



UNITED TRIBES www.uttc.edu

NEWS

DECEMBER 2010 • VOL. 19 - NO. 12
UNITED TRIBES TECHNICAL COLLEGE
BISMARCK, NORTH DAKOTA



View From Up High page 3

Ready and Waiting



United Tribes News Photo Dennis J. Neumann

SET TO GO: The new United Tribes Science and Technology building, with its gleaming wall of southeast-facing glass, goes into instructional use at the start of Spring Semester after the first of the year. A symbol of college growth and expansion, the two-story, 38,000 square

foot building is the first structure on the college's new campus. Programs taught there will be: Criminal Justice, Nursing and Computer Information Technology. That will be scheduled for January. Date and time to be announced.



JOHN THUNDERHAWK CLASSIC
December 3-4 • James Henry Gym

Dec. 3	BSC vs JMS JV	W&M	2/4 pm
Dec. 3	UTTC vs MAFB	W&M	6/8 pm
Dec. 4	MAFB vs BSC	W&M	12/2 pm
Dec. 5	JMS JV vs UTTC	W&M	4/6 pm

United Tribes Technical College

2010
Fall Honoring

Friday, December 17
10 a.m.

Lewis Goodhouse Wellness Center
Multi Purpose Room

Guest speaker & meal following
ceremony at the cafeteria

**United Tribes Staff
Holiday Gathering**

Friday, December 17
6 p.m.

Radisson Hotel
6th St & Broadway Ave

MUSICAL
ENTERTAINMENT
& MEAL



Flag presented on Veterans Day



CAMPUS HONORING: Dr. David M. Gipp, United Tribes Technical College president, accepts an American Flag that was flown September 11, 2010 at the U. S. Air Force base in Kandahar, Afghanistan. The presentation was made during the United Tribes Veterans Day program, November 11, by master of ceremonies Terry Moericke, a Veteran and member of the college faculty. Looking on is Evelyn Orth, the college's Practical Nursing program director, who arranged for the flag. It came from Orth's son-in-law, Major Christopher Sandison, who is serving in an Army National Guard unit in Afghanistan. The flag was flown at the base on 9-11 specifically to thank United Tribes and its many Veterans for their patriotic support.

United Tribes News photos Dennis J. Neumann



Cunch Menu

CAFETERIA HOURS:
 Breakfast: 7-8:30am
 Lunch: 11am-1pm
 Dinner: 5-6:30pm

Nov. 29 - Dec. 3		December 6-10		December 13-17		December 20-24	
M	Taco Salad w/ Assorted Toppings	M	Spaghetti & Garlic Toast	M	Cheeseburger & French Fries	M	Winter Break
T	Steak Sandwich & French Fries	T	Poor Boy Sandwich & Potato Salad	T	Chicken Strips & Rice	T	Winter Break
W	Turkey Club Sandwich & Potato Salad	W	Burrito w/ Refried Beans & Spanish Rice	W	Pizza (Cook's Choice)	W	Winter Break
T	Pizza (Cook's Choice)	T	Fried Chicken w/ Mashed Potatoes & Gravy	T	Tator Tot Hotdish	T	Winter Break
F	Chicken Strips & Rice	F	BLT & Soup (Cook's Choice)	F	Fall Honoring Meal	F	Winter Break

KODA THE WARRIOR "Be The Person You've Always Wanted To Be!"

CREATED BY MARK L. MINDT
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Now is the Time to Make Your Move! **Go For It!**

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Seize the Opportunity! **Improvise**

No Regrets! Closer to the Edge...

Persevere

Be Grateful

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kodathewarrior@yahoo.com

Breast Cancer Awareness Event

BY RUTH BUFFALO-ZARAZUA, MBA, STRENGTHENING LIFESTYLES PROGRAM DIRECTOR

The 3rd Annual United Tribes Breast Cancer Awareness event drew 105 people on October 21 in the college wellness center. Participants included UTTC students, TJES staff, Bismarck-Mandan community members, Strengthening Lifestyles' Youth Wellness Academy, retired UTTC employees Dennis Renville and Helen Lindgren, and Phyllis Howard of the North Dakota Department of Health Office of Health Disparities. The Boys and Girls Clubs of Fort Berthold were also in attendance.

"Within the last few generations, cancer has become the leading cause of death for Alaska Native women and is the second leading cause of death among American Indian women."

– Breast Cancer Resource Directory

Lance White (Three Affiliated) was master of ceremonies; Russell Gillette (Three Affiliated) gave the opening prayer. Dr. Harriet Skye (Standing Rock) provided opening remarks. Keynote speaker was Elaine Keepseagle (Standing Rock) a breast cancer survivor, who shared her story about the importance of early screening and early detection.

"Within the Dakotas, Native American's have the highest rate of cancer death rates throughout the Nation."

– Donald Warne, MD, MPH, Oglala Lakota

Barbara J Wilson, volunteer chair of the North Dakota Susan G Komen, For the Cure, office, provided a special presentation. Lauren Good Day Frank (Arikara/Blackfeet/Cree) champion jingle dress dancer, provided a dance exhibition. The Jingle Dress dance originated among the Ojibway people long ago and is known as a healing dance. Songs were rendered by the newly formed UTTC student drum group, "T-birds," who wore pink in support of finding a cure for breast cancer. The program concluded with a walk around All Nations Circle.



Lauren Good Day Frank (Arikara/Blackfeet/Cree) champion jingle dress dancer, provided a dance exhibition at the 3rd Annual United Tribes Breast Cancer Awareness event.

View From on High



ON THE SHOULDERS OF GIANTS: Dante Wise Spirit can fly like Superman, thanks to a little help from his father Lonnie (Standing Rock) a student at United Tribes. Father and son, along with Dante's mom Brooklyn, were zooming around the booths at the college's Career Fair. The October 20 event in the gymnasium was organized and sponsored by the Career Development staff. United Tribes News photo Dennis J. Neumann

High school students explore colleges



ON TOUR: A group of students from White Shield (ND) High School were among the 150 students who took part in "Native Nations Explore College Day," November 9 in Bismarck. From left: David Mares, Tyler Hall, Amanda Meyers, Sam Meyers, Evan Deegan and Michelle Everett, all juniors and seniors, are seen near Itancan Hall on the United Tribes Technical College campus. They also visited Bismarck State College, hearing from both college presidents and others about preparing for the college experience. United Tribes News photo Dennis J. Neumann

WE'RE NOT JUST A BOOKSTORE...

...Come in & check out our new fashions!

Dates to Remember:

Nov. 22-Dec. 3 –15% off sportswear sale
Dec. 13-16 –Book Buy Back from 9 am-4 pm...many door prizes!

Graduate Reminder:

Stop in the Bookstore to order a cap & gown if attending May ceremony.
Gowns are not required for December honoring.

Holiday Gift Ideas:

-UTTC Holiday Towel Sets/Sister Sky Bath Products
-Pendleton Mugs/Native American Tea Products
-Pendleton blankets, baby blankets and tote bags; various colors and designs & much more!!!



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Jack Barden Center, Lower Level
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, 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.

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.



DSS COORDINATOR:

Tammy Kelsch

Jack Barden Center • Room 215

701-255-3285 x 1465

Fax: 701-224-7230

UNITED TRIBES Parenting Classes

**Mondays
at 6 pm**



Parent Support Group

**Noon Luncheon
Meetings Every Tuesday**

**Call to pre-register
for lunch**

255-3285 x 1323

**Lewis Goodhouse
Wellness Center
Wellness Classroom**



**More information:
Lisa Stump, 255-3285 x1323**

Cain work exhibited



Minnesota University Musuem

BISMARCK (UTN) – Artist Donald Cain of Bismarck was one of the featured artists for the exhibit “Native Reflections” at the Southwest Minnesota State University Art Museum in Marshall, MN.

The November 2010 exhibit in the William Whipple Gallery celebrated Native artists from around the region and country who work in traditional and contemporary forms.

Cain was born and raised in the Turtle Mountains at Belcourt, ND; he is an enrolled member of the Turtle Mountain Band of Chippewa. He works in a variety of mediums, including hide painting and brain tanning, beading, quilling, stain glass, wood sculptures, and pipe making.

Cain exhibited two buffalo rawhide bags in the SMSU exhibit: A drumming bird and unity bag, seen at rear in photo, using

also deer buckskin and earth pigments.

“In oral tradition when the grouse makes a drumming sound my Grandmother told me that it was the little people dancing to the drumming bird,” wrote Cain for the exhibit. “When the little people danced, good things were going to happen to the Anishanabe, like the berries were going to be good or a couple was going to conceive after years of trying, or good weather, etc. The berry represents the Black Caw. This berry aids in birthing. It is also a favored berry to eat after the first frost when sweetest, giving the hunter needed energy; it also helps to rid a hunter of his man smell.”

About the unity bag Cain wrote: “The triangle designs represent lodges coming together in the center in strength, as meant by two triangles put together to form a diamond; the color yellow symbolizes strength.”

Of the exhibit works, the museum said they provide “an opportunity to learn more about Native American culture through visual imagery that tells the stories of [the artists] families and life experiences.”



United Tribes Technical College

United Tribes Technical College Criminal Justice Program presents...

TRIBAL LAW ENFORCEMENT TRAINING PROGRAM

Crime Scene Photography for Police Officers: January 27, 2011
Drug Investigation: February 23-26, 2011

Dates & details subject to change
More information: Brent LaRocque 701-255-3285 x 1490, blarocque@uttc.edu

Upcoming Topics in March/April 2011

- Stress Management for Law Enforcement
- Reid Interviewing and Interrogation (limited to 50 participants)

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>

Another safe place to play



United Tribes News photo Dennis J. Neumann

NEW EQUIPMENT INSTALLED: Members of the United Tribes maintenance department completed work in early October on a new playground on the United Tribes campus. Worker Jiame No Neck (Oglala Tribe) puts the finishing raking touches to a covering of wood chips that blanket the fenced area adjacent to the FACE Program building. The campus youngsters who immediately began using the colorful, new equipment are the children of students who attend the college.

Please Stop **Domestic Violence** Let's help each other stay safe...

If you have any questions or concerns about domestic violence, my office is in the Wellness Center. I am available M - F, 8-5. You may call UTTC Security to get in touch with me after hours.

The United Tribes Domestic Violence program partners with the Abused Adult Resource Center. Their hours are 8-4, M - F. 701-222-8370. After hours 1-866-341-7009.

STAY SAFE, STAY ALIVE.

UTTC respects your privacy and confidentiality.

WE WANT YOU TO BE SAFE.

Julie Beston Sage,
Domestic Violence Advocate
United Tribes Technical College

701-255-3285 x 1456
jbestonsage@uttc.edu



UNITED TRIBES www.uttc.edu

NEWS

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A New Challenge for Indian Education 2010

by Gerald E. Gipp, Ph.D.

National Indian Education Association Annual Conference

October 8, 2010, San Diego, CA

Recently I watched the 2009 movie "The Only Good Indian," produced by actor Wes Studi. Mr. Studi played the central figure in the movie that depicted the experiences of Indian children in the federal boarding school system. You are aware of the negative experiences endured by Indian children from the late 1800s into the mid-1900s. The movie was a vivid reminder of where we've been and where we are today working with the same lumbering federal systems that cause our students to continue to fail. The movie reignited my interest and commitment to promote a new initiative beyond what has been accomplished in the past 40 years.

Suffice it to say that the failures of formal education for Native children have been well documented. Despite new initiatives that grew out of the Kennedy Report of 1969, Indian students continue to fail miserably, far beyond national standards. This includes the Bureau of Indian Education (BIE) funded schools and public sector schools where over 90 percent of Native students receive their education in 2010.

This begs the question: Where are we going with the current Administration and Congress?

The election of President Obama was strongly supported by Native America; it brought the hope to Indian leaders and Native educators that greater understanding and new initiatives for Indian Education would be forthcoming from the federal government and Congress. But as recently as last week, when President Obama and other national leaders voiced their concerns about the failures of public education in America, Indian Education was not in the forefront of that discussion.

As a longtime educator, I've had the opportunity to work in four federal agencies: the Departments of Interior, Health and Human Services and Education; and the National Science Foundation. I have provided leadership in the national offices of

the American Indian Higher Education Consortium and the National Indian Education Association. Based on those experiences, and judging from today's environment, it appears that we are destined to see only incremental changes in Indian Education if we fail to act, and education for our children will continue to languish.

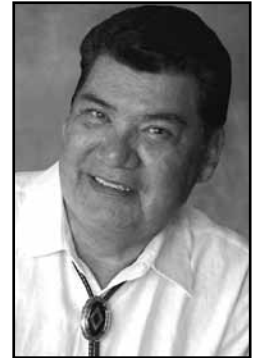
This is my concern today. Since the President's acknowledgement of Tribal sovereignty in a national gathering of tribal leaders and subsequent educational meetings with the various federal agencies, a "Blueprint for Reform" was released to guide the reauthorization of the Elementary Secondary Education Act (ESEA) along with the Administrations priorities. In addition, a number of tribal consultation meetings were conducted by the Department of Education (DOE). I understand our friends there, and in the BIE, are open to some changes that will be helpful. But I also understand there is a reluctance to promote deeper changes as recommended by the National Indian Education Association Board of Directors and Tribal leaders at the National Congress American Indians (NCAI) Mid-Year Conference in June 2010.

Given recent developments, I believe we need a national initiative, a national strategy, a transformation to begin to turnaround Indian education at a faster pace. We appreciate the DOE commitment to provide resources for pilot programs and other small grant initiatives, and to continue a collaborative dialogue about Indian education. Nevertheless, there is little evidence that these actions will culminate in a national strategy to address the continuing failures for the majority of our students in 2010. Recent studies reported that fewer than 50 percent of native students entering high school will graduate, and only one out of ten students entering college completes a four-year degree. These results are unacceptable. Indian education continues to be a national tragedy, not a national priority.

It's understandable that the attention of the Administration and Congress is focused on the big picture of our global society: the wars, the economy, the threat of terrorism, mid-term elections, etc. It's also troubling that the Administration has to deal with the difficulty of budget deficits. Nevertheless, the amount of money to support Indian programs is but a minor commitment in comparison to other programs.

As we look to the future we tend to focus on the gaps and failures. But we have to remind ourselves of all the progress that has occurred over the past four decades. We have a good foundation to build on. We have greater control and participation in schools than ever before. We have more Native professional educators, superintendents, school principals, teachers and Indian professionals in a wide range of professions than ever. Some districts have accepted the option to take over the governance of schools, but many are still operated by the BIE federal system because communities are not prepared to govern. Our young people have far greater opportunities and access to higher education and we now have 36 tribal colleges, chartered and governed by tribal communities that represent an important tool to prepare our people to take ownership. Yet there is much more to accomplish.

I believe we have a new challenge if we choose to address it: to bring to the attention of our President and national leaders to make Indian Education a national priority. With two years remaining for the current Administration, and hopefully four more after that, there is still hope to call upon President Obama to acknowledge the need



Continued page 13



UTTC Wellness Center is starting a new group for on campus UTTC veterans "Freedom Defenders" both students and staff are welcome to attend. The meetings will be monthly on the second Wednesday of every month (except May 2011) from 5:30-6:30 in the Wellness Center conference room. During these gatherings veterans will learn about benefits, community and national resources available. Become educated on topics directly effecting veterans. Coffee, snacks and door prizes will be given out.

For additional information please contact Michael Iken at 255-3285 ext 1277 or miken@uttc.edu.

TIME:
5:30 – 6:30 p.m.

MEETING DATES:
December 8, 2010
January 12, 2011
February 9, 2011
March 9, 2011
April 13, 2011
May 4, 2011



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

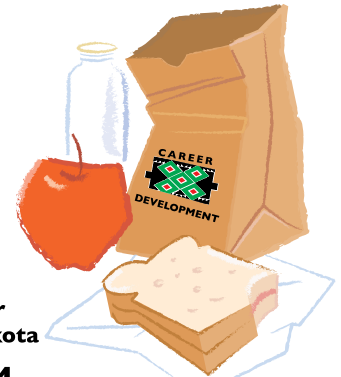
BROWN BAG Professional Development Education & Training Series

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

TIME: 12:00 - 12:50 PM

LUNCH PROVIDED • CEU's EARNED • OPEN TO STAFF & STUDENTS

MORE INFORMATION: Rhonda Breuer, 701-255-3285 x 1240, rbreuer@uttc.edu



Wednesday, December 1

TRAINING TOPIC: The Pressure Cooker Syndrome
PRESENTER: Kelsey Lang, MA, LPC

PRESENTATION HIGHLIGHTS

Having difficulty balancing your work and student life? Through attending this presentation, employees and students will learn how to balance the expectations and demands of work and student responsibility. Attitudes are important because they play a large role in developing a healthy balance. The speaker will discuss how daily pressures influence and direct our daily lives; and impact personal, family, work, and classroom relationships. The speaker will introduce a variety of ingredients to enhance positive functioning to reduce the pressures of our daily interaction with our fellow students, co-workers and family.

Wednesday, December 8

TRAINING TOPIC: Dealing with Change
PRESENTER: Dick Werre, LSW, LAC

PRESENTATION HIGHLIGHTS

Anticipating and managing change is an important part of the challenges of life, and of functioning in the workplace and classroom. This presentation will introduce ways to adapt to changing circumstances in a manner that will reduce the disruptive impact of change upon performance and functioning. The speaker will describe common reactions toward change, and how we can effectively respond to change at a personal, professional and student level.

Wednesday, December 15

TRAINING TOPIC: Managing Stress & the Holidays
PRESENTER: Kari Schoenhard, LCSW, LAC

PRESENTATION HIGHLIGHTS

This presentation will explore how to approach holiday traditions from a stress management perspective. The speaker will introduce a variety of ingredients to manage the holiday season, and our interaction with friends, co-workers and family.



First Quarter Awards



Theodore Jamerson Elementary students received First Quarter Awards on November 5 in the multi-purpose room. These included awards for the Honor Roll for Students in grades 4 to 8 and attendance awards for October.

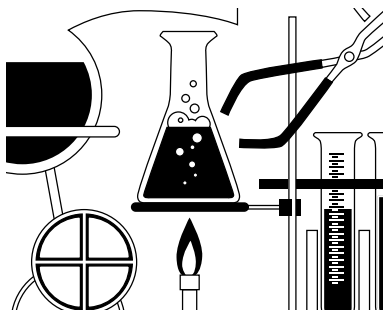
Also, a student from each class was awarded the Wa' Lakota Award for being respectful to self, others, the environment and community.

Mrs. Leno and Mr. Bearstail, PE instructors, awarded eight students a basketball and

a T-shirt four being respectful in PE. Three fourth graders, four fifth graders and a seventh grader each received this award.

Science Fair

On Friday, December 10, students in grades 3 to 8 will participate in the annual TJES Science Fair. Their projects are done after school and at home. The best one will be selected to go to the annual State Science Fair, where first place winners in each category in grades 5 – 8 will compete in the NAISEF Science fair in Albuquerque, NM.



Music Program

The TJES winter program is scheduled for Tuesday, December 14 @ 2 p.m. in the small gym. Students in grades K to 8 will participate. There will be speaking parts, solo songs, duets, dance, and group parts. Students have been rehearsing their songs and parts in music class. Parents are welcome.

- Taylahni, Grade 5



2010-11 NATURE PROGRAM SUNDAY ACADEMY SCHEDULE

TURTLE MOUNTAIN COMMUNITY COLLEGE (TMCC)

- Dec. 12 ... "Hydrogen Bonding & Surface Tension of Water"
- Jan. 23 "Shapes of NATURE: Fractals"
- Feb. 13.... "Muscle Contraction & Grip Strength"
- Mar. 6..... "Laws of Electricity"

SITTING BULL COLLEGE (SBC)

- Dec. 12 ... "How Acidic They Are"
- Jan. 23 "Shapes of NATURE: Fractals"
- Feb. 13.... "Muscle Contraction & Grip Strength"
- Mar. 6..... "Hydrogen Bonding & Surface Tension of Water"

CANKDESKA CIKANA COMMUNITY COLLEGE (CCCC)

- Dec. 12 ... "Fun with Physics & Computers"
- Jan. 23 "Shapes of NATURE: Fractals"
- Feb. 13.... "Muscle Contraction & Grip Strength"
- Mar. 6..... "How Acidic They Are"

FORT BERTHOLD COMMUNITY COLLEGE (FBCC)

- Dec. 12 ... "Food Safety: The Importance & Analysis of Aflatoxin in Corn"
- Jan. 23 "Shapes of NATURE: Fractals"
- Feb. 13.... "Muscle Contraction & Grip Strength"
- Mar. 6..... "Fun with Physics & Computers"

UNITED TRIBES TECHNICAL COLLEGE (UTTC)

- Dec. 12 ... "Laws of Electricity"
- Jan. 23 "Shapes of NATURE: Fractals"
- Feb. 13.... "Muscle Contraction & Grip Strength"
- Mar. 6..... "Food Safety: The Importance & Analysis of Aflatoxin in Corn"



WINTER

Safety

BY BILL WUOLU, United Tribes Safety Director

With the winter season upon us, it's time to pay attention when severe weather comes along. Winter conditions will cause you to have a longer commute due to poor road conditions and/or visibility. So plan ahead for the extra time it takes to be cautious and safe on the roadways.

You can count on the temperature dropping, so remember to always dress appropriately for conditions, even if you're just going a short distance. Because you never know what might happen.

There will also be icy/slippery conditions to walk on. Even though our maintenance department does a terrific job of removing and cleaning-up the snow, they can't be everywhere immediately.

It's always a good idea to be prepared for the weather at home and in your car, if you must travel. For more information visit www.ready.gov/america/beinformed/winter.html.

UNITED TRIBES CLOSINGS

Check the Status of School on Winter Storm Days

- * Call the switch board at 255-3285 during non-working hours
- * Check Cable Channels 7 and 11 or TV channels 5 and 12
- * Tune Radio to AM 550 or FM 92.9, 94.5, 97.5 or 98.7
- * Log onto www.my.uttc.edu and check the "Campus Announcements" for school updates

Unless there is an announcement about closure or delay, consider work, school and classes to be "in session" as scheduled.



WALKING SAFELY ON THE ICE

Slips and falls are some of the most frequent types of injuries especially during the winter months.

CHOOSE APPROPRIATE CLOTHING

- * During bad weather, avoid boots or shoes with smooth soles and heels, such as plastic and leather soles. Instead, wear shoes or boots that provide traction on snow and ice; boots made of non-slip rubber or neoprene with grooved soles are best.
- * Wear a heavy, bulky coat that will cushion you if you should fall.
- * Whatever you wear, make sure it doesn't block your vision or make it hard for you to hear traffic.

WALKING OVER ICE

- * Approach with caution and assume that all wet, dark areas on pavements are slippery and icy. Dew or water vapor can freeze on cold surfaces, forming an extra-thin, nearly invisible layer of ice that can look like a wet spot on the pavement.
- * Walk in designated walkways as much as possible. Taking shortcuts over snow piles and other frozen areas can be hazardous. Look ahead when you walk; a snow- or ice-covered sidewalk or driveway, especially if on a hill, may require travel along its grassy edge for traction.
- * If you must walk in the street, walk against the flow of traffic, as close to the curb as you can.
- * Taking shortcuts through areas where snow and ice removal is not feasible can be hazardous.
- * Point your feet out slightly like a penguin! Spreading your feet out slightly while walking on ice increases your center of gravity.
- * Bend slightly and walk flat-footed with your center of gravity directly over the feet as much as possible.
- * Extend your arms out to your sides to maintain balance. Beware if you are carrying a heavy backpack or other load—your sense of balance will be off.
- * Keep your hands out of your pockets. Hands in your pockets while walking decreases your center of gravity and balance. You can help break your fall with your hands free if you do start to slip.
- * Watch where you are stepping and GO S-L-O-W-L-Y !! This will help your reaction time to changes in traction.
- * When walking on steps always use the hand railings and plant your feet firmly on each step.
- * Use special care when entering and exiting vehicles; use the vehicle for support.
- * Take short steps or shuffle for stability. It also helps to stop occasionally to break momentum.

IF YOU SHOULD FALL

- * Try to avoid landing on your knees, wrists, or spine. Try to fall on a section of your body that can absorb more of the shock, such as your side. Wearing thick clothing can help prevent injury to the bony parts of your body.
- * Try to relax your muscles if you fall. Breathe out. You'll injure yourself less if you are relaxed.
- * If you fall backward, make a conscious effort to tuck your chin so your head won't hit the ground with full force.



...We're thankful you've chosen us.

At the close of another year, we gratefully pause to wish you a warm and happy holiday season. It is business associates like you who make our jobs a pleasure and keep our company successful.

Please join us so we can show our thanks at our holiday open house.

December 10, 2010 from 9 am to 4 pm

We look forward to working with you in the coming year and hope our business relationship continues for many years to come.

FROM THE STAFF OF ARROW GRAPHICS

Sandy Erickson
Andi Gladson

Tammy Klein
Martha Garreau



Located on the campus of United Tribes Technical College
3315 University Drive * Bismarck, ND 58504 * 701-255-3285 x1296

Honoring
**UNITED TRIBES
VETERAN WARRIORS**

- ★ Mark Anderson
- ★ M.J. "Bud" Anderson
- ★ Francis Azure
- ★ Sam Azure
- ★ Lawrence Barter
- ★ Mary Brown
- ★ Jacklyn Craig
- ★ Wayne Campbell
- ★ Tracy Lyn Diede
- ★ Gerald Dupris
- ★ Kimberly Eagle
- ★ Jeffrey Four Bear
- ★ George Gillette Jr.
- ★ Martha Garreau
- ★ Russell Gillette
- ★ David M. Gipp
- ★ Andi Gladson
- ★ Billi Joe Gravseth
- ★ Emerson Hairychin
- ★ Randy Heid
- ★ Chris Hilfer
- ★ Anthony LaFromboise
- ★ Sichangu Lee
- ★ Louis "Buster" Laundreaux
- ★ Wes Long Feather
- ★ Curtis Maynard
- ★ Terry Moericke
- ★ Ryan Moran
- ★ Ron Newman
- ★ Miranda Platero
- ★ Wayne Pruse
- ★ David L. Raymo
- ★ Thomas Red Bird, Jr.
- ★ Herbert Red Horse
- ★ Margaret Red Shirt-Trottier
- ★ Rufus Reeds
- ★ Lonelle Rising Sun
- ★ Brett Smith
- ★ Jerilee St. Cyr
- ★ Bonnie St. John
- ★ Luther Thomas
- ★ Dustin Thompson
- ★ Elliott Ward
- ★ Nicole Wells
- ★ Jacob West
- ★ Jay Wheeler
- ★ Prestin Wise Spirit

★ Students / ★ Staff

A New Challenge. ■ ■ ■ Continued from page 8

to declare American Indian Education as a national priority.

It is my opinion that without a presidential declaration, it is proving to be difficult for the federal agencies and Congress to consider any major changes to improve Indian education in the DOE or BIE because Indian issues historically get caught up in national priorities when budgets are frozen and new initiatives are curtailed. When this occurs, Indian programs with limited funds and options are often devastated.

The goal of declaring Indian Education a national priority requires support from all of us and our allies, especially our tribal leaders. We need a groundswell calling upon the President to declare Native Education a national priority, and to direct his policymakers and responsible federal agencies to support Indian educators to develop options to create and redesign programs that are coordinated and cooperative to achieve more effective and efficient programs. You folks – teachers, parents, administrators, community leaders, members of NIEA – are central to voicing a movement to activate a “call for action” to President Obama.

The following can be a starting point for developing a new strategy for Native Education:

ONE:

TWO EDUCATIONAL SYSTEMS: The strategy should include both the public schools funded by the DOE serving Native students and the BIE funded schools under the Department of Interior.

TWO:

OWNERSHIP: As Native people we need to take ownership of the schools funded under the BIE. This is not about power or personalities; this is about addressing systemic problems and promoting ownership of schools by Indian parents and communities. The groundwork and foundation to achieve this goal have been laid. We now have models, in the form of 120 tribal schools, that are governed by school boards made up of tribal people. But we need a new initiative to prepare students, parents

and community members to takeover and manage all of the remaining BIE operated schools. We need an initiative to rebuild our family structures so parents can support their children and lead this endeavor. NIEA and NCAI recently adopted a common ESEA legislative priority for the Congress and Administration advocating for the governance of Indian programs and schools by tribal communities.

THREE:

TRIBAL EDUCATION DEPARTMENTS

(TEDs): TEDs are important to a national strategy. Appropriations should be provided to develop them. TEDs should be fully funded to allow tribal governments to begin to establish education codes and develop their capacities to prepare and promote leadership of the bureau-funded schools. TEDs also need the capacity and resources to develop partnerships with public school districts that operate on or near reservations. With 90 percent of Native students in public schools, Indian parents and communities need to have input in public schools.

FOUR:

TECHNICAL ASSISTANCE & RESOURCE

SUPPORT: These efforts need assistance and resource support at all levels. The reestablishment of the TA and Resource centers, as originally founded in 1980 through the Office of Indian Education, DED should be supported and funded as part of a national priority.

FIVE:

FUTURE ROLE OF THE OFFICE OF INDIAN EDUCATION:

A fifth and important part is for the Administration and the DOE to follow the legislative intent adopted by NIEA and NCAI and restore the Office of Indian Education (OIE) to its original position when the DOE was created in 1979. Restored to the highest level in the department, OIE would play an important leadership role in coordinating the 42 separate programs throughout the department that provide funds for Indian education. This

would be the first step toward providing Indian education with national attention and a mandate for the Assistant Secretary for Indian Education to work collaboratively with the BIE Director of Education. The OIE website says the Director serves as the key advisor for the Department on all Indian Education issues and outlines all the key elements to promote better programs for Indian students across the Department. Yet it has no authority to do so.

My challenge to you, the members of NIEA and the Board of Directors, is to get involved and take action to develop a groundswell of support urging President Obama to declare Indian Education as a national priority, with the goal of taking ownership of Indian education to create more efficient and effective programs. If change is to be complete, Indian people must have the opportunity to represent their schools at the national level with appropriators and policymakers.

Each of you has worked hard at improving schools and education for our youth and I salute you for your dedication; you represent the backbone of quality education for Indian students. We must create a new movement to ensure a national strategy is planned and implemented with the Obama Administration. We have waited long enough. Indian communities must be encouraged to engage and take the responsibility of running our own schools, not the federal government. To do so, we need the help of our allies in the Federal Agencies and those in policymaking positions, to act more judiciously in establishing policies and programs for improving culturally relevant education for our children. My greatest hope is that you will join with NIEA to establish Indian Education as a national priority. That is the challenge today. Thank you.

CORRECTION

The name of Emerson Hairychin was misspelled in the last issue of *United Tribes News*. Emerson is the United Tribes Student Senate Sergeant-At-Arms.

Margaret Vienna Halsey Teachout

“Four Winds Woman” ~ “Tate Topa’ Win”

March 3, 1919 - October 28, 2010

Margaret Teachout, a beloved member of the United Tribes campus community and mother of United Tribes President David M. Gipp and his brothers Gerald and Robert, entered the Spirit World October 28, at Medcenter One Mandan Care Center. She was 91.

A prayer service was held October 31 at the United Tribes Technical College Chapel, followed by a rosary service at St. Peter’s Catholic Church, Fort Yates, ND. Funeral services were held November 1 at St. Peter’s with burial in the church cemetery.

Margaret was born March 3, 1919, at Wakpala, S.D., to Louis and Christine (Iron Eyes) Halsey. She was raised and educated in Fort Yates. She attended St. Bernard’s Mission School (K-3), Standing Rock Boarding School, Fort Yates Public School and Flandreau Indian Boarding School. Following graduation, she attended Capitol Commercial College, Bismarck, where she received an associate of science degree. Margaret attended Standing Rock



Community College and the University of North Dakota for library and information service.

Margaret’s name “Tate Topa Win” means Four Winds Woman. She was the first enrolled tribal citizen who was the Standing Rock Sioux Tribal Library director and worked under the National Indian Education Association’s National Library

Program. She served on the North Dakota State Library Advisory Board and was a delegate to the North Dakota Silver Haired Assembly. She worked at Standing Rock Community College for 20 years: Ten years as the library director and 10 years teaching Lakota/Dakota language and cultural history. Margaret was an active contributor about language and historic words with the Newberry Library in Chicago and the Hunkpapa Lakota Language Project for the University of Indiana.

She is survived by her three sons, Robert (Lonna), Gerald (Ginny) and David; eight grandchildren; 14 great-grandchildren; six great-great-grandchildren; and 13 special adopted grandchildren.

Margaret was preceded in death by her parents, Louis and Christine (Iron Eyes) Halsey; son, Francis J. Gipp Jr.; siblings, Clara, Gerome, Marcella, Alice, Genevieve, Henry and Thomas; honored friends, Louise Hona Alkire, Laura Takes The Gun and Virginia Good Elk McLaughlin.

Pilamayapelo - Thank You

Perhaps you sent a lovely card or sat quietly in a chair
Perhaps you sent a floral piece, if so we saw it there
Perhaps you spoke the kindest words as any friend could say
Perhaps you were not present, just thought of her that day
Or sent a memorial scholarship to honor our Mother
To aid a Native sister or brother.

Whatever you did to console our hearts we
thank you so much for your part.

Pilamayapelo,
Gerald, Robert, David Gipp & families



Homily on the occasion of the Funeral for Margaret Teachout

By Fr. Basil Atwell, OSB, November 1, 2010, St. Peter's Church, Catholic Indian Mission, Fort Yates, North Dakota

Again, I offer my condolences to Robert, Gerald, and David, and to the wider family and friends of Margaret.

I am not an advocate of astrology, at least not the new age variety that one often sees making its way into daily newspapers and magazines, the horoscope variety that slows down a soul's life when taken too seriously. But I do, from time to time, look to see what day a person was born, and the saint of the Church that a soul shares as his or her birthday. I look for the coincidences in life.

March 3rd is the day the Church celebrates St. Katharine Drexel. Who was she and what has she to do with Margaret? Well, I will tell you.

But first I want to say that there is a great difference between a strong woman and a hard woman. Both Katharine and Margaret were very strong women. A "hard woman" is cold, calculated, bitter, and often cruel. Her interests are the only interests that matter. A "strong woman," on the other hand, is reserved, interested, knowledgeable, and so often kind. Her interests have a higher goal in mind, a goal that few attain in this life because their motivations are earthly and not heavenly. A strong woman of faith has "heavenly goals" in mind. And these are the motivating factors of her life.

Let me tell you a bit about St. Katharine. She came from good stock, you might say. If your father is an international banker and you ride in a private railroad car, you are not likely to be drawn into a life of voluntary poverty. But if your mother opens your home to the poor three days each week and your father spends half an hour each evening in prayer, it is not impossible that you will devote your life to the poor and give away millions of dollars. Katharine Drexel did that.

She was born in Philadelphia in 1858. She had an excellent education and traveled widely. As a rich girl, she had a grand debut into society. But when she nursed her stepmother through a three-year terminal illness, she saw that all the Drexel money could not buy safety from pain or death, and her life took a profound turn.

Katharine had always been interested in the plight of the Indians, having been appalled when reading Helen Hunt Jackson's *A Century of Dishonor*. While

on a European tour, she met Pope Leo XIII and asked him to send more missionaries to Wyoming for her friend Bishop James O'Connor. The pope replied, "Why don't you become a missionary?" His answer shocked her into considering new possibilities.

This is how she came to the Lakota People. Returning to the States, she visited the Dakotas, met the Sioux leader Red Cloud and began her systematic aid to Indian missions.

Katharine gave away millions of dollars to aid the missions. She built many Churches and schools, and she founded the Sisters of the Blessed Sacrament for Indian and Colored People, as it was called then. She even gave money to build a building at Flandreau Indian Boarding School, which Margaret had attended as a young girl. So paths do cross, don't they?

Now I am not canonizing our Margaret. I will leave that to the Church at a later time. But, like St. Katharine, Margaret was brought into this world by good parents—parents who wanted what was best for their child. Her parents believed in God and in His Son Jesus. Her mother's name was "Christine", was it not? Doesn't Christine (or Christina) mean "Little Christ?" Her mother knew Christ and wanted Margaret to know Him.

And, "Just as Christ was sent by the Father, so also he sent the apostles, filled with the Holy Spirit. This he did so that, by preaching the gospel to every creature (cf. Mark 16:15), they might proclaim that the Son of God, by his death and resurrection, had freed us from the power of Satan (cf. Acts 26:18) and from death, and brought us into the kingdom of his Father" (Constitution on the Sacred Liturgy).

Margaret believed in God and in His Son. What is more, she loved Jesus' mother Mary as her own Mother, something all of us Christians are supposed to do. She was a woman who prayed. At the wake (last evening) Donna mentioned her time with Margaret, asking if she wanted to pray and explaining that Margaret, smiling at this, that they prayed the "Memorare" together: *"Remember, O most gracious Virgin Mary, that never was it known, that anyone who fled to Thy protection, implored Thy help or sought Thy intercession was left unaided."*

At every funeral of a woman or man of faith, I cannot help but challenge all who

gather to present the soul of a loved one to God. If the person really was worth remembering, if their life was something of a success, I tell you that it was due to the true faith of that soul. Margaret's faith got her through life.

We have so many who give up on life on the reservation; there have been countless suicides of young men and women. You can say whatever you like, we can start umpteen different suicide-prevention programs on the rez, but I will tell you that none of them will ever amount to anything, unless we give back to young people the Faith. There must be a return to Christ and to His Church for things to turn around.

Margaret's hope was a "transcendent hope." It was her hope in God that motivated her and gave her life! We must allow our children again to live in the hope of Christ's resurrection. The only thing that will save any of us, it the True Catholic (Christian) Faith!

When all things came to their final conclusion for St. Katharine, she died alone in her room, praying to the God she knew.

Entering Heaven on March 3rd was St. Katharine's "Birthday into Eternal Life." Having been born into this life on March 3rd, Margaret would come to struggle through this life toward the life to come.

St. Katharine Drexel loved the Indians and Margaret loved her own people and wanted to help them. Both were women of Faith, both strong women of God; women with heavenly goals in mind and goals that transcend the trials of life. Both women had trials and both overcame these because of their strong faith in God, and in His Son Jesus.

Perhaps one day far in the distant future, some priest will stand here at yet another strong woman's funeral and say: "This person's birthday was October 28th. Did you know that day is the feast of St. Margaret of the Lakota? And they have so much in common."

You and I are supposed to become saints. Let us continue to pray for Margaret's soul, that one day, her prayers may benefit us from Heaven, and give us heavenly hope, heavenly strength.

May her soul and the souls of all the faithful departed, rest in peace. Amen.

Europeans visit United Tribes



UNDER WING: Native American culture and topics were part of a successful city visit to Bismarck in October by a group from the European Marshall Memorial Fund. The stop included a visit to United Tribes to learn about the college mission and its projects. Chief of Staff Wes Long Feather provided a tour of the campus and the eagles sculptures in parks along the Missouri River. Seen by one of the sculptures are three of the visitors, from left: Vedran Horvat, Zagreb, Croatia, head of a German green political foundation; Alfredo Ingelmo, Barcelona, Spain, a strategy and development manager for a multinational gas and power company; and Thomas Roetting, Leipzig, Germany, the managing director of a Chinese language and culture institution. Members of the group continued their journey and visited other locations in the U. S.



Here's how to contribute to United Tribes

David M. Gipp Leaders Fellowship



Preparing tomorrow's leaders to work for the betterment of Indian tribes, communities and people.

Opportunities in the Making Annual Scholarship Drive



UTTC students need your help to continue their education. Many of our students come from the most impoverished areas in the country. Your gift will help ensure they reach their dreams for a better future.

Building Our Future Capital Campaign



We have raised over half of the funds needed to complete phase one of the Science & Technology Building. Your contribution to this campaign will be matched dollar for dollar through the generosity of the Shakopee Mdewakanton Community.

Business Name: _____

Contact Name: _____

Street Address _____

City: _____ State: _____ Zip: _____

Telephone: _____

Please make checks payable to United Tribes Technical College.

All contributions are tax deductible.



Send to:

United Tribes Technical College
Office of Institutional Advancement
3315 University Drive
Bismarck, ND 58504

Medicine Wheel Maintenance



VOLUNTEER HANDS: *United Tribes extends its thanks and appreciation to a hard working group of students who chose a site at the college for a volunteer service project. Twenty young people, ages 14 to 18, from temples in western North Dakota of the Church of Jesus Christ of Latter-Day Saints spent an afternoon in late summer hand-weeding the United Tribes Medicine Wheel. They came from Beulah, Williston, Dickinson, Bismarck and Minot. The project included an informative United Tribes orientation talk by Chief of Staff Wes Long Feather, who coordinated the project. United Tribes News photo Dennis J. Neumann*

United Tribes International Powwow

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for one of NORTH DAKOTA'S
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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 Academic & Personal Counseling, Chemical Health, Disability Support Services, Domestic Violence Advocate, Resident Life - Single Student Housing, 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.



CENTER FOR ACADEMIC & PERSONAL COUNSELING

(Formerly The Center for Student Success)

**LEWIS GOODHOUSE
WELLNESS CENTER**

**Monday - Friday
8:00 a.m. to 5:00 p.m.**

**Offering Noon Hour Coverage
Appointments Encouraged...
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**In case of an after-hour emergency:
Contact UTTC Security Department
(701) 255-3285 ext. 1200, 1300
An on-call staff member will be con-
tacted**

MISSION STATEMENT:

The CA&PC is committed to the UTTC student by providing professional and cultural development services to enhance life-long learning, personal growth and educational success.

VISION STATEMENT:

A holistic, healthy student is the center of our vision. This includes social, mental, physical and spiritual growth in support the UTTC student in an increasingly changing environment of learning.

VALUES:

We will provide standards of ethical conduct to protect the well-being of our students. We value the quality of student life and are committed to honor and respect all Native Americans and their cultures. We express our values through listening, confidentiality, trust, honesty, competence, integrity, courtesy, and serving our students with care and professionalism at all times.

SERVICES:

The Center for Academic & Personal Counseling offers a variety of services. Such services are held in the strictest of confidentiality. The services include, but are not limited to:

- Supportive Academic & Personal counseling (Individual, family, group)
- Assisting in the transition to UTTC Community life
- Supportive Counseling Consultation services
- Referral services
- Mediation services
- Intervention services
- Campus Wellness & Educational activities



Holidays bring stress

Steps To De-Stress Instantly

SUBMITTED BY BETTY ANHORN, Center for Academic & Personal Counseling

Feeling stressed? Tense?
Anxious? Even overwhelmed?
Wondering how to slow down and get control again?

Don't have time to take a vacation, or even a nap?

Can't even leave the room right now?

Follow These Steps:

- Remember that feeling tense is a physical sensation you can learn to control. Sure, you have thoughts that are associated with feeling stressed and tense – maybe a test is coming – but they are only thoughts. You can learn to feel relaxed even when you have those thoughts.
- Close your eyes and picture a place you like where you feel happy and comfortable and relaxed. A warm beach, a cool forest, your favorite ski slope. What works for you?
- Breathe from your abdomen, not your chest. Breathe slowly and evenly, and focus on your breath moving in and out. Yawn deeply to get oxygen into your system.
- Drop your jaw. Then drop your shoulders. Gently roll your head from side to side

several times. Keep picturing yourself in that place of comfort and relaxation.

- Stand up and stretch if you can. Sit up and stretch if you can't. If any stretching is just too public, quietly tense-hold-release your muscles. Do that three times, holding for 10 seconds each time.
- Return to the present and calmly move through your activity. As you do, think about your toes, fingers, and stomach. Make sure they are not flexed and tight, but rather loose and light. It's hard to hold muscle tension when your toes, fingers, and stomach are relaxed.

YOU CAN DO THESE ANYTIME, ANYPLACE.

Information in this article was obtained from the website www.ulifeline.org, an anonymous, confidential, online resource center for college students offered by the Jed Foundation. To learn more, please contact the Center for Academic and Personal Counseling in the Lewis Goodhouse Wellness Center at United Tribes, or visit the Wellness Services homepage on the United Tribes website, www.uttc.edu, where you can find a link to ULifeLine.

Circulating on e-mail in November 2010

Stress

A lecturer when explaining stress management to an audience, Raised a glass of water and asked; "How heavy is this glass of water?" Answers called out ranged from 20g to 500g.

The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance.

In each case, it's the same weight, but the longer I hold it, the heavier it becomes." He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, As the burden becomes increasingly heavy, We won't be able to carry on. "As with the glass of water.

You have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden." "So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow."

Whatever burdens you're carrying now, Let them down for a moment if you can. "So, my friend, Put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while.

Powwow Pronouncement

Heard from the announcer's stand during the United Tribes International Powwow:

"In Indian Country we mark time according to the six BCs:

**Before Christ, Before Columbus, Before Commodities,
Before Custer, Before Costner & Before Casinos!"**



United Tribes Technical College Academic Calendar

December 13-16..... Final Exams
December 16..... Semester Grades Due
December 17..... Fall Honoring

Dec. 20 - Jan. 4..... Winter Break
December 24..... Spring Semester Admission Applications Due

www.uttc.edu
for more information visit our website or call
701.255.3285

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APPOINTMENTS ONLY!

Other available WIC location:

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COLLEGE COLLEGE
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BISMARCK, ND 58504



Cassandra Dinneen
Nutrition Educator
United Tribes Technical College
Skills Center, 119E

Daily Wellness ACTIVITIES



MONDAY THROUGH FRIDAY
8am - 9pm
Walking Club

3:30pm - 5pm
Youth Activities (Multi-Purpose Room)

MONDAYS
6pm
Aerobics/Yoga/Tai Chi (Healing Room)
Hand Games/Open Drum
(Multi-Purpose/Healing Room)
Archery (Archery Range West of
Maintenance Building)

TUESDAYS
12pm - 1pm
Circle of Parents - Sept. 14 - Dec. 14
4pm
Measuring up to Good Health - Sept. 14 -
Dec. 7

5pm - 7pm
UTTC Employee Night

6pm
Beading/Sewing/Quillwork
(Multi-Purpose Room)

7pm - 9pm
Men's Wellness
(Fathers can bring their sons ages 13-18)

7pm
Pool Tournament (Co-Ed Dorm)

WEDNESDAYS
5pm
FROLF (Weather Permitted)

6pm
UTTC Volleyball Leagues
(Multi-Purpose Room)

7pm - 9pm
Women's Wellness (Mothers can bring
their daughters ages 13-18)

THURSDAYS
6pm
Aerobics (Healing Room)
Horseshoes

7pm
Ping Pong Tournament (Co-ed Dorm)

FRIDAYS
6pm
Movie Night (Multi-Purpose Room)

SATURDAYS
1pm - 6pm
Family Fitness Day
(Families & kids ages 13-18)

Koch among top runners in Marine Marathon

Former United Tribes Cross Country athlete Sage Koch placed 25th in the 2010 Marine Marathon. The 35th annual event, held October 31, attracted 22-thousand men and women entrants.



Koch placed 5th out of 923 runners in his division, males 20-24. He covered the course in and around Arlington, VA and the nation's capitol in a time of 2:39:10. He trimmed 12 minutes off his first marathon run in March.

Koch, 22, is a Marine Lance Corporal stationed at Twenty Nine Palms, CA, and an enrolled member of the Standing Rock Tribe. He competed in cross country and track at Bismarck High School.



Get the gear you need for whatever sport you're into!

Equipment available for check out in Wellness Center:

Adult/Youth Bikes, Footballs, Soccer Balls, Basketballs, Volleyballs, T-ball Set and Flag Football Set.

Must provide UTTC Student ID

Registrar's Corner

Important dates to Remember:

- Dec. 13-16 → Final Exams week
- Dec. 17 → Fall semester Graduates Honoring
- Dec. 20-31 → Winter break (No classes)
- Jan. 3-4 → New Student Orientation
- Jan. 5 → Spring semester Classes Begin

- ☉ Just a friendly reminder to any student wishing to request a copy of their transcript; you must pay a \$2 fee at the Finance office first, then bring a copy of that receipt to our office and fill out the transcript request form. **Transcripts will be processed on Friday's only.**
- ☉ If you have a new mailing/phone/email address, please let our office know so that we can update the information in our system to assure that we get your grades reports out to you and a fashionable time.
- ☉ The Registrar's office would like to introduce Ashley Peterson as the new Registrar Data Technician. Ashley transferred over from the Dorms- Resident Asst. & her new extension is 1205.
- ☉ Please review the Fall Final exams schedule online and call our office if you should have any questions and/or concerns at ext. 1216, 1205 or 1269. Good Luck and have a great rest of the semester!

UTTC Thunderbirds Soaring For A Greener Tomorrow

Keep Our Campus Beautiful!



Please Use Trash Containers!

United Tribes Technical College Has Gone GREEN!

Why?

- We Take Pride in Our Mother Earth •
- To Transform Our Economy and Daily Lives • Improve Energy Efficiency
- Cut Costs • Generate Funding, Job Training & Academics • Create Partnership Opportunities

How?

- UTTC joined the American College & University President's Climate Commitment (ACUPCC) who in collaboration with other colleges/universities have committed to turning their campus/universities green by educating students, creating solutions, and providing leadership by example.
- By Reducing, Reusing, and Recycling
- By Inspecting and Certifying that all Buildings are Energy Efficient



For More Information or Questions, Please Contact the Following:

Danny Myers, Sustainability Specialist

Bismarck, ND 58504 | Ph: 701-255-3285 x1500 | Cell: 701-391-0164 | dmyers@uttc.edu

"Treat the earth well: it was not given to you by your parents, it was loaned to you by your children. We do not inherit the Earth from our Ancestors, we borrowed it from our Children." ...Native Proverb

New Teacher Resource CD Available *Learning Through Culture*

Free CD brings useful, standards-based activities to the classroom, including a wealth of primary sources gleaned from the Densho Digital Archive.

Contains four in-depth learning units: Learning with Primary Sources (middle school and high school)

Constitutional Issues: Civil Liberties, Individuals, and the Common Good (high school)

Dig Deep: Media and the Incarceration of Japanese Americans during World War II (middle school)

Immigration Journeys: Changes and Challenges (elementary school)


Request the CD by emailing curriculum@densho.org.

Please include mailing address and number of CDs you would like.

<http://www.4culture.org/>
Densho, the Japanese/American Legacy Project, Seattle, WA



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

Thunderbirds December Schedule



3-4	John Thunderhawk Classic	M&W	TBA
10	Miles Community College	M&W	5:30/7:30 MT
11	Dawson Community College	M&W	1-3 MT
20	Turtle Mountain Community College	M&W	6-8 pm
29-30	Anoka Ramsey CC Classic, Coon Rapids, MN	M&W	TBA

HOME GAMES IN BOLD



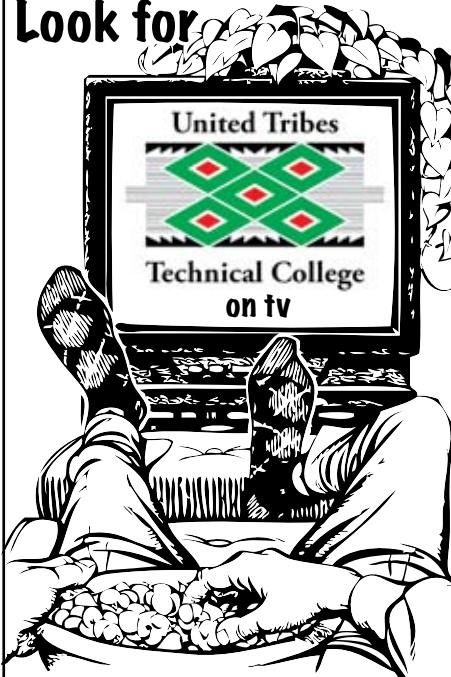
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Bis/Man Cable TV Channel 12

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"THE BLUEST EYE,"

by Toni Morrison

Wednesday, December 15, 7 p.m.

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social@ypnetwork.org.

Sponsored by: Bis-Man Young Professionals
& ND Humanities Council

Counselors earn certification



T. J. McLaughlin has nine years of experience as a chemical health counselor and Julie Cain has 16 years. United Tribes News photo Dennis J. Neumann

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**

Addiction Technology Leadership

BISMARCK (UTN) – Two United Tribes counselors have earned certificates in Leadership Studies in the field of addiction treatment. Julie M. Cain (Blackfeet) and T.J. McLaughlin (Lakota) graduated October 15 from an institute in Strategic Leadership Development offered by the Prairielands Addiction Technology Transfer Center.

Cain and McLaughlin are counselors in the Chemical Health Program of the Lewis Goodhouse Wellness Center at United Tribes.

The program involved training and enhancing leadership skills in the addiction technology field. Both developed and demonstrated competences over the course of three training sessions that began in March 2010 at the organization's center in Coralville, IA.

Each worked with a mentor and completed a major project at their place of employment. Cain's mentor was Kermit Dahlen, executive director of Jackson Recovery Center, Sioux City, IA. Her project was to analyze strengths and weakness at the UTTC Wellness Center and to present the results for assessment and planning purposes.

McLaughlin's mentor was Rick Swanson, executive director of Alcohol and Drug Dependency Services, Burlington, IA. His project explored cultural approaches for working with the adult children of alcoholics. Both projects were of direct benefit to services provided by the college's Wellness Center.

The two were nominated to the institute by Dr. Harriet Skye, United Tribes Vice President of Intertribal Programs.

STAFF NEWS

Strengthening Lifestyles

Tamera Marshall recently received Certified Personal Trainer training through the Cooper Institute, Dallas, TX. Lisa Stump recently received Healthy Relationships certification in Train the Trainer through the Native Wellness Institute, Billings, MT.

– Ruth Buffalo Zarazua, Director, MBA,
Strengthening Lifestyles Program

Nation Builder

Ruth A. Buffalo-Zarazua recently received a Master's Degree in Business Administration through University of Mary.

– Editor

Speech and Theater Presentation

College English professor Jeanette Martin participated in a panel presentation in September at the annual convention of the Communication, Speech and Theater Arts of North Dakota. The topic focused upon the unique educational experiences at small colleges.

– Dr. Phil Baird

Panel Perspectives

Academic Vice President Dr. Phil Baird moderated a panel at the Dickinson State University "Native Voices Symposium" in early November. The topic, "Perspectives and Pathways of Native American Identity," was addressed by Baird, Gerard Baker, Winona LaDuke, Dakota Goodhouse, Allan and Twila Demeray, Butch Thunderhawk, and Jasper Young Bear.

– DSU

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



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

Nutrition & Foodservice Program



Among the opportunities for hands-on experience for UTTC Nutrition and Foodservice students are formal gatherings of the college where meals are served.

Learning Healthful Food Preparation and Nutrition

BY JILL KEITH, MS, LRD, Nutrition & Foodservice Instructor

The Nutrition and Foodservice (NUT) program at United Tribes Technical College provides theory and hands-on experience in healthful food preparation, food science, food safety, wellness and community nutrition. UTTC's Nutrition & Foodservice vocation offers students the opportunity to major in Foodservice/Culinary Arts or Nutrition/Wellness. Currently, UTTC is the only land grant tribal college offering academic training in nutrition and culinary arts. As a Land Grant college, UTTC addresses the needs of students, staff, and faculty in relation to food, nutrition and wellness including education about cooking skills and healthy choices.

Classes emphasize healthful food preparation and nutrition education. Students are provided with many opportunities for hands-on activities that highlight the connection between healthy eating and a healthy life. Particular emphasis is placed on the use of traditional foods (for example: corn, beans, squash, buffalo). The NUT vocation has a garden right out the back door of the kitchen. Fruits and vegetables that are grown over the summer are harvested by students in the fall and

used in classroom activities. Students this fall made fresh salsa with garden tomatoes, fresh cilantro, green peppers, and onions. NUT Vocation Club lunches have incorporated eggplant, cherry tomatoes, carrots, and beans. The Quantity Foods class prepares meals for students, staff, and faculty on campus. Meals this fall have included fresh squash, sweet corn, and tomatoes from the garden.

Graduates of the program can transfer into programs of advanced training to become a dietitian or chef or are prepared for employment in settings such as school lunch, WIC, diabetes and wellness programs, hospital or elderly care foodservice, and casino kitchens or private restaurants.

Many American Indian people have health problems relating to poor nutrition and a lack of knowledge about food selection and preparation. Graduates from UTTC's Nutrition and Foodservice program become nutrition professionals, trained to make a positive impact on these health concerns and ultimately improve the health and balance of life for American Indian people.

For more information visit the website: www.uttc.edu

BE WISE ABOUT YOUR **PORTION SIZE**

Portion sizes have increased drastically in the past few decades along with our waistlines!

- 2 slices of pizza: 20 years ago = 500 calories NOW=850 calories
- A hamburger 20 years ago = 333 calories NOW=590 calories
- A "portion" of French fries is at least 3 times the size of a standard serving
- A "portion" of pasta served in a restaurant is often 5 times the standard serving

Easier ways to remember your portion size:

- 3 oz. of meat= a deck of cards
- Medium apple or peach= tennis ball
- 1 oz. cheese= 4 stacked dice
- ½ cup of ice cream= tennis ball
- 1 cup mashed potatoes/broccoli= a fist
- 1 teaspoon of butter/peanut butter= tip of thumb

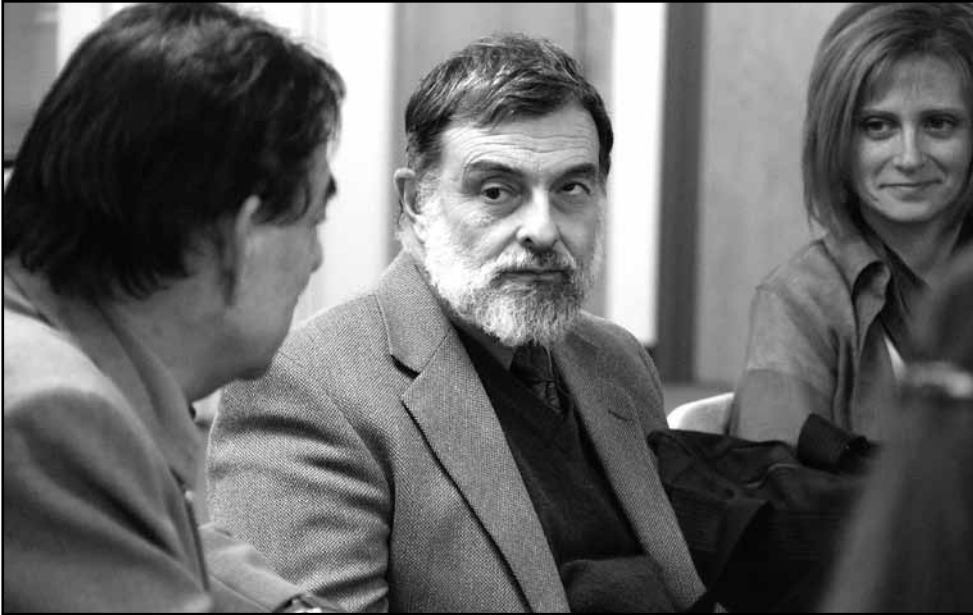
Tips for your health this holiday season:

- Stay Active! Physical activity has many important health benefits.
- Use measuring cups to get the correct serving of food.
- Your brain takes 20 minutes to get the message that your stomach is full. Eating is not a race.
- Is your body telling you it's full? Then stop eating and save the rest for later.
- Doggy bag it... when going out to eat, ask for a doggy bag/ to-go box right away! Save half for later.

— Shani Bordeaux, Land Grant Administrative Assistant



Planning Ahead for Site Visit



LINKING UP: United Tribes had the pleasure of hosting Dr. Robert R. Appleson (center), Vice President for Accreditation Relations of the Higher Learning Commission, for a planning session. Appleson is the college's liaison for its upcoming reaccreditation by the North Central Association of Colleges and Schools. At the November 2 meeting were members of the UTTC Self-Study Committee, including Dr. David M. Gipp at left, and Dr. Stacie Iken. Appleson said he was "quite impressed" with the changes at United Tribes since his last visit in 2000. He said the campus was quite a bit larger in size and had the feel of a larger campus. A site visit by the NCA is set for April 2011. United Tribes News photo Dennis J. Neumann

Documentation is key to Self-Study

Departments Urged to Update Hard Copy and Electronic Files

The United Tribes Self Study Resource Committee has been busy working on updating the hard-copy "Evidence Binders" located in the Russell Hawkins Conference Center and the electronic file "Evidence Folders" located on the internal shared campus server, Olympus S.

We would like to thank the departments and committees that have taken the time to update their current information by filing or posting such things as strategic plans, mission statements, budgets and minutes from meetings or advisory board meetings.

We encourage all departments and committees to do this, to gather and keep their information current and make it easily accessible for the NCA accreditation team visit in April, 2011. These documents provide evidence that UTTC is fulfilling its mission to provide excellent education to our students.

UTTC will continue to use this dual documentation approach – in hard copy and electronic formats – for the current accreditation cycle. The college will move to mostly electronic formats for collection of evidence in the future.

The committee appreciates the support of all departments and individuals. If anyone needs information about the need for this or the process of placing materials in their binders or shared folders, please contact Dorvin Froseth x 1382.

- SELF STUDY RESOURCE COMMITTEE:
Dorvin Froseth, Charlene Weis, Lynelle Lawler, Monte Schaff, Ryan Hertel, Ann Kraft, Brian Palecek, Rebekah Olson & Sheri Baker

SHARING OUR STORIES

United Tribes Technical College Self-Study

Criterion One: Mission & Integrity

The organization operates with integrity to ensure the fulfillment of its mission through structures and processes that involve the board, administration, faculty, staff & students.



WORLD AIDS DAY 2010

UNIVERSAL ACCESS AND HUMAN RIGHTS

DECEMBER 1

United Tribes Technical College will undergo a comprehensive evaluation visit April 18-20, 2011, by a team representing the Higher Learning Commission of the North Central Association of Colleges and Schools. United Tribes Technical College has been accredited by the Commission since 1982.

It is accredited at the Associate of Applied Science degree levels, and offers degree programs on campus as well as online. The HLC evaluation team will be reviewing the College's ongoing ability to meet the Commission's Criteria for Accreditation.

Through the upcoming evaluation process, UTTC will also be requesting Commission approval to offer Baccalaureate degrees and to expand its online programs.

SHARING OUR STORIES

United Tribes Technical College Self-Study

In preparation for the comprehensive visit, the College has been engaged in a self-study, addressing the Commission's requirements and criteria for accreditation. UTTC is using the self-study as an opportunity to gather and share its stories about the impact and success of the college. We would like to provide an opportunity for the public to share their stories of their experiences and interactions with United Tribes Technical College.

Among the areas considered in the self-study have been the College's ability to address the following:

- Mission and Integrity • Preparing for the Future • Student Learning & Effective Teaching
 - Acquisition, Discovery & Application of Knowledge • Engagement & Service
-

The public is invited to submit comments regarding United Tribes Technical College to:

Public Comments on United Tribes Technical College
The Higher Learning Commission
230 South LaSalle Street, Suite 7-500
Chicago, IL 60604

Comments must address substantive matters related to the quality of the institution or its academic programs. Written, signed comments must be received no later than March 18, 2011. Comments must be in writing and signed, and will not be treated as confidential.

Note: Individuals with a specific dispute or grievance with an institution should request the separate Policy on Complaints document from the Commission office. The Higher Learning Commission cannot settle disputes between institutions and individuals, whether faculty, students, or others. Complaints will not be considered as comments.

Comments may be submitted electronically at the following address:
<http://www.ncahlc.org/information-for-the-public/third-party-comment.html>



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UTTC Color Guard at N.D. Veterans Day



United Tribes News photos Dennis J. Neumann

SEEING THE LIGHT: Members of the United Tribes Color Guard accepted the honor of participating in the state observance of Veterans Day, November 11 in Bismarck. From left, Terry Moericke, Darren Davis and Louis Landreaux joined with veterans in several other color guard units in a program in the North Dakota Heritage Center. The three later viewed the world globe in the center of the North Dakota Veterans

Memorial on the state capitol grounds. The memorial was constructed so the area on the globe that is North Dakota is illuminated with sunlight at 11 a.m. on the 11th day of the 11th month, recalling the time of the Armistice that ended World War I. The weather cooperated and bright sunshine lit the sphere for the color guard and a large number of citizens and veterans who attended the event.