

Distance Education Agreement Signed

UTTC to serve school district on Navajo Nation

By Dr. Leah Woodke, UTTC Educational **Outreach Director**

United Tribes Technical College welcomes a new group of online students with the start of the Spring Semester 2008. UTTC has signed an agreement for distance education services with the Pińon Unified School District (PUSD) located in northeastern Arizona on the Navajo Nation.

The agreement represents the culmination of weeks of discussion and planning and establishes a strong partnership that will allow Navajo students to pursue teaching degrees online from UTTC without leaving their home community.

Pińon, AZ is a tribal community located in the heart of the Navajo Nation about 260 miles from Albuquerque, NM. The PUSD serves approximately 1,500 children from kindergarten through grade 12. Because of its rural location, the district faces an educational challenge that is universal throughout Indian Country - that of attracting and retaining qualified teachers.

In her search for solutions, Kelly Bradfield, PUSD 21st Century Program Coordinator, contacted United Tribes with the idea of "growing their own" teachers by offering tribal members an opportunity to earn a teaching degree online. **Continued page 6**

UNITED TRIBES TECHNICAL COLLEGE • BISMARCK, ND

UTTC graduate in the media



IN THE STUDIO: Jeremy Pettigrew, a member of the Oglala Sioux Tribe, works as a studio camera operator at a TV station in Bismarck, ND. UTN photo Dennis J. Neumann

Job at TV Station seen as Stepping Stone

By Dennis J. Neumann. United Tribes News

Jeremy Pettigrew wants to edit. The kind of editing done in the computer with moving pictures and sound. Where you tell a story using scenes shot on videotape.

Right now he's pretty close to doing that having landed a job in the media. Pettigrew is employed as a studio camera operator at KFYR-TV, the local NBC affiliate in Bismarck, North Dakota.

Several nights each week his work site is a TV studio on the second floor of a down-

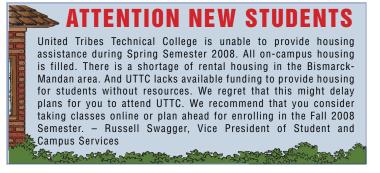
town office building. There he wears an audio headset and maneuvers a video camera in front of the evening news desk under rows of bright lights suspended from the ceiling. Using hand signals he relays timing cues to the news anchors from a director in the control room.

"It's not exactly what I trained for but I like my job," said Pettigrew with a friendly smile. "Everything is so time oriented - right down

Continued page 7

Spring Semester Orientation - January 2 - 4 NEW STUDENTS:Obtain orientation checklist from Admissions Dept. in Bldg 5. Student Ambassadors available in JBC lower level 8am-5pm

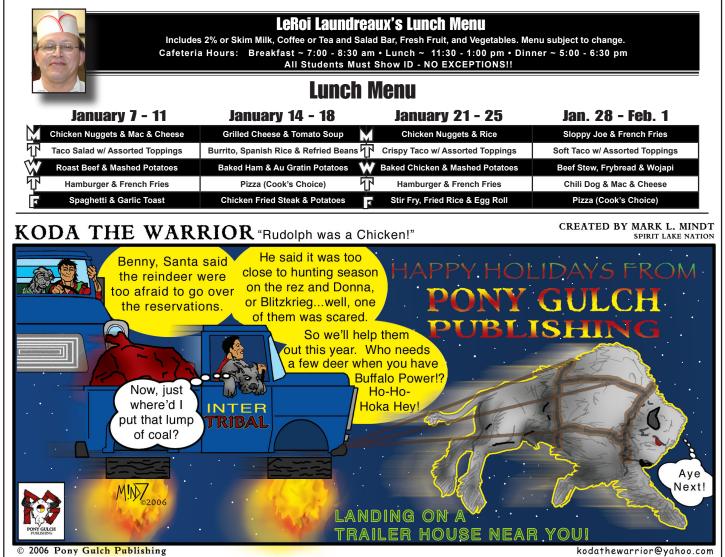
RETURNING STUDENTS:......Register with advisors Cafeteria Welcome by College President, Vice Presidents and Student Ambassadors CLASSES BEGIN:...... January 7, 2008 (Attendance taken from this time on)



Arrow Graphics Open House

STAY IN TOUCH: Staff members of the United Tribes inhouse graphic design and print shop, Arrow Graphics, said 'thank you' to their on and off campus clients with an open house December 7. Visitors were treated to refreshments, friendly company, and discount coupons. From left, Graphic Designers Joaquin Andrews and Andi Gladson. Office Manager Florine Burning Breast, and Designer/Supervisor Sandy Erickson. UTN photo Dennis J. Neumann





Students Design Conference Brochure *Project delivered on-time on tight schedule*

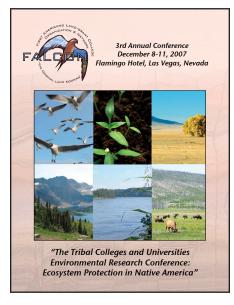
By Colleen Bredahl, Art/Art Marketing Instructor

Two graphic design students in the United Tribes Art-Art Marketing Program worked on a short timeline to create a colorful print piece for an environmental research conference attended by students and staff of the nation's Tribal Colleges and Universities.

Design work by Bethany Drapeau (Yankton) Bismarck, ND, and Sandra Red Feather (Oglala) Pine Ridge, SD, was selected for a conference brochure sponsored by the First Americans Land-grant College Organization and Network (FALCON).

Their work was chosen from graphic design work of four UTTC students; the designs were combined into one brochure.

Drapeau and Red Feather produced the brochure, which contained the conference program and agenda, on a very tight deadline for the December 8-11 event in Las Vegas, NV. The conference centered on environmental research being conducted at tribal college and universities by students



and faculty.

This was the first opportunity for UTTC students to design a graphic project that had an absolute deadline. All four students did a great job and I am very proud of them. They will be an asset to the graphic design community.

UTTC to receive 'Safe School' training

By Dr. Phil Baird, Vice President, Academic, Career & Technical Education

United Tribes Technical College has scheduled an all-staff training session on the subject of campus safety for Friday, January 11 on the college campus in Bismarck.

"Creating and Sustaining a Safe Tribal College Campus" will be presented as part of the college's professional development program for faculty and staff.

The training curriculum was developed specifically for Tribal educational institutions in Indian Country. UTTC will be the first tribal college to host the new program.

"Basically, we are preparing the college to better understand how to keep the UTTC campus safe for students and staff," said Ray Dingeman, Criminal Justice Program department chair.

The 'Safe School' training opportunity emerged from discussions between UTTC and the BIA Law Enforcement division about how to address school safety issues in Indian Country.

UTTC's Safety Committee has already completed initial plans and training for "Community Emergency Response Teams" to address emergencies such as fires, tornadoes, and hazardous chemical spills.

The Safe School training is based on criminal justice and law enforcement research. It will provide the most recent findings about how to prepare for school safety scenarios like what happened at Red Lake, Minnesota and Virginia Tech.

Professional Development Day is open to all staff members. The program will also include the topic, "Suicide Prevention in Indian Country," in the afternoon.

There are no classes scheduled on January 11.

For more information, contact Ray Dingeman (Ext 1434) or Karla Baxter (Ext 1245) at UTTC.

INTERSECTING INTERESTS:

Tribal Knowledge and Research Communities April 16-17, 2008

A forum for critical, timely dialogue about Tribal Knowledge Guardianship

An Indian guided opportunity to create formal dialogue among researchers and tribal knowledge keepers regarding

University of Montana Campus, during the week of the 40th Annual Kyi-Yo Pow Wow festivities.

Proposals for Workshop Presentations are being accepted until Friday, February 15, 2008

Presenters encouraged to submit a publishable professional paper to support their workshop presentation. Papers will be published, along with those of all plenary session presenters in a conference compendium in June 2008. Maximum of 30 one and one-half hour workshops will be accepted in the space of three breakout sessions over the two days of the conference.

- To provide an opportunity for Sovereign Nations and all Academic Researchers to identify common concerns and priorities for valuing, appreciating and expanding knowledge.
- To offer Sovereign Nations an environment to discourse on the values and earned rights of transfer surrounding traditional knowledge.
- To afford all stakeholders a common meeting ground to discuss the issues of indigenous research, data collection and data ownership.

More Information: http://www. tribalknowledgegathering.org/, Patty LaPlant, Division of Educational Research and Service, University of Montana, Missoula, MT 59812-6376, patty.laplant@umontana.edu, Fax: (406) 243-2197.

GOING TO SCHOOL WITHOUT LEAVING

Online Learning Takes Discipline

BY JEAN GRIFFIN, Exact Med Medical Transcription Online Student

y name is Jean Griffin; I live in Seabrook, Texas with my husband and two sons. My daughter is away at college.

Seabrook is about five miles east of NASA's Johnson Space Center, about 30 miles north of Galveston. I admire how this mostly middle income area, on the extreme outskirts of the Houston metroplex, strives to preserve the ecology of Galveston Bay. The community is a bird sanctuary with many parks and hiking and jogging trails. As you can imagine, it's a great place to live.

About a year ago, the idea appealed to me of getting professional training in the medical transcription field to earn a reasonable income. My educational background includes two years of college without a degree. I was mainly a homemaker, did home schooling for nine years, and my work background includes clerical and retail experience.

My first knowledge of the medical transcription profession came from my mother who did a home study medical transcription course in the mid 1960s, and worked as a transcriptionist until 1996. I know she was one of the best. I still have her Dorland's medical dictionary that was copyrighted in 1965.

When I began searching for online colleges that offered transcription education, I found that none of the "big names" were recommended by the Association for Healthcare Documentation Integrity. After going to the AHDI website and calling them, I found a very small list of recommended schools and Exact Med (United Tribes Technical College) was among them. The AHDI's description said it was unique in that it taught transcription for acute care. That appealed to me because, although my goal is to work at home, I would also be qualified to work in a hospital.

It's not often you get to speak with the creator of a program, but when I visited with Renee Becker, Exact Med founder and the program's director at UTTC, I was impressed. Since enrolling in the program in February 2007, my experience has been very positive. Lynelle Lawler and Renee are always quick to answer



Jean Griffin, Exact Med medical transcription student, is seen in with her 21-year-old daughter Kristen, a college senior, taken in September at a park near Longview, Texas. Her oldest son, 23, goes to a community college and works part-time and her youngest son, 18, is in his last year of high school.

emails and provide encouragement. The online access through UTTC is excellent. I am also pleased with the great emphasis on knowledge of anatomy, physiology, and medicine, which is needed in the job itself. In the first phase of the program, Ellen Forderer posed interesting essay question assignments that caused me to delve a little deeper into topics we were covering.

I have to admit that getting back into an effective learning routine was difficult. I had been out of school for a couple of decades and needed structure. Years ago I was a good student, but could have been better. I'm not entirely sure that I'm a better student now, but I am clearly aware of how crucial this course is to my future. I think that's something we don't fully realize when we're younger.

What helped about getting back into the routine was having a schedule with deadlines. I needed very much to create a routine, because I struggled at the outset to get work done at the last minute.

Now that I have entered the actual transcription part of the program I am left to make my own schedule and turn in assignments regularly. I have to say that I need to be more disciplined. As most people know, family circumstances and life have a way of presenting themselves on their own schedule. Having a routine can help smooth out the ups and downs. I have learned that my best time is in the early morning, even before sunrise. That's when I need to start working.

As I think about it now, I wish I had asked my mother more about her experiences. She didn't talk much about her job, although she did say that certain doctors were difficult to understand and that coworkers would try to strike up conversations while she was typing. She worked in a hospital, and I bet she would have loved the opportunity to work at home.

"My first knowledge of the medical transcription profession came from my mother who did a home study medical transcription course in the mid 1960s, and worked as a transcriptionist until 1996. I know she was one of the best."

Jean Griffin is on track to complete her training in mid summer 2008. She can be reached at tscribegriffin@yahoo.com. For more information about UTTC's Exact Med Medical Transcription Program contact Renee Becker, rbecker@uttc.edu, 701-355-4608. – Editor

AIHEC Announces Retirement of Executive Director

ALEXANDRIA, VA – After more than seven years as Executive Director of the American Indian Higher Education Consortium (AIHEC), Executive Director Gerald E. Gipp (Hunkpapa Lakota) will retire from AIHEC on June 1, 2008. Gipp made the announcement at the AIHEC Board of Director's meeting on October 24.

"I consider it a privilege to have served the Tribal Colleges and Universities and the AIHEC Board of Directors over the past seven years," said Gipp. "However, after 46 years of public service, I feel that it is time for me to give greater focus to my family and other outside interests. I believe my time has arrived to step aside; it is time for new leadership to take on the ongoing challenge of moving the tribal college movement forward at the national level."

Gipp has had an extensive career in the field of American Indian education starting with his service as a K-12 school administrator and teacher in the Dakotas and Montana. He served as the first Deputy Assistant Secretary of the newly created U.S. Department of Education's Office of Indian Education and as the first American Indian president of Haskell Indian Nations University in Kansas, where he served for nearly nine years. Gipp served on the faculty of the Graduate School of Educational Administration and Cultural Foundations at the Pennsylvania State University and as director of its American Indian Leadership Program.

Immediately prior to joining AIHEC, Gipp served as a program director at the National Science Foundation in the Division of Educational System Reform, Directorate for Education and Human Resources. In 1984, the National Indian Education Association named Gipp its "Indian Educator of the Year."

Cheryl Crazy Bull, AIHEC chair, expressed appreciation for Gipp's service and commitment to American Indian education. She said, "Dr. Gerald Gipp spent his career working to improve the lives and educational status of all American Indians. We are grateful that he has been an integral part of the tribal college movement for many years."

A search committee has been organized to identify and hire a new executive director. The committee, chaired by Crazy Bull, is comprised of members of the AIHEC board of directors. Gipp will assist in providing input and advice during the process. It is expected that the AIHEC Board of Directors will finalize the selection decision by early spring 2008.

About AIHEC:

Founded in 1972 by the presidents of the nation's first six Tribal Colleges, as an informal collaboration among member colleges, AIHEC is comprised of 36 colleg-



Gerald Gipp will retire June 1, 2008.

es in the United States and one Canadian institution. AIHEC is the collective spirit and unifying voice of our nation's Tribal Colleges and Universities. AIHEC provides leadership and influences public policy on American Indian higher education issues through advocacy, research and program initiatives; promotes and strengthens Indigenous languages, cultures, communities and tribal nations; and through its unique position, serves member institutions and emerging Tribal Colleges and Universities. For additional information, please visit www.aihec.org.

Get Ready to Go Red

Submitted by Karen Paetz, NDSU/UTTC Extension Land Grant Programs Director

Circle Friday, February 1 in red on your calendar – that's the day your worksite is invited to join the American Heart Association's fight against heart disease by participating in Wear Red Day. Encourage your employees to wear red to work. Join us and concerned organizations across North Dakota and American in the fight against the #1 killer of women (and men, too!) Wear Red Day is a chance for us to arm ourselves with knowledge about this devastating disease and to raise funds that will help the American Heart Association advance research and education efforts.

Your FREE Wear Red Day toolkit is now available with ideas and materials

to help you implement Wear Red Day at your worksite. The toolkit includes a DVD with downloadable tools, such as e-mail texts, newsletter ads, flyers handouts, and a "Brown Bag Goes Red" PowerPoint presentation that can be used for a lunch and learn session. Additional free materials can be ordered.

For your FREE Wear Red Day toolkit, e-mail amy.walters@heart.org with your organization name, mailing address, contact name, e-mail and telephone number or call 1-800-437-9710.

Thank you in advance for supporting our lifesaving program!

CALL FOR NOMINATIONS *Honoring Nations 2008*

Nominations are open for the 2008 Honoring Nations Awards administered by the Harvard Project on American Indian Economic Development. As many as ten exemplary programs or projects will be recognized with monetary awards that are intended to facilitate the sharing of best practices:

Economic, Social and Cultural Programs; Education; Natural Resource Management; Justice; Governmental Policy Development and Reform; Health; Intergovernmental Relations

Application deadline January 11.

For more information visit the website www.ksg.harvard.edu/hpaied, or phone 617-496-4229.

Volunteers Needed The State Historical Society of ND is seeking volunteers to participate in an archaeological sorting project. Volunteers should be detail oriented and able to perform tasks of a meticulous nature. This project is suited for anyone from students to etirees. No previous sorting experience is necessary. Any number of volunteer hours are available, schedules are flexible during regular business hours, and the project is expected to last about 6 months. **ATE HISTORICAL SOCIETY** OF NORTH DAKOTA Beth Campbell bcampbell@nd.gov 701-328-2674 Heritage Center Bismarck, ND

Distance Education Agreement...

Continued from Page 1

UTTC was able to respond because of its accredited degree programs in Elementary Education that are available online.

Pińon students and personnel enjoy high speed Internet access and connectivity on the school campus. The 21st Century program and other programs at PUSD procational Outreach Director, I helped participants understand the attributes of successful online learners and helped participants make informed decisions about enrolling in an online degree program.

Nathan Stratton coordinated the admissions process with each participant and



PARTNERS IN EDUCATION: United Tribes visits the Pińon Unified School District in Arizona, from left, Leah Hamann, UTTC teacher education advisor; Nathan Stratton, UTTC financial aid director; and Kelly Bradfield and Claudell Tacheene, both from the Pińon Unified School District 21st Century Program.

vide after school and community activities at the school.

To complete their online coursework, distance learning participants will have access to the school's computer labs, which will be open weekday evenings and on Saturdays. PUSD will also provide mentors.

The district is also encouraging community members, who are not employed by the district, to enroll in UTTC's online education degree programs. Although the district will not cover the associated costs for tuition, fees and books, they are offering the computer lab and mentor services as a means of community outreach and service.

As a beginning step in the partnership, a delegation from Untied Tribes visited Pińon, AZ in mid November: Nathan Stratton, Financial Aid Director; Leah Hamann, Teacher Education Advisor; and Dr. Leah Woodke, Educational Outreach Director.

PUSD provided a warm welcome and lodging. The UTTC team met with prospective students one-on-one. As, the Eduhelped them complete the Financial Aid process.

Leah Hamann advised and facilitated the pre-registration process with each student. She also provided a thorough orientation about the look of online courses and how to access them, how to engage in the class discussions, and what is expected from each student as an online learner.

By the time we left Pińon, 15 students had pre-registered for online courses at UTTC. We are so excited about having them join the UTTC family.

All of the students from Pińon are pursuing an Elementary Education AAS degree online and they are also interested in earning a BS in Elementary Education. We are committed to facilitating access to that degree program for them.

For more information about United Tribes online and distance education programs please contact us:

- Leah Woodke, Educational Outreach Director: lwoodke@uttc.edu
- Barb Archambault, Online Learner Support: barchambault@uttc.edu.

UTTC Graduate... Continued from page 1

to the second. It's interesting. Pretty cool."

A member of the Oglala Sioux Tribe, Pettigrew was raised and around in Wounded Knee, SD and educated at Red Cloud Indian School, where he first got his hands on a computer to work with media. He and his wife Elisha Yellow Thunder, a student in the UTTC Environmental Science Program, have three children ages two, four and five. He graduated with an Associate of Applied Science Degree in May 2007 from United Tribes Technical



College. He studied film and animation, and editing in the college's Art-Art Marketing Program.

It was during a class field trip to the TV station that he thought of applying there. So, he said, he gave it a shot. Three months

a humorous moment with 1V station co-worker is later he received a call from the station's operations manager; he was hired part time and trained on the job for doing camera work. He also changes light bulbs and moves the furniture that makes the set for different programs.



Jeremy Pettigrew at the controls of a studio TV camera. UTN photo Jeremy Pettigrew

"The people are really nice to work with," he said.

Occasionally it can be pretty crazy what goes on behind the camera, he observed, people running around to get things together. "You never see that on TV, of course. They're very professional."

During the day Pettigrew continues to attend UTTC. He carries 19 credit hours of classes in Small Business Management, his second major. When it comes to work-

"Occasionally it can be pretty crazy what goes on behind the camera, he observed, people running around to get things together. "You never see that on TV, of course. They're very professional."

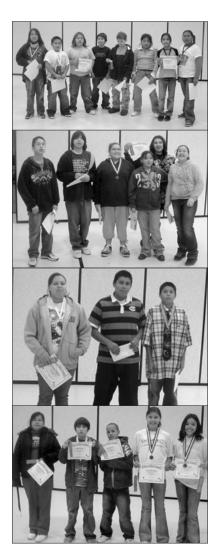
— Jeremy Pettigrew

ing with media his ambition is to make his own films and videos. He'd like to try for more advanced media schooling when time and money permits.

For now he sees the studio camera job as a good start – a place where he can get more experience. In his next step he'd like to put his college training to work by editing videotape. After that? Well, stay tuned.

THEODORE JAMERSON ELEMEN son Elemente

BYANNETTE MUNOZ-KADRMAS, FACE Adult Educator



Science Fair Winners

Trevan Long Feather	Honorable
Kieran Lindeman	Honorable
Amiera Bissonette	Honorable
Shirley Redday	4th Place
Hayden Strong Heart	3rd Place
Draven Medicine Horse	2nd Place
Marlaysia Cloud	2nd Place
Brittny Bellrock	1st Place
Terry Lee	3rd Place
Rode Vocu	3rd Place
Courtney Hollow	2nd Place
Tanayah Cloud	1st Place
Allanah Hare	1st Place
Brock Azure	Participation
Marina Arellano	Participation
Byron Everette	4th Place
Mark Jarvey, Jr.	3rd Place
Francis Brewer	2nd Place
Belinda Arellano	1st Place
Michael Cooley	3rd Place
Jerrlyn Redday	2nd Place
Samuel Hare	1st Place

United Tribes Technical College JANUARY CALENDAR

2-4ACT/ Compass Testing & Orientation

21Martin Luther King Day (1/2 Day)

7Classes Begin

24 Spring Graduate Orientation

Literacy grant awarded to TJES

Theodore Jamerson Elementary School on the campus of United Tribes Technical College has been awarded a grant for a new literacy program for parents and children.

FACE (Family and Child Education) is a program dedicated to give parents the skills to pursue further educational opportunities and to prepare for employment. It offers parenting skills and resources for parents to become better educators of their children. It offers educational services and health and educational screenings for children through two unique settings. FACE offers home-based services to Native American families with children up to age 3 and center-based services to families with children ages 3 - 5.

The home-based services offer parent education, home visits from a trained parent educator, and group parenting meetings. The center-based services will offer an early childhood education classroom with culture enrichment, active learning, and a literacy-focused curriculum. The Adult Education classroom will offer GED preparation, college-prep, parenting skills and job skills training.

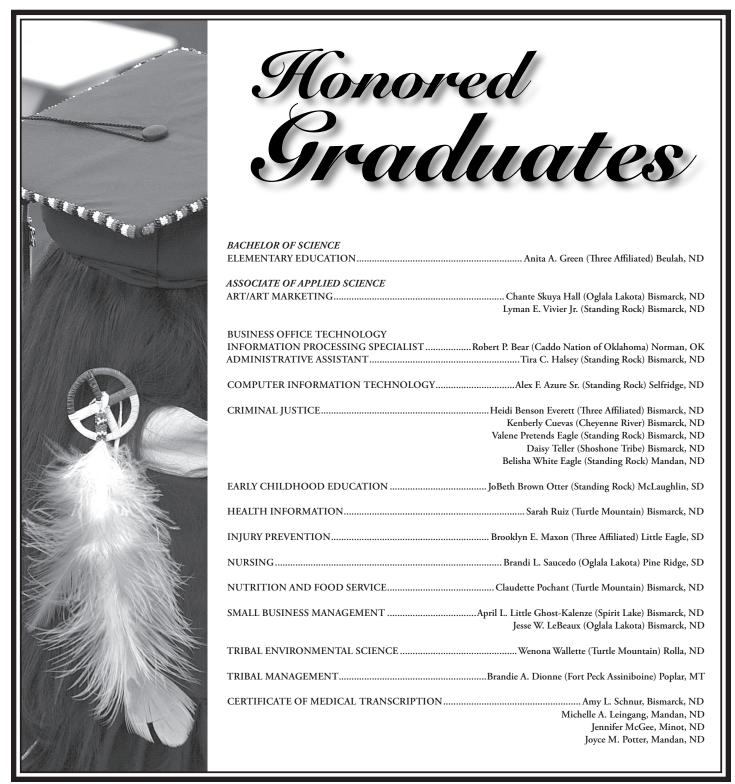
Each child will receive a book from Imagination Library each month in which she/ he is enrolled in the FACE program.

For more information contact the FACE professionals at Theodore Jamerson Elementary 255-3285 x 1304. The FACE administrator is Sam Azure; FACE Parent Educators: Cyndee McLeod and Alvonne Iron Thunder; Adult Educator is Annette Munoz-Kadrmas; and Early Childhood Educators are Melanie Redwater and Crystal Horse Looking.

UTTC honors mid-year graduates

BISMARCK (UTN) – United Tribes Technical College honored 24 graduates during a ceremony December 14 at the college in Bismarck. One earned a Bachelor of Science degree in Elementary Education. Nineteen had earned Associate of Applied Science Degrees in 13 different programs of study; and four earned Certificates of Completion in the field of Medical Transcription.

Guest speaker for the program was Russell Swagger (St. Croix Chippewa) UTTC Vice President of Student and Campus Services. The drum group Eyabay provided opening and closing songs. A meal was served at the UTTC cafeteria.



JOHN THUNDERHAWK CLASSIC



Clockwise from top left: Lady Thunderbird player Mary Standing Alone shakes hands with members of John Thunderhawk's family at the start of play. UTTC defenders Jarvis Bearstail and 13 Mequon Oshkosh pressure former UTTC player Delmar Clown of the Bismarck All Star team. Colette Hawley shoots over a defender in the University of Mary JV game. UTN photos Dennis J. Neumann

JOHN THUNDERHAWK CLASSIC • UNITED TRIBES TECHNICAL COLLEGE		BASKETBALL SCHEDULE	
Thursday, November 29	Score	January 2008	
United Tribes Thunderbirds Women - University of Mary JV	68-58	12 Dawson Community M&W 4-6pm	
United Tribes Thunderbirds Men - Bismarck All Stars	111-118	13 Miles Community M&W 6-8pm	
Friday, November 30	Score	18 Williston State M&W 6-8pm	
Bismarck State Women - Jamestown College JV	85-65	20 NDSCS-Wahpeton M&W 2-4pm	
Bismarck State Men - Jamestown College JV	117-82	24 Bismarck State M&W 6-8pm	
United Tribes Thunderbirds Women - Little Big Horn College	79-48	27 Lake Region State M&W 2-4pm	
United Tribes Thunderbirds Men - Little Big Horn College	121-122	30 University of Mary M&W 6-8pm	
Saturday, December 1	Score	HOME GAMES IN BOLD	
Bismarck State Women - Little Big Horn College	114-56		
Bismarck State Men - Little Big Horn College	125-89		
United Tribes Thunderbirds Women - Jamestown College JV	59-72		
United Tribes Thunderbirds Men - Jamestown College JV	97-74		

2007 UTTC THUNDERBIRDS



4 Jacob Myrick, 5'10", Parshall, ND



32 Kellen Littlewind, 5'10", Ft. Totten, ND



33 James Archambault, 6'2", Ft. Yates, ND



SD



Captain) 6'0", Bismarck, ND



34 Tyson Heart, 6'3", Kyle, SD



13 Mequon Oshkosh, 6'0", . Keshena, WI



30 Gavin Briscoe, 6'2", Madison, WI



10 Dominic Green, 5'9", Richfield, MN



31 Josh DeCoteau, 6'1", Dunseith, ND



44 Francis Eaglestaff, 6'4", Whitehorse, SD



51 Lance Brockie, 6'4", Hays, MT



10 Kelly Hoise, 5'8", Kyle, SD



44 Valene Pretends Eagle, 5'11", Wanblee, SD



40 Colette Hawley, 6'1", Hays, MT



34 Carlissa No Runner, 5'6", Browning, MT



30 Mia Spoonhunter, 5'6", Browning, MT



3 Marissa Baer, 5'4", Spirit Lake, ND

Not Pictured

50 Robert Taken Alive, 6'5", McLaughlin, SD

5'9", White Shield, ND

43 Rana Kills Plenty, 6'0", St. Francis, ND

Lornie Pinnecoose, Student Coach



21 Whitney Hoise, 5'9", White Shield, ND



Daryl Bearstail, UTTC Athletic Director



20 Brydget Rogers, 5'4", Crow Agency, MT



Erik Abby, Lady T-Birds Coach

15 Nevada Allen, 5'7", Cannonball, ND



Travis Albers, Lady T-Birds Coach



13 Tessa Beston, 5'4", Frazer, MT (((wearing jersey # 5)))



Gerry Geistler, T-Birds Head Coach



4 Kami Otter Robe, 5'4", Bull Head, SD

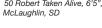


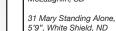
Ruth Buffalo-Zarazua, T-Birds Assistant Coach







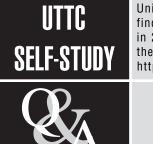






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United Tribes Technical College is currently conducting a self study evaluation. A written report of its findings will be produced for its NCA reaccreditation visit. The NCA comprehensive visit will take place in 2010-2011. If you have questions or 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

Test your familiarity with the self-study process now underway at United Tribes.



Healthy Holiday Tips

By SuAnn Schmitz, LRD – Extension Nutrition Education

Try these tips to enjoy the season and maintain your weight:

- Tame your appetite by having a bowl of broth-based soup before you leave home.
- Stand a distance from the serving table, and spend most of your time talking.
- Watch your beverages. They can add lots of calories. Sip on ice water or diet soda instead of punch.
- Give yourself a generous helping of fresh fruits and vegetables.
- Decide in advance how many treats you will have. Many types of cookies contain 100 or more calories each. An extra 100 calories a day can result in a 10-pound weight gain in a year.
- Use a napkin instead of a plate to gather your food at a buffet. That way, you are less likely to choose the higher-fat, higher-calorie "sticky" foods.
- Slow down when eating. Remember, your brain takes at least 20 minutes to get the signal from your stomach that it's full.
- Get regular exercise. If the weather is too cold to walk outside, walk in a mall or public building. Or, turn on some festive holiday music and dance!

Land Grant Extension Program Presents Shopping Smart for Persons with Diabetes



You will learn how to be a "Smart Shopper" for better management of diabetes.

Classes offered on **Thursdays** at 12:00 noon in the Wellness Center on:

- November 8, 15, 29
- December 6, 13
- January 10, 17, 24

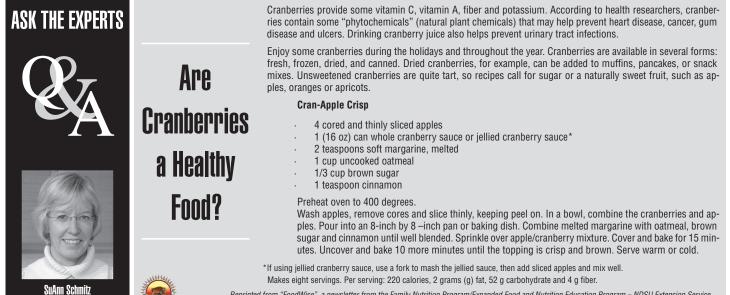
Noon Lunch will be provided



CONTACT PERSON: SUANN SCHMITZ, LRD PHONE: 255-3285 EXT. 1397 UNITED TRIBES TECHNICAL COLLEGE LAND GRANT PROGRAMS

"SMART SHOPPERS" Lessons include:

- Understanding the nutritional benefits of whole grain products.
- Understanding key nutrients provided from consuming fruits and vegetables with emphasis on blood sugar control.
- Learn to choose healthier **canned foods** as they relate to better blood glucose control.
- Gain an understanding of the health benefits of lean meat, fish and seafood as it relates to person with diabetes.
- Learn how to select healthier **dairy products.**
- Learn how to incorporate ready-prepared products into a healthful diet.
- Learn how to incorporate **healthy snacking** into your day.
- Beverage tips for persons with diabetes.



Nutrition Coordinator

Reprinted from "FoodWise", a newsletter from the Family Nutrition Program/Expanded Food and Nutrition Education Program – NDSU Extension Service.

Do you have a nutrition question? Email it to: sschmitz@uttc.edu. If your question is published in UTN, the Land Grant Department will send you a \$10 grocery gift card.





INDIAN VALUES: On Saturday December 8, a Give Away was held at the UTTC Wellness Center Healing Room. Thanks to the UTTC faculty and staff, a large selection of clothing, toys, Christmas decorations, shoes, boots, car seats and many other items were made available to over 100 adults and children in our campus community. It was a great turnout and many people went away happy because the campus staff and faculty put in practice the virtue of generosity. The few things that were left over were donated to the Seeds of Hope. Thanks to all who made it a success! We hope to do it again soon and allow a little more time to round up items. We will keep you. Wopila' and have a safe and joyous holiday season. — Scott and Lorraine Davis



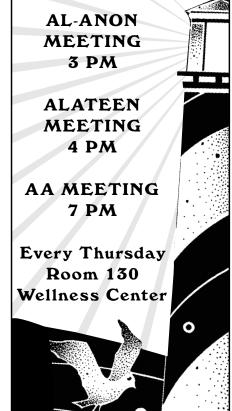
Luncheon Meetings

Tuesdays • 12 pm - 1 pm Jack Barden Center Room 130



the UTTC Wellness Center, or with Lorraine Davis at the Student and Campus Services office in building #1. WE CAN HELP you find your way AL-ANON

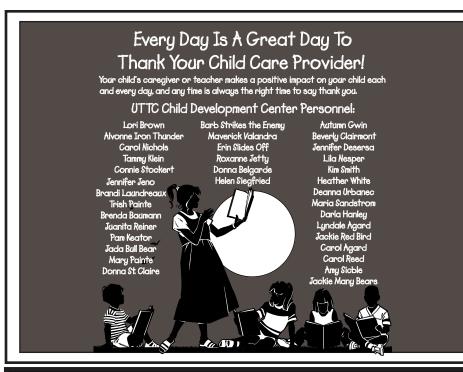
UTTC and former security officer, and Emmaline Fills Pipe, a current student, experienced the heartbreak of a fire at their apartment December 9. Fortunately no one was injured but the family needs our help. Lance and Emmaline and their children lost most of their clothing and household items. Some items needed are children's clothes: sizes 7 in boys shoes/boots, size 12 for girls shoes/boots; 24 month tshirts or pants for boys and size 6 regular pants and size 7-8 shirts for girls. Also needed are pillows, blankets and especially hats and gloves and coats. Your donations can be dropped off at Scott Davis's office at



The First Group of Nike N7 Shoes Are In!



The UTTC Wellness Services/Strengthening Lifestyles Program is now taking pledges for the new N7 Nike shoe. Taking the PLEDGE makes you eligible to place your order with the Wellness Staff for a pair of the new shoes. Price \$47.80 Payable to UTTC OR Better yet – Receive a pair FREE By signing up for the **STRENGTHENING** LIFESTYLES **INCENTIVE PROGRAM** Get your card punched today Look for more details along the way Sign your pledge as soon as you can and get moving in the right direction towards Native Wellness! More information: call extensions 1357, 1454, 1361, or 1328.



WE'RE NOT JUST A BOOKSTORE ...



... COME IN FROM THE COLD AND CHECK OUT OUR NEW WINTER FASHIONS!

CHRISTMAS CLOTHING SALE: December 3-14 BOOK BUY BACK: December 7-3 • 9 am-4 pm

FOR GIFT IDEAS CHECK OUT THE ONLINE STORE AT WWW.UTTC.EDU!

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David M. Gipp

Scholarship Fund

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

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

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



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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!

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 basis

GENERAL REASONS FUNDING MAY BE DENIED:

- Missed deadline date
- Incomplete files
- Did not apply

DOCUMENTS THAT ARE GENERALLY REQUIRED FOR AN APPLICATION TO BE COMPLETE:

- Acceptance letter from educational institute
- Financial needs analysis (budget) from financial aid officer
- Semester grades/mid-term grades
- 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 WIA classroom training assistance, ALL students MUST apply with home funding agency first

The WIA office is located in building 61 at United Tribes Technical College. For students who need assistance contacting agencies or completing tribal funding applications please call 701-255-3285 ext. 1232/1229.





Summer Employment Opportunity



The Heritage Documentation Programs, a division of the National Park Service, seeks applications from qualified individuals for summer employment documenting historic sites and structures of architectural, engineering and landscape significance throughout the country.

Duties involve on-site field work and the preparation of measured and interpretive drawings and written historical reports for the HABS/HAER/HALS Collection at the Prints and Photographs Division of the Library of Congress. Projects last twelve weeks, beginning in May/June. Salaries range from approximately \$6,000 to approximately \$11,000 for the summer, depending on job responsibility, locality of the project, and level of experience.

Applicants must be a U.S. Citizen. Applications Due: February 4

Application forms and detailed information can be found at: http://www.nps.gov/history/hdp/jobs/ summer.htm View examples of HDP documentation on the Library of Congress web site: http://lcweb2.loc.gov/ammem/hhhtml/ hhhome.html

More Information: Judy Davis, Summer Program Administrator Heritage Documentation Programs

National Park Service (2270) 1201 Eye Street, NW, 7th Floor Washington, DC 20005 Tel: (202) 354-2135 Email: HDP_Summer_Program_ Admin@nps.gov

ORCS Natural Resources Conservation Service

THE EARTH NEEDS YOU • JOIN THE TEAM!

The Natural Resources Conservation Service (NRCS) needs people and/or groups, on a statewide basis, who are willing to commit their time and talent to conserving and protecting soil, water, and wildlife for their community and everyone in it. The NRCS Plant Materials Center in Bismarck is currently seeking individual volunteers or volunteer groups that would like to assist in the day-to-day activities of the Plant Materials Center. These activities may include office work such as filing, data entry, and assisting in the preparation of large mailings and training projects; assembling seed packets; or outdoor plant center operations which include grounds maintenance, greenhouse activities, and/or field work, such as mowing, weeding, planting and seed harvesting.

More information on the NRCS Earth Team Program and application forms can be found on the North Dakota NRCS Web Site at: http://www.nrcs.usda.gov/feature/volunteers/. Applications can also be picked up at Bismarck Plant Materials Center, 3308 University Drive. For more information contact Leslie Glass, Secretary, at 701-250-4330 Ext. 6.



Student Scholarship Campaign

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

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

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

Contact Brad Hawk 701-255-3285 x1387 bhawk@uttc.edu

UTTC	LIBRARY	SUCCESS IS EVERYONE'S RESPONSIBILITYI
Location:	West Main Floor Education Building	SUCCESSFUL
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Website:	www.infolynx.org s	

We Believe in Your Indigenous Quotient

Build on Your Tribal Experience and Knowledge in a Campus Community Setting

United Tribes Technical College Spring Term 2008

STUDENT ORIENTATION: January 2-4 CLASSES BEGIN: January 7

ASSOCIATE DEGREES:

- Art/Art Marketing
- Automotive Technology
- Business & Office Technology
- Community Health
- Computer Information Technology
- Construction Technology
- Criminal Justice

ON-LINE DEGREES:

- Criminal Justice
- Early Childhood Education
- Elementary Education

- Health Information Technology
- Nutrition and Food Service
- Practical Nursing
 - Small Business Management
- Teacher Education
 - Tribal Environmental Science
 - Tribal Management
 - Health Information Technology
 - Injury Prevention
 - Nutrition and Food Service

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Thanksgiving at United Tribes

TURKEY HAT TRIO: The Thanksgiving meal served by the staff of the UTTC cafeteria is a high point of the year at United Tribes for the good food and spirit of friendship. It received the smiling approval of these first graders from Theodore Elementa-Jamerson ry School on the college campus: from left, Sierra St.Claire, Alex Reynolds and Kianna Montclair. Nearly 700 youngsters, staff members and friends from the campus community enjoyed the turkey and ham meal, with all the trimmings on November 21. UTN photo Dennis J. Neumann





United Tribes Technical College 3315 University Drive Bismarck, North Dakota 58504 www.utto.edu



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MISSION STATEMENT

United Tribes Technical College is committed

to providing individuals and families with

vocational-technical and educational services that

perpetuate the success of all people. UTTC will

continue to provide a multi-cultural environment that promotes educational and economic

opportunities with human and land resources

aimed at self-sufficiency and self-determination.

ND, Dr. David M. Gipp, President



DEADLINE FOR NEXT ISSUE: 5 PM - JANUARY 14, 2008