Tribal Environmental Science staff, Mandy Guinn, Rebekah Olson and Derek Schulte, for going above and beyond the call of duty in helping our TES students.

Among the things they do, they have a mandatory Wednesday study session from 5-6 p.m., where they are available for one-on-one tutoring with students. And they have other math teachers taking turns to

volunteer their time on these study sessions.

Students have an open invitation to come to our office area where these three help them write applications for summer internships. And they're always writing letters of recommendation for students.

This is the second year they volunteered to organize students and logistics and serve as coaches for the AIHEC competitions, which is no small feat! They never get to come to "All Hands" meetings because they have labs or classes at that time.

I just finished reading their mid-term evals and they include comments like "You rock" and "Thanks for all you do!"

So, here's a big THANK YOU to these unsung heroes. I appreciate what you do; the students appreciate you; and United Tribes is better because you are here!

THEODORE JAMERSON ELEMENTARY



WORLD MATH DAY: TJES SETS NEW SCHOOL RECORD

BY MARLYNN, Grade 4

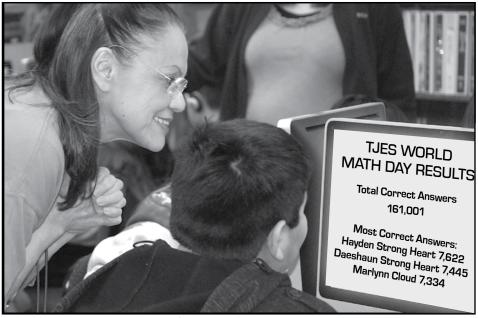
n March 3-4 kids from all over the world logged onto the "World Math Day" website (www.worldmathsday. com/2010) and worked to solve as many simple math problems as they could.

TJES students joined the activity and answered over 161,000 problems correctly. That more than tripled last year's output of 51,000 and put TJES well into the six figure category.



Students in grades K-8 accomplished that outstanding result despite a four hour crash in the World Math Day internet server. But that did not stop them.

TJES students logged onto something



TJES instructors praised this event for the way it promotes numeracy and helps students make significant improvements in their mental arithmetic skills and have fun in the process.

similar called "V Math Live," an internet site also containing math problems where they competed against other kids around the world for who could answer quickest. Congratulations to all the TJES students, and thank you to Math Coach Misty Miller and all of the teachers who helped and encouraged us!

Prescription Dangers BY MARLAYSIA Grade 6

TJES teachers, staff, parents and students participated in an information meeting February 18 about the dangers of taking other people's prescription drugs.

Deputy Roy Bailey of the Burleigh County Sheriff's Department presented the talk. He talked about possible side effects like seizures, heart failure, comas, and many more effects including death.

He said if you have old prescriptions that you no longer use or need you should properly dispose of them. Don't just through them away in the trash. And he said not to flush them down the toilet.

He said you should give them to the police departments or crumple them up and sprinkle them in some stinky garbage.

Deputy Bailey also talked about the parent and children relationships. For instance, your children should not have locks on their doors. Cell phones should be taken at night and computers should be in an area where everyone can see them.

Parents should know where your kids are at all hours. He talked about how kids who live with their parents have no 4th amendment rights, as the kids are the responsibility of their parents.

National Science Fair

BY KIERAN, Grade 6

Three first place State Science Fair winners from TJES flew to Albuquerque, NM on March 11 to enter the National Science fair. Kieran and Dusty presented their project, "Clawster the Programmable Robot." Rebel presented his project, "Electric Motor." He was judged six times. The Clawster project was judged nine times.

Currently we do not know if any received awards.

Success with Pinhole Camera

BY TAYLAHNI, Grade 4

sing just a shoebox, black paper, black tape, and tinfoil and a needle, I made a box camera and it really worked. As soon as I made it, I took photos with it.

First I got a shoebox and lined the whole inside with black paper so light wouldn't bounce around inside. Then, I made a hole on the top of the box and covered it with tinfoil and taped it down with black tape. By pushing a sewing needle 1/3 the way through the foil, I poked a hole in the foil. Then I went in a dark bathroom and taped photo paper in the bottom of the box.

I covered my pinhole and took the camera outside to take a photo.

The first picture used a five minute exposure; it turned the paper black because there was too much light.

Picture two was taken with one minute exposure. It worked but it was still too dark.

The third photo was taken at 30 seconds. It was still a little dark but OK.

In the picture here, notice that Tayson's foot is larger than his head. This is because the pinhole camera has a very wide field of view.



Nutrition Month activities had

tropical flavor

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

uring March, which was National Nutrition month, the Nutrition and Foodservice Vocation provided students, faculty, and staff with snacks in the Skill Center building on the Wednesday morning of mid-term week. Fruits were sampled, including a blood orange, mango, and papaya, which the majority of stu-

students in the new culinary fundamentals class prepared Native American recipes they had researched. Several students helped to cook, set up, serve and clean up after the meal.

The March Vocation Club meeting was held March 18 in the Land Grant Room. After the meeting, students traveled to the



United Tribes News photos Annette E. Broyles

dents had never tasted before. The favorite choice was the mango. There were a lot of questions about how to cut a papaya, which contained the most Vitamin C of the three choices.

Some people danced to the tropical music, threw around a beach ball on which were written nutrition facts, or tried the limbo. Ba-

nanas were handed out to students who were rushing to take their next mid-term exam.

The Nutrition and Foodservice Department held their spring advisory board meeting on March 5. For this meeting,



University of Mary campus to tour various foodservice facilities. Michael Ray, foodservice director, described the facilities and encouraged students to complete their foodservice practicum on their campus. The tour ended with a delicious meal at the University of Mary dining center.

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

Simple food safety tip

ONLY A LITTLE NEEDED: If you're without those commercially made solutions, you can always turn to the universal, all-purpose disinfectant - bleach. Food safety instructor Pat Aune advised that you need only a small amount when preparing a solution for disinfecting utensils used during food preparation. It was part of the March 9 Serv-Safe food safety course at United Tribes. Looking on, from left, three Standing Rock Nutrition for the Elderly cooks: Marsha Netterville, Fort Yates; Kim Bearsheart, Kenel, SD; and Phyllis Standing Bear, Cannon Ball. Others who participated in the training were SRST Nutrition for the Elderly Cooks: Camille Martell, Bear Soldier, and Judy Cadotte, Wakpala, SD; SRST Kiddi College Cook Bernice Goodhouse; SRST Environmental Health Technician Jeannette Cluett, Fort Yates; and UTTC Nutrition and Foodservice Students Josiah Jacobs and Delett Siegfried.



UNITED TRIBES TECHNICAL COLLEGE

Summer/Fall Pre-Registration
APRIL 12-16

Summer Registration/Classes
MAY 17

Fall Orientation/Registration
AUGUST 16-18

Fall Classes Begin
AUGUST 19

United Tribes Technical College • 3315 University Drive • Bismarck, ND 58504 For registration information call 701.255.3285 or toll free 888.643.8882 or visit www.uttc.edu



Members of the United Tribes Self-Study Steering Committee are guiding the process as the college engages in self-study for reaccreditation in 2011. Members pictured from left around back of table are: Russell Swagger, Suzan O'Connell, Dr. Harriet Skye, Dr. Stacie Iken, Evelyn Orth, Carol Anderson, Dorvin Froseth, Barbara Little Owl, Red Koch, Dr. Phil Baird, Doug Quinn, Lisa Azure, Charlene Weis, Brian Palecek, Marsha Azure, and Kathy Johnson. United Tribes News photo Leah L. Hamann

Student Advising – Key Tool for Student Retention

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

FACULTY SURVEY PRESENTS NEW INFORMATION

s part of the college's self-study activities, United Tribes faculty members recently asked themselves how much time they contribute toward advising students.

The advising role is considered critical to student retention and success at tribal colleges and universities (TCUs). But we have a challenge in this area. While mainstream institutions have separate student advising departments, many TCUs lack adequate resources to provide this service in the holistic fashion needed by Native students.

UTTC promotes student advising among its employees with the motto: "Student Success is Everyone's Responsibility."

On the student services side, the Center for Student Success employs four, nine-month counselors to serve nearly 1,000 students.

For instruction, about 50 full-time college teachers are engaged by the college annually. The "primary student advising" role falls to academic department chairs, which they combine with their

full-time instructional duties. Most other faculty members acknowledge they are involved with student advising in some fashion.

During the faculty's All Hands Conversations session held in early March, campusbased instructors responded to a survey about student advising. They were asked about how much time they spend advising students, where the advising takes place (during and/or outside of class), and to list the top four issues students come to them with.

According to department chairs, they devoted at least one-fourth of their professional time advising students. Six departments with larger enrollments indicated advising time ranged from 36-50%. Among all respondents, the average time expended toward advising was 26.64%.

Forty-four percent of all responding faculty indicated advising activities were done outside of class time; 56% said they did advising during and after classes.

General education instructors, who traditionally do not have a primary advising role, said 35% of their time was spent with some type of student advising, mostly outside of classes. The survey also revealed that advising takes place in the library, where an average of 25% of staff time is used on advis-

ing activities.

What did faculty advise students about? The survey asked respondents to identify the top four areas of concentration:

- 96% Student academic performance
- 76% Absenteeism/Early Alert
- 68% Mitigation of Personal, Social & Economic issues
- •68% Degree planning

The information offers a sense of how much time and what kinds of student needs are being served by faculty in advising roles. Not addressed by this survey, but certainly important, is the quality and effectiveness of the advising.

At present, the primary measure of institutional effectiveness is student retention. Semester by semester, the college achieves about an 80-85% retention rate. When retention is defined as the Fall-to-Fall semester student cohort, the rate decreases almost by half. The lack of college preparedness and personal economic issues are two variables that have a major impact on the cohort measure.

The new data we have about advising is important information to consider as we continue to address student advising and the role it plays in student retention.









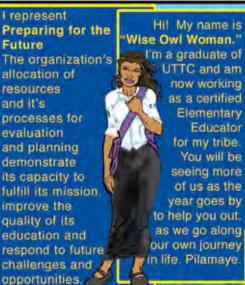
OUNCIL FIRES "Sharing Our Stories"

Issue #1











them in ways both value

CREATED BY MARK L. MINDT SPIRIT LAKE NATION

When you see this logo, think self-study. This image, created by senior graphic designer Sandy Erickson at Arrow Graphics, will accompany articles and information related to the United Tribes self-study process. When you see it, you'll know that the information relates to what the college is doing by way of self-study examination leading up to reaccreditation in 2011.

- Leah L. Hamann





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