

# UNITED TRIBES NEWS

## Graduation Edition

www.uttc.edu



Honor Deserved p. 20

JUNE / JULY 2008

UNITED TRIBES TECHNICAL COLLEGE • BISMARCK, ND

VOLUME 17 NUMBER 6

## Disney internship is a natural for 'Yogi'

### Opportunity to Work on Animation

BISMARCK (UTN) – A few weeks ago when “Yogi” Vivier answered a phone call one evening he wasn't in the mood to chat.

“It was a Friday evening and I was ready to sleep,” said Vivier, recalling the moment.



It was the end of mid-term exam week at United Tribes Technical College, where the usually friendly Vivier is a student. Plus he had come down with a case of the flu and wasn't feeling well.

“Then I get this call from a woman who said she was from Disney in California,” he said. “I didn't take it seriously at first. Then she said, ‘we're looking at your portfolio and we want to know what you're doing for the summer.’”

In the cartoons, this would be where a character gets the message with a lightning bolt. It dawned on the 29 year old Art-Art Marketing student, who resembles the huggable cartoon namesake, that it was the Disney art competition.

With the encouragement and help of a friend and former UTTC art student, LaRae Laundreaux, the two had applied to a Disney program called Image-A-Nation. Vivier said that LaRae was the driving force as they worked long and late to assemble a portfolio

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## United Tribes honors graduates



HONORED GRAD: Kelly Hoise (Three Affiliated Tribes) Bismarck, ND, an Elementary Education B. A. graduate, receives congratulations from keynote speaker Gerald Gipp during the United Tribes commencement ceremony May 2 in Bismarck. United Tribes News photo

BISMARCK (UTN) – United Tribes Technical College honored 99 graduates on May 2 during its 2008 Commencement Ceremony.

Members of the graduating class earned Associate of Applied Science Degrees and Certificates of Completion in 17 different academic and vocational programs. Seven had earned Bachelor of Arts degrees in Elementary Education through a program in conjunction with Sinte Gleska University, Mission, SD. The graduates were from 27 different tribal nations.

“Graduates, today is a special celebration for you, to honor your accomplishments and all you have achieved,” said keynote speaker Dr. Gerald E. Gipp, (Hunkpapa Lakota) Executive Director of the American Indian Higher Education Consortium, Alexandria, VA. “It's also a special day of celebration for the many people who are here and those back home that supported you.”

Gipp told of his upbringing at Standing Rock and how he never envisioned going off

Continued page 6



## UNITED TRIBES INTERNATIONAL POWWOW

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### PULL-OUT POSTER INSIDE!

# North Dakota Tribal College News



SPRING MEETING: The presidents of North Dakota's Tribal Colleges met April 7 at United Tribes Technical College in Bismarck. On their agenda was an honoring for the association's outgoing Executive Director Phyllis Howard, front center. Presidents from left: Jim Davis, Turtle Mountain Community College, Belcourt; Rusty Mason, Fort Berthold Community College, New Town; Cynthia Lindquist; Cankdeska Cikana Community College, Fort Totten; Laurel Vermillion, Sitting Bull College, Fort Yates; and David M. Gipp, United Tribes Technical College. United Tribes News Photo

## KODA THE WARRIOR Who was Itancan?

CREATED BY MARK L. MINDT  
SPIRIT LAKE NATION

Uncle KODA, is it true that he was a great warrior who fought the forces of evil? But left the tribe and didn't come back?

Whoa! Easy! We don't know the whole story. Too many people jump to their own conclusions before they know the truth. That's a not a good way to live.

What a LOSER!

Everybody deserves a chance.

**ITANCAN**  
(ee-Tah-Chah)

Who was Itancan? Nothing is written about this hero of the past. Even the old stories have been lost over the years gone by. It's been said he died a hero for his people. Others have said he abandoned his family during a hardship. I will take the summer and listen to the stories. What is known will be illustrated in the Fall 2008 editions of this publication. **HAVE A FINE SUMMER AND BE SAFE ON YOUR HUMAN EXPERIENCE. LIVE THIS LIFE!**

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# Kingdom of Heaven

BY MICKI LINDEMAN

When I was a young child in catechism, my teacher would describe heaven as a place where we were all equal and happy. It was so perfect there, a reward for living a good life. In my mind that place was my grandparents' home in Linton, North Dakota.

As my mom's car would steadily pace down Highway 83, I would scan the horizon for the Willow's Motel sign which was next to the turn off to their house. We would turn onto a tree-lined gravel road that ran along Beaver Creek. The outside world would filter out and the trees would disappear and open to the beautiful space created by my grandparents.

When I saw their simple white square home, I always felt like I could finally breathe. It was like holding in your breath until it hurt and then finally being able to exhale. There I was allowed to just be a child, an accepted child, beloved just for being me. On the outside, past the trees, I was just a half-breed, ignored by one culture, tolerated by the other, never really fitting into either. I just felt like I was in the way.

Everyone needs someone who will always love you and welcome you no matter what. I was blessed by grandparents who gave me this.

My grandfather, Harry, was your typical gentle giant. He was tall and muscular from a lifetime of manual labor. He smelled of motor oil, Brut cologne and cigarette smoke. I don't remember him speaking much. What I do remember was he was always there. I must have followed him everywhere. I remember always reaching for his large callused hand, or if his hands were working I would latch a small finger into a belt loop on his work pants.

He had beautiful blue eyes that radiated his love for me past his thick bifocals. His eyes spoke things words couldn't. I always looked to his eyes to know what he was thinking. I looked there to be reassured when the world didn't feel right. I remember his tears of pride when my aunt won the Miss North Dakota Pageant. I am

lucky, I know what love looks like; I saw it in his eyes every time he looked at me.

I remember the feeling I had in his presence. It was a rare feeling of unconditional love, acceptance and adoration that only a child can recognize. I felt safe with him as we set and checked minnow traps, fished at his special spots on the Missouri, or tended to his huge perfect garden.



*Micki Lindeman is a Tribal Environmental Science major at United Tribes Technical College. She plans on continuing school with the goal of becoming a lawyer. She has three sons: Christian, Kieran and Harry James. Micki is a published winner in the 2007 Tribal College Journal Writing Contest. "Kingdom of Heaven" received Honorable Mention in the Personal Narrative/Memoir category of this year's contest. TCJ received 119 entries from 85 students representing 17 tribal colleges, including 60 poems, 35 memoir/personal narratives, and 24 short stories. To read more, visit [www.tribcollegejournal.org](http://www.tribcollegejournal.org).*

I remember him always being there, at all the important events of my childhood. In my mother's photo albums full of my childhood memories, he is always there in the background, usually assembling or fixing something. He made a living by repairing appliances. I remember traveling the back roads of Emmons County in his Plymouth station wagon to fix someone's washing machine, dishwasher or lawnmower. Grandpa could fix anything, even my battered, sad little soul. The world is hard on people who don't fit "the mold."

He was one of the most important persons in my little life. He died when I was nine. When he died, I had the wisdom to know no one would ever love me that much again. I didn't feel love like that again until

I had my own children. I gave my youngest his name.

After my grandfather died, I was blessed again when my grandmother married. Papa Ralph, the kindest man I ever knew. He was generous, hospitable and caring. He simply loved us. He made me laugh. He was in my life for twice as many years as my grandfather. I don't remember him ever being angry, but I was angry at the world when he was dying. I didn't think that a man like him deserved to be in that much pain. I remember crying hot tears of rage and hating God for the unfairness. I felt my world was better with Papa in it.

When he was alive, he and my grandmother moved to Bismarck. Their home continued to be a warm welcoming place. I went there when I felt wronged and when I just wanted to feel loved. The physical location of their home moved, but the feeling of sanctuary and love remained.

My grandmother, Margaret, is a true angel on earth. She nurtures all her children and will defend her own like an angered bear. Today, her home is the only place in the world where I always feel welcome. I still feel like it is my filter from the real world, where I can be just me. I fit into the world when I am with her.

We all have moments in our lives where we want to run somewhere safe and into the arms of someone who loves us. I still run to my grandmother. I can't imagine the world without her. I will never take her for granted. When I am with her, I feel like I have value. I will never be able to repay her for the feeling.

Even as an adult, I run to her like a hurt toddler, knowing she will comfort me and just love me. Likewise my children run to her, too, they call her "Grammy." When my little son, Kieran, has a bad day at school, like when he's picked on and called "white boy," he always asks to go to "Grammy's." I know that feeling of not quite being right to the world.

I thank God every night that we have a place to be where we feel we belong in our own Kingdom of Heaven.

# 'New campus' construction underway



**SPRING START:** An April 4 bid opening set in motion the start of construction on the new campus at United Tribes Technical College. Russell Swagger, UTTC Vice President of Student and Campus Services, at left, poured over bids for the first part of infrastructure development on 132 acres located immediately south of the current campus. The first phase is earthwork. Other steps during the summer will include installation of sewer and water mains, paving, and lighting. The bid process was conducted by Michael J. Baltzer, pictured at right, a project engineer with the firm Swenson and Hagen of Bismarck. Funding was provided by a "Strengthening Institutions" grant from the U.S. Department of Education. Campus expansion will allow the college to serve more students. Prior to the start of earthmoving, the ground was blessed by UTTC spiritual adviser Russell Gillette. UTN photos Dennis J. Neumann

## Class Reunion

Fort Yates High School



Members of the Fort Yates High School Class of 1949 are hosting a reunion of Fort Yates High School grads from the years 1947-1955.

June 14 - 15  
Jack Barden Center  
United Tribes Technical  
College  
Bismarck, ND

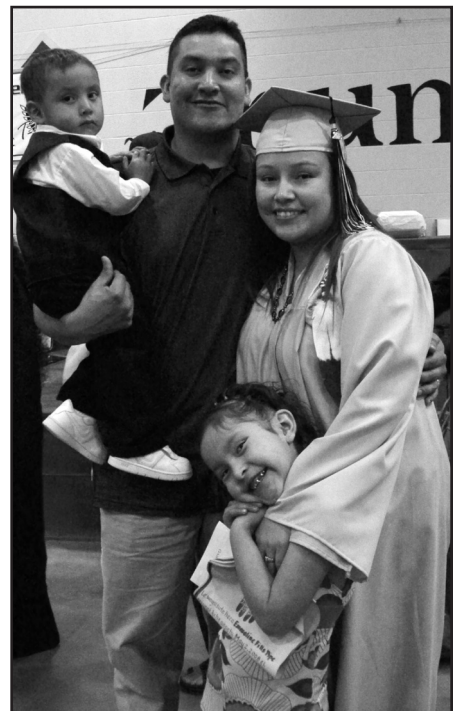
Students are welcome from other years who wish to come visit. A small charge will help cover costs.

More information:  
Gert Thomas Vennes  
701-838-4254 or 701-255-0717 or  
Harriett Skye hskye@uttc.edu

## Identity Vignette

- I AM** flour and grease and commodity cheese.
  - I AM** the tattered reservation filled with sorrow and grief.
  - I AM** colorful beads and worn leather.
  - I AM** the apprehensive future in a world so bleak.
  - I AM** the sane mother of three insane children.
  - I AM** heavy metal in bright pink.
  - I AM** pain, anguish, and darkness.
  - I AM** joy, strength, and light.
  - I AM** the crazy, justified criminal.
  - I AM** Elisha Yellow Thunder.
  - I AM PRETTY VOICE COYOTE WOMAN, STANDING STRONG ON TOP OF THE UNIVERSE.**
- ...AND THAT EXPLAINS EVERYTHING.

## Our Appreciation



**GRATITUDE:** Thank you to everyone who helped us after our apartment caught fire (December 9, 2007). All of your donations, calls, emails and visits were appreciated very much. There are no words to express our gratitude to everyone who helped us through a hard time in our lives. You will always be in our hearts and prayers. Again thank you very much. LANCE, EMMALINE, ILYANNA AND EDWIN FILLSPIPE. (Emmaline graduated May 2 with a Bachelor of Arts degree in Elementary Education)

# Disney internship...

Continued from page 1

and send it off to California, just beating the deadline.

“But it wasn’t the art competition people on the phone,” said Vivier. “It was the Disney recruitment team.”

A Disney recruiter said the portfolio was sent to them by the Image-A-Nation people. And they were wondering if Vivier was looking for an internship.

“She said, ‘If you’re willing to work for it, we’ll teach you anything you want to know,’” said Vivier.

“All I could say was, ‘yes, please.’”

## Disney College Internship

What he agreed to was a six month internship in the Disney College Program at the Disneyland® Resort Anaheim, California. The program’s website calls it the “internship of a lifetime.” It says participants are allowed to custom design a learning curriculum, take education courses (tuition free), engage in specialized learning and possibly earn college credit. All the while they work at the Disney resort, meet people from around the world, make life-long friends, and have fun.

“It’ll be pretty exciting for him,” said Shawn Holz, UTTC Media Arts Instructor, one of Vivier’s teachers. “He’ll do routine jobs, attend workshop sessions and work on projects. They allow students to advance with their accomplishments.”

## Animated Cartoon

One of the items contained in the portfolio that attracted the attention of the Disney recruiters was a video demo for a children’s cartoon series.

“It’s sorta like Dora but it’s about Indians,” said Vivier.

The animated video was a mere three seconds in length. In bold colors it showed a youngster coming out of a Teepee in the woods and going into a house in a city as a bus passes by.

“It’s the conceptual start of ‘Little Brave,’” said Vivier. “It’s a story that will explore misconceptions about Indians. He’s an Indian boy who travels around to different tribes and different places.”

The Disney people took a keen interest



Yogi Vivier has an internship in Anaheim, CA with the Disney College Program. UTN photo Dennis J. Neumann.

in the snippet.

An item on his application also caught their attention – that he was interested in becoming a layout artist, a job in the animation industry that is “not very well known,” he said.

Vivier is an enrolled member of the Standing Rock Tribe. His given name is Lyman but he’s known to everyone by the familiar nickname, which he received from a brother while growing up at Cannonball, ND. He and his wife, Jenifer, a Teacher Education student at UTTC, have three children ages six, seven and eight. In 2005, he worked on the UTTC public art sculpture of four eagles near the entrance to Bis-

marck’s Dakota Zoo.

Vivier said there was a lot of paperwork involved with accepting the internship that runs from May 19 to January 3, 2009. He gave credit to his friend LaRae for getting him involved in the Disney competition and filing the application.

Vivier had to find his own transportation out to California. In Anaheim, his lodging is provided by Disney. But he will be there without his family.

“It’s hard to leave them,” he said. “But I’ve promised the kids that I’ll get Hannah Montana’s autograph if I see her.”

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# United Tribes Scholarship Recipients



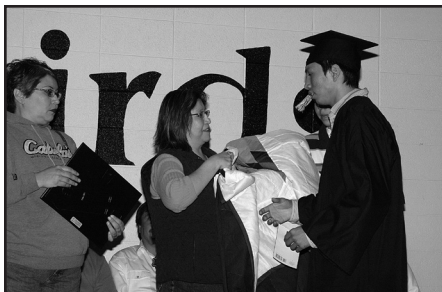
**SHERMAN BRUNELLE-GANDHI PEACE NETWORK SCHOLARSHIP:** Herbert Red Horse (Standing Rock Tribe) Bismarck, ND, Health Information Technology; Elisha Yellow Thunder (Oglala Tribe) Bismarck, ND; Also receiving the award was Elisha Yellow Thunder (Oglala Tribe) Bismarck, ND.



**DR. DAVID M. GIPP SCHOLARSHIP:** From left, Anthony Jenkins (Leech Lake Band of Ojibwe) Bismarck, ND, Criminal Justice; Michon Gwin (Three Affiliated Tribes) Bismarck, ND, Small Business Management; and Deanna Saragosa (Red Lake Band of Chippewa) Bismarck, ND, Computer Information Technology; presented April 30 at the Gipp Scholarship Dinner; UTTC President David M. Gipp at right. United Tribes News Photos



**BISMARCK TRIBUNE CELEBRATE 2000 SCHOLARSHIP:** Wayne "Jarvis" Bearstail (Three Affiliated Tribes) Bismarck, ND; congratulated by UTTC President Dr. David M. Gipp.



**DON CADOTTE SCHOLARSHIP:** Wayne "Jarvis" Bearstail (Three Affiliated Tribes) Bismarck, ND, Small Business Management; star quilt presented by Jackie Cadotte.



**RAY DWELLE MEMORIAL SCHOLARSHIP:** Elisha Yellow Thunder (Oglala Tribe) Bismarck, ND, Tribal Environmental Science; congratulated by UTTC Vice President Dr. Harriett Skye.

## United Tribes honors graduates...Continued from page 1

to college to become a professional, because there were "few Indian professional role models" to guide him.

He said he never envisioned then that he would have a 46 year career in public service. Gipp was the first Deputy Assistant Secretary in the newly created Office of Indian Education in U.S. Department of Education. He was a program director at the National Science Foundation in the division of Education System Reform and was President of Haskell Indian Nations University.

Gipp spoke to a crowd of 500 attending the commencement ceremony in the James Henry Community Gymnasium on the UTTC campus in Bismarck, ND.

"Where we are today as a tribal people...is that the challenges continue," he said. "There is no longer war and genocide or the removal of children to far off boarding schools but the battles continue in different ways. They are in the courtrooms, the classrooms and in our communities... against all the symptoms of poverty."

Gipp asserted that Native people paid an extreme price in the development of the Nation. The record shows loss of land and natural resources, human devastation though the destruction of cultures and languages, and the breakdown of families and community infrastructures. The stories may differ from tribe to tribe, but they share a common theme - the devastation of a way of life, he said.

"As we seek to improve the lives of our children, the key to our future lies with education, to help them grow to their fullest potential so they have choices for their future," said Gipp. "Metaphorically, the glass was nearly empty back in the 1950s and 60s. Today the glass may be half-full, because we are experiencing a renaissance, a rebuilding our tribes and communities. I believe that we have come a million miles."

Gipp said he hoped that each graduate would have the opportunity to share his or her passions and newfound knowledge by giving back to their communities.

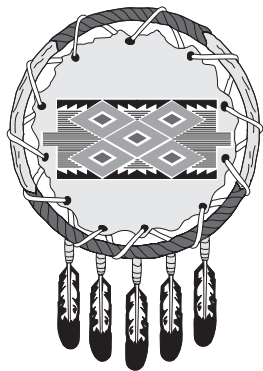
Gipp's directorship of AIHEC comes to an end with his retirement in June. He is the son of Margaret Teachout, Fort Yates, ND. His brothers are Robert Gipp, Fort Yates, and David M. Gipp, UTTC President.

Other speakers included Chairman Marcus Wells, Three Affiliated Tribes, New Town, ND, and Councilman Jim Baker, Turtle Mountain Band of Chippewa, Belcourt, ND., both members of the college governing board.

The commencement ceremony concluded the 2007-08 academic year, the college's 39th year serving American Indian students and their families. A reception followed at the UTTC cafeteria for family members, friends and the public.

To read the entire text of Dr. Gerald Gipp's keynote address, visit the United Tribes Technical College website: [www.uttcc.edu](http://www.uttcc.edu).

**2008 GRADUATES**



All receive Associate of Applied Science Degrees unless noted  
 \* December 2007 grads  
 \*\* Double Majors  
 \*\*\*Summer completions

**ART/ART MARKETING**

Cody Joan Blackbird (Cheyenne River Tribe) Macy, NE  
 Bethany Rose Drapeau (Yankton Tribe) Wagner, SD  
 \*Cante' Skuya Hall (Oglala Tribe) Bismarck, ND  
 Martha R. Garreau (Cheyenne River Tribe) Bismarck, ND  
 Sandra Dawn Red Feather (Oglala Tribe) Pine Ridge, SD

**AUTOMOTIVE TECHNOLOGY**

Kristie Rae Hart (St. Croix Tribe) Bismarck, ND  
 Tracey R. Spider (St. Croix Tribe) Bismarck, ND

**BUSINESS OFFICE TECHNOLOGY**

Amy L. Belgarde (Spirit Lake Tribe) Bismarck, ND  
 \*Robert Bear (Caddo Tribe of Oklahoma) Norman, OK  
 Tira Crystal Halsey (Standing Rock Tribe) Bismarck, ND  
 Iva R. Larvie (Rosebud Tribe) Bismarck, ND  
 Ursula Kary Rosemary LaTray (Crow Tribe) Crow Agency, MT  
 Kristen A. Red Dog (Cheyenne River Tribe) Bismarck, ND  
 Patricia Red Fox (Cheyenne River Tribe) Eagle Butte, SD  
 \*\*Josephine D. Redday (Sisseton-Wahpeton Oyate) Bismarck, ND  
 Kayla J. Thomas (Oglala Tribe) Wanblee, SD  
 Sharilyn M. White Owl (Three Affiliated Tribes) New Town, ND

**COMPUTER INFORMATION TECHNOLOGY**

\*Alex Frederick Azure (Standing Rock Tribe) Selfridge, ND  
 Rolyynn Clown (Cheyenne River Tribe) Bismarck, ND  
 Sheena Delorme (Turtle Mountain Band of Chippewa) Bismarck, ND  
 Evan Hawk (Crow Creek Tribe) Fort Thompson, SD  
 Deanna Saragosa (Red Lake Band of Chippewa) Bismarck, ND  
 Theresa J. Wilkie (Turtle Mountain Band of Chippewa) Bismarck, ND

**CRIMINAL JUSTICE**

Addison H. Baker (Three Affiliated Tribes) Bismarck, ND;  
 \*Heidi A. Benson-Everett (Three Affiliated Tribes) Bismarck, ND  
 Christian C. Blackbird, III (Cheyenne River Tribe) Bismarck, ND  
 \*Kenberly Diana Cuevas (Cheyenne River Tribe) Bismarck, ND  
 John G Frederick Jr. (Turtle Mountain Band of Chippewa) Bismarck, ND  
 Adam Charles Hieden (Standing Rock Tribe) Fort Yates, ND  
 Anthony D. Jenkins (Leech Lake Band of Ojibwe) Cass Lake, MN  
 Natasha Marie Jenkins (Leech Lake Band of Ojibwe) Cass Lake, MN  
 \*\*\*Natasha Olson (Turtle Mountain Band of Chippewa) Bismarck, ND  
 \*Valene Kathy Pretends Eagle (Standing Rock Tribe) Wanblee, SD  
 Melanie R. Robertson (Turtle Mountain Band of Chippewa) Fort Totten, ND  
 Raelynn Swain (Turtle Mountain Band of Chippewa) Brooklyn Park, MN  
 \*Daisy V. Teller (Shoshone Paiute) Owyhee, NV  
 Jacenta Rae Varns (Sisseton-Wahpeton Oyate) Sisseton, SD  
 \*Belisha N. White Eagle (Standing Rock Tribe) Mandan, ND

**CONSTRUCTION TECHNOLOGY**

\*Steven Raining Bird (Fort Peck Tribe) Bismarck, ND

**EARLY CHILDHOOD EDUCATION**

Brenda Baumann, Bismarck, ND  
 \*JoBeth M. Brown Otter (Standing Rock Tribe) Bismarck, ND  
 Louise E. Eagle Shield (Standing Rock Tribe) Bismarck, ND  
 Mamie L. Laundreaux (Three Affiliated Tribes) Bismarck, ND  
 Rose L. Saddler (Chippewa Cree Tribe) Bismarck, ND  
 Judy Ann Vinger, Williston, ND  
 Jessica Woodbury, Carson, ND

**ELEMENTARY EDUCATION**

Stefanie Lynn Hull (Cherokee) Big Cabin, OK  
 Michelle Lynn Picotte (Yankton Tribe) Bismarck, ND  
 Julia G. White Mountain (Standing Rock Tribe) Bismarck, ND

**ELEMENTARY EDUCATION, B.A. (with Sinte Gleska University)**

Kahnytahawise Cornelius, (Oneida Nation) Bismarck, ND  
 \*Anita Green (Three Affiliated Tribes) Bismarck, ND  
 Kelly Hosie (Three Affiliated Tribes) Bismarck, ND  
 Tammy Kelsch (Three Affiliated Tribes) Bismarck, ND  
 Emmaline Tallman (Oglala Tribe) Bismarck, ND  
 Deanna Urbanec (Winnebago Tribe) Winnebago, NE  
 Jennifer Vivier, Bismarck, ND

**HEALTH INFORMATION TECHNOLOGY**

\*\*\*Billie Jo Greenwald (Oglala Tribe) Homer, NE  
 \*\*\*Pamela D. Grass (Lower Brule Sioux Tribe) Bismarck, ND  
 \*\*\*Katrina Marie Lovejoy (Standing Rock Tribe) Bismarck, ND  
 \*\*\*Herbert Ira Red Horse (Standing Rock Tribe) Bismarck, ND

\*\*\*Sarah M. Ruiz (Turtle Mountain Band of Chippewa) Kyle, TX  
 \*\*\*Sherry Michelle Smith (Three Affiliated Tribes) New Town, ND

**INJURY PREVENTION/COMMUNITY HEALTH**

Kimberly Sue Eagle (Standing Rock Tribe) Bismarck, ND  
 \*\*\*Jennifer Lee Lafontaine (Turtle Mountain Band of Chippewa) Bismarck, ND  
 \*Brooklynn E. Maxon (Three Affiliated Tribes) Bismarck, ND  
 \*\*\*Mialyn Rachel Spoonhunter (Northern Arapaho/Blackfeet) Ethete, WY  
 Terrance Lee Trottier Jr. (Turtle Mountain Band of Chippewa) Mandan, ND

**MEDICAL TRANSCRIPTION-Certificate**

\*Michelle Leingang, Bismarck, ND  
 \*Jennifer McGee, Mandan, ND  
 \*Joyce Potter, Minot, ND  
 \*Amy Schnur, Mandan, ND  
 Kathleen Hoffman, Bismarck, ND  
 Sarah Ruff, Fredonia, ND

**NUTRITION and FOOD SERVICE**

Theda Earline Charley (Confederated Tribes of Grand Ronde) Bismarck, ND  
 Tian Jo Jorgenson (Three Affiliated Tribes) Bismarck, ND  
 \*Claudette Ann Pochant (Turtle Mountain Band of Chippewa) Bismarck, ND

**PRACTICAL NURSING**

Briana Marie Delorme (Turtle Mountain Band of Chippewa) Bismarck, ND  
 Misty E. Johnson (Standing Rock Tribe) Bismarck, ND  
 Mary Ann Kleinsasser, Bismarck, ND  
 Lindsey Rae Morrow (Yankton Tribe) Bismarck, ND  
 \*Brandi Laticia Saucedo (Oglala Tribe) Bismarck, ND  
 Jana Lyn Schmidt, Solen, ND  
 Blair Rae Wana (Northern Ute) Bismarck, ND  
 Amy Lynn Westin, Bismarck, ND

**SMALL BUSINESS MANAGEMENT**

\*\*\*Wayne Jarvis Bearstail (Three Affiliated Tribes) Bismarck, ND  
 Gavin K. Briscoe (Three Affiliated Tribes) Madison, WI  
 Megan R. Eagle Staff (Cheyenne River Tribe) Eagle Butte, SD  
 Michon P. Gwin (Three Affiliated Tribes) Mandan, ND  
 Colette M. Hawley (Fort Belknap) Hays, MT  
 \*Jesse W. LeBeaux (Oglala Tribe) Bismarck, ND  
 \*\*\*Kent Little Thunder (Cheyenne River Tribe) Bismarck, ND  
 \*April L. Littleghost (Spirit Lake Tribe) Bismarck, ND  
 Savannah J. Peterson (Cheyenne River Tribe) Eagle Butte, SD  
 Susan A. Ramirez (Three Affiliated Tribes) Brookings, SD

**TRIBAL MANAGEMENT**

\*Brandie Ann Dionne (Fort Peck Tribes) Bismarck, ND

**TRIBAL ENVIRONMENTAL SCIENCE**

April D. Blackbird (Rosebud Tribe) Bismarck, ND  
 Helen A. Reed (Three Affiliated Tribes) Bismarck, ND  
 Elisha L. Yellow Thunder (Oglala Tribe) Bismarck, ND  
 Wenona Lynn Walette (Turtle Mountain Band of Chippewa) Rolla, ND

# Cedar is sweeter



**ATTRACTIVE SMELL:** It took Construction Technology student Ken Fry (Three Affiliated) 16 hours to finish a class project in cabinet making. Fry placed this aromatic cedar chest on display in the UTTC Library, and it soon found a new home with a staff member who admired it and bought it. Fry is a first year student; his instructor is Al Houn. *United Tribes News photo*

## Art and artists on display



**COOL PROJECT:** The working conditions were challenging during the United Tribes Art-Art Marketing Student Art Show, held outdoors. Kristina Kalenze (Spirit Lake) was layered for unseasonably cool temperatures as she started the project of making a beaded necklace from a Peace symbol left by a customer. The annual event took place April 25 in downtown Bismarck; temps were in the low 40s. *UTN photo Dennis J. Neumann*

## Busy and Productive Academic Year

**By Dr. Phil Baird, UTTC Vice President of Academic, Career and Technical Education**

Self-study, planning and program updates. These are key activities of progressive institutions of higher education. These have been central activities during the 2007-08 Academic Year, just ended at United Tribes Technical College.

UTTC is in a self-study mode in anticipation of re-accreditation in 2011. The faculty participated in monthly “All Hands” conversations to explore the topics of the first year experiences of students, technology applications in the classroom and workplace, student learning assessment, and cultural diversity. These were considered in the context of looking at the next generation of Tribal college students – the millennial students characterized as “digital natives who are Native.”

Academic planning continued in the development of baccalaureate programs. Our graduates have expressed interest in continuing their education toward advance degrees at UTTC. The college presently offers upper division coursework in teacher education in collaboration with Sinte Gleska University. This program is expected to lead the way toward an “institutional change” to offer four-year degree studies.

With aspirations for advance degrees in Business Administration, Criminal Justice and possibly Community Health, UTTC and Minot State University entered into a memorandum of understanding last fall to facilitate course credit transfers. These same programs are also developing and modifying coursework for online learning at the associate-degree level.

The faculty of the UTTC Practical Nursing program has every reason to be proud as they participated this spring in an onsite evaluation by the National League of Nursing Accrediting Commission. Following last year’s successful review and program

### 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](mailto:ncaaccreditation@uttc.edu). To learn more about the NCA accreditation process, visit the website: <http://www.ncahlc.org>



approval by the N.D. State Board of Nursing, the college is being recommended for NLNAC re-accreditation with the final notification expected in July.

As a new development and program upgrade, the UTTC Center of Educational Outreach became operational due to the support of a five-year U.S. Department of Education Title III grant award. The Center will take distance and continuing education to the next level with UTTC's InDigiLearn LMS system, paving the way to expand web-based access to postsecondary education by American Indian people.

A serious side of colleges and universities was addressed when professional development activities focused on campus safety. In January, faculty and staff participated in training dealing with school shootings and threat assessment. Additional training was conducted in May to strengthen internal capacities in responding to a variety of campus-based emergency situations.

Plans for the summer include our regular summer school session, curriculum training in Tribal wind energy, a new AIHEC/NASA project for Tribal college staff, and the annual Nokota Prairie STEM & Cultural Camp for elementary-age learners.

These are just a few of many accomplishments of 2007-08 Academic Year. Members of the faculty and support staff were very much engaged, even with the threat of federal funding losses proposed again by the administration. Thankfully, the UTTC board and college's leaders worked closely with the state's Congressional delegation to restore the funding that allowed us to continue our important education work.

Of course, the highest achievement of the year was guiding another class of graduating students across the stage during the 2008 commencement ceremony. United Tribes Technical College continues to build upon its success stories in the cultivation of tomorrow's human resources and workforce.

**UTTC CALENDAR**

June 30-July 3 ..... Final Exams

July 3 ..... Summer Grades Due

July 4 ..... Independence Day (No classes)

August 1 ..... Summer Online Courses End

# United Tribes dance group performs



UTN photo Scott Davis

**CELEBRATING CULTURE:** The United Tribes All Nations Dancers performed April 21 at the National Indian Gaming Trade Show. Several cultural groups from tribes around the country helped kicked off the annual event held at the Grant Hotel in San Diego, California. Included in the UTTC group were: Glenn Fox, Vincent Fox and Lorraine Davis. UTTC President David M. Gipp and Scott Davis accompanied the group. NIGA had invited UTTC Food and Nutrition students to prepare and serve food during the event, but due to finals, the students were unable to attend.

# United Tribes faculty to make presentations

Four members of the UTTC faculty have been invited to make presentations at a North Dakota Career and Technical Education conference on Professional Development set for August 5 in Bismarck. They are: Leah Woodke, Educational Outreach director; Jen Janecek, Tribal Environmental Science director; Karla Baxter, Health Information Technology director; and Car-

ol Anderson, Small Business Management director. A planning committee made the selections based on the professional development needs of North Dakota's CTE teachers, counselors and administrators.

— **Phil Baird, Vice President of Academic, Career and Technical Education.**

**David M. Gipp**

**Scholarship Fund**

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

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

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



**CURRENT & NEW STUDENTS:**  
All applications for housing at United Tribes Technical College must be completed at the college Admissions Office - Building 5

Your application will be accepted and processed based on completion of your admissions packet

**PLEASE NOTE:**

If you do not receive housing for a semester that you have applied for, it is your responsibility to **REAPPLY** for housing for the following semester.

Please contact us with your questions; we are here to help you!

United Tribes Housing Department  
701-255-3285 x 1352 or 1415  
Building 1B  
Lorraine Davis, Interim Housing Director

# Teacher students make gift to families



United Tribes News photo

**SHARING GENEROUSLY:** Students in the United Tribes Teacher Education Vocational Student Organization (TEVSO) contributed April 29 to the welfare of families. The group had conducted a number of successful fund-raisers during the year and wanted to share with a worthy cause that would potentially benefit children. They chose the Ronald McDonald House, Bismarck, which provides low-cost lodging to families with members age 18 and younger who are hospitalized. Their \$200 contribution represented 20 nights of lodging for a family. Pictured with a Ronald McDonald statue from left: Shiela Netterville (Standing Rock), Rose Saddler (Chippewa Cree), Michelle Picotte (Yankton), and Yvonne Howling Wolf (Three Affiliated). TEVSO advisers are Cindy Balliet and Rhonda Breuer.

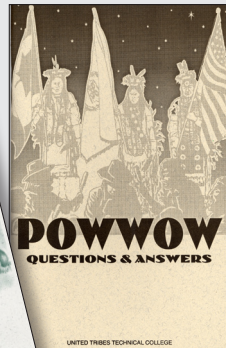
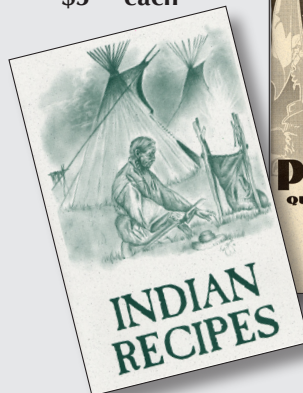


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## Tribal emergency management conference set for June 3 – 5

BISMARCK (UTN) – A conference to build and strengthen tribal emergency management programs is scheduled for June 3 – 5 at United Tribes.

The training is geared for tribal personnel in the Dakotas and Montana.

“This conference is about getting better at responding to disasters and emergencies,” said Barbara Schmitt, conference coordinator. “Both man-made and natural disasters.”

Presenters include emergency and disaster management experts from tribes, federal agencies, the state and local governments.

All sessions take place in the Multi Purpose Room of the Lewis Goodhouse Wellness Center on the United Tribes campus, 3315 University Drive, Bismarck, ND.

Training topics include: policy, ordinances, intergovernmental agreements, resources and funding, how to build a framework for an emergency management program, identifying likely hazards, developing a response plan, evacuation routing, coping after a disaster, and implementing drills and family education.

Attending and presenting remarks during the opening session at 9 a.m. on Tuesday, June 3 are: Mandan Mayor Ken LaMont, UTTC President David M. Gipp, ND Division of Homeland Security Director Greg Wilz, and DHS-EP&R-FEMA-NPD Director J. Scott Logan.

Keynote speakers are: Cliff Whitman, Three Affiliated Tribes; Craig Palmer, DES; Dennis Anderson, SD Office of Emergency Management; and Jason Moats, Emergency Services Training Institute.

Tribal representatives are invited, as well as state and county personnel.

A \$100 conference fee includes noon meals and conference materials. Stipends and lodging are offered for two participants from each of the North Dakota and South Dakota reservations.

The event is sponsored by United Tribes Technical College, the North Dakota Division of Homeland Security, and the U. S. Department of Homeland Security-FEMA Region 8.

For more information contact Barbara Schmitt 701-255-3285 x 1436, bschmitt@uttc.edu.

## Participants sought for Miss Indian Nations pageant

BISMARCK (UTN) – Young American Indian women who know their culture and are willing to share it with others are invited to submit applications to participate in the Miss Indian Nations scholarship pageant.

The 16th annual pageant is scheduled for September 3 to 6 in Bismarck during the United Tribes International Powwow.

The event is a scholarship program for single, non-parent American Indian women between age 17 and 25 who can demonstrate their command of tribal values, customs and teachings.

Top participants receive awards and scholarships and the chance to become a cultural ambassador for American Indian tribes.

The current Miss Indian Nations, Shere Lynn Wright (Sicangu Lakota), a member of the Rosebud Tribe of South Dakota, ends her reign with selection of the new Miss Indian Nations on Saturday, September 6.

Participants are judged on traditional skills, talent, public appearances and presentations, communication skill and speaking ability, personal conduct, and answers to general and impromptu questions. All experience positive personal growth from their involvement in the pageant.



Shere Lynn Wright (Sicangu Lakota) Miss Indian Nations XV, will crown the sixteenth Miss Indian Nations on September 6 in Bismarck.

Application forms are available from the National Miss Indian Nations Ambassador and Leadership program at United Tribes Technical College.

Participants take part in Youth Day at the Powwow on Friday, September 5 and are judged for a Children's Choice Award. On Saturday, September 6, they are featured in the “United Tribes Parade of Champions” through downtown Bismarck. Following a coronation program, the new Miss Indian Nations is presented to the powwow audience in Lone Star Arena with an honor song.

For pageant information contact Jess M. Clairmont, Miss Indian Nations Ambassador and Leadership Program, 701-255-3285 x 1499, or visit [www.uttc.edu](http://www.uttc.edu).

## Register for Miss Indian Nations Scholarship Pageant

Forms Available At: [www.uttc.edu](http://www.uttc.edu)

Sixteenth Annual Pageant - September 3 to 6, 2008, Bismarck, ND

United Tribes International Powwow

Contact Jess M. Clairmont

Miss Indian Nations Ambassador and Leadership Program

701-255-3285 x 1499 e-mail: [iyeska@aol.com](mailto:iyeska@aol.com)

## Looking for Volunteers

United Tribes International Powwow has positions open for UTTC faculty and staff members to serve on the United Tribes International Powwow Committee or a sub-committee. Volunteering is a powerful way to express your commitment and dedication to the mission of the college!

Powwow Committee Meetings: Each Thursday at 3 pm

- Work together with Native culture keepers
- Help preserve the traditions
- Meet people from Indian Country
- Show your pride in where you work

For more information or to volunteer contact Karen M. Paetz, Co-Chair United Tribes International Powwow Committee at ext. 1426 or email [kpaetz@uttc.edu](mailto:kpaetz@uttc.edu)

# Tribe to power vehicles with bio-diesel

Prior Lake, MN – The Shakopee- Mde-wakanton Sioux Community plans to use waste vegetable oil, typically used in deep fat frying, to produce bio-diesel fuel for its vehicles.

According to the tribe, the community's nine restaurants and tribal government generate 28,000 gallons of waste vegetable oil each year. What was once considered

waste is now an energy resource.

The tribe says all vehicles and equipment will soon be powered by bio-diesel fuel.

Several departments, such as Land and Natural Resources and Public Works, rely on diesel power trucks and equipment. The tribe also operates a fleet of shuttle buses that run between its community enterprises: Mystic Lake Casino Hotel, Little

Six Casino, and the Dakota Development Complex.

The community is currently in the process of obtaining infrastructure to recycle on site to create bio-diesel fuel. The process is expected to go online during the summer of 2008. Learn more at [www.shakopeedakota.org](http://www.shakopeedakota.org).

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**UNACCEPTABLE FOR GREEN BINS**

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- Carbon Paper
- Plastic Cups or Plates
- Three Ring Binders Of Any Kind
- Fluorescent Bulbs
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- United Tribes News is printed on Acid-Free 30% Post-Consumer Recycled Paper.

## Health careers promoted in legislation

The U. S. Senate Indian Affairs Committee has approved a bill to encourage American Indians to pursue careers in health care. The bill would provide federal grants to create nursing and other health care education programs at tribal colleges and increase staff at American Indian health clinics. The bill would also allow tribal colleges to launch community outreach programs focused on disease management, substance abuse and other issues.

The measure was sponsored by Montana U. S. Senator Jon Tester, who said the legislation addresses three of the most pressing issues facing Indian Country today: health care, education and job creation.

Tester's legislation is called THE PATH (Promoting the Advancement of Tribal Health) Act.

## CONGRATULATIONS!

Anne (Margi) Coyle received her Ph.D in May from the University of North Dakota. She is the UTTC Research and TES Instructor. Her degree is in Biology – Landscape Ecology, with an emphasis in GIS and Statistics. Her dissertation is titled: An Investigation of the Ecology of Nesting Golden Eagles in North Dakota.

—**Jan Janecek Hartman, Ph.D.**  
 Director of STEM Education and Outreach Training Programs

# Disability Support Services at UTTC

BY JAMIE L. HALL, Disability Services Coordinator

The Disability Support Services (DSS) mission is to serve UTTC students who have a documented disability. The services are provided in a culturally appropriate manner. The DSS office ensures that students with disabilities have equal access and opportunity to participate in all academic programs, campus services and activities. The accommodations provided are meant to level the playing field for students with disabilities. They are not meant to give students with disabilities an unfair advantage over non-disabled peers.

Laws Impacting Post-Secondary Education, Section 504 of the Rehabilitation Act of 1973, Americans with Disabilities Act (ADA) of 1990

## DSS Functions Are To:

- Provide appropriate and reasonable accommodations for students with disabilities
- Promote equal access and opportunity with all UTTC administrators, faculty, staff, and students
- Serve as a resource for faculty and staff on issues regarding disabilities
- Refer eligible students with disabilities to Academic Student Support Services and/or Counselors
- Encourage self-advocacy for students with disabilities to increase their independence and level of self-sufficiency
- Make referrals to outside agencies when appropriate

## Eligibility Requirements

To be eligible for services an individual must have a physical or mental impairment; the impairment must constitute, or result in, a substantial impediment to the individual's daily life activities. The individual must be reasonably expected to benefit, in terms of achieving their educational goals.

A student who thinks he/she has a disability that is causing barriers to their course work must self-disclose the disability to the DSS office. After self-disclosing, students will need to follow this process:

- Pick up an application for services

- Participate in initial intake interview
- Provide documentation of the disability
- Fill out forms to obtain disability information, if cannot provide disability documentation

Once the initial intake interview is completed and records about your reported disability are received, then the eligibility determination begins. When you are determined eligible or ineligible, you will receive a letter/certificate informing you of your status with DSS.

An appointment will be made for the development of a plan that will describe services/accommodations needed to successfully achieve your educational goals at UTTC. Once you have achieved your goals you will be exited from DSS.

## Access to Accommodations

Examples of accommodations may include a note-taker services, taped texts, reading of tests, scribes, extended time for tests, enlarging of printed texts, taking tests in a distraction free environment, and removal of physical barriers. To arrange for accommodations you must act in a timely manner through the DSS Office.

## Examples of Disabilities/Impairments

- Blindness or Eye Disorders
- Amputations
- Hearing Problems/Deafness
- Orthopedic Problems
- Head Injuries-TBI
- Mental Illness-Depression,
- Seizure disorder
- Learning Disabilities: Reading, writing, and Math; Dyslexia
- Spinal Cord Injuries
- Developmental Disabilities: Attention Deficit Disorder (ADD) Attention Deficit Hyperactivity Disorder (ADHD)
- Medical Impairments: Diabetes, Rheumatoid Arthritis, Asthma

**NOTE:** Documentation should be from an appropriate credentialed professional. Documentation is usually considered current if it is within the past three years.



Jamie L. Hall (Three Affiliated) earned a Masters Degree in Vocational Rehabilitation Counseling from San Diego State University. She is currently working on a Doctorate in Philosophy in Human Services with a specialization in counseling studies from Capella University.

## Acceptable Documentation

This should include your most recent psychological evaluation, IEP (if applicable), or medical report from a physician that clearly states a diagnosis and makes suggestions for appropriate accommodations.

## Related Services

DSS office works closely with the Academic Student Support Services Center and with Counseling Services, Center for Student Success, Chemical Health Center, and Student Support Services counselor. The DSS office will not be staffed on a full-time basis over the summer.

For more information please contact me, Jamie L. Hall, Disability Services Coordinator, Skill Center, # 108, 701-255-3285 x 1465, [jhall@uttc.edu](mailto:jhall@uttc.edu).

## Eileen Ereth retiring after 50 years of service



**HER PROFESSION:** Eileen Ereth sees the long view. After 50 years in the health information field, she announced her retirement; a party was held April 30 to recognize her service. She began her career in 1958 at Quain and Ramstad Clinic, Bismarck, as a medical transcriptionist and later directed the Medical Records Department at Mandan Hospital. In 1995 she began at United Tribes, teaching Health Information Technology and directing the program for one term. She was involved in activities that contributed to the development of North Dakota's health information management industry. She helped many students earn a career in the field and she assisted with the program's successful accreditation. Eileen looks forward to a rich and fun-filled retirement that includes spending time with her grandson, daughters, father, and sisters. Thank you, Eileen, for everything! We wish you many happy days and much laughter with family, friends, and new experiences. Keep in touch! – Karla Baxter, HIT Department Chairperson

## United Tribes Security Staff



**NEW LEADER:** At left, James Red Tomahawk (Standing Rock) has become the United Tribes Chief of Security. The appointment was effective May 2, according to Russell Swagger, Vice President of Student and Campus Services. Other members of the staff, from left at rear, Didrick Wise Spirit (Standing Rock); Blair Thomas (Turtle Mountain); Lonnie Wise Spirit (Standing Rock); Tracie Packineau (Three Affiliated); Belisha White Eagle (Standing Rock); and Wayne Campbell, Deputy Chief (Turtle Mountain). Not pictured Wayne Moran (Three Affiliated). The department is available 24/7 by calling 701-255-3285 x 1200 or 1300.

## Honor for Keeble is well deserved

**BY DAVID M. GIPP**, United Tribes Technical College President

It is heartwarming to learn that the late Woodrow Keeble has been selected for North Dakota's Theodore Roosevelt Rough Rider Award.

Many North Dakotans and Americans have only recently learned of Master Sgt. Keeble's heroism in the Korean War. His record and his life demonstrate the highest degree of loyalty and courage that a nation can witness from a citizen.



Woodrow Keeble

This humble Dakota warrior from the Sisseton-Wahpeton Oyate of the Lake Traverse Reservation did not and would never have sought to be recognized for saving the lives of his fellow soldiers. That his recently bestowed Medal of Honor was long overdue is a measure of past injustice. That it was awarded is a sign of welcome change in the national consciousness.

In tribal life, Woodrow Wilson Keeble is one of the most respected warriors of the 20th Century, who brought honor to his family and tribe. It remains the work of good people now to commend this honorable man, tell his story, and affirm his legacy as a hero for all people of the nation.

North Dakota Governor John Hoeven, and the many people who have worked for and supported the nomination of Woodrow Keeble for the Rough Rider Award, are to be commended for their fine work.

*On May 7, Governor John Hoeven announced that the Theodore Roosevelt Rough Rider Award will be presented to Master Sgt. Woodrow "Woody" Wilson Keeble, Medal of Honor recipient and one of North Dakota's most decorated soldiers. The award is presented to individuals who have achieved national recognition, reflecting credit and honor upon North Dakota and its citizens. A formal ceremony to present the award to Keeble's family is planned for the summer. Keeble will be the 36th North Dakotan to receive the award.*

—Editor

**Every Day Is A Great Day To Thank Your Child Care Provider!**

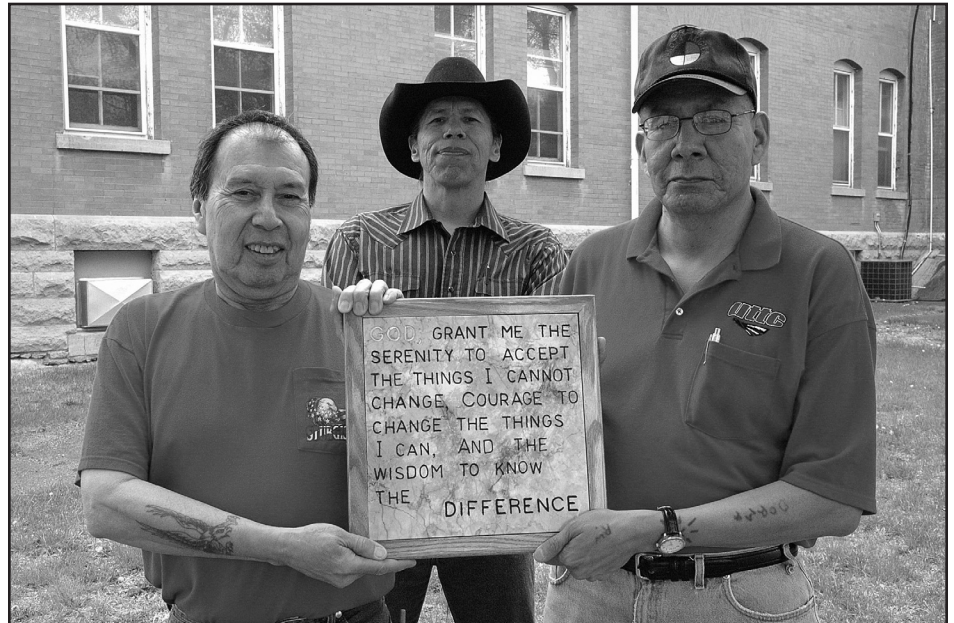
Your child's caregiver or teacher makes a positive impact on your child each and every day, and any time is always the right time to say thank you.

**UTTCC Child Development Center Personnel:**

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- Connie Stockert • Barb Strikes the Enemy
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- Helen Siegfried • Autumn Gwin
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- Lila Nesper • Kim Smith • Heather White
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- Leah Homer • Claudia Dockter • Alice Harrison



# Words to live by



**KEEPING THE FAITH:** From left, T. J. McLaughlin, Duane His Chase and Josh Logg proudly display the Serenity Prayer carved in stone. The plaque was presented to the "Many Drums" AA Chapter at United Tribes. United Tribes News photo

## 'Power' in her talk



**LIVELY TEXT:** Author Susan Power gestures during a talk and reading April 25 at United Tribes Technical College. Power (Standing Rock) is an acclaimed author who turned to writing after a short career in law. Her 1995 novel, "The Grass Dancer," received the 1995 PEN/Hemingway Award for Best First Fiction. Power has written several other books, including "Strong Heart Society" and "Roofwalker," which earned the Milkweed National Fiction Prize. She teaches at Hamline University in St. Paul, Minnesota. Her visit to Bismarck was made possible by the North Dakota Humanities Council. UTN photo Dennis J. Neumann.

## WE CAN HELP

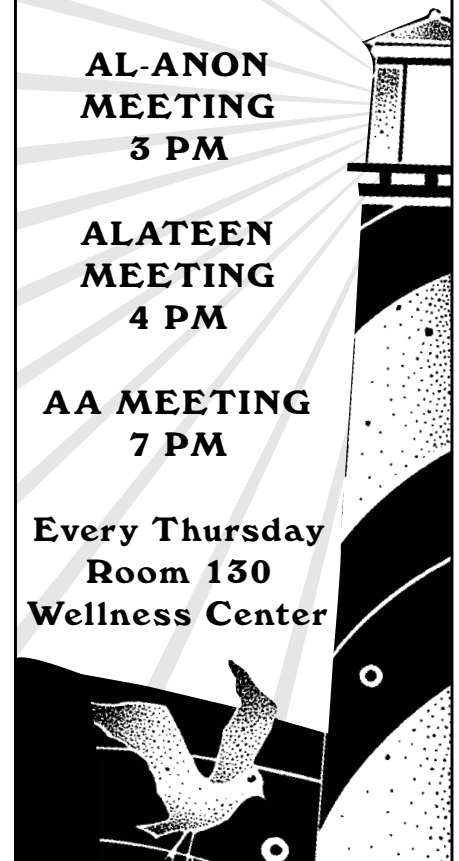
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# Opportunities in the Making



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

# New Student Senate Officers



United Tribes News photo


**OATH TO SERVE:** A new group of United Tribes student leaders took office with a swearing in May 1 during the Student Awards Banquet. From left, Lisa Stump, President (Rocky Boy's – Chippewa Cree); Antoinette Adams, Secretary (Oglala Tribe); Kememee Blatt, Vice President (Rocky Boy's – Chippewa Cree); Randy Kaline, Sergeant at Arms (Northern Cheyenne); and Fabian Betone, Historian (Cheyenne River). Each had been elected in balloting by the student body on April 8.

# American Indian College Fund Awards



**SAYING THANK YOU:** Kara Runs After (Cheyenne River) a United Tribes Teacher Education student accepts her award as an American Indian College Fund "Outstanding Student of the Year." Runs After also received a Sovereign Nations Scholarship during the AICF Awards Banquet March 19 in Bismarck. Also recognized during the event were Steve Raining Bird (Fort Peck) and Alex Azure (Standing Rock) who received Cartwright Scholars Awards. UTN photo Dennis J. Neumann.

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10K / 5K



Thursday, August 21, 2008

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"I am looking into the future for the benefit of me children, and that is what I mean when I say I want my country taken care of for me. My children will grow up here, and I am looking ahead for the benefit of my children, and that is what I mean when I say I want my country taken care of for me. My children will grow up here, and I am looking ahead for their benefit, and for the benefit of my children's children, too, and even beyond that again."

-Sitting Bull, to the 1883 Government Peace Commission



# How to enjoy fruits & veggies

## North Dakotans share tips

BISMARCK, N.D. – The 5 + 5 Communities Program today announced the winning tips in the Get Smart North Dakota! Fruits & Veggies – More Matters™ Tip Contest, according to Deanna Askew, healthy weight coordinator for the North Dakota Department of Health.

The North Dakota 5 + 5 Communities Program and the North Dakota Department of Health sponsored the contest, which awards North Dakota families with prizes and recognition for sharing their original and creative ideas for serving fruits and vegetables.

About 70 entries were submitted. The following tips were selected for recognition:

- To include more fruits and vegetables as she shops for her family, Maria R. of Napoleon starts shopping in the produce section first, choosing a wide variety of colors and products in season and on sale.
- Amy E. of Fargo aims to balance family dinners, even pizza, by serving fruits and vegetables with each meal.
- Many families are “on the go.” Denise B. of Parshall sets out a bowl of cut-up apples, peeled oranges, grapes or carrots on the table when they are home. Denise is also sure to pack these foods on ice in an insulated cooler when the family is out boating in the summer.
- At breakfast time, Ann F. of Bismarck makes fruit smoothies for her kids. To help make sure that fruit is ready to go, she buys or picks blueberries and strawberries fresh in the summer and freezes them in convenient one-cup packages.
- At snack time, Rita L. of McVile serves apples along with popcorn. She finds that that the refreshing apples replace sodas that many people drink along with popcorn.
- To help her young son make smart choices, Lisa D. of Cogswell keeps her refriger-

ator snack drawer stocked with 100 percent juice boxes, boxed raisins, apples, oranges and peeled carrots. With these foods right at eye level and ready to eat, he helps himself for his morning and afternoon snacks.

- Shana H. of Fargo encourages folks to try shopping at a local farmers’ market or joining a community-supported agriculture (CSA) venture. By participating in a CSA, people invest with the grower at the beginning of the season, then get weekly shipments of vegetables at harvest time.

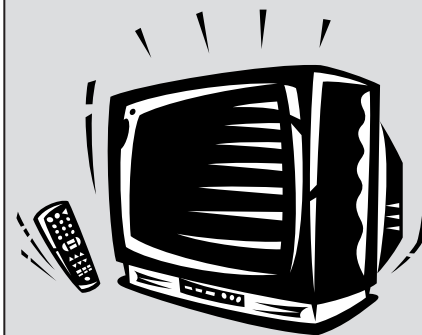
Shana has found this introduces her family to new foods. She encourages families to have fun together preparing fruits and veggies, and finds her kids like the idea of a farm. For more information on CSAs, see [www.nal.usda.gov/afsic/pubs/csa/csa.shtml](http://www.nal.usda.gov/afsic/pubs/csa/csa.shtml)

*The 5 + 5 Communities Program is celebrating 10 years in 2008, and encourages and supports North Dakota communities in their quest to help their citizens lead healthier lives and build a Healthy North Dakota.*

The Get Smart! tips help moms and families realize that introducing more fruits and vegetables into their families’ day is easier than they think. The tips show that North Dakota families are including more fruits and vegetables in meals and snacks by using canned, frozen, dried or 100 percent juice, in addition to fresh.

The 5 + 5 Communities Program is celebrating 10 years in 2008, and encourages and supports North Dakota communities in their quest to help their citizens lead healthier lives and build a Healthy North Dakota. Goals of the 5 + 5 Program are to encourage North Dakotans to eat fruits and vegetables five times a day and to encourage North Dakotans to be physically active for 30 minutes at least five days a week.

To view more winning Tip Contest entries, go to [www.healthynd.org](http://www.healthynd.org). For more information, contact Deanna Askew, North Dakota Department of Health, at 701.328.4568 or Karen Ehrens, 5 + 5 Communities coordinator, at 701.223.2616.



## Gear Up for the Conversion to Digital TV

On February 17, 2009 all full-power broadcast television stations in the United States will stop broadcasting on analog airwaves and begin broadcasting only in digital. Digital broadcasting will allow stations to offer improved picture and sound quality and additional channels.

To help consumers convert to digital, the government established the Digital-to-Analog Converter Box Coupon Program. Every U.S. household is eligible to receive up to two coupons, worth \$40 each, toward the purchase of eligible digital-to-analog converter boxes. For more information about this coupon program, visit the website [www.dtv2009.gov](http://www.dtv2009.gov), or call 1-888-388-2009 (voice) or 1-877-530-2634 (TTY).

Cable and satellite TV subscribers with analog TVs hooked up to their cable or satellite service should not be affected by the February 17, 2009 cut-off date for full-power analog broadcasting, but should contact their provider to find out if anything is needed to be prepared for the February deadline.

There are many sources of information about the digital transition but one of the best is the government’s Web site [www.dtv.gov](http://www.dtv.gov). You can also call 1-888-CALL-FCC.

# New Bikes for TJES Students



Theodore Jamerson Elementary School students participated in March Nutrition Month Eat Smart. Play Hard Poster/Essay Contest. Students in kindergarten through the sixth grade were asked to draw and color a scene that would encourage others to eat healthy and be physically active every day. Seventh and eighth grade students wrote essays that were of the same theme. Winners of a new bike and helmet were: First grade, Taylor Albers; second grade, Jesse Baker; third grade, Kate Gates; seventh grade, Cierra Scott; and eighth grade, Samuel Hare. Special thanks Pat Aune, Butch Thunderhawk, and Jeanette Martin for judging the contest.

# Eat Smart. Play Hard

BY CIERRA SCOTT-THOMAS

Well first of all I want to share some information with you about healthy foods and eating smart. It's about playing hard and trying to help your body get in shape! I think every one at TJES Elementary School should start eating good and start talking care of their body!! I want to start lifting weights and eating good foods.

**Healthy Foods:** (Meat, cheese, dairy, milk, vegetables, poultry, fish, dry beans, eggs, nuts, yogurt, fruit, bread, cereal, rice, pasta, crackers, potatoes, carrots, chicken, cabbage, broccoli, grapes, apples, oranges, tomatoes, blue cheese, squash, goat cheese). Those are some of the healthy food's I eat!!

To be healthy, eat a balanced diet. That means eat some food from each food group. If you go to breakfast have a fruit, milk, and toast. When I go to McDonalds I want to order a grilled sandwich and a salad to go for the road. Today, I want to share with you how to be healthy. Start lifting weights to get in shape. The unhealthy people should not continue doing what they are doing but start exercising and join the healthy people. I think every one should just follow the good path and the food pyramid!!

The pyramid has good food on there but only a few people follow any of it. I've tried to keep up with my healthy foods but I lost track! Follow the pyramid! It has all kinds of healthy foods on there. I'm thinking we can be active and we can believe in ourselves!

Why don't all of us TJES students just be nice and be respectful to each other. Don't you think so?? Every one on campus should just quit all the bad stuff they do, and worry about education and working out and do it and they will make it if they just try hard enough. The way I eat healthy is after I eat junk food! I eat all of the food on the pyramid or I should say most of it. After I let my stomach settle down. I start doing 20 push ups and I do the rest of my stretches and after that I go to bed!!



## A note to our on-campus customers

Due to our summer-long preparation for the United Tribes International Powwow, we request that you submit any large-scale jobs as soon as possible. The sooner we receive your order, the more time we will have to complete the orders to your satisfaction.

Thank you for your business!

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# No stranger to tribal culture



**STEP TO THE BEAT:** Dr. Don McLellan enjoyed a round dance April 10 at United Tribes Technical College as part of a cultural awareness workshop for leaders and officials of the USDA's Agriculture Research Service. McLellan heads the department's Office of Outreach, Diversity, and Equal Opportunity in Washington, DC. He is from North Carolina and his maternal grandfather was a member of the Choctaw Tribe. With him, at left, UTTC Land Grant Program Director Karen Paetz and Vice President of Inter-Tribal Programs Dr. Harriett Skye. The ARS offers programs and funding for internships for tribal college students. McLellan said the workshop was part of an effort to enhance the programs. UTN photo Dennis J. Neumann.

## Walking for health and awareness



**READY TO ROLL:** The Robert Fox family assembles in the afternoon sunshine to take part in a walk around the UTTC campus organized by the Strengthening Lifestyles Program. The April 17 event recognized National Child Abuse Prevention Month. Participants received t-shirts and refreshments. United Tribes News photo.

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# 3rd Annual 2008 THUNDERBIRD HALF MARATHON

Thursday, August 21, 2008

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**Open to all participants age 14 and up**  
who are able to complete the 13.1 mile course  
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Early registration fee \$20  
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and a **5K Fun Run/Walk**  
(non-competitive) – Open to all ages  
10K Early Registration: \$15  
5K Fun Walk/Run: \$10  
After August 20 the fee for either  
category is \$5 higher  
**Fun Walk** –  
Open to ages 4-13

**“PATHWAYS  
TO WELLNESS”**

## SCHEDULE:

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

Registration form available  
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# Celebrating Youngsters



UP AND AWAY: A push on the swings was on the agenda April 23 when eighth grade students from Theodore Jamerson Elementary School visited the UTTC Preschool for "Week of the Young Child." At right, Kristopher Adams, 4, enjoys a swift ride from Joe Brunelle. Lathen Moniz, 4, was pushed by Michael Cooley, rear left. "The youngsters loved it," said Eighth Grade Teacher Vicky Stevens. "I have such a good class. They're great role models!"

## Child Development Center Preschool Graduation



I AM HERE TO GRADUATE: These students were among the 19 honored guests of the 2008 Preschool graduation April 23 at United Tribes. From left, Natalia Moniz, Jenuine Windy Boy, Alexis Baker, and Laney Eagle Shield (back row), all age 5, sat cheerfully through a program in their honor that used the theme: "The world exists only because of the innocent spirit of children." Youngsters from college's three Child Development Centers attended, along with their families.

# Congratulations United Tribes International Powwow



STATE HONOR: A very proud Dr. Harriett Skye accepted the award April 21 of the 2008 North Dakota Governor's International Award for Tourism. The honor was bestowed by Governor John Hoeven on the United Tribes International Powwow during the N.D. Tourism Conference. Skye is the powwow committee advisor and UTTC Vice President of Intertribal Programs. At rear (center) N.D. Tourism Director Sara Otte Coleman and United Tribes Powwow Committee Secretary Debbie Painte. The 2008 powwow is set for September 4 - 7 at the college's Lone Star Arena in Bismarck. United Tribes News Photo

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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.

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**DEADLINE FOR NEXT ISSUE: 5 PM - July 14, 2008**

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