

UNITED TRIBES www.uttc.edu

NEWS

DECEMBER 2008 • VOL. 17 - NO. 12
UNITED TRIBES TECHNICAL COLLEGE
BISMARCK, NORTH DAKOTA



Masked Ball page 23

United Tribes Students Cast Ballots



GETTING TO VOTE: Poll workers examine a voter identification affidavit filled out by United Tribes student Arvella Pomani (Crow Creek Tribe) to vote November 4 in the General Election. She was one of 66 students who took advantage of bus transportation to the college's voting precinct at nearby Prairie Rose Elementary School. Pomani's affidavit was confirmed and she was issued a ballot to vote. The more common forms of identification used by students were a driver's license and college ID. At rear in line waiting for approval to vote, from left, Thomas Fischer (Standing Rock); Jose Lopez, Wichita, KS; Tyson Heart (Oglala Tribe); and JoVaughn Baker (Standing Rock). Read more about UTTC student voter education on page 11.

SPRING SEMESTER

Housing Available for Single Students
Details Inside on Page 12

Fall Honoring

December 19 ~ 10 am

United Tribes Technical College

UNITED TRIBES EMPLOYEE HOLIDAY GATHERING

Friday, December 5
Prairie Knights Casino: Pavilion
Social/Dinner/Entertainment
6:30 – 10 p.m.

Bus departs UTTC/JBC at 5 p.m.
Please RSVP to Administration

Fundraising event held in New York City



ALUMNI SPEAKER: Brandon Stevens was among former students who spoke about their experience at United Tribes during a fundraising event October 30 in New York City. Stevens is a 2004 grad and newly elected Oneida Nation of Wisconsin councilman. The event was attended by 58 business owners, Tribal Leaders, political leaders, educators and media and was held at the Ramscale Studio. Stevens presented \$500 on behalf of the Smokey Robinson Foundation and \$5,000 from the Spirit of Sovereignty Foundation of the National Indian Gaming Association. The Robinson Foundation helps remove barriers to student success and promotes leadership. NIGA is a longtime supporter of exceptional Native students. Both contributions go to the "Opportunities in the Making" Scholarship Campaign. UTTC is grateful for the support and wishes Brandon continued success in his role new leadership role. — Scott Davis



LeRoi Laundreaux's Lunch Menu

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

Lunch Menu

December 1-5	December 8-12	December 15-19	December 22-26
M Brats & Mashed Potatoes	Sloppy Joe & Fries	M Chicken Strips & Mac & Cheese	BBQ Rib Sandwich & Potatoes
T Chicken Sandwich & Rice	Spaghetti & Garlic Toast	T Swiss Steak & Mashed Potatoes	Chick CLOSED Cheese
W Beef Stew & Frybread	BBQ Chicken & Baked Potato	W Hot Dish (Cook's Choice)	Roast Beef & Mashed Potatoes
T Chicken Fried Steak & Potatoes	Hamburger & French Fries	T Chili Dog & Chips	Winter Break
F Hot Dish (Cook's Choice)	Pizza (Cook's Choice)	F Taco Salad w/ Assorted Toppings	Hamburger Gravy & Mashed Potatoes

KODA THE WARRIOR "Releasing the pain of that in which we cannot control"

CREATED BY MARK L. MINDT
SPIRIT LAKE NATION

Most gifts are brought in a large, red bag. Small items of joy.

Not this bag...

This bag was no gift bag at all. It's a bag of burden. It's brought him to lows he never thought he'd reach. Lows he never, ever wanted to reach. It was his... **BAG OF BLAME**

He could'nt remember how it all began. If it weren't for his friends' help, he may never have discovered his "guilty shame".

Guilt? How could he blame himself for life's events? His father died. He pushed away his family and friends at that point. Then he lost his beloved.

Sure, he blamed GOD; we all do at times.

He was told that if he "Walked the Red Road" life would be worth the struggle.

He blamed himself for far too long. He wanted to be done with it all.

He made a choice, that fateful night, to stop being so hard on himself.

This man was not a quitter.

Once he released all of that hurt, he became free to make healthy choices. He began to learn who he was again...His TRUE SPIRIT.

The cold ended his self-destruction.

A new Start in Life.

Gipp recognized as Champion of Liberty by ACLU

BISMARCK (UTN) – The North Dakota chapter of the American Civil Liberties Union (ACLU) bestowed its 2008 North Dakota Champion of Liberty honor on David M. Gipp, November 15 at the group's annual meeting in Bismarck.

Gipp is president of United Tribes Technical College. He was recognized for his lifelong commitment to the work of racial justice.

“President Gipp has been a powerful voice for racial justice and advancement through education throughout his long career,” said Jennifer Ring, North Dakota ACLU executive director. “We are pleased and honored to recognize him with this award.”

Gipp graduated in 1969 from the University of North Dakota where he was a founding member and first president of the UND Indian Association. He has been active in opposing the use of an American Indian nickname and symbol as the college's sports mascot.

He is Hunkpapa Lakota and an enrolled member of the Standing Rock Tribe. He was associated with United Tribes during its founding 40 years ago and has headed the tribal college since 1977.

“Our work at United Tribes has always been about helping others,” said Gipp. “At its heart, this work has been about people's fundamental rights.”

Paul Homan, Fargo, ND, secretary and past ACLU president, presented Gipp with a crystal spire embossed with his name and the award. Homan remarked about Gipp's courage and noted his many accomplishments.

Gipp has served on the board of the National Indian Education Association. He is a past executive director, past president, and current board member of the American Indian Higher Education Consortium; past chair and current board member of the American Indian Col-



David M. Gipp displays an award from the state's ACLU proclaiming him the 2008 North Dakota Champion of Liberty. United Tribes News photo

lege Fund; and current chair of the Indians Into Medicine Advisory Council through the University of North Dakota. He was past chair and current board member of the North Dakota Association of Tribal Colleges. He currently serves on the Native Nations Institute policy advisory board, University of Arizona, and the Harvard Honoring Nations Board of Governors.

Gipp received the Martin Luther King, Jr. award in 1991 for his work in helping establish the North Dakota Martin Luther King Jr. Holiday and served on the state commission. He served on the initial steering committee and on the Bismarck Mayor's Human Relations Committee. He has been an advocate for the establishment of a North Dakota Human Rights Commission. He received The Chief's Award from the U.S. Department of Labor's Division of Indian and Native American Programs.

Gipp established the United Tribes Tribal Leaders Summit as an avenue for tribal leaders in the region to discuss issues that affect Indian country. He was instrumental in establishing the United



Tribes International Powwow, which celebrates its 40th year in 2009.

For more information about the North Dakota ACLU contact Jennifer Ring, Executive Director, 701-461-7290, or dakaclu@cs.com.

UTTC SELF-STUDY

United Tribes Technical College is currently conducting a self study evaluation. A written report of its findings will be produced for its NCA reaccreditation visit. The NCA comprehensive visit will take place in 2010-2011. If you have questions or comments regarding UTTC's self-study experience, please send them to: ncaaccreditation@uttc.edu. To learn more about the NCA accreditation process, visit the website: <http://www.ncahlc.org>

Honoring

UNITED TRIBES
VETERAN WARRIORS

- ★ Michael Alex
- ★ Mark Anderson
- ★ M.J. "Bud" Anderson
- ★ Sam Azure
- ★ Robert Bear
- ★ Lori Bearcub
- ★ Charles Brewer
- ★ Roxanne Berringer
- ★ David Bruning
- ★ Donald Cain
- ★ Jeff Four Bear
- ★ Robert Fox
- ★ Martha Garreau
- ★ Marcel Gierszewski
- ★ Russell Gillette
- ★ David M. Gipp
- ★ Andi Gladson
- ★ Carl Hohenstein
- ★ LeRoi Laundreaux
- ★ Louis Laundreaux
- ★ Rayfield Little Whiteman
- ★ Joshua Logg
- ★ Wes Long Feather
- ★ Curtis Maynard
- ★ Terry Moericke
- ★ Angel Montclair
- ★ Ryan Moran
- ★ Ron Newman
- ★ Wayne Pruse
- ★ Jordan Rainbow
- ★ Isaiah Rave
- ★ David L. Raymo
- ★ Gregory Reiss
- ★ Herbert Red Horse
- ★ Laban Red Owl
- ★ Margaret Red Shirt-Trottier
- ★ Lonelle Rising Sun
- ★ Robert Shepherd
- ★ Jeremy Silk
- ★ Albinus Stockert
- ★ Lawrence Stockert
- ★ Michael Upham
- ★ Jay Wheeler

Winter Safety

BY BRYAN CHRISTENSEN, UTTC Director of Safety and Security

Snow and ice on the streets of the United Tribes Campus can cause some nasty situations for driving. Fast and inattentive driving is a bad idea anytime but it's especially inappropriate now with winter conditions.

UTTC reminds you to follow the traffic signs and markings. This includes parking the same direction as the flow of traffic, not parking in yellow zones, speeding, or failing to yield. The Security Department will make stops when infractions occur.

The Maintenance Department asks on campus residents to park in your driveway when it snows so they can plow the streets. Work to clear driveways takes place after the streets.

Once the ground freezes it is okay to park on grassy areas of the yard, if you do not have room on the driveway.

If vehicles are blocking fire hydrants or obstructing traffic they will be towed.

Please make sure you have a winter survival kit. (*see list below*)

And, please slow down! Speed kills!

Winter Emergency Car Kit

- Jumper cables to restart engine
- Cat litter, road salt, or sand for tire traction on snow and ice
- Candle and matches for use as a heat source
- Shovel to scrape snow away from tires
- Ice scraper to clear windshield
- Warm clothes gloves, a hat, sturdy boots, warm jacket and even a change of clothes
- Blankets to keep warm inside the vehicle
- Flashlights and extra batteries for increased visibility
- First aid kit also pack necessary medications in case you are stuck on the road
- Food pack items containing protein such as nuts and energy bars, also canned fruit and a portable can opener are good additions
- Water bring enough for each person in your car and any pets
- AM/FM radio to listen to traffic reports and emergency messages

Also consider...

- Bring a cell phone if you have one with a list of emergency numbers. Even non active cell phones that have a charge can dial 9-1-1.
- Fill your gas tank
- Baby formula and diapers if you have a small child
- If you find yourself stranded, be safe and stay in your car, put on your flashers, call for help and wait until it arrives.
- A multipurpose tool or a small tool kit
- Try to keep these emergency items inside of your car. People have perished 10 feet outside of their car while trying to get to the trunk.

Useful Links for Winter Travel

North Dakota 511 – Travel information for North Dakota
Minnesota 511 – Travel information for Minnesota
Montana 511 – Travel information for Montana
South Dakota 511 – Travel information for South Dakota

Final Examinations are sheduled for December 15-18

All grades must be submitted into Jenzabar by December 18 by Noon.

Incompletes are due two weeks after the Spring semester begins. Any incompletes not changed by January 23, 2009 will automatically become an "F".

	Monday	Tuesday	Wednesday	Thursday
8:00	Classes held M/W 8:00	Classes held T/TH 8:00	Classes held M/W 1:00	Classes held T/TH 2:00
10:00	Classes held M/W 9:00	Classes held T/TH 9:00	Classes held M/W 2:00	Classes held T/TH 3:00
1:00	Classes held M/W 10:00	Classes held T/TH 10:00	Classes held M/W 3:00	Classes held Friday AM
3:00	Classes held M/W 11:00	Classes held T/TH 11:00	Classes held T/TH 1:00	Classes held Friday PM
Evening	All M/W Evening Classes	All T/TH Evening Classes		

The Power of the Tongue

BY LISA STUMP, Student Senate President

My great grandpa "Four Souls" once told my mother that the most powerful thing she owned was her tongue. He told her to be careful how she used it.



Four Souls

The tongue could ruin a person's life. The tongue is so powerful, it can wound one so badly they may not recover. But the tongue can save a life too. A person

may feel like killing themselves. A person with a kind tongue can change their mind, therefore saving their life.

We as people possess this awesome power. Some do not realize the powerful impact the tongue has. Some abuse this power by idle gossip, insults or discouragement, some utilize the power to educate, some to encourage, some to sing, some to laugh. Then there are the ones who use the tongue to speak for those who cannot speak for themselves. They speak of unjust treatment, education, healthcare and the loss of our way of life. They sit in ceremonies and pray for a better life for our people.

So please friends, relatives, students and educators, be careful with the power the Creator has given us, the power of the tongue, the voice, and of words. Use it to empower one another through encouragement, acknowledgement, compassion, expression, education and prayer.

NATIVE PEOPLE HONOR



WORLD AIDS DAY DECEMBER 1ST



CA7AE: HIV/AIDS Prevention Project
Colorado State University
357 Aylesworth Hall SE
Fort Collins, CO 80523-1790
800.642.0273
970.491.2717 Fax

www.happ.colostate.edu

Colorado
State
University

UNITED TRIBES SPRING 2009 COURSE OFFERINGS

Course Title	Course Code	Building	Course Title	Course Code	Building	Course Title	Course Code	Building
Comp. Acct. Bus	ACT 220 A	EDUC	Intro to Wellne	GCA 103 D	WLNS	Keyboarding II	BOT 152 A	EDUC
Arch. Drafting	ARC 101 A		Intro to Fitnes	GPE 102 A	BARDN	Desktop Publish	BOT 218 A	EDUC
Const. Estmting	ARC 144 A	SKILL	Weightlifting	GPE 103 A		Spreadsheet App	BOT 247 A	EDUC
Comp Graphics	ART 102 A		Intro of Lifeti	GPE 107 A	GYM	Admin. Offc Prc	BOT 275 A	EDUC
Comp Graphics	ART 102 A		Medical Term.II	HIT 102 A	BARDN	Medical Office	BOT 277 A	EDUC
Drawing I	ART 113 A	AAM	Medical Term.II	HIT 102 B	BARDN	Entrepreneurshi	BUS 170 A	SKILL
3-Dimensional	ART 115 A	AAM	Quality Improve	HIT 216 A	BARDN	Business Law	BUS 260 A	SKILL
Drawing I	ART 130 A	AAM	Inter. Coding	HIT 286 A	BARDN	CAR125	CAR 125 A	
Media Arts II	ART 185 A	AAM	Advance Coding	HIT 291 A	BARDN	CAR135	CAR 135 A	
Art Marketing	ART 220 A	AAM	Pers &Cons Hlth	HLH 220 A		General Chem	CHM 115 A	SKILL
Studio Arts II	ART 227 A	AAM	Gerontology	HLH 283 A		Imp. Microsoft	CIS 216 A	SKILL
Graphic Design	ART 239 A	AAM	Med. Microbiolo	LAB 203 A	SKILL	Plan Mcrsft Net	CIS 218 A	SKILL
Digital Photogr	ART 246 A	AAM	A - P Lab	LAB 220 A	SKILL	CISCO Networkin	CIS 265 A	SKILL
MAPP	ART 290 A	AAM	A and P II	LAB 221 A	SKILL	Police Report W	CJU 103 A	SKILL
Port. Pres.	ART 293 A	AAM	Open Lab I	LAR 101 A	AAM	Traffic Law	CJU 104 A	SKILL
Vocab/Reading C	ASC 081 D	EDUC	Open Lab II	LAR 102 A	AAM	Intro to CJ	CJU 201 A	SKILL
English College	ASC 086 D	EDUC	Open Lab III	LAR 201 A	AAM	Criminal Law	CJU 221 A	SKILL
Auto Brakes	AUT 105 A		Open Lab IV	LAR 202 A	AAM	Police Administ	CJU 222 A	SKILL
A&P Advc'd	BIO 095 A	BARDN	General Math	MTH 101 C	SKILL	Speech	COM 106 A	EDUC
A&P Adv'd II	BIO 096 A	BARDN	Intermediate AI	MTH 102 B	SKILL	Speech	COM 106 B	SKILL
Biology	BIO 150 A		Intermediate AI	MTH 102 C	SKILL	Speech	COM 106 D	SKILL
Biology II	BIO 151 A	SKILL	Intermediate AI	MTH 102 D		Composition	COM 110 A	SKILL
Medical Microbi	BIO 203 A	EDUC	College Algebra	MTH 103 A	SKILL	Intro To Comput	CSC 101 A	SKILL
Anatomy & Physi	BIO 221 B		Lakota History	NAS 190 A		Intro To Comput	CSC 101 C	SKILL
Anatomy & Physi	BIO 221 B		Intro Nursing	NUR 101 B	EDUC	Intro to Comput	CSC 101 F	SKILL
Business Math	BOT 108 A	EDUC	Hlth Assmt	NUR 203 A	EDUC	Basic/Visual	CSC 172 A	SKILL
Comp. Acct.	BOT 188 A	EDUC	Hlth Assmt	NUR 203 B	EDUC	Guid. Tech. For	ECE 236 A	EDUC
Comp. Acct.	BOT 188 A	EDUC	Pham/Nurses	NUR 206 A	EDUC	Macroeconomics	ECO 202 A	SKILL
Powerpoint Appl	BOT 217 A	EDUC	Mtrnl Child Nur	NUR 245 A	EDUC	English For Car	ENG 104 B	SKILL
Records Managem	BOT 219 A	EDUC	Mtrnl Child Nur	NUR 245 A	EDUC	Composition	ENG 110 A	EDUC
Adv. Word Proc.	BOT 245 A	EDUC	Culinary Calcul	NUT 101 B		Composition	ENG 110 E	SKILL
Database Mngmnt	BOT 257 A	EDUC	Diabetes & Moth	NUT 110 B		Technical Writi	ENG 204 A	EDUC
Office Admin.	BOT 297 A		Food Science &	NUT 200 A	SKILL	Grant Writing	ENG 205 A	EDUC
Fund of Busines	BUS 120 A	SKILL	Mang. of FS	NUT 251 A	SKILL	Childrens Lit.	ENG 238 A	EDUC
CAR140	CAR 140 A		Practicum I	NUT 297 A		College Success	FND 107 A	EDUC
CAR145	CAR 145 A		Food & Nutritio	NUT 298 A		College Success	FND 107 C	EDUC
CAR150	CAR 150 A		Case Study & Cr	NUT 299 A	SKILL	College Success	FND 107 E	EDUC
Org & Biochem	CHM 116 A	SKILL	Introduction To	PSY 101 A	EDUC	Career Success	FND 207 A	EDUC
Internship	CIS 197 A		Introduction To	PSY 101 B	ON	Career Success	FND 207 B	EDUC
Microsoft Windo	CIS 212 A	SKILL	Educational Psy	PSY 230 B		Career Success	FND 207 C	EDUC
Mcrsft Wndws Sr	CIS 215 A	SKILL	Intro to Sociol	SOC 101 A	EDUC	Intro to Wellne	GCA 103 A	WLNS
CISCO Routing	CIS 266 A	SKILL	Tribal/Federal	TRM 115 A	SKILL	Intro to Wellne	GCA 103 C	WLNS
Traffic Crash	CJU 102 A	SKILL	Internship	TRM 202 A		Intro to Wellne	GCA 103 E	WLNS
Juvenile Justic	CJU 254 A	SKILL	Fund of Acct.	ACT 102 A	EDUC	Intro to Wellne	GCA 103 F	WLNS
Speech	COM 106 C	EDUC	Elem. of Acct.I	ACT 200 A	EDUC	Health, Safety	GPE 111 A	EDUC
Speech	COM 106 E		Painting I	ART 114 A		Medical Termino	HIT 101 A	BARDN
Interpersonal S	COM 212 A		Intro Dig. Phot	ART 117 A	AAM	Legal Aspects o	HIT 106 A	BARDN
Intro To Comput	CSC 101 B	SKILL	Graphic Design	ART 211 A	AAM	Directed Clinic	HIT 217 A	
Intro To Comput	CSC 101 D	SKILL	Airbrush Painti	ART 229 A	AAM	Hit Application	HIT 220 A	
Intro To Comput	CSC 101 E	ON	3D Animation II	ART 276 A	AAM	Intro Prog Plan	HLH 241 A	
Bgning BASIC/VI	CSC 122 A	SKILL	Gamebuilding	ART 287 A	AAM	Intro Com Hlth	HLH 250 A	
Admin. & Superv	ECE 222 A		Vocab/Reading C	ASC 081 A	SKILL	General Math	MTH 101 A	SKILL
Curr. Dev. & Im	ECE 233 A	EDUC	Vocab/Reading C	ASC 081 B	SKILL	General Math	MTH 101 B	SKILL
Curr. Dev. & Im	ECE 233 B		Vocab/Reading C	ASC 081 C	SKILL	General Math	MTH 101 D	SKILL
Practicum II	ECE 252 A	EDUC	English College	ASC 086 A	EDUC	General Math	MTH 101 E	SKILL
Intro To Except	EDU 205 A	EDUC	English College	ASC 086 B	EDUC	Intermediate AI	MTH 102 A	SKILL
General Methods	EDU 260 A	EDUC	English College	ASC 086 C	EDUC	Basic Trig	MTH 105 A	SKILL
Pract for Elem	EDU 298 A	EDUC	Preparatory Math	ASC 090 A	SKILL	Calculus I	MTH 165 A	SKILL
English For Car	ENG 104 A	EDUC	Preparatory Math	ASC 090 B	SKILL	Statistics	MTH 216 A	SKILL
Composition	ENG 110 B	SKILL	Preparatory Math	ASC 090 C	SKILL	Intro Nursing	NUR 101 A	EDUC
Composition	ENG 110 C	EDUC	Intro to Auto.	AUT 101 A	SKILL	Intro Nursing	NUR 101 B	EDUC
Composition	ENG 110 D	ON	Auto Electrical	AUT 106 A	SKILL	Hlth Assmt	NUR 203 A	EDUC
Composition	ENG 110 F	EDUC	Steering Susp.	AUT 202 A	SKILL	Hlth Assmt	NUR 203 B	EDUC
College Success	FND 107 B	EDUC	Auto Trans. Tra	AUT 203 A	SKILL	Nclex Review	NUR 250 A	EDUC
College Success	FND 107 D	EDUC	Auto Heating/Ai	AUT 204 A	SKILL	Culinary Calcul	NUT 101 A	SKILL
College Success	FND 107 F	EDUC	Human Res. Mngm	BAD 282 A	SKILL	Diabetes & Moth	NUT 110 A	SKILL
College Success	FND 107 G	BARDN	Medical Microbi	BIO 203 A	SKILL	Mang. of FS	NUT 251 A	SKILL
College Success	FND 107 H	EDUC	Anat and Physi	BIO 220 A	SKILL	Comm. Nutr.	NUT 260 A	SKILL
College Success	FND 107 I	EDUC	Anatomy & Physi	BIO 221 A	SKILL	Introduction To	PSY 101 C	SKILL
Success Strateg	FND 108 A	ON	Anatomy & Physi	BIO 221 C	SKILL	Introduction To	PSY 101 D	SKILL
Career Success	FND 207 D	EDUC	Allied Hlth II	BIO 224 A	BARDN	Educational Psy	PSY 230 A	EDUC
Career Success	FND 207 E	ON	Prin. of Ecolog	BIO 230 A	SKILL	Cap Res/Int IV	TES 250 A	SKILL
Career Success	FND 207 G	EDUC	Keyboarding	BOT 101 A	EDUC	Tribal Managem	TRM 101 A	BARDN
Career Success	FND 209 A	EDUC	Keyboarding	BOT 101 B	EDUC	Casino Operatio	TRM 105 A	SKILL
Intro to Wellne	GCA 103 B	WLNS	Word Processing	BOT 147 A	EDUC	People And Envi	TRM 201 A	SKILL

Teacher Education Updates

BY LEAH L. HAMANN, M.ED., Teacher Education Department

Literacy Event

The North Dakota National Guard Youth Coordinator's office hosted a free collaborative literacy event entitled, "Sharing Our Stories" at the Raymond J. Armory on April 19. The office worked with local children's book author Jennifer Berry Jones; Student Education Association chapters of Dickinson State University Extended Campus; United Tribes Technical College; University of Mary; Student North Dakota Education Association, and Burleigh County 4-H. The collaborative event was initiated by the UTTC Student Education Association.

The event was held for children in first through fourth grades and provided participants the opportunity to meet Jennifer Berry Jones; take part in activities provided by Burleigh County 4-H and the North Dakota National Guard Youth Coordinator's office; created a story; and videotaped their stories that were sent to deployed National Guard soldiers.

Student Teaching Seminars

Fall teacher candidates have had the opportunity to come together during the course of their student teaching semester to take part in professional development activities that will enhance and assist



Attending the Missouri Valley Montessori field trip, from left: Harv Bustos, Eric Archambault, Kememee Blatt, Jenna Skunk Cap, Rondina Cavanaugh, and Charlie White Tail.

them as they pursue a job in their field. The presenters come from a wide range of educational professionals. Presenters are Dr. Janet Welk (*Executive Director* of Educational Standards and Practices Board), Lisa Kudelka (Human Resources Manager of Bismarck Public Schools), Scott Sheldon (Representative of Horace Mann), LeAnn Nelson (NDEA Director of Professional Development) and Josh Askvig (NDEA Northwest Uniserv Director). Topics presented have been on: Financial Management and Professional

Teacher Memberships, Writing an Effective Cover Letter and Resume, Signing Your First Contract, and Code of Ethics/Teacher Certification and Licensure.

Field Trips

The teacher candidates in Introduction to Education had the opportunity to visit three schools in Bismarck during the fall. The first field trip took the students to Missouri Valley Montessori where they were able to observe classrooms of mixed age grouping from ages 2-and-one-half to 6. Cathedral of the Holy Spirit was the second site where candidates were given the opportunity to observe in grade four to eight classrooms. The last field trip taken was at Jeanette Myhre where they observed in the classrooms Kindergarten to three.



Kara Runs After assists "Sharing our Stories" attendees in the creation of their written stories.



Sharing our Stories logo

Hurt People, Hurt People

Thoughts about healing

BY JILLENE JOSEPH (GROS VENTRE)

As Native professionals, we sometimes overlook the impacts of historical trauma and oppression on our people. Some say, “geez, that was the past, get over it” without fully recognizing or realizing the pain, hurt and destructive behaviors that have been passed on from generation to generation. These historical traumas and lateral oppression (holding each other down) have paved the way for the current day trauma we see, live, eat and breathe today in our families, communities, places of work and schools.

The put downs, the lack of support, the bullying, the gossip, lack of nurturing, lack of parental involvement, addictions, abuse, and the list goes on and on are examples of the hurtful behaviors some of us live- those behaviors shape our very being.

Some of us have learned to cope and deal with these negative ways of living so well that we sometimes forget there is another way of living – one that is much more happy and peaceful the way our ancestors intended us to live!

For our Native men entering school and sadly dropping out, many factors are involved, such as unresolved grief, fear of failure, fear of success, abandonment issues, unresolved anger, and resentment.

When we have so much pain and hurt inside of us (the walking wounded) we often learn unhealthy ways of coping (drinking, drugging, bullying, other violence and negativity) which does not spell success in school or life. We see life through pain and we act out in pain. This is evident by the high rates of Native male suicide attempts and completion,

dropout rates, prison/jail rates, and domestic violence.

In other words: **HURT PEOPLE, HURT PEOPLE.**

When we grow up in homes where we learn the unspoken “rules” of “dys-functional” families: don’t talk, don’t trust, don’t feel – that doesn’t promote the life skills we need to excel in school or life. After learning these rules, we then go to a college and what do they want us to do? Talk, trust and feel!

Without having an awareness of these destructive cycles we cannot do anything about it. We need the awareness and more importantly opportunities for healing, growing, developing and moving forward in a good way. We need to get “unstuck” and quit being our own worst enemies and work toward lifting each other up by bringing out the best in each other.

We need safe places for Native men to forgive, cry, let go and learn new skills to help them move forward in a good way.

A ray of hope is: **HEALED PEOPLE, HEAL PEOPLE!**

I am very passionate about this and work to bring wellness to our people. We recently had a great Native wellness gathering. Check out a clip on You Tube! Go to www.youtube.com and type in Native Wellness, we’re the first clip on the list.

Thanks for reading this and thanks for the work you do in assisting our people to succeed in life!

Jillene Joseph is Executive Director of the Native Wellness Institute, Gresham, OR, www.nativewellness.com. Essay reprinted with permission.

United Tribes arts praised

The Bismarck-Mandan Chamber of Commerce recognized Wayne Pruse, director of the United Tribes Art-Art Marketing program, for participating in the chamber’s Arts and Leisure Day program.

The program was designed to help future community leaders learn about local issues and become effective local volunteers.

Chamber staff members Pam Kostelecky, Rita Lindgren, and Marlene Anderson praised Pruse for helping to make the leadership class aware of the importance of public art in the community.

One student said, “The UTTC presentation was really eye-opening. I had no idea that those sculptures existed or that there was such a great program at UTTC.”

Other comments complimented UTTC students.


The Green Recycling Bins Are Not Garbage Cans!

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ACCEPTABLE FOR GREEN BINS

- 🌀 File/Office/Colored Paper
- 🌀 Manila Folders
- 🌀 Pamphlets
- 🌀 Brochures
- 🌀 Magazines
- 🌀 Catalogs
- 🌀 Newspaper
- 🌀 Notebook Paper (*No spiral spines*)
- 🌀 Phone Books
- 🌀 Post-Its, Machine/Register Tape
- 🌀 Shredded Paper
- 🌀 Carbonless Paper
- 🌀 Envelopes (*Non-window*)
- 🌀 Glossy Paper

Find More Information
About Recycling Paper at
www.paperrecycles.org



UTTC December Academic Calendar

December 4	College Fair
December 15-18	Final Exams
December 18	Semester Grades Due
December 19	Fall Semester Graduates Honoring
December 24	Spring Semester Admission Applications Due
December 22 - January 2	Winter Break

Excellent Housing Reviews

BY RUTH BUFFALO-ZARAZUA, Strengthening Lifestyles Program Coordinator

The following families, couples and individuals have received excellent housing reviews and dorm room inspections.

If you haven't done so already, please

stop by the Strengthening Lifestyles activities office in the Wellness Center and pick up the gift you earned for a good review. Congratulations and keep up the good work!

Congratulations

Antoinette & Charles Brewer

Kememme Blatt

Katrina & Nathan Landmark

Samantha Lindgren

Merissa Spider

Melissa D'warf

Sekoya Bighorn

Shirley & Charles Anderson

Frank Lohnes & Heather Bird Horse

Billie Jo Clifford

April & Andrew Russell

Jaycen Dolphus

Joshua Logg

Felicia Good Bird

Kristen Many Horses

Holly Koteen

Jaqueline & Vincent Kills Plenty

Mindy Looking Back

Merrill & Yvonee Howling Wolf

Ramona Garnette &

Rayfeild Little Whiteman

Erica Menard

Charleen Foote

Ryan Moran

ShyAnne Bruguier &

William Chasing Hawk

Mikelyn Teeman

Jodi Thunder Hawk

Coleen Cain

Amy Lee

Faith Drugin

Ashley Peterson

Delray Medicine Horse

Denise Burns

Lester & Sarah Crooke

Arvella Pomani

Season Means

Lyn'D Lawrence

Lorraine Good Voice

Trina Marshall

Brendon & Merissa Marshall

April Pretends Eagle

Lena Foote

Jenna Skunk Cap

Denise Good Bird

Monica Nagel

Kara Runs After & Jeff Four Bear

Javanna Foote

Tamera Marshall

Mary & Jess Half

Westly Gunhammer

Kristen & Gilbert Red Dog

Sonia Buckley

Nicole Sylvester Thomas

Shannon Dionne & Clayton Martell

Laben & Sonia Red Owl

Jacqueline Archambault

Tammie Cashen

Randi Walking Eagle

Dori Lafromboise

Rolynn Clown

Merissa Eagleman

Mary Calabaza

Tamera Red Cloud

Kathleen & Leland Brown

Chris & Kami Montclair

Fabian Betone

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!

Classroom training assistance includes: tuition & fees, books & supplies, and student subsistence. Applicants seeking participation in the Workforce Investment Act (WIA) program for classroom training services must complete the following:

WHY APPLY EARLY:

- Deadline dates vary for every tribal funding agency
- Awards are based on availability of funds
- Priority for selection maybe awarded on a first come first serve bases

FUNDING MAY BE DENIED FOR:

- Missed deadline date
- Incomplete files
- Did not apply

DOCUMENTATION REQUIRED:

- Acceptance letter from educational institute
- Financial needs analysis (budget) – from financial aid officer
- Semester grades / mid-term grades
- Class schedule
- Criteria submitted may vary for new and returning students
- To ensure application completeness, contact and follow up with funding agency frequently.

To be eligible for Workforce Investment Act (WIA) classroom training assistance, **ALL** students **MUST** apply with home funding agency first.

APPOINTMENTS / QUESTIONS:

The Workforce Investment Act office (WIA) is located in building # 61. The office is open Monday-Friday from 8 -5 pm. Call (701) 255-3285 ext. 1229 / 1232 for assistance.

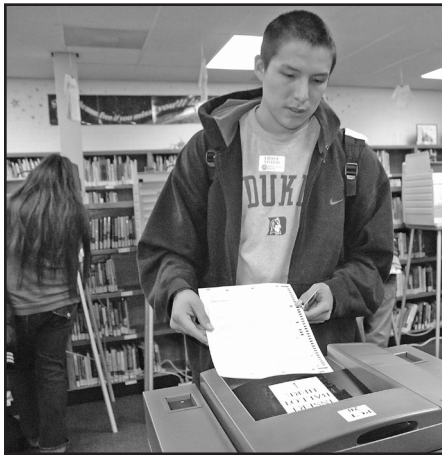


Tribal Voter Education at United Tribes

BY SHERRI TOMAN, General Education Instructor, Tribal Campus Climate Challenge Green Team Adviser

Efforts at tribal voter education among students at United Tribes Technical College appeared to be successful. Activities and events took place on the campus and in Bismarck prior to the November 4 General Election.

The project was to conduct voter education activities that informed tribal college students in particular about the procedures and importance of American In-



Business Management student Wakinyan Harden (Cheyenne River Tribe) casts his ballot by feeding it into a vote counting machine on Election Day at the Prairie Rose School Precinct. United Tribes News photo

dian voter participation in the national and state elections. Specific information for first time voters focused on where and how to vote. All activities were undertaken in a non-partisan manner.

Activities and events were coordinated by United Tribes Technical College, with cooperation and participation from the Indigenous Environmental Network, the North Dakota Tribal Voter Education Project, and UTTC's Tribal Campus Climate Challenge Green Team.

Activities consisted of guest speakers, sign up banners, straw polls, a voter Halloween party, and a schedule of bus trips to take students to vote at the precinct polling location for on-campus residents.

The numerical goal was to document the participation of 50 students in vot-



Tribal voter education projects elsewhere included the state of Washington, whose information was shared during the October conference of the National Indian Education Association in Seattle. UTTC staffers posing with that state's poster, from left: Recruitment Coordinator Jesi Shanley, Miss Indian Nations XVI Alyssa Alberts (Three Affiliated) and Healthy Lifestyles Coordinator Ruth Buffalo-Zarazua. Photo by Christopher T. Stearns

ing on November 4. That was clearly surpassed when 66 students took advantage of bus transportation to the college's voting precinct at Prairie Rose Elementary School. Judging from anecdotal information, a good many other students, who live in Bismarck and Mandan, voted in precincts elsewhere.

UTTC VOTER EDUCATION ACTIVITIES

September 4

Planning session during the United Tribes Tribal Leader's Summit to coordinate tribal voter education among the tribal colleges in the region

September 16

UTTC campus visit by the BioTour Bus focusing on issues of sustainability and voter participation

October 9

Distribution of ND Tribal Voter Education Project posters at Sherman Alexie Jr. speaking event in downtown Bismarck

October 15

"What, Where, How to Vote" – Danette Odenbach, ND Association of Counties; Presentation and Q & A at UTTC

October 29

"Tribes and the Constitution" – Attorney Tom Disselhorst and Dr. Phil Baird, both UTTC; Native voting rights; UTTC Education Building

Ongoing

Students sign banner – "The Native Vote," Displayed in the college cafeteria for students to sign; recognition of the importance of voting; more than 80 people signed

October 27-28

Voter table in cafeteria – Informal survey about how students think the Presidential election will turn out

October 28

Voter Rally-Halloween Party – UTTC campus 6:30 – 8 p.m. Costumes, videos, refreshments, door prizes, and fun for 18 people attending

November 3

Election Eve Voter Reminder Meeting – All staff and students; Voting information provided and Bismarck voting precinct map

November 4

Bus transportation for students to Prairie Rose Elementary School Precinct Polling Site; 9 a.m. and 1 and 4 p.m.

UNITED TRIBES VOTER EDUCATION

United Tribes encourages staff members and students to become informed and educated about elections and exercise their constitutional right, and responsibility, to vote in accordance with the law. Any comments or statements made during the course of voter education meetings or activities, by any individual that might be construed as partisan do not represent the official policy of United Tribes Technical College. As a non-profit higher educational institution, governed by a board of directors, United Tribes does not endorse any particular candidate for public office at any level.

WE BELIEVE IN YOUR *Indigenous* Quotient

You don't have to leave your tribal ties behind when you attend United Tribes Technical College. UTTC is a tribal community off-reservation where indigenous culture thrives. The campus in Bismarck, North Dakota is a welcoming place where you are supported on your college journey.

More Than A College – A Success Oriented Community

You become part of an accepting community away from home. Counselors, faculty and staff members, and other students help you succeed. Student housing is a top priority, along with child care and family activities. The campus has three Child Development Centers, and a K - 8 Grade School, for the children of students. A new wellness center contains new facilities and equipment for developing and maintaining a healthy lifestyle.

Learn Skills and Train for Needed Jobs

- 14 Associate of Applied Science Degree Programs
- Bachelor of Science Degrees – cooperative program in Elementary Ed.
- 5 Certificate Programs
- 5 Degree Programs Online

Start Now!

Contact the Enrollment Services Department
701-255-3285 x 1334, 1241, or 1210. Toll free
1-888-643-8882 for Admissions, Financial Aid,
Registrar and Housing. Financial aid and
scholarships are available.



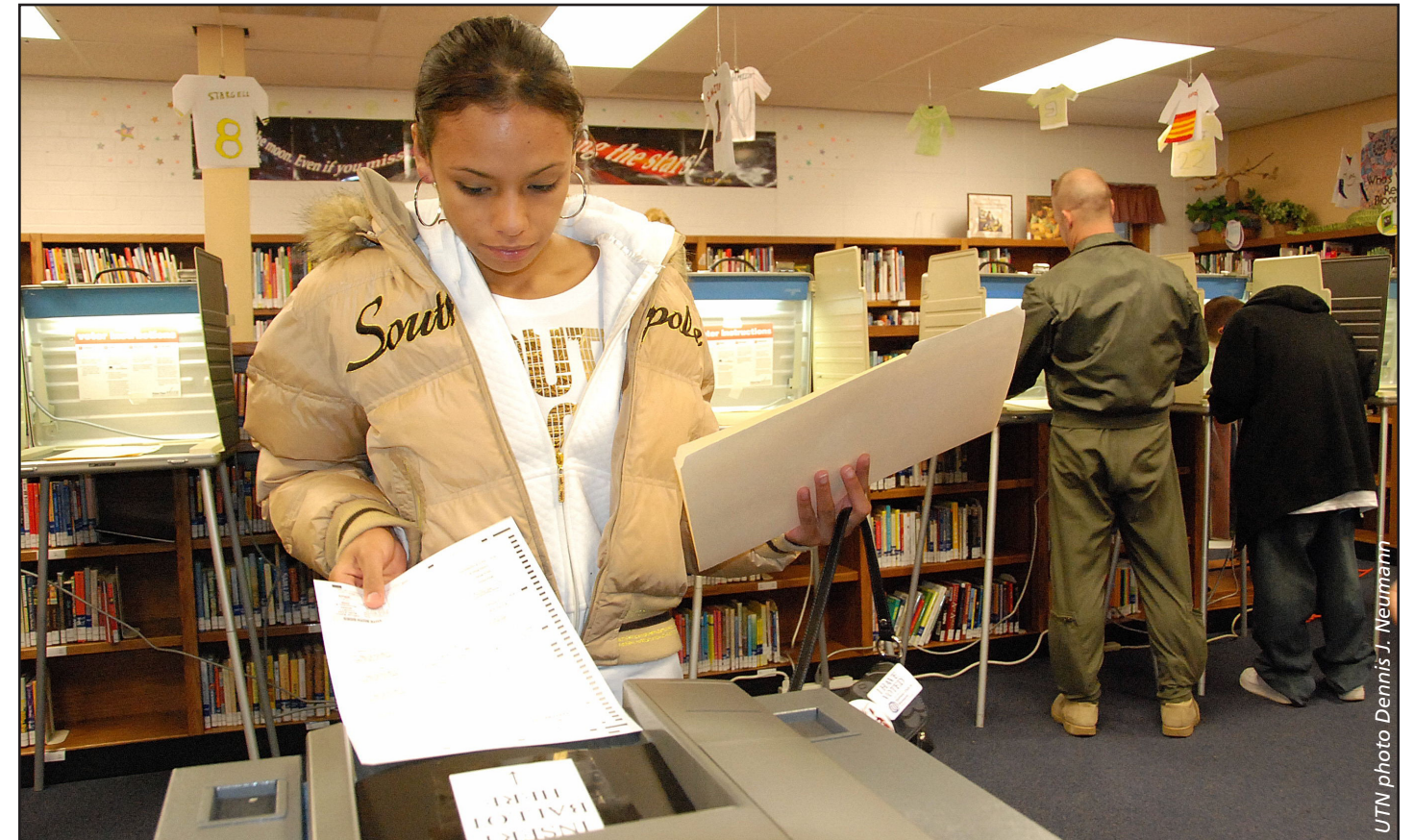
United Tribes Technical College
3315 University Drive, Bismarck, ND, 58504
Dr. David M. Gipp
(Hunkpapa-Lakota, Standing Rock)
College President

www.uttc.edu.
**Celebrating 40 Years
of Service in 2009**

Billie Ann Rogers (Standing Rock)
graduate of the UTTC Nursing Program
now a nurse in Bismarck



UTTC set for Spring Semester 2009



STUDENT INVOLVEMENT: UTTC student Denise Burns (Red Lake Tribe) Minneapolis, MN, participated in the college's Tribal Voter Education Project and casted a ballot November 4 in the General Election. Burns is a student in the college's Business Office Technology Program.

Housing Available for Single Students

BISMARCK (UTN) – Student orientation is set for January 5 – 6, 2009 and classes begin Wednesday, January 7 for the spring 2009 semester at United Tribes Technical College (UTTC).

Housing is now available in the college's dorms for single men and women students. Singles are encouraged to act quickly on this current opportunity to take advantage of the convenience of on-campus housing.

CAMPUS COMMUNITY

The UTTC campus is a culturally based learning environment for American Indian students. Enrolled members from over 50 different tribes around the country are represented in the student population. Events and activities are scheduled during orientation week that make it easy and enjoyable for you to enter college life.

PROGRAMS

UTTC educational programs offer practical training for jobs at home and elsewhere in the country. While studying in your chosen curriculum, you are required to pursue a general education that builds on your experience and knowledge as a tribal person. Twelve Associate of Applied Science (AAS) degree programs are offered and five certificate degree programs, along with a Bachelor's Degree program in Elementary Education in cooperation with Sinte Gleska University. All programs are fully accredited. UTTC graduates use their skills to pursue further education or enter the workforce as workers and leaders throughout the country.

ONLINE

For those who cannot attend college on the campus in Bismarck, UTTC of-

fers coursework and the following AAS degree programs online: Early Childhood Education, Elementary Education, Health Information Technology, Nutrition and Food Service, and Medical Transcription Certification.

FINANCIAL AID

Numerous opportunities for student financial aid are available for American Indian college students. UTTC offers the best education possible while assisting you in finding the resources that fit your higher education needs.

Students must be prepared and determined to seek out and pursue the many scholarships and funding sources available.

New and returning students receive assistance in applying for FASFA and scholarships. UTTC offers work study

Continued next page

UTTC Spring Semester...

Continued from page 11

programs. The college awards a growing number of UTTC scholarships based on academic performance and need. A student loan program is not offered at present.

SUPPORTIVE SETTING

In 2009, UTTC celebrates 40 years of successful service to American Indian students and their families. The college's long record is rooted in the belief that "Student Success is Everyone's Responsibility."

activities, counseling, and a spiritual healing room with space to meditate and attend ceremonies. There is a zero tolerance policy on campus for the use or possession of drugs or alcohol.

START NOW

Begin your enrollment process now by visiting with your tribal higher education office and applying for the educational support offered by your agency.



UTTC employs a comprehensive student support system that recognizes and addresses the needs of American Indian students who leave home to pursue higher education. Faculty members are committed to student learning and achievement based on a student's knowledge and experience as a tribal person.

UTTC promotes learning for the entire family. Housing is a high priority, along with child care and family activities. The campus population includes about 300 children of students. The college operates a child development center with three age divisions, and a grade school.

The college's new wellness center contains new facilities and equipment for developing and maintaining a healthy lifestyle. It offers health care, a fitness center, organized ac-

Remember, dorm housing is available now for single students who wish to pursue their education at United Tribes Technical College.

For more information contact the Enrollment Services Department 701-255-3285 x 1334, 1241, or 1210. Toll free 1-888-643-8882 for Admissions, Financial Aid, Registrar and Housing. Or visit the website: www.uttc.edu.



UNITED TRIBES TECHNICAL COLLEGE

FOUNDED BY TRIBES

United Tribes Technical College was founded in 1969 by visionary tribal leaders seeking to train and educate American Indians for jobs on reservations and in the mainstream. UTTC is owned and operated by the five tribes in North Dakota: Three Affiliated Tribes; Spirit Lake Tribe; Standing Rock Tribe; Sisseton Wahpeton Oyate; Turtle Mountain Band of Chippewa. UTTC pre-dates the start of on-reservation tribal/community colleges in the state. UTTC President is David M. Gipp (Hunkpapa-Lakota, Standing Rock).

UPCOMING EVENTS

Career/College Fair
Friday, December 5, 10 a.m. – 2 p.m.
Jack Barden Center lower level

John Thunderhawk Classic Tournament
December 5 – 6
James Henry Community Gymnasium

UTTC Friends Social – meal provided
Thursday, December 18, 5 – 7 p.m.
Rushmore Plaza Holiday Inn, Rapid City, SD
Contact: Jesi Shanley
701-255-3285 x 1280, jshanley@uttc.edu

Honoring Ceremony Fall 2008 Graduates
Friday, December 19, 1 p.m.
Wellness Center-Multipurpose Room

CAREER AND ACADEMIC PROGRAMS

Associate of Applied Science Degrees

- Art/Art Marketing
- Automotive Technology
- Business Management
- Business & Office Technology
- Computer Information Technology
- Construction Technology
- Criminal Justice
- Early Childhood Education
- Health Information Technology
- Nursing
- Teacher Education
- Tribal Environmental Science

Certificate Programs

- Automotive Technology
- Business & Office Technology
- Construction Technology
- Health Information Technology
- Medical Transcription

On-line Degrees

- Early Childhood Education
- Elementary Education
- Health Information Technology
- Nutrition & Food Service
- Medical Transcription Certification

SPRING SEMESTER 2009

APPLICATION DEADLINE IS WEDNESDAY, DECEMBER 24, 2008

~ Monday, January 5, 2009 ~

8 -10 a.m. New Student Orientation Checklist Briefing,
Jack Barden Center, Upper Level
10 a.m. Welcome from College Leaders,
Multipurpose Room
12 noon Lunch at Cafeteria
1 – 5 p.m..... Orientation Checklist Completion

Student leaders are available all day at the Jack Barden Center upper level to assist new students with enrollment

Students with children will enroll them in either the Child Development Center or Elementary School

Tuesday, January 6 Student Leaders available at
JBC to assist new students
in completing enrollment

Wednesday, January 7 CLASSES BEGIN

Saturday, January 10 Welcome Back Powwow

Wednesday, January 21 Last Day to Register

CAMPUS TOURS AVAILABLE DAILY

Contact Jay Claymore jclaymore@uttc.edu or
Jesi Shanley, jshanley@uttc.edu 701-255-3285 x 1420 or 1280

CAMPUS SERVICES

- Athletics
- Child Development Centers
- Elementary School K-8
- Transportation Services
- Food Service
- Residence Halls
- On/Off Campus Family Housing
- Financial Advising
- Career & Leadership Development Center
- Wellness Center
- Enrollment Center

Quantity foods meals teach skills, flexibility

BY ANNETTE BROYLES, Nutrition and Foodservice Instructor

United Tribes students and staff members had the pleasure of experiencing fine dining without leaving the campus when they attended the Nutrition and Foodservice quantity foods meals this semester.

Meal themes were Italian, Mexican, fall harvest, and traditional Native American. All were offered by students Cassandra Eagle, Sarabeth Eagle, and Whitney Hosie, as part of their coursework.

They were assisted by instructor Annette Broyles, along with Pat Aune, extension and food safety specialist. The meals were planned, advertised, prepared and served by the students.

This semester, all the students in the class and one instructor, Jill Keith, had extra challenges in the planning stages as they either had a baby or went through surgery; then a blizzard blew in for good measure, postponing one of the meals.

Students learned a lot about flexibility in foodservice, and the need for back-up planning.



A winter storm postponed Sarabeth Eagle's Mexican themed quantity foods meal. But diners said the wait was worth it. United Tribes News photo

As part of the class this year the students also prepared and served breakfast and lunch for a Diabetes Summit held on September 19 in the multipurpose room at UTTC. They also served the food at North Dakota's celebration of First Nations Day on October 10 at the North

Dakota Heritage Center in Bismarck.

The class will host a Holiday Open House on December 3, in the Land Grant Room from 3 to 5 p.m. All UTTC students and staff are invited to stop by for holiday treats! Best wishes for the Season.

December Christmas Clothing Sale

SHORT SLEEVE T-SHIRTS	\$4.00
LONG SLEEVE T-SHIRTS	\$6.00
SWEATSHIRTS	\$8.00
HOODIES (REG. & ZIP)	\$10.00

ALL ITEMS AVAILABLE IN MANY DIFFERENT COLORS & SIZES

ALL ITEMS ARE BLANK ■ AVAILABLE WHILE SUPPLY LASTS.

ARROW GRAPHICS - BLDG. 7 - UNITED TRIBES

THANK YOU

I would like to take this opportunity to thank United Tribes Technical College for nominating me for the American Indian College Fund Faculty Member of the Year Award. I was very surprised and humbled when I returned to school this fall and learned that I had received this award. I am only one of many very dedicated and qualified faculty and staff at United Tribes Technical College. We all work together to provide quality education to our students.

I have been an employee at UTTC for the past 35 years and have seen tremendous growth in Indian education over that period of time. In that period of time we have evolved from being a job training facility to a technical college that we are today. Our student population has grown as have the programs that we offer.

I support the work that AICF does with Native American college students and the help that they give them to further their education and achieve their goals. Many of my students have been recipients of AICF scholarships. If they hadn't received this assistance they may not have been able to continue their education.

— **Kathy Aller**

.....

Thank you to all UTTC Family, (Colleagues, students & Staff) for your prayers, condolences and memorials during the time of sorrow and grief at the loss of my mother.

Thank you to all the wonderful individuals that kept the office running and provided for the trick-or-treaters that came to visit for Halloween.

Your condolences and kindness will not be forgotten.

— **Ann Kraft**

Financial Aid staff contributes to education at home and away

BY UTTC FINANCIAL AID DEPARTMENT STAFF

Normally, most people assume that Financial Aid staff members spend their days processing FAFSAs and looking for scholarships. While they do all that and more, occasionally there are opportunities to become more directly involved in teaching and learning. This year, members of the staff of the Office of Financial Aid are becoming involved as educators and trainers both here at UTTC and in other parts of the country.

Amber Mathern, Financial Aid Advisor, will be teaching economics at UTTC as an adjunct professor in the Spring 2009 semester. Amber studied at Jamestown College, where she received a Bachelor's Degree with a concentration in Economics. This will be her first time teaching a college class.

Nathan Stratton, the director, was selected as a trainer by the National Association of Financial Aid Administrators to lead regional training workshops in Kansas and North Dakota. The workshop, called "Aspects of Student Eligibility," was designed to teach other financial aid professionals in depth information about awarding financial aid to students. Additionally, Nathan recently led a team-building workshop for Enrollment Services Staff using the Myers-Briggs Type Inventory, an industry-standard personality assessment tool.

The UTTC Office of Financial Aid awards and processes over \$3.5 million every year to help UTTC students pay for their education.

DECEMBER WELLNESS ACTIVITIES		
1 Mon	6pm - 7-9pm	Open Drum/Handgames-Multi Purpose Room Mens Wellness-Healing Room
2 Tues	12pm - 5-9pm	Circle of Parents-Wellness Classroom UTTC employee night in Fitness/Sauna/Whirlpool Area
3 Wed	6pm - 6pm	Aerobics-Multi Purpose Room Beading/Sewing/Quillwork-Multi Purpose Room
4 Thurs	6pm - 7pm	Billiards League-Rec. Lounge Womens Wellness-Wellness Conference Rm/Fitness/Sauna area
5 Fri	Closed	Career College Fair-Gym
6 Sat	Closed	Relaxation Techniques-Healing Roomn Freestyle Dancing-Multi Purpose Room
7 Sun	Closed	John T-Hawk Classic
8 Mon	6m - 7-9pm	John T-Hawk Classic John T-Hawk Classic
9 Tues	9pm-12am	Open Drum/Handgames-Multi Purpose Room Mens Wellness-Healing Room
10 Wed	6pm - 6pm	Open Lab-Extended Multi Purpose Room Hours Circle of Parents-Wellness Classroom
11 Thurs	6pm - 7-9pm	UTTC employee night in Fitness/Sauna/Whirlpool Area Aerobics-Multi Purpose Room
12 Fri	7pm - 9pm-12am	Open Lab-Extended Multi Purpose Room Hours Beading/Sewing/Quillwork-Multi Purpose Room
13 Sat	3pm - 9pm-12am	Billiards League-Rec. Lounge Womens Wellness-Wellness Conference Rm/Fitness/Sauna area
14 Sun	6pm	Open Lab-Extended Multi Purpose Room Hours
15 Mon	6pm	Relaxation Techniques-Healing Room Freestyle Dancing-Multi Purpose Room
16 Tue	12pm - 5-9pm	Open Lab-Extended Multi Purpose Room Hours Movie Night
17 Wed	6pm - 6pm	Open Lab-Extended Multi Purpose Room Hours Ice Skating-Indoor
18 Thurs	7pm - 7-9pm	Open Lab-Extended Multi Purpose Room Hours Community Bingo-Multi Purpose Room
19 Fri	7pm	Open Drum/Handgames-Multi Purpose Room Circle of Parents-Wellness Classroom

WELLNESS FAMILY PROFILE

BY RUTH BUFFALO-ZARAZUA, Strengthening Lifestyles Program Coordinator

Active Wellness Family: April Threefingers, Andrew Russell & Children

Here is a family that makes the most of the college's wellness programs.

April Threefingers (27), Andrew Russell (29) and their three children are from Lane Deer, Montana. They are members of the Northern Cheyenne Tribe.

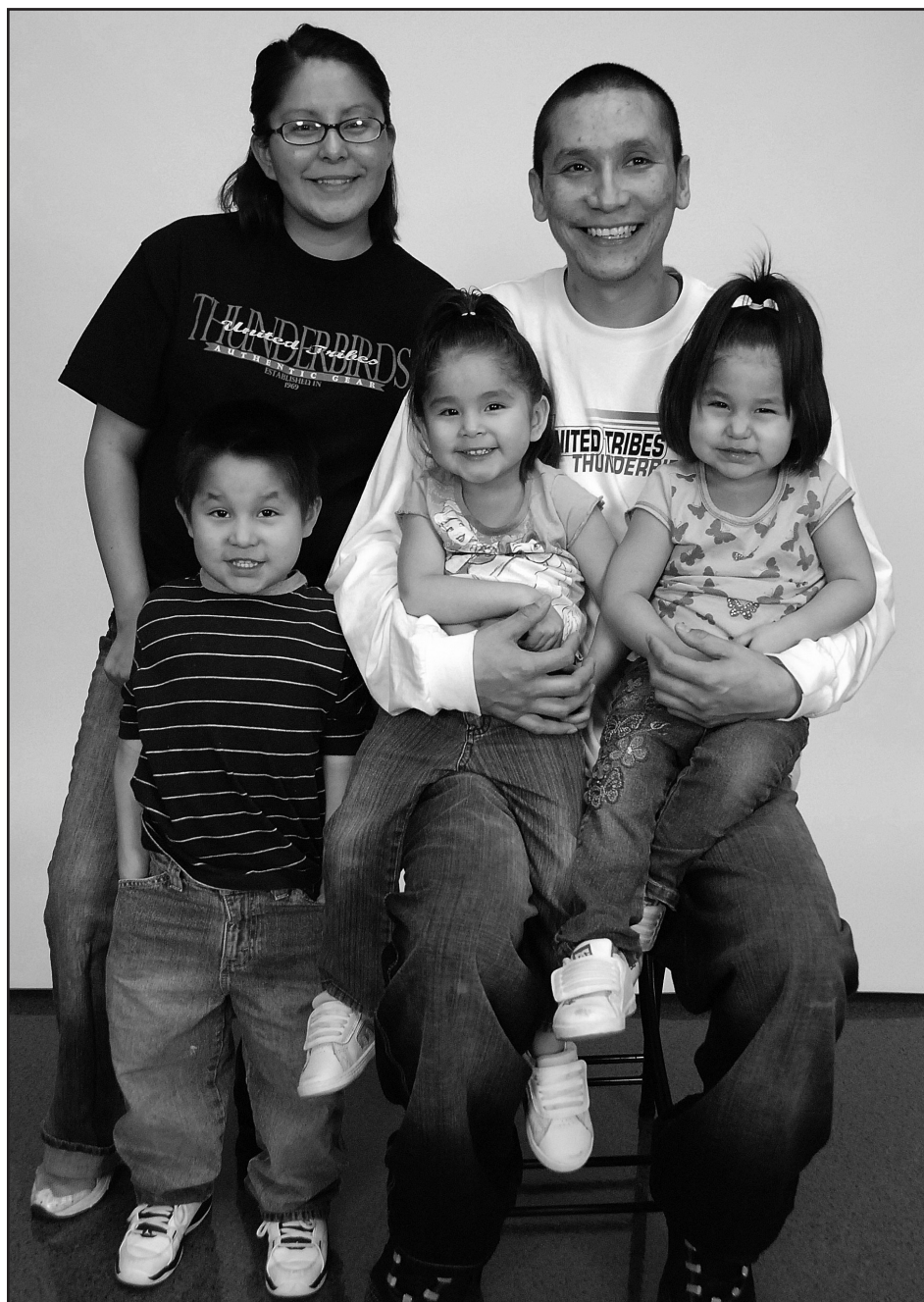
This is their first year at United Tribes Technical College. They live on the campus in a family housing unit. April studies in the Early Childhood Education curriculum and plans to continue on for a bachelor's degree in special education. Andrew is a student in the Elementary Education Program and plays hoops on the Thunderbirds basketball team. The children attend the college's Childhood Development Centers.

As a family, they are leading the pack in turning in completed activity cards in the Wellness Incentive Program. Participants are encouraged to take part in as many wellness activities as they can. For participating, they receive a punch on their activity card. The Russell family card is full of holes!

So, meet the Russell family in the interview below. We are excited to have them here. They set a good example of how to maintain a healthy lifestyle on the UTTC campus while pursuing a higher education.

Q: Describe your experience at UTTC thus far?

A: It's surprising, we've been to other colleges and there is a lot of help here for us. There are a lot of activities here that we can participate in that are not offered at other colleges. For example, our whole family can participate in certain activities, such as, walking and the weekend activities, which are really fun. Being here at UTTC is a very rewarding experience academically, physically, mentally, emotionally, spiritually. We both are now in great shape; it's been awhile since we felt this good.



April Threefingers and Andrew Russell with their three children: Taeden (4), Alayna (3), and Alissya (2). UTN Photo Dennis J. Neumann

Q: How are your children adjusting to the change of environment?

A: They adjusted really well and are enjoying it here. For example, my son says he wants to stay here for a really, really, long time. One time, we were leaving Wal-Mart, we told our son that we were going home; he said he didn't want to go home; he wanted to go to his new home at the college.

Q: How does participating in wellness activities benefit you and your family?

A: It benefits us because it improves our total wellbeing and it involves our whole family. Our children are learning new skills through the Strengthening Lifestyles wellness program. The program is providing new exposure for our family to do things we might have never done otherwise.

CIRCLE OF PARENTS® AT UNITED TRIBES

Sharing Ideas. Sharing Support. That is what Circle of Parents® at United Tribes is all about - An opportunity for parents to connect with other parents.

Join us for lunch and conversation about the many joys and challenges of parenting in our busy, modern world.

Kids depend on us, and sometimes it may seem like none of us could possibly have enough time, strength or wisdom to give them everything they need.

Circle of Parents® offers free gatherings for anyone in a parenting role.

*We talk about anything related to raising kids: discipline, school, health, alcohol and other drug usage, and safety; and we **never judge** other people's situations or stories.*

Lunch will be served on each of the following dates. Topics will be determined by parents attending. Transportation is available. Location: United Tribes Technical College, Wellness Center, Bismarck, ND. Time: 12:05-12:55 pm.

Registration is required for meal planning and transportation. To register for Circle of Parents®, please call or leave a message for Brooklyn at 255-3285 ext. 1492.

December..... 2 & 9



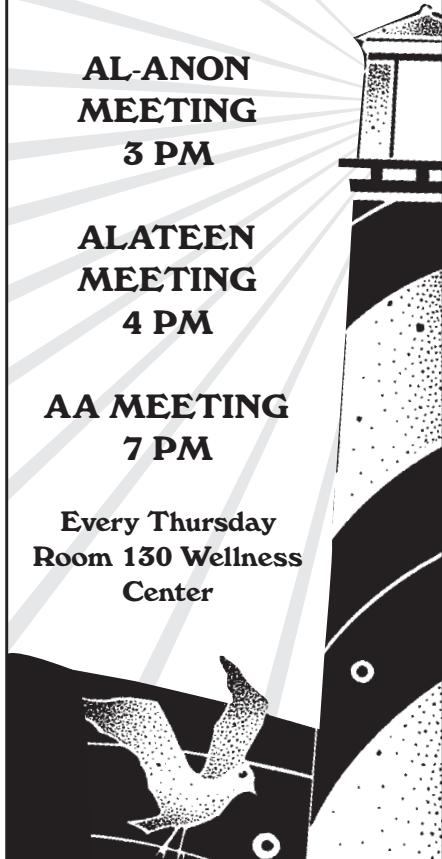
WE CAN HELP *you find your way*

**AL-ANON
MEETING
3 PM**

**ALATEEN
MEETING
4 PM**

**AA MEETING
7 PM**

**Every Thursday
Room 130 Wellness
Center**



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

Equipment available for check out
in Wellness Center:

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

Must provide UTTC Student ID

Hand Games

Monday Nights
Multi-Purpose Room
6 pm - 8 pm
You may bring your own
hand drum

Beading Night

Every Wednesday Night
6 pm - 8:30 pm
Bring your skills to the
Multi-purpose Room

For More Info contact:
Miss Sonja Cain Ext. 1323

WIC

**Supplemental Nutrition
Program for
Women, Infants
& Children**

**Welcome to all Students
and Families!**

Clinic Hours are:

Monday 1- 5 pm
Friday 8 -12 pm

BY APPOINTMENT ONLY

Please call for your appointment

Tara Fox, WIC Certified Professional
701-255-3285 x 1316 • Fax: 701-530-0622



United Tribes Technical College
3315 University Drive
Bismarck, ND 58504

Opportunities in the Making



Student Scholarship Campaign

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

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

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



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

We're not just a bookstore...

NEW ITEMS

- T-shirts and hoodies in various new designs and colors
- Nice selection of note cards from the American Indian College Fund

COMING SOON

- New selection of blankets from Pendleton Woolen Mills

ANNOUNCEMENTS

- Faculty – Please turn in your book orders for spring semester
- Buy back is coming up soon – Dec. 12-15-16-17-18 from 9am-4pm

Check Out Our Fashions Online
at www.uttc.edu!



UTTC BOOKSTORE

Jack Barden Center • Mon.-Fri. 8 am-5 pm
701-255-3285 Ext. 1459

CATCH



THE BUG UTTC LIBRARY

West Main Floor
Education Building

Hours: Monday - Friday
8 am - 5 pm

Books, Journals, Magazines,
Newspapers, Online Database,
Reference, Fax, Internet Access,
Photocopies, Interlibrary Loan

www.infolynx.org

Holiday OPEN HOUSE

DECEMBER 12 ✨ 9 AM - 4 PM
LOCATED IN BUILDING 7

Please join us as we celebrate the holiday season. Check out your campus print shop, meet the staff, and check out the items Arrow Graphics has for sale! And just in time for the holidays, clothing will also be for sale at a discounted price. There will be a door prize and a few "freebies" available as well!

So come in from the cold and enjoy some food and refreshments with good company!



LOCATED ON THE CAMPUS OF UNITED TRIBES TECHNICAL COLLEGE
3315 UNIVERSITY DRIVE • BISMARCK, ND 58504 • 701.255.3285 x1296



Plan Ahead for Holiday Meals

Together, Sharing Food Safely BY PAT AUNE, UTTC Land Grant Extension Program

Is it your turn to cook the holiday feast? Get organized early so you can enjoy the day.

House cleaning and sanitizing can be done a few days early. The kitchen, bathroom and shared items like door knobs, the phone, the refrigerator handle are touched by everyone in the home. Germs thrive in these places (flu and cold virus). Washing with soap and water will wash off some of the germs. After washing, sanitize these surfaces by spraying with a solution of one teaspoon chlorine bleach combined with one quart of water. Let the surface air dry or after two minutes dry with a paper towel.

Thaw the frozen turkey in the refrigerator (allow 3-4 days). If you forget to thaw the turkey or do not have refrigerator space, submerge it in cold water (70° F or colder). Change the water every 30 minutes. Allow about 30 minutes defrosting time per pound of turkey (12 pound turkey takes about 6 hours to thaw in water).

Wash and sanitize kitchen surfaces before and after preparing food. When poultry is cooked it kills salmonella bacteria. When you are handling the raw bird

salmonella is easily spread to the counter tops, faucets, cupboards. Clean and sanitize so family members do not get sick.

Bake the dressing or stuffing separate from the turkey to keep it safe and easy to prepare and serve. A casserole dish of dressing will take about one hour to bake or it could be made in an electric fry-pan

If food is left out of the refrigerator or off the stove for more than 2 hours it needs to be discarded because it might have enough bacteria to make someone ill.

if you do not have oven space. I usually add drippings from the roasting pan so the flavor is wonderful. Use a thermometer so you know the dressing reaches 165°F.

Use a thermometer to test the turkey for doneness. Insert the thermometer in the turkey breast, do not touch the bone. The turkey is safely cooked when the thermometer reaches 165°F.

After the turkey is baked take it out of the oven and let stand about 15 minutes before carving. I usually put the turkey on the serving platter and make gravy in the

roasting pan.

Keep all foods hot or cold not warm. If food is left out of the refrigerator or off the stove for more than 2 hours it needs to be discarded because it might have enough bacteria to make someone ill (diarrhea and vomiting are common food-borne illnesses).

It is also important to chill foods in shallow or small containers so it gets to less than 41°F in a couple hours. That means the turkey should be taken off the bone (it is easier to remove while at room temperature). The stuffing and the gravy need to be in separate containers.

Serve leftover turkey within four days. Serve leftover dressing and gravy within two days. Reheat it to at least 165°F. If you have a lot of leftovers freeze for later. Use good quality freezer containers, label and use within a month for best quality.

Learn more at the USDA Meat and Poultry Hotline at 1-800-535-4555. Or go to the USDA Food Safety and Inspection Service website www.fsis.usda.gov. Butterball Turkey also sponsors a good website at www.butterball.com.

Have a wonderful and safe Holiday Season!

United Tribes
Technical College
Career Fair

Friday, December 5
10 a.m. – 2 p.m.
Jack Barden Center
Lower Level

More Information:
Jesi Shanley
jshanley@uttc.edu

The Staff at the Child Development Center Look Forward to Working with you throughout the year!!

UTTC Child Development Center Personnel:

Barb Strikes the Enemy • Lori Brown • Carol Nichols • Darla Hanley • Richard Laundreaux, Sr. • Claudia Dockter • Michelle West • Erin Slides Off • Jim Waln • Autumn Gwin • Chante Lee • Jackie Red Bird • Debbie Davis • June Hoisington • Sophie Keiser • Kim Smith • Heather White • Amy Sicble • Maria Sandstrom • Leah Horner • Connie Stockert • Nevada Allen • Ashley Alkire • Shauna

Illig • Carol Reed • Carol Agard • Sheena Cain • Helen Siegfried • Christine St. John • Jennifer Red Bird • Brenda Baumann • Juanita Reiner • Dakota Eagle • Jada Barrett • Jen Desersa



UNITED TRIBES THUNDERBIRDS



Mon-Dak Conference

NJCAA

08-09 Men's & Women's Basketball Roster

Thunderbirds

Jay Claymore, Head Coach • Delmar Clown, Assistant Coach

Lady Thunderbirds

Daryl Bearstail, Head Coach • Ruth Buffalo-Zarazua, Assistant Coach

Daryl Bearstail, Athletic Director • David M. Gipp, College President
Sports Medicine/Athletic Trainer, Medcenter One, Inc.



4, Charlie Marshall, Fr., 5'10, G, Standing Rock HS, Eagle Butte, SD; Computer Information Tech.



5, Andrew Russell, Fr., 6'5, F, Hardin HS, Lame Deer, MT; Elementary Ed.



10, Barry Big Horn Jr., Fr., 6'1, G, Culbertson HS, Fort Kipp, MT; Elementary Ed.



13, Maurice St. Goddard, Fr., 5'11, G, Browning HS, Browning, MT; Tribal Env. Science



3, Lynda Wolf, Fr., 5'8, G/F, New Town HS, New Town, ND; Nursing



4, Kami Otter Robe, So., 5'6, G, Chamberlain HS, Rock Creek, SD; Art-Art Marketing



5, Sekoya Bighorn, Fr., 5'4, G, Culbertson HS, Rocky Boy, MT;



13, Charlee Rising Sun, Fr., 5'6, G, Lame Deer HS, Lame Deer, MT; Art-Art Marketing



15, Mitchell Davis, So., 5'11, G, Dunseith HS, Dunseith, ND; Small Business Mgt.



20, Chase Pay Pay, Fr., 6'2, G, Cheyenne-Eagle Butte HS, Eagle Butte, SD; Computer Information Tech.



21, Javier Bustos, Fr., 6'0, G, Browning HS, Browning, MT; Elementary Ed.



25, Rainbow Good Bear, Fr., 6'3, F, Parshall HS, New Town, ND; Criminal Justice



15, Nevada Allen, So., 5'7, F, Standing Rock HS, Cannonball, ND; Elementary Ed.



20, Tami Miller, Fr., 5'9, F, Shiloh Christian HS, Bismarck, ND; Nursing



21, Violet Jones, Fr., 5'8, F, Tempe HS, Fort McDowell, AZ; Community Health/Injury Prevention



40, Jenna SkunkCap, So., 5'10, G/F, Browning HS, Browning, MT; Elementary Ed.



30, Matt Janis, Fr., 6'2, F, Little Wound HS, Kyle, SD; Elementary Ed.



31, Ryan Moran, Fr., 6'3, F, Cheyenne-Eagle Butte HS, Eagle Butte, SD; Tribal Env. Science



32, Tyson Heart, So., 6'2, F, Little Wound HS, Kyle, SD; Computer Information Tech.



34, Ryan Iron Road, Fr., 6'3, F, Standing Rock HS, Cannonball, ND; Small Business Mgt.



43, Rana Kills Plenty, So., 6', C, St. Francis HS, St. Francis, SD; Office Tech.-Medical



44, Sylvia Chase, Fr., 5'6, G/F, New Town HS, New Town, ND; Small Business Mgt.

3RD ANNUAL

JOHN THUNDERHAWK BASKETBALL CLASSIC

December 5 – 6
United Tribes Technical College
James Henry Gymnasium

Participating Teams
United Tribes Technical College (UTTC)
Bismarck State College (BSC)
Jamestown College JV (JCJV)
Little Big Horn College, Crow Agency, MT (LBH)

Friday, December 5
2 p.m. BSC -v- JCJV (Women)
4 p.m. BSC -v- JCJV (Men)
6 p.m. UTTC -v- LBH (Women)
8 p.m. UTTC -v- LBH (Men)

Saturday, December 6
Noon BSC -v- LBH (Women)
2 p.m. BSC -v- LBH (Men)
4 p.m. UTTC -v- JCJV (Women)
6 p.m. UTTC -v- JCJV (Men)



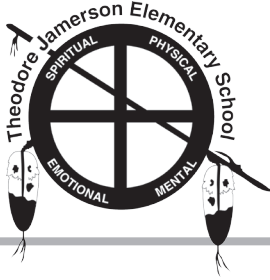
44, Eric Archambault, Fr. 6'4, F, McLaughlin HS, McLaughlin, SD; Elementary Ed.

MON-DAK Conference player of the week Nov 10-16: shot 60% in two games, 21/35 from the field, scoring 48 points and gathering 35 rebounds; also had 4 assists and 2 steals.

THUNDERBIRDS DECEMBER BASKETBALL SCHEDULE

5-6	John Thunderhawk Classic	M&W	TBA
5	UTTC vs Little Big Horn College	W	6 pm
	UTTC vs Little Big Horn College	M	8 pm
6	UTTC vs Jamestown College JV	W	4 pm
	UTTC vs Jamestown College JV	M	6 pm
12	Miles Community College	M&W	6-8 MT
13	Dawson Community College	M&W	1-3 MT
19	Turtle Mountain Community College	M&W	6-8

THEODORE JAMERSON ELEMENTARY



TIDBITS

5th Annual Child Find Fair

BY MARLAYSIA CLOUD, TJES Student



Artist Mark Mindt drew caricatures during the Child Find Fair. TJES students, from left, Mheki Moran, Elias Feather Earring and Jacie Cathes.

On October 28th the UTTC multi-purpose room was turned into the 5th annual Child Find Fair. The carnival was designed to help find kids with special needs so they could



Alexander and Kimberly Nickaboine in line during the Child Find Fair. UTN Photos

have a better future. There were a lot of fun things such as Karaoke, Bingo, Book Walk, Kangaroo Jump, Pick A Duck, a fishing game with clothespins, and lots of booths where they give you information. There was also a booth where Mr. Mindt, a famous illustrator, drew characters of kids. There was also a jumping castle and a sheriff who made fingerprints of kids. The fair was free and everybody got 10 free tickets to buy snacks and water. They also gave away free Child Find T-shirts.

New TJES School Board Members

TJES is pleased to announce that **Joey McLeod**, **Wes Long Feather**, and **Caroline Morrison** recently won election to the school board.

TJES Calendar

November 27-28

Thanksgiving Break

December 11

TJES Music Concert 2 p.m., Christmas Program "T's the Season Once Again," Multipurpose room; Music Teacher Ms. Brazell will conduct; Students will sing 16 songs.

December 19

Winter break starts the late afternoon

January 5, 2009

TJES Classes Resume (Late start) * Remember to wear warm clothes!

Circle of Youth Dream Catcher Project

Alcohol/Drug Prevention for TJES Youth
Grades 4 - 6 • 4:30 p.m. each Thursday
Lewis Goodhouse Wellness Center
United Tribes Technical College

Ruth Buffalo-Zaruzua & Julie Cain,
Facilitator/Instructor/Speaker • **Sheryl Toman**,
Instructor/Volunteer • **Betty Anhorn**,
Harriet Schneider,
Russell Gillette & Tom Disselhorst,
Speakers • **Sheri Baker**, Grant Writer/
Assessment

Funded by: North Dakota Governor's Prevention
Advisory Council on Drugs and Alcohol **Matching
funds and support:** Chemical Health Center,
Strengthening Lifestyles Program,
TJES & Finance Department

REMINDER:

When submitting articles for UTN, email articles and/or photos as **SEPARATE ATTACHMENTS** to opi@uttc.edu. Include photo credits. **DO NOT** place images directly into Word documents. **No hard copies or Publisher files accepted. Thank you.**

—Andi Gladson

United Tribes Masquerade Powwow

A masked ball of entertainment and fun!



United Tribes News photos Dennis J. Neumann



Veterans honored at United Tribes



WALK IN HONOR: A color guard leads a procession November 10 at United Tribes Technical College in Bismarck as part of the college's Veterans Day program. Participants carried and later released yellow balloons to honor all men and women who have served in the military. The walk in the chilly morning air concluded a program that featured talks about military service, honor songs by the drum group Tatanka Nagi (seen here in the back of the pickup) and gifts and recognition for veterans. Read a list of honored UTTC employees on page 4. United Tribes News photo



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MISSION STATEMENT

United Tribes Technical College is dedicated to providing American Indians with postsecondary and technical education in a culturally diverse environment that will provide self-determination and economic development for all tribal nations.

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