



MARCH 2009 • VOL. 18 - NO. 3
UNITED TRIBES TECHNICAL COLLEGE
BISMARCK, NORTH DAKOTA

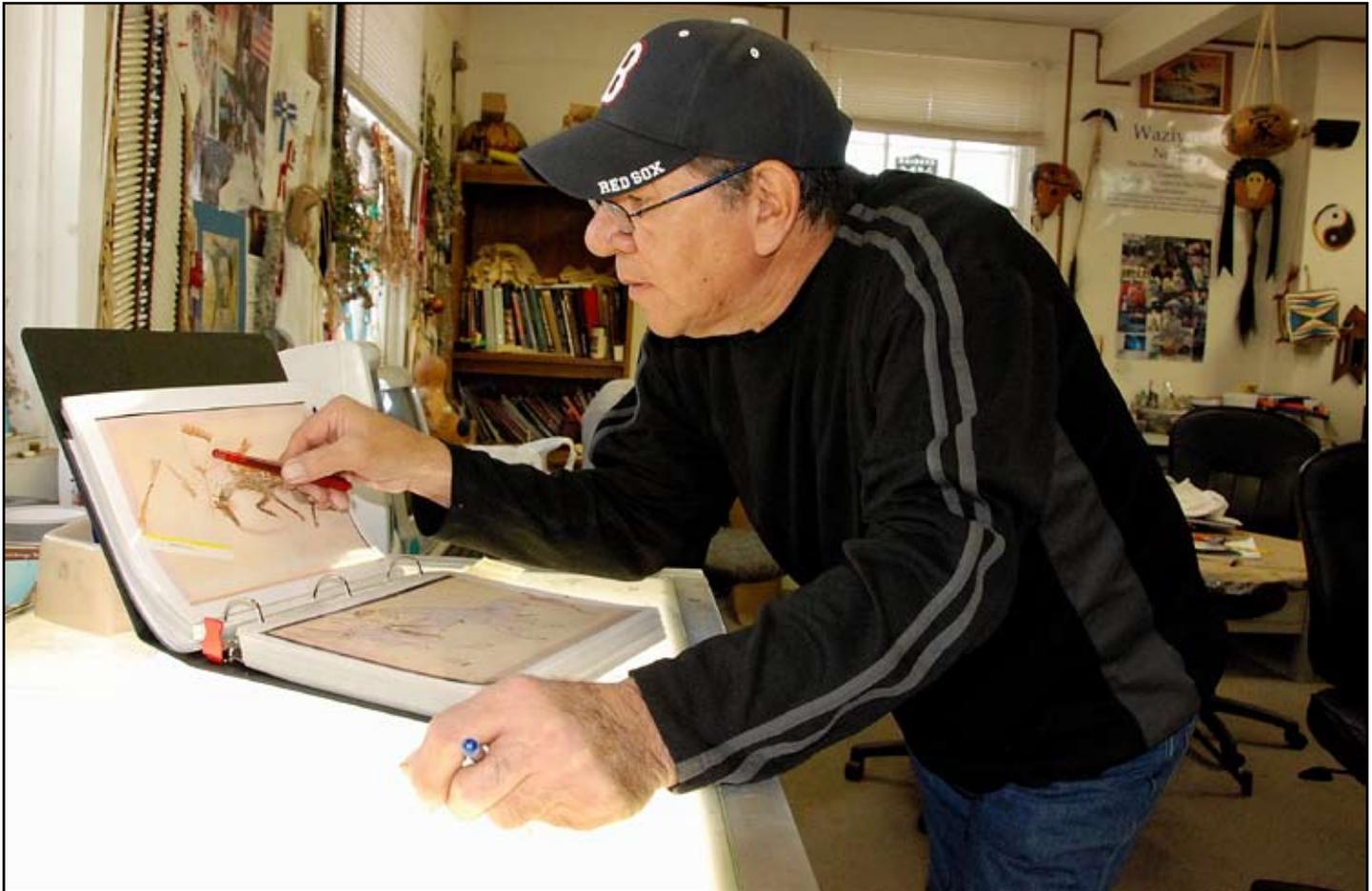
UNITED TRIBES www.uttcc.edu

NEWS



White House Staff pg. 3

Tribal Arts instructor co-curates Harvard exhibit



LEDGER WISE: UTTC Tribal Arts Instructor Butch Thunderhawk studies a drawing from the "Half Moon Ledger" as he works on an upcoming exhibit for the Peabody Museum. UTN photo Dennis J. Neumann

Opening set for April 3 at Peabody Museum

(BISMARCK) UTN – Butch Thunderhawk is a Boston Red Sox fan. That makes his professional connection with Beantown all the more interesting when he goes there on business. And he has an important appointment there in early April.

Thunderhawk is the co-curator of an exhibit that opens April 3 at the Peabody Museum at Harvard University. The title is "Wiyohpiyata: Lakota Images of the Contested West." The exhibit centers on

newly discovered ledger book drawings by several Lakota warriors in the years leading up to the Custer Fight at Greasy Grass (Little Big Horn). Hold that thought; more on the ledger in a moment.

Working on an exhibit involving Lakota drawings is like a fastball in the middle of the plate for Thunderhawk, 61, (Dakota) an enrolled member of the Standing Rock Tribe. His family roots are in the tribe's Cannonball District. In his 36 years with United Tribes Technical College he has

specialized in the interpretation and creation of plains tribal objects and art. As the college's Tribal Arts instructor he is a beloved figure on campus, an accomplished and well-known artist, and one of the most respected members of the faculty.

Those qualities led to a successful association with the Peabody over the past decade, taking him to the Boston and Cambridge, MA area as a visiting scholar. It began with the Nakota Horse Conservancy

Continued page 10

Maintenance on the case - keeping it clear



GETTING IT DONE: It's no secret that it snows in North Dakota. Stories about the severity of winter on the northern Great Plains are often exaggerated. But occasionally the season of renewal makes a memorable impression with its extremes. The college maintenance department handled the results of 2008-09 remarkably. Blowing, plowing, pushing, piling, shoveling, loading, hauling, scraping, sanding, chipping, de-icing - only some of the toil involved in keeping the campus open during a season of record snowfall and cold. Congratulations to supervisor Bud Anderson and the hard-working members of the United Tribes Maintenance Department who pushed-back every day so students would have an opportunity to learn: Mike Stockert, Bernard Strikes Enemy, Frank H. Lohnes, James Carry Moccasin, Mike Upham, Steven Fischer, Dean Schmitz, Ken One Feather, Ron Newman, Louis Laundreaux, Reuben Alicea, Jason Parisien, Dennis Belgard, Jody Koch, Frank W. Lohnes, Janice Ramey, Jeff Four Bear and Glen Belgard. Thank you for your good work! United Tribes News photo Dennis J. Neumann



LeRoï 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

March 2nd - 6th

March 9th - 13th

March 16th - 20th

March 23rd - 27th

M Pork Cutlet & Mashed Potatoes	Philly Cheesesteak & French Fries	M Hamburger Gravy & Mashed Potatoes	Goulash
T Chicken Stir Fry, Rice & Egg Roll	Ham Salad Sandwich & Soup	T Baked Chicken & Rice	Ham & Bean Soup & Frybread
W BBQ Ribs & Baked Potato	Hamburger & French Fries	W Roast Beef & Mashed Potatoes	Roast Beef & Mashed Potatoes
T Sloppy Joe & Tator Tots	Pizza (Cook's Choice)	T Hamburger & French Fries	German Sausage & Kraut
F Chicken Nuggets & Mac & Cheese	Pork Chow Mein, Rice & Egg Roll	F Indian Taco w/ Assorted Toppings	Fish Sandwich & French Fries

KODA THE WARRIOR™ "Caverns of Mystery Part 2 of 4"

CREATED BY MARK L. MINDT
SPIRIT LAKE NATION

By offering to help out a stranger, KODA calls upon the power of a warrior by saying the Warrior's Code...

Wakan Tanka, may I have the power of the mouse to shrink?

At the bottom, he saw what had attacked the woman.

The Darkness had a firm grip on the prized possession of the woman.

Mitakuye Oyasin!
All My Relations!

HOKA HEY!

Can KODA defeat this dark force?
Find out next time!

Without thinking, he leapt down the hole in the ground.

KODA rushes forward to meet the Darkness in combat.

©2003 Pony Gulch Publishing

Classic Koda reprised from January 4, 2005.

kodathewarrior@yahoo.com

Gillette selected for key White House staff position

Named to Obama White House Staff

BISMARCK (UTN) – North Dakotan Jodi Archambault Gillette has taken a position with the Obama Administration as Deputy Associate Director of the White House Office of Intergovernmental Affairs.

The White House made the announcement February 6. Joining her, also as deputy associate directors, were Nicholas Rathod and Michael Blake.

“These individuals bring diverse experiences and a deep passion for public service to my administration,” said President Obama in a prepared release. “As we work to serve the American people and make this White House as open and transparent as possible, it’s essential that we hear from citizens in all our communities. I am confident that Jodi, Michael and Nick will be valuable members of our team.”

Gillette served as the North Dakota First American Vote Director for the Obama Campaign for Change. She is an enrolled member of the Standing Rock Tribe.

Prior to the campaign, she directed the Native American Training Institute, a



Jodi Gillette during the 2006 United Tribes International Powwow. United Tribes News photo

tribally operated non-profit based in Bismarck. Gillette received her undergraduate degree from Dartmouth College in 1991 in Government/Native American Studies. In 2002, she was awarded a Bush Foundation Leadership Fellowship and earned her Master of Public Administration from the University of Minnesota. She is committed to her tribe and people, in maintaining cultural life ways and beliefs of her ancestors, the release said.

“She’ll do a great job,” said David M.

Gipp, United Tribes Technical College president. “She knows how to work with all kinds of people. She has experience in the contemporary working world and the academic foundation. She’s a mother and she is active and skilled in her tribe’s social and ceremonial traditions. She’s been a champion dancer at our powwow for many years. She’s mild-mannered and keeps her cool. She’ll be a warm and welcoming presence in American Indian Affairs.”

American Indian Business Leaders group to be revived

BY LISA STUMP, UTTC Student Senate President

The tribal colleges have been the organizing locations for chapters of the organization known as American Indian Business Leaders (AIBL).

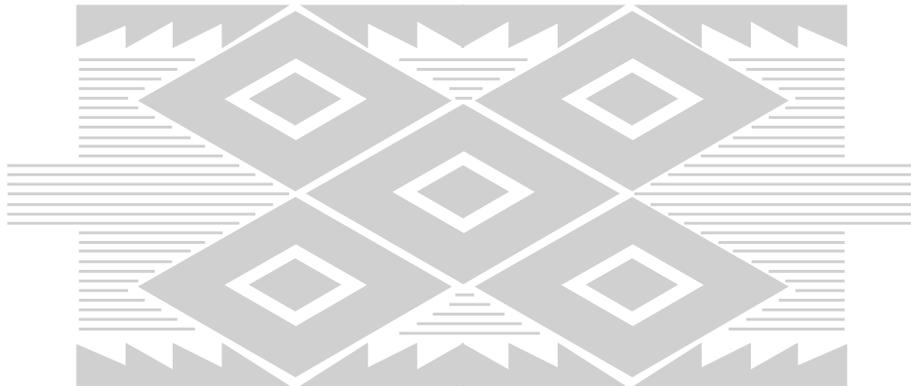
Students at United Tribes would like to honor the tradition by reviving AIBL on campus. If you are interested in joining, come to the Yellow Room (Academic Advancement Center) in the Education

Building every Tuesday at noon, or contact me (Tyler Stumpf, x 1374) for more information.

The Mission of AIBL supports and promotes the education and development of future American Indian business leaders. AIBL is the only American Indian non-profit organization solely dedicated to empowering business students in the

United States. The programs are designed to engage students in activities that stimulate, enhance, and expand educational experiences beyond traditional academic methods. All students are encouraged to participate in AIBL regardless of race, academic major, or career objectives. Find more information about AIBL on the web: www.aibl.org.

UNITED TRIBES TECHNICAL COLLEGE



MISSION

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

VISION

- United Tribes Technical College is a premiere college, a leader in Tribal education, arts, and cultural preservation; technology; research; and the humanities.
- UTTC foresees a campus community with state-of-the-art facilities.
- UTTC aspires to be self-sustaining in line with its mission for tribal self-sufficiency and self-determination.
- Most importantly, UTTC envisions skilled, knowledgeable, culturally-grounded, healthy graduates who will achieve their educational goals; empower their communities; and preserve the environment, tribal land, water, and natural resources.

VALUES

- United Tribes Technical College Board of Directors, Administration, Staff, Faculty, and Students are guided in their actions by the following values:

U – Unity
N – Native Americans
I – Integrity
T – Trust
E – Education
D – Diversity

T -- Traditions
R -- Respect
I -- Independence
B -- Bravery
E -- Environment
S – Spirituality

- United Tribes affirms these values as being representative of the tribal medicine wheel concept. This takes into consideration an individual's physical, intellectual, cultural, and emotional wellness. When these ideals are practiced, the UTTC community will flourish.

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.



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bhawk@uttc.edu

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Expires 3-31-09

At The Library

BOOKS ON TAPE DONATED

The following books on tape were recently donated to the United Tribes Library by Joanie and Dennis Neumann.

- *Lord of the Rings* (boxed set), J. R. R. Tolkien
- *Joseph Campbell and The Power of Myth* (boxed set) with Bill Moyers
- *Walden and other Writings*, Henry David Thoreau
- *Zen And The Art Of Motorcycle Maintenance*, Robert M. Pirsig
- *Skeleton Canyon*, J. A. Jance (Joanna Brady Mystery)
- *Dead To Rights*, J. A. Jance (Joanna Brady Mystery)
- *Angels and Demons*, Dan Brown

BOOKS ON CD AT THE LIBRARY

- *Secret Service*, Mitch Silver
- *At Some Disputed Barricade*, Anne Perry
- *The Secret Supper*, Javier Sierra
- *The Death Hour*, Denise Mina
- *The Ice Dragon*, George R. R. Martin
- *Leopards Kill*, Jim DeFelice
- *City of Fire*, Robert Ellis
- *Foreign Correspondent*, Alan Furst

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

Working Together To Make Things Better

The Green Report

BY SHERRI TOMAN, Green Team Adviser

GREEN TEAM IS ACTIVE

The United Tribes "Green Team" has been doing great work this year! We have:

- Brought in the Bio-Bus last September
- Made Earth Friendly Household Cleaners
- Held a Rummage and Bake Sale during the Thunderbird Classic
- Placed a "Plastic Bottles Only" receptacle in the Injury Prevention area
- Held three seats for Power Shift 2009 in Washington, DC from Feb 27 - Mar 2
- Helped make the campus a cleaner and GREENER place to be!

FUTURE PROJECTS

Future projects include changing out light bulbs in student housing from "regular" light bulbs to the Earth Friendly Light Bulbs; holding fundraisers for T-shirts, bumper stickers, and other incentives; and placing more bins for recycling around campus. If you would like a bin in your area, please let us know!

OPEN INVITATION

Here's an open invitation. We encourage you to join the GREEN TEAM and come together to protect Mother Earth.

For more information, contact Sherri Toman at stoman@uttc.edu or Kandi Mossette 701-214-1389.

**Recycle Your Plastics
On the UTTC Campus**



**Receptacle Location:
Injury Prevention Room
Skill Center**

Notify the GREEN TEAM if you want a
receptacle in your area:
Sherri Toman, stoman@uttc.edu

The Green Recycling Bins Are Not Garbage Cans!

PAPER ONLY!

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



DID YOU KNOW?

United Tribes News is printed on Acid-Free, 30% Post-Consumer Recycled paper.

Message from the Self-Study Chair

BY RUSSELL SWAGGER, Vice President Student & Campus Services, United Tribes Self-Study Chair

Dr. David M. Gipp, our President and Dr. Phil Baird, our Chief Academic Officer, announced our official move into our upcoming reaccreditation process over the course of the previous academic year through several different forums. Dr. Gipp organized the official self-study steering committee and provided UTTC's historical accreditation journey, and explained his expectations of us. Our Board of Directors revised our Mission, Vision, and Values statement at its recent summer retreat in Minneapolis and reviewed and endorsed our reaccreditation activities. Dr. Baird recently provided us with information about the reaccreditation process in previous issues of our newsletter. I thank him for providing us with general and historical information about the reaccreditation process and setting the stage so eloquently for me because it makes my role as the Self-Study Chair much easier.

I want to thank Dr. Gipp and the Administrative Council for placing their faith in me to lead UTTC through this extremely important process. I am humbled and honored to be serving in this position. I also want to acknowledge the Self-Study Steering Committee members for their commitment, patience, understanding, and involvement in this process. Finally, it is very important to recognize a few key individuals that have worked quite hard to help UTTC realize its reaccreditation. These individuals include Kathy Johnson, Leah Hamann, Dorvin Froseth, Marsha Azure, Stacie Iken, and Suzan O'Connell. I also want to acknowledge UTTC's previous self-study committee members and leadership for blazing the trail and establishing a good foundation for our future self-studies.

When asked to serve in this role, I ob-

viously had many questions. I knew that if I surrounded myself with good people that we would accomplish UTTC's vision. We have accomplished quite a few major tasks since we began our work and I will share some of those key accomplishments with you and discuss plans for the future.

Our first task was to evaluate the self-study process at UTTC and we recognized a few opportunities for making improvements. As a result, we made a recommendation to establish a permanent self-study process and this change required us to make other significant changes in how we communicate and make decisions. We did this because we noticed that there is not a formal, seamless, ongoing, and uniform process for assessment at UTTC. Rather, some people and departments are quite sophisticated in their level of assessment and others are at more novice levels. Additionally, our major assessment activity seemed to happen at one point in time and that is during the reaccreditation process. Therefore, we adopted a permanent self-study mindset and our work followed along these lines.

Specifically, we have held two retreats to familiarize ourselves with NCA and the self study process, developed a website devoted to NCA information and updates, attended the annual NCA conference and an assessment of student learning conference, created a permanent self-study chairperson position, published a self-study manual that highlights the reaccreditation process and recommendations for conducting that, and established a new NCA resource room. Our most active work to date is to revise the committee structure at UTTC in order to create greater effectiveness and efficiencies. We plan to have this recommended committee restructuring to all of you for a review and comment period and then to the Ad-

ministrative Council and President Gipp within the very near future. Simultaneously, we have created two tracks to help us get work done. We call these tracks the writing track and the communications track. These groups are responsible for keeping the reaccreditation process moving, to inform people of our progress, and to ensure that there is stability in the writing process.

We met with our NCA liaison, Dr. Robert Appleson, during the annual conference. We had the opportunity to provide him with our plans as well as ask questions relative to our reaccreditation. We submitted three preferred dates to NCA and were notified recently that our evaluation visit will take place April 18-20, 2011. We have also advised them that we will be asking for three actions including: (1) General authority to offer campus based certificate and associate of applied science degrees; (2) General authority to offer online based certificates and associate of applied science degrees; and (3) Authority to offer a baccalaureate degree in teacher education and business administration.

Remember, this is very important to our future. This is your opportunity to learn more about UTTC and your role in our organization. It is also another opportunity for you to have a voice in the decision making process. We need you to participate and express your viewpoints because it helps us continually improve our organization. Thank you to each of you for everything that you do and for being committed to Native American education.

Please look for an update of this message in future newsletters and look for other ways that we will communicate with you throughout the process such as our website, public forums, focus groups, etc.

**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@uttcc.edu. To learn more about the NCA accreditation process, visit the website: <http://www.ncahlc.org>

Tribal college leaders in D.C.



Tribal College Leaders Met with North Dakota Senator Byron Dorgan on a recent trip to Washington D.C. From Left, David M. Gipp and Russell Swagger, United Tribes; Laurel Vermillion, Sitting Bull College; ND Senator Byron Dorgan; Cynthia Lindquist, Cankdeska Cikana Community College.

UTTCC's group for AIHEC

STUDENT COMPETITORS

Below is the United Tribes line up of friendly competitors in the academic and non-academic events of the upcoming American Indian Higher Education Consortium student competitions. The annual AIHEC Student Conference takes place March 29 – April 1 in Missoula, MT, hosted by: Salish Kootenai College, Blackfeet Community College, Red Crow College, Chief Dull Knife College, Little Big Horn College, Wind River College, Ft. Belknap College, Stone Child, and Ft. Peck College.

ART SHOW

Emanuel Red Bear, Stacey Grant, Tina Curly, Rolynn Clown, Kaulouyah Looking Horse, Kristina Kalenze, Brenna Ashburn, Kami Otter Robe, Lisa Casarez, Temajin Poorman, Kawliga Diserly, Alicia Gates, Freedom McLaughlin, Sarah Young Bear-Brown, Edward Felix, Sheena Cain, Joseph Cain, Shirley Anderson

BUSINESS

Matt St. John, Antonio Stump, Lisa Stump, Rolynn Clown

CRITICAL INQUIRY

Michael Alex Sr.

FASHION SHOW

Sheena Cain, Rolynn Clown, Louise Yazzie, Jena Skunk Cap

HAND GAMES

Matt St. John, Michael Alex Sr., Antonio Stump, Lisa Stump, Sheena Cain, Maurice St. Goddard, Gregory Reiss, Rolynn Clown, Allison Albers, Louise Yazzie

KNOWLEDGE BOWL

Rolynn Clown, Allison Albers, Lisa Casarez, Stacy Grant, Emmanuel Red Bear

MR. and MRS. AIHEC:

Allison Albers

POWER POINT DESIGN

Jena Skunkcap

SCIENCE POSTER

Louise Yazzie, Gregory Reiss

SPEECH

Humorous:

Matt St. John, Antonio Stump

Persuasive:

Lisa Stump, Michael Alex Sr., Emmanuel Red Bear

Informative:

Sheena Cain, Gregory Reiss, Louise Yazzie, Fawn Packineau, Michael Alex Sr.

Oral Interpretation:

Jena Skunk Cap

SCIENCE BOWL

Maurice St. Goddard, Gregory Reiss, Allison Albers, Louise Yazzie, Fawn Packineau

TALENT SHOW

Michael Alex Sr.

TRADITIONAL PLANTS

Maurice St. Goddard, Fawn Packineau, Sheena Cain

WEB PAGE DESIGN

Lisa Casarez, Stacy Grant, Emmanuel Red Bear

WIC

Women, Infants,
& Children



Supplemental Nutrition Program for
Women, Infants, & Children

Clinic Hours are:
Monday 1- 5 pm
Friday 8 -12 pm

BY APPOINTMENT ONLY

Please call for your appointment
Tara Fox, WIC Certified Professional
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United Tribes Technical College
3315 University Drive
Bismarck, ND 58504

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



"Eat Right."

March is National
Nutrition Month®



BY JILL KEITH, LRD, Nutrition and Food Service Instructor

It's not always easy to eat right. Having the facts about good nutrition can help us make healthy choices and incorporate a variety of nutritious foods in our diet. Take the following fact or fiction quiz from the American Dietetic Association to see if your knowledge of nutrition could use some help!

Eating sugar causes diabetes.

Fiction: Diabetes is caused by a lack of insulin in your body or an inability to use insulin effectively. Since foods that are high in sugar are often high in calories, they contribute to excess weight gain. Research shows that overweight and obesity contribute to diabetes risk.

In a healthy eating plan, all the foods I eat should be low in fat.

Fiction: Your goal should be to keep your fat to 20-30% of your daily calories but you can balance higher fat food choices with low fat choices during the day. Look for foods that are low in saturated fat, trans fat, and cholesterol.

Snacking may keep me from becoming ravenously hungry and overeating at mealtimes.

Fact: Healthful snacking (fruits, vegetables, whole grains, etc) can help your body stay fueled so you will be less likely to overeat at your next meal.

Eating too many carbohydrates causes weight gain.

Fiction: Calories are calories. Consume too many calories from any source - fat, protein, or carbohydrate - combined with a sedentary lifestyle and you are likely to gain weight. Excess calories from any source are stored as

fat. Carbohydrates are our body's preferred source of fuel so they should make up more than half of our daily calorie intake.

Frozen or canned vegetables and fruits are not as nutritious as fresh.

Fiction: Frozen, canned, and fresh fruits and vegetables are all good sources of vitamins and minerals. Many canned items have been processed at their nutrient peak so don't feel bad selecting frozen or canned. However, canned items may have higher sodium content and canned fruit can be higher in sugar so read the label.

It's easy to spot whole-grain foods, they're brown.

Fiction: You can't depend on the color of a product to tell you if it is whole grain or not. Check the ingredient list to see if whole grain is listed.

I'll gain about 10 pounds a year if I eat 100 extra calories per day.

Fact: 100 extra calories per day adds up to about 1 pound per month. Look at it this way, if you cut 100 calories per day, you'll lose 10 pounds! Add in at least 30 minutes of physical activity per day.

How did you do? Feel like you know a little about nutrition? Think your diet needs some work? Visit with the nutrition professionals in the UTTC Nutrition & Foodservice vocation for more information or if you are interested in pursuing a career in nutrition. Celebrate healthy choices and eating right this March in honor of National Nutrition Month!

Food safety classes at UTTC

BISMARCK (UTN) – ServSafe® Food safety classes are scheduled for March 9 to 11 and March 17 at United Tribes Technical College. The two-day workshop March 9-11 is designed for the hands-on learner. Experienced foodservice managers, teachers and others interested in professional food safety certification are encouraged to participate in the March 17 one-day class.

March 9-11 Two-Day Workshop

The “hands-on” food safety workshop begins at 1 p.m. Monday, March 9 and concludes by 4 p.m. Wednesday, March 11. Participants learn and practice food safety procedures in the college’s Skill Center foodservice lab. The workshop concludes with participants taking the national ServSafe® exam. The \$130 fee includes the ServSafe® Essentials Fifth Edition, national exam fee, printed resources and UTTC’s Together, Sharing Food Safely CD and two lunches.

March 17 One-day Class

This is a review and study session for the National ServSafe® Exam that will take place at the conclusion of the class. Participants are urged to register as soon as possible so they can read ServSafe®

Poster Contest

“Eat Smart, Play Hard”

Posters about Healthy Lifestyle
Judged in age divisions

Deadline:

March 31, 2009

Sponsored by:

NDSU Extension Service
Fargo, ND
Contest rules available online

More information:

www.fns.usda.gov/eatsmartplayhard/
www.mypyramid.gov/

“Eat Smart, Play Hard” is an initiative of the USDA Food and Nutrition Service.

Essentials Fifth Edition prior to the class. Call immediately to reserve a space. The class size is limited to 25. The \$120 fee includes the book and exam fee.

The national exam documents knowledge of health problems caused by poor food handling, hand-washing and personal hygiene; food codes and business issues; cleaning and sanitation procedures; and times and temperatures for cooking, serving and storing foods. The national

exam is produced and monitored by the National Restaurant Association Education Foundation.

United Tribes Food Safety Instructor Pat Aune teaches the course. UTTC’s Land Grant Extension Program, USDA’s Cooperative State Research, Education and Extension Service (CSREES) sponsor the training. For registration information contact Aune at 701-255-3285 x 1399 or e-mail paune@uttc.edu.

Healthy Potato

Potatoes are delicious and nutritious! Potatoes are fat-free, cholesterol-free and a good source of vitamin B6 and dietary fiber. They are also high in Potassium and Vitamin C.

Nutrition Facts

Serving Size: 1 potato (5.3 oz)
Calories: 100 Calories from Fat: 0
Total Fat 0
Cholesterol 0
Sodium 0
Potassium 720 mg21% daily value*
Carbohydrates 26g9% daily value
Dietary Fiber 3g12% daily value
Vitamin C..... 45% daily value
*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition on a Budget

Potatoes are one of the least expensive produce items. Here are a few potato ideas that are nutritious, low cost and easy to make.

Baked Potato Toppings

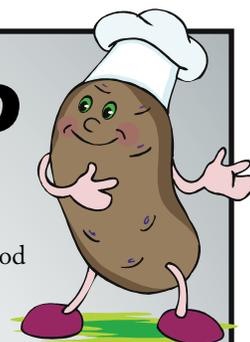
- Salsa+ Low Fat sour cream
- Vegetarian Chili
- Spaghetti sauce & parmesan cheese
- Steamed veggies
- Cottage cheese
- Low-fat salad dressing
- Taco meat with salsa and low fat shredded cheddar cheese

Potato Skinny Fries

Low-fat, tasty method for baking potato wedges. Red or Russet potatoes are good and inexpensive. Use sweet potato to add variety to family meals.

Directions:

1. Heat oven to 475°F. Spray a large baking sheet with vegetable cooking spray.
2. Wash potatoes using a vegetable brush to clean the skins thoroughly. Do not peel.
3. Cut potatoes into wedges. Use a paper towel to dry the wedges.
4. Put potato wedges on the baking sheet. Spray the wedges with cooking spray. Sprinkle lightly with garlic salt or seasoned salt.
5. Bake 18 minutes.
6. Turn potatoes onto their other cut sides; coat with cooking spray, sprinkle on seasoned salt.
7. Bake 12 more minutes until potatoes are crisp and golden brown.



United Tribes Technical College
Land Grant Extension Program

Tribal Arts instructor co-curates...

led to the Lewis and Clark National Bicentennial and the Peabody-Monticello Native Arts Project. For this project he was awarded a Hrdy Fellowship to co-curate the ledger exhibit with collaborator and friend Dr. Castle McLaughlin, Associate Curator of North American Ethnology at Harvard University's Peabody Museum of Archaeology and Ethnology.

"Butch is wonderful to work with and his installation is going to be spectacular," said McLaughlin. "Wiyohpiyata will be the first-ever major Peabody exhibit to be designed and co-curated by a contemporary artist and the first co-curated by a Native American."

HALF MOON LEDGER

That singular, professional honor for Thunderhawk was made possible by the existence of a ledger book containing 77 color drawings by at least five different warrior-artists. Almost all are battle scenes, some of hunting but very little of family life. The artists used colored pencil, ink, crayon and, perhaps even some blood on the pages, according to Thunderhawk.

"They're showing their accounts of past battles," he said while thumbing through colored photocopies of the drawings. "It's a record of their encounters, a visual wit-

ness of their exploits."

On the pages warriors are seen in battle regalia on horseback confronting their foes, riding through a cloud of bullets, or spiring away horses that have US brands, saddles and horseshoes. Symbols, or glyphs, on the pages are clues to the identity of the artist-warriors.

"These are more than art," said Thunderhawk. "They're a pictorial history showing honor in battle, the achievements of warriors, and personal accounts of deeds that actually took place."

The book is known as the "Half Moon Ledger," for one Hunkpapa warrior depicted in many of the scenes. It was originally collected in 1876 when the U.S. Army cleaned up the battleground after the Custer fight. The real-life events shown in the drawings likely took place over a period of about eight years leading up to the famous battle. The scenes are encounters with U. S. military and civilian trespassers who were punished for illegal incursions into Indian country. The ledger was lifted from the effects of Half Moon, who had died earlier; his body was lying in state in a tipi in the Lakota encampment along the Little Big Horn River. Research into the rare volume's journey found that it was taken to Chicago, and

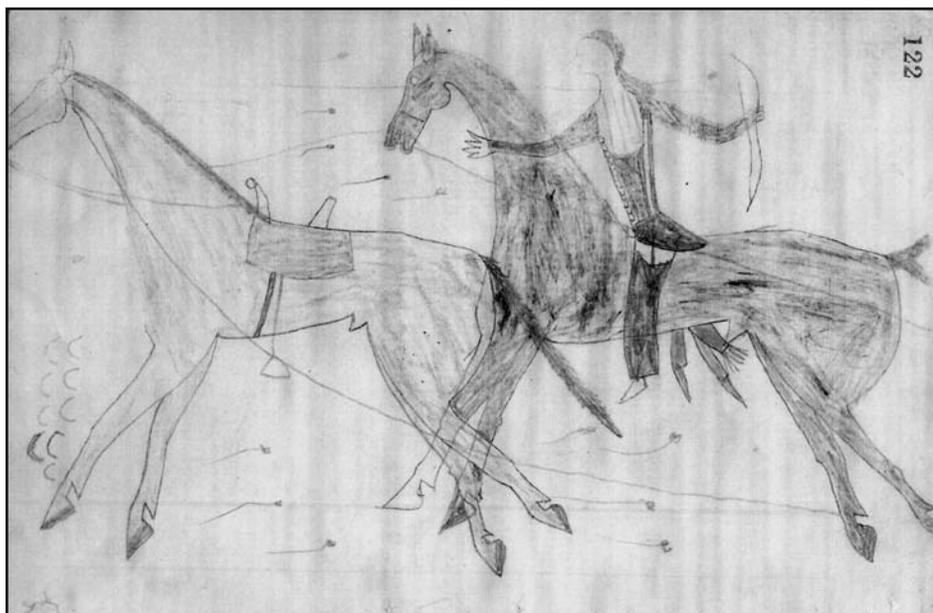


A horse effigy will be part of the museum exhibit.

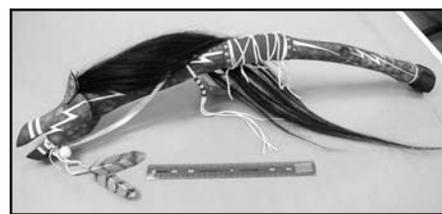
later New York and Boston, where, after years of obscurity, it was rediscovered in 2004 in Harvard's Houghton Library.

EXHIBIT PREPARATION

The exhibit that opens on the weekend of April 3-4 in Boston (actually Cambridge, MA) has been four years in the



Page 122 from the Half Moon Ledger book, ca. 1870s Houghton Library, Harvard University, depicts the rider, armed with a bow, aboard a blue roan horse amid a hail of bullets while spiring off a saddled horse.



making. Thunderhawk made extended visits there over the past two summers to prepare it. This included research with McLaughlin about the history and meaning of the ledger, and with the exhibits staff to develop a graphic design. In 2008 his visit included mentoring 15 student interns, a trip to museums and the sites in New York City, and, of course, some fan action at Sox games.

When it came to interpreting the content of the drawings, Thunderhawk and

Continued From Page 1

the Peabody staff involved experts at the lower Lakota tribes in South Dakota and at Thunderhawk's own tribe, Standing Rock.

"The exhibit is part of a larger collaborative project between the Peabody Museum and Houghton Library, which owns the ledger, and the Standing Rock Sioux Tribe," said McLaughlin.

Tim Mentz and Brian Olson of the Standing Rock Historic Preservation Office did preliminary interpretation on the ledger. On several visits to the Dakotas, McLaughlin and other Peabody staffers recorded video interviews, including sessions with Standing Rock historian LaDonna Brave Bull Allard and Councilman Frank White Bull.

Black Moon, Hawk Man, Thunder Hawk, His Fight, Long Soldier and Jaw.

WIYOHPIYATA EXHIBIT

Wiyohpiyata is the Lakota word for the direction "west." During the time when the ledger drawings were made, Lakota warriors would have sought power from the forces of that cardinal direction to protect their land and people from the encroachment of outsiders.

"It illustrates a time when our people had to fight. Not because they were hostile or savages. It was out of necessity," said Thunderhawk. "During their spiritual preparation they called upon the forces, animals, plants and objects of the universe to help them – to be safe and be



Thunderhawk's ledger-style design for a floor-to-ceiling graphic mural at the exhibit entrance.

“These are more than art. They're a pictorial history showing honor in battle, the achievements of warriors, and personal accounts of deeds that actually took place.”

—Butch Thunderhawk

Thunderhawk pointed out that other ledgers were studied to compare styles and interpret similar events. At Standing Rock these were the Red Horse Ledger, No Two Horns Ledger, and White Bull Ledger.

The presence of US military uniforms in the drawings led to research about warrior societies and the practice of adopting the use of claimed military uniforms and military equipment including saddles and blankets.

Still another line of the research focused on identifying the warrior-artists. Apparently there is no record in Standing Rock agency rolls of someone called Half Moon. It could be a misprint or a misinterpretation, said Thunderhawk. Other names from Standing Rock that are suggested by the research are: Big Turtle,

able to come home. We will be trying to get that across. To express the spiritual nature of these events.”

Creating the atmosphere for that will be the scene of a Great Plains thunderstorm on the ceiling of the exhibit. Thunderhawk collaborated on the design with the director of the United Tribes Technical College Art/Art Marketing Program, Wayne Pruse, who completed the overhead view in airbrush.

The foundation for the entire exhibit is Thunderhawk's graphic design, which features his original artwork, capturing the spirit and style of the ledger drawings.

The central artifact, of course, is the Half Moon Ledger itself. It will be prominently positioned in a display case just inside the entrance of the 1,600 square foot gallery.

Objects from the Standing Rock and Oglala Tribes that are in the Peabody collections will be used. Thunderhawk has also made several items specifically for the display, including an effigy, or carving, of a horse stick that matches a blue roan horse image in the ledger.

Themes in the interpretation are: Lakota powers; Contested West; Societies; Enemies; Deeds; Sitting Bull; Contemporary Ledger Art; and Horses. The inclusion of video interviews and scenes of the landscape, audio of tribal society songs, and interactive components, all help to present the drawings from the Lakota perspective in the 1860s and 1870s.

Thunderhawk will also participate in an artistic and scholarly symposium on Plains pictographic arts over the weekend of the exhibit opening.

The Wiyohpiyata exhibit is scheduled to be on display through August 31, 2011. For more information visit the website of the Peabody Museum, Harvard University, Cambridge, MA: www.peabody.harvard.edu/.

By the way, if you were wondering about the Red Sox baseball season, their home opener is April 6, the Monday after the exhibit opening. And yes, Thunderhawk hopes to be there in the stands at Fenway to see how it turns out.

Registrar's Corner

Important dates to Remember:

- * March 2-6 – Midterm Exams Week
- * March 9-13 – Spring Break
- * March 20 – Last Day to Drop a Class (*Current students: if you wish to drop a class or two, please see your advisor; if you wish to drop completely from college, please see your counselor).*

☺ **Transcripts:** A friendly reminder to any student wishing to request a copy of their transcript; you must pay a \$2 fee at the Finance office first, then bring a copy of that receipt to our office and fill out the transcript request form. Transcripts will be processed on Friday's only.

☺ **FERPA:** Students are given the opportunity to restrict Directory Information each year. If a student restricts the release of Directory Information they may come and fill out a FERPA form with Admissions or Registrar's office. For more information, see the following 'Student Handbook', 'University Catalog' or the Office of the Registrar.

☺ **Release of Information:** If a student wishes to have any kind of grades, class schedule, etc. release to anyone/agency/company; they can come to the Registrar's office to fill out a 'Release of Information' form.

☺ **Address Info:** If you have a new mailing/phone/email address, please let our office know so that we can change it in our computer just to assure that we can mail your grades or contact you in a timely fashion.

☺ **Questions/Concerns:** If you should have any questions, please stop by our office in Building 5, or call us at ext. 1216, 1205 or 1269. Have a great rest of the semester & Good Luck!

Paper about mercury receiving attention

A scholarly paper, by Renee Dufault, et al., about the mercury content of products made with high fructose corn syrup is receiving considerable interest in the public health field. Dufault is an instructor in the United Tribes Indian Country Environmental Hazard Assessment Program (ICEHAP) and a former FDA scientist. The paper is about mercury cell chlor-alkali products that are used to produce other products including food ingredients such as citric acid, sodium benzoate, and high fructose corn syrup.

According to the paper's abstract, a pilot study was conducted to determine if high fructose corn syrup (HFCS) contains mercury, a toxic metal that is damaging to neurological development, particularly for developing fetuses and children. HFCS samples were collected from three different manufacturers and analyzed for total mercury. The samples were found to contain levels ranging from below a detection limit of 0.005 to 0.570 micrograms mercury per gram of HFCS. Average daily consumption of HFCS is

about 50 grams per person in the United States. With respect to total mercury exposure, it may be necessary to account for this source of mercury in the diet of children and sensitive populations, the abstract concluded.

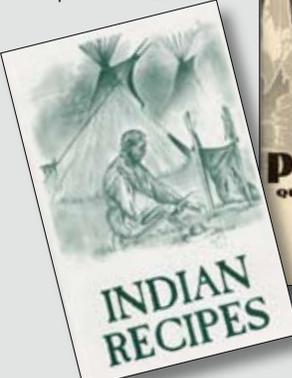
The paper was published in late January in the journal *Environmental Health* and can be obtained FREE at this website: <http://www.biomedcentral.com/most-viewed/>. Throughout February, the paper topped the list of "most accessed" articles posted at this open-access website. A news story about the paper is located at: http://voices.washingtonpost.com/mighty-appetite/2009/01/high-fructose_corn_syrup_meets.html. Renee Dufault may be contacted at rdufault@uttc.edu.

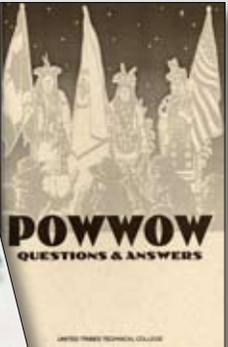
Mercury from chlor-alkali plants: measured concentrations in food product sugar; Renee Dufault, Blaise LeBlanc, Roseanne Schnoll, Charles Cornett, Laura Schweitzer, Lyn Patrick, Jane Hightower, David Wallinga and Walter Lukiw; *Environmental Health* 2009, 8:2doi:10.1186/1476-069X-8-2

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UTTC Injury Prevention grad awarded fellowship

BY HOPE WHITE BEAR, Community Health Faculty Assistant

A graduate of the United Tribes Injury Prevention Program has been awarded a 2009 Injury Prevention Fellowship by the Indian Health Service (IHS).

Le Ray D. Skinner (Standing Rock) Fort Yates, ND, will participate with two others who have been selected for the one-year program.

Skinner studied at United Tribes Technical College and earned degrees in Criminal Justice and Injury Prevention. She graduated from the UTTC Injury Prevention program in 2003.

Skinner is the Standing Rock Tribe's Injury Prevention Coordinator. She serves on the Community Health Advisory Board and helps to create and conduct community health and injury prevention programs and projects at the tribal, state and national level.

The I.H.S. fellowship requires Skinner to train in Rockville, MD in May, the University of Utah in July or August, Phoenix, AZ in September or October, Albuquerque, NM in February 2010, and Washington, DC in May 2010.

The fellowship is designed to generate specific results for the communities where a participant lives and works. Skinner will develop an evaluation plan for the existing program, grant applications or pro-

posals, and a marketing plan.

If accepted by the IHS after a year of training, Skinner will have earned the title of Injury Prevention Specialist.

"I've always believed in helping others and being respectful to one another," said Skinner. "When growing up, I always saw my dad, Wilfred Skinner Sr., helping those in need. And my Grandma, Olivia Goodeagle, always told me to be humble, respect others and help one another, especially the Elders."

"In the future, as an Injury Prevention Specialist, I would continue helping the elders, relatives and the tribal family by providing valuable information," said Skinner.

Join me in congratulating Le Ray and wishing her best of luck on her new adventure. And thank the Standing Rock Tribe for supporting her and the development of life saving programs for its citizens.

For information about the Standing Rock Injury Prevention Program contact Le Ray D. Skinner 701-854-3774, in-jprev@westriv.com.

For information about Community Health programs at UTTC, contact Hope White Bear, 701-255-3285 x 1258, hwhitebear@uttc.edu.

Janecek-Hartman recognized for research

Dr. Jennifer Janecek-Hartman has been recognized by the ROI Institute, Inc. for outstanding work in educational measurement and evaluation. Dr. Janecek-Hartman received the ROI Research Award for 2008, a new award that recognizes the work of doctoral students and academic researchers as they test various components of the Phillips ROI (Return On Investment) process. The purpose of

her study was to develop an implementation approach that considers the customs and norms of tribal culture. Hartman directs the United Tribes Environmental Science Program. Through its awards program, the ROI Institute recognizes exemplary practices in application of the organization's trademarked methodology. More information visit www.roiinstitute.net/.

Woodlands and High Plains 20th Annual Traditional POWWOW

Saturday, April 18

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Christopher.Peltier@ndsu.edu

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- No drugs or alcohol allowed

Carpentry club accepts donation



UTTC FRIENDS: Dennis Scherr, right, of Bismarck Moose Lodge 302 presented a \$250 contribution January 20 to the United Tribes Technical College Carpentry Club. Accepting with thanks are, from left, ShoShan Saddler (Rocky Boy, MT) club secretary, and Shawn Traversie (Cheyenne River) club president. The Lodge has an ongoing relationship with the carpentry club, which now has 15 members. The students made a beanbag game that was a big hit with kids during the Moose Christmas party. The students plan to use the contribution as seed money for projects and fundraisers during the Spring Semester. Construction Technology Instructor Al Houn is a member of the lodge. United Tribes News photo

Screening scheduled for bone marrow registry

BY SUZANNE SHIELDS RN, UTTC Student Health Center Director

United Tribes Technical College will host a screening on March 4 to being participation in a bone marrow registry.

The UTTC Student Health Center is collaborating with Med Center One, Pastor Gary Heaton, Rebecca Aardahl and the National Bone Marrow Program on this effort to establish a registry among American Indian people.

The screening event is Wednesday, March 4 from 9 a.m. to 4 p.m. in the Lewis Goodhouse Wellness Center on the UTTC campus. No appointment necessary.

It is vitally important that Native Americans become donors as this population can only type match each other. There are 6,000 men, women and children daily who are searching for a match. These are people who have leukemia, lymphoma and other life-threatening diseases that can be treated by bone marrow. For many of these patients, a transplant may be the best, and only, hope for a cure.

Because tissue types are inherited, patients are more likely to match someone from their own race or ethnicity. Your heritage can make all the difference.

If you are Native American you can make a difference. You are urgently needed as a bone marrow donor.

The screening only involves taking a swab from your mouth – less than 15 seconds of your time. Trained members of the Student Health Center staff will obtain the samples.

Please come and help save a life. There will be snacks and door prizes for those who participate.

For more information, please contact me, Suzanne Shields RN, Director of the United Tribes Student Health Center, 701-255-3285 x 1332, sshields@uttc.edu.

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March Academic Calendar

March 2 - 6.....Mid-Term Exams
 March 9 - 13..... Spring Break (No Classes)
 March 17..... St. Patrick's Day
 March 29 - April 1 AIHEC - Missoula, MT

Schuyler "Sky" Houser



United Tribes News Photo David M. Gipp

Long-time friend and veteran of the tribal college movement, Sky Houser, 65, entered the Spirit World January 29 after a battle with cancer. At the time of his death, he was the special projects officer for the Scott Bordeaux Leadership Institute at Sinte Gleska University.

Sky first became acquainted with the Indian community in the mid-70s while teaching at the University of Nebraska. In 1975, he helped the Santee community establish a satellite campus, Northeast Nebraska Indian Satellite Community College, which later became Nebraska Indian Community College. He later served as chief executive officer of four tribal colleges including Nebraska Indian Community College, Sisseton Wahpeton

Community College, Institute of American Indian Arts and Lac Courte Oreilles Ojibwa Community College, and worked at three others: Saskatchewan Indian Federated College, Salish Kootenai College's Spokane campus and Sinte Gleska University.

At his request his ashes will be released at Martha's Vineyard along the Atlantic Ocean, Harvard's Kennedy School of Government, and beside Grandma Lavarra in Santee, NB on the Santee Dakota Nation. A public memorial service will be held there on his birthday July 8th.

The family specified that gifts in his memory can be given to the American Indian College Fund (www.collegefund.org), 8333 Greenwood Blvd., Denver, CO 80221.

We will miss Sky. He was a good man who devoted himself to the advancement of education in tribal communities. He became one of us – a friend and professional associate. His contributions were good ones. They assured that a good number of First Nations peoples had access to education and the ability to go on to even better things on the road to independence.

We wish him good stead and pray for him as he journeys on.

— David M. Gipp, UTTC President

Carl Venne *Crow Tribal Chairman*



Leaders at United Tribes were saddened to learn of the February 8 passing of Crow Tribal Chairman Carl Venne.

Venne had visited United Tribes for meetings involving the Council of Large Land-based Tribes, including those in Montana, Wyoming and the Dakotas. He was also a

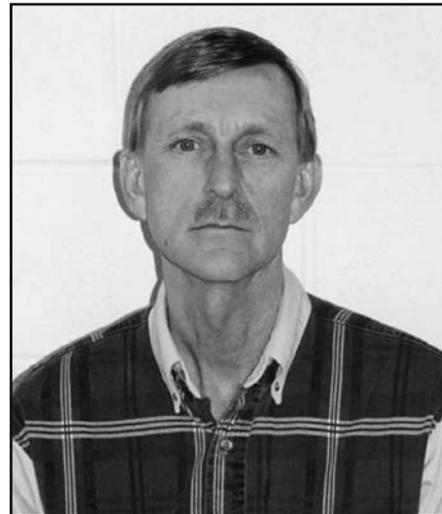
former chairman of the Montana-Wyoming Tribal Leaders Council.

Venne was first elected to lead the 11,000 member Montana tribe in 2002, and re-elected in 2004 and 2008.

The tribe is now being led by its vice-chair, Cedric Black Eagle.

Venne had greeted President Obama last summer during a campaign stop in Crow Agency. Obama waived to Venne as he lead Crow horsemen during the inaugural parade in Washington, D.C. in January.

Lynn Ketterling



Lynn Lee Ketterling, a former instructor at United Tribes, passed away peacefully in the presence of family members on February 11 at St. Alexius Medical Center, Bismarck. He was 60.

Lynn was a well-liked member of the college's academic staff, teaching office technology for 15 years from 1993 to 2008.

He was raised and educated in Lehr, ND and graduated from Valley City State College. He and his wife Debra recently celebrated their 40th wedding anniversary.

Left with wonderful memories of a loving husband, father, grandpa, brother and uncle are his wife, Debra; sons, Darin (Julie) Ketterling and Dustin (Rachael) Ketterling, all Bismarck; grandchildren, Amanda, Austin and Tyler Ketterling and another grandchild due in March; brother, Lyle (Joyce) Ketterling, Rapid City, S.D.; sisters, Linda (Robert) Wohl, Wishek, and Lynette (Thom Warren) Ketterlin, Salem, OR.; and his nieces and nephews.

Members of the United Tribes campus community join in praising the memory of this good man who shared a portion of his professional life with the staff and students of the college.

Standing tall in the 'hall'



STUDENTS IN DC: United Tribes students Nathan Dunn (Pyramid Lake Paiute) Community Health, and Student Senate President Lisa Stump (Rocky Boys), Small Business Management, check out the statues in the new visitor center at the Capitol in Washington, DC. Hawaii's King Kamehameha, at left, and North Dakota's Sakakawea are two of several tribal figures among those that represent the states in the center's Emancipation Hall.

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Wellness Classroom
Lewis Goodhouse
Wellness Center

DEALING WITH DIFFICULT PEOPLE:
MANAGING & RESPONDING TO
ANGER

March 11, 2009

Kari Schoenhard, LCSW, LAC, CEAP

SUBSTANCE ABUSE:
WHAT IT IS AND WHY IT EXISTS

April 15, 2009

Tom Olson, MS, LPCC

DEALING WITH CONFLICT

May 13, 2009

Dick Werre, LSW, LAC

WHOSE PROBLEM IS IT, ANYWAY?

June 10, 2009

Chuck Motis, MS, LAC, LPCC

THE PRESSURE COOKER
SYNDROME

July 15, 2009

Kelsey Lang, MA, LAPC

MANAGING NEGATIVITY

August 12, 2009

Kari Schoenhard, LCSW, LAC, CEAP

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United Tribes Men's Wellness Programs

Each Monday • 7 p.m.

Lewis Goodhouse Wellness Center – Healing Room

- March 2 Healthy Nutrition
- March 9 Culture/Spirituality
- March 16 Healthy Communication
- March 23 Healthy Relationships
- March 30 Healthy Fatherhood Roles

Presented by the Strengthening Lifestyles Program of the United Tribes Department of Community Wellness Services. More Information 701-255-3285: Robert or Delmar x 1454, Warren x 1261 or Ruth x 1357.

March Wellness Activity Calendar

1	2pm Sledding at Tom O'Leary	4:30pm Youth Activity-Multi Purpose Rm
	5pm UTTC Men's Basketball Tournament-Gym	12pm Circle of Parents-Wellness ClassRm
2	12pm/4pm Daily Walking Club-Wellness Center	5-9pm Employee Night-Fitness/Sauna/Whirlpool
	4:30pm Youth Activity-Multi Purpose Rm	7pm Aerobics/Pilates/Taeko-Multi Purpose Rm
	6pm Handgames/Open Drum-Multi Purpose Rm	18
	7pm Mens Wellness-Healing Rm	12pm Daily Walking Club-Wellness Center
3	12pm/4pm Daily Walking Club-Wellness Center	4pm Daily Walking Club-Wellness Center
	12pm Circle of Parents-Wellness ClassRm	4:30pm Youth Activity-Multi Purpose Rm
	4:30pm Youth Activity-Multi Purpose Rm	6pm Beading-Multi Purpose Rm
	5-9pm Employee Night-Fitness/Sauna/Whirlpool	6pm Billiards League-Rec.Lounge
	7pm Aerobics/Pilates/Taeko-Multi Purpose Rm	7-9pm Womens Wellness-Fitness/Sauna area
4	12pm/4pm Daily Walking Club-Wellness Center	19
	4:30pm Youth Activity-Multi Purpose Rm	12pm/4pm Daily Walking Club-Wellness Center
	6pm Beading-Multi Purpose Rm	4:30pm Youth Activity-Multi Purpose Rm
	6pm Billiards League-Rec.Lounge	6pm Relaxation Techniques-Healing Rm
	7-9pm Womens Wellness-Fitness/Sauna area	7pm Freestyle Dancing-Multi Purpose Rm
5	12pm/4pm Daily Walking Club-Wellness Center	20
	4:30pm Youth Activity-Multi Purpose Rm	12pm/4pm Daily Walking Club-Wellness Center
	6pm Relaxation Techniques-Healing Rm	4:30pm Youth Activity-Multi Purpose Rm
	7pm Freestyle Dancing-Multi Purpose Rm	7pm Movie Night-Multi Purpose Rm
6	12pm/4pm Daily Walking Club-Wellness Center	21
	4:30pm Youth Activity-Multi Purpose Rm	6pm Snoopers Tons of Fun-Bismarck
	7pm Movie Night-Multi Purpose Rm	22
7	1pm Swimming-Mandan Community Center	2pm Aromatherapy Bath Salts-Multi Purpose Rm
8	2pm Aromatherapy Bath Salts-Multi Purpose Rm	23
9	12pm/4pm Daily Walking Club-Wellness Center	12pm/4pm Daily Walking Club-Wellness Center
	4:30pm Youth Activity-Multi Purpose Rm	4:30pm Youth Activity-Multi Purpose Rm
	6pm Handgames/Open Drum-Multi Purpose Rm	6pm Handgames/Open Drum-Multi Purpose Rm
	7pm Mens Wellness-Healing Rm	7pm Mens Wellness-Healing Rm
10	12pm/4pm Daily Walking Club-Wellness Center	24
	4:30pm Youth Activity-Multi Purpose Rm	12pm/4pm Daily Walking Club-Wellness Center
	12pm Circle of Parents-Wellness ClassRm	4:30pm Youth Activity-Multi Purpose Rm
	5-9pm Employee Night-Fitness/Sauna/Whirlpool	12pm Circle of Parents-Wellness ClassRm
	7pm Aerobics/Pilates/Taeko-Multi Purpose Rm	5-9pm Employee Night-Fitness/Sauna/Whirlpool
11	12pm/4pm Daily Walking Club-Wellness Center	7pm Aerobics/Pilates/Taeko-Multi Purpose Rm
	4:30pm Youth Activity-Multi Purpose Rm	25
	6pm Beading-Multi Purpose Rm	12pm/4pm Daily Walking Club-Wellness Center
	6pm Billiards League-Rec.Lounge	4:30pm Youth Activity-Multi Purpose Rm
	7-9pm Womens Wellness-Fitness/Sauna area	6pm Beading-Multi Purpose Rm
	12pm/4pm Daily Walking Club-Wellness Center	6pm Billiards League-Rec.Lounge
	4:30pm Youth Activity-Multi Purpose Rm	7-9pm Womens Wellness-Fitness/Sauna area
	6pm Handgames/Open Drum-Multi Purpose Rm	26
	7pm Mens Wellness-Healing Rm	12pm/4pm Daily Walking Club-Wellness Center
12	12pm/4pm Daily Walking Club-Wellness Center	4:30pm Youth Activity-Multi Purpose Rm
	4:30pm Youth Activity-Multi Purpose Rm	6pm Relaxation Techniques-Healing Rm
	6pm Relaxation Techniques-Healing Rm	7pm Freestyle Dancing-Multi Purpose Rm
	7pm Freestyle Dancing-Multi Purpose Rm	27
13	12pm/4pm Daily Walking Club-Wellness Center	12pm/4pm Daily Walking Club-Wellness Center
	4:30pm Youth Activity-Multi Purpose Rm	4:30pm Youth Activity-Multi Purpose Rm
	7pm Movie Night-Multi Purpose Rm	6pm Handgames/Open Drum-Multi Purpose Rm
14	1pm Bismarck Arts and Galleries-422 E. Front Ave.	7pm Mens Wellness-Healing Rm
15	1pm Grand Theatre-Matinee	31
16	12pm/4pm Daily Walking Club-Wellness Center	12pm/4pm Daily Walking Club-Wellness Center
	4:30pm Youth Activity-Multi Purpose Rm	4:30pm Youth Activity-Multi Purpose Rm
	6pm Handgames/Open Drum-Multi Purpose Rm	12pm Circle of Parents-Wellness ClassRm
	7pm Mens Wellness-Healing Rm	5-9pm Employee Night-Fitness/Sauna/Whirlpool
17	12pm/4pm Daily Walking Club-Wellness Center	7pm Aerobics/Pilates/Taeko-Multi Purpose Rm

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.



WE BELIEVE IN YOUR
INDIGENOUS
IQ **QUOTIENT**

You don't have to leave your tribal ties behind when you attend United Tribes Technical College. UTTC is a tribal community where indigenous culture thrives. The campus community in Bismarck welcomes you on your college journey.

Success Oriented Community

You become part of a tribal 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. On campus are three Child Development Centers, and a K-8 Grade School, for the children of students. A new wellness center offers new facilities and equipment for developing and maintaining a healthy lifestyle.

Skills and Training 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

SPRING SEMESTER

Student Orientation January 5-6, 2009
Classes begin Wednesday, January 7

HOUSING AVAILABLE TO SINGLE STUDENTS

Housing is available in the college's dorms for single men and women students. Act quickly on the opportunity and take advantage of the convenience of on-campus housing.

FOR CAMPUS TOURS:

Jay Claymore or Jesi Shanley
 701-255-3285 X 1420 or 1280

Contact your tribal education agency first.
 Then call UTTC Enrollment Services
 Dept. 701-255-3285 x1334, 1241,
 or 1210. Toll free 888-643-8882
 for Admissions, Financial Aid,
 Registrar and Housing.
 Many scholarships available.



UNITED TRIBES TECHNICAL COLLEGE
 3315 University Drive • Bismarck, ND 58504 www.uttc.edu

Celebrating 40 Years of Service in 2009



**Brulé
 & AIRO**

Friday, March 27
8 p.m.

**Chester Fritz Auditorium • UND
 Grand Forks, ND**

**Brulé & AIRO is a multi award
 winning contemporary Native
 American group featuring a New
 Age/Worldbeat sound.**

- Based in South Dakota
- Sold over one million CDs worldwide
- Make over 100 performances a year
- Released 11 CDs over their 12-year existence

Website: www.brulerecords.com

**FREE Service
 for Parents**

**EARLY CHILDHOOD TRACKING
 AND INTERVENTION**

Do you have concerns about your child's growth and development?

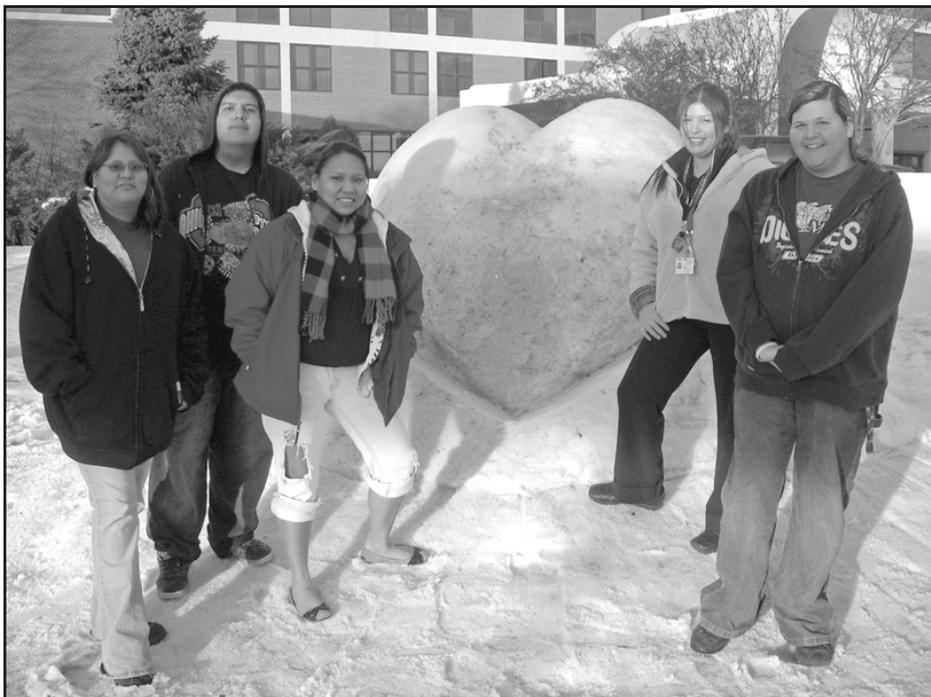
If so, you can receive the opinion of a professional.

Contact:
 Crystal Karas or Susan Twin
 UTTC Childhood Development Center
 Building 100 – Upper level
 255-3285 Ext. 1624

Featured Services:
 Early Intervention Program
 Right Tracks Program
 Free for all families on the United Tribes campus!

These services are provided through:
 Standing Rock Early Childhood
 Tracking/Intervention
 PO BOX 697 • Fort Yates, ND 58538
 701-854-3678 or 701-854-7150

Heartwarming sculpture



SNOW AND ICE: Students from the United Tribes Art/Art Marketing Program sculpted a heart February 5 in front of St. Alexius Medical Center in Bismarck to mark the hospital's Heart Healthy Month campaign. From left: Stacey Grant, Emanuel J. (E.J.) Red Bear, Sarah Young Bear-Brown, Lisa Casarez, and Brenna Ashburn; not pictured, Kristina Kalenze and Temajin Poorman. United Tribes News photo Shawn F. Holz

Harvard No Tuition

Harvard University has announced that undergraduate students from low-income families will pay no tuition. The policy applies to families earning less than \$60,000 a year with an honor student graduating from high school. No tuition and no student loans.

To learn more visit Harvard's financial aid website: www.fao.fas.harvard.edu



College anniversary includes alumni

BY BRAD HAWK, Director of Major Gifts and Alumni Relations

Help needed to update lists

One of the goals during the college's 2009 anniversary year is to build up the United Tribes Alumni Association. Thousands and thousands of students and families have a bond they made with the college over the past 40 years. We are working to develop the alumni group – to reconnect the college's extended family.

Most colleges and universities have active alumni associations that promote their values and keep alive the school spirit. The United Tribes International Powwow has been our main way of doing that in the past. Now we are developing more ways.

One of our tasks is to assemble current contact information for former students,

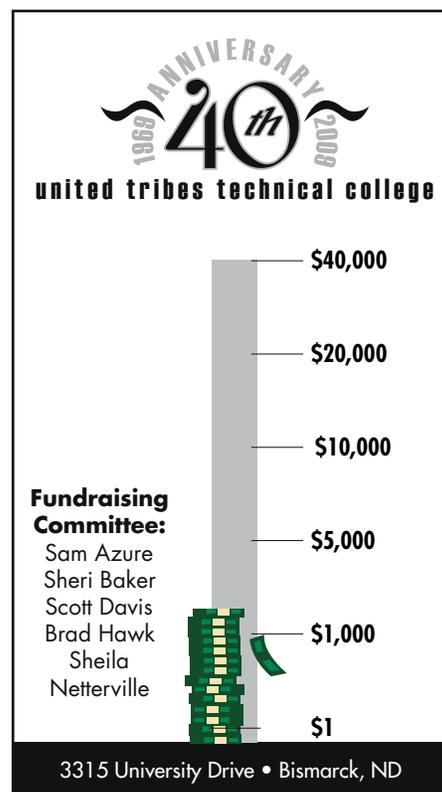
both those who graduated and those who attended.

We will be getting help from current students, who will be making phone calls to those on alumni lists. Their mission is to update the college's contact information and provide you an opportunity to show your support for the college.

Quite likely our phone callers will not have current information to make contact with everyone who might want to take part. So, I encourage you to reach out to us and let us know where you are.

Please contact us: 701-255-3285: **Jesi Shanley** x 1280, jshanley@uttc.edu; **Matt Red Bear** x 1447, mreadbear@uttc.edu; **Brad Hawk** x 1387, bhawk@uttc.edu; **Scott Davis** x 1291, sdavis@uttc.edu

For the latest information about the college's 40th anniversary events, visit the website, www.uttc.edu, and click on the anniversary logo.



King Day diversity session at UTTC



United Tribes News photo/Dennis J. Neumann

BUILDING TRUST: The house was packed and everyone had a smile during the United Tribes observance of Martin Luther King Jr. Day. And it was due mainly to the charisma of Dr. Clayton Small (Northern Cheyenne). The largest crowd assembled at UTTC for a King Day event followed Small through skits and exercises to build trust and greater awareness and acceptance of diversity within the community. Members of the college staff and students attended the January 19 event, which was organized as a college continuing education activity.

David M. Gipp

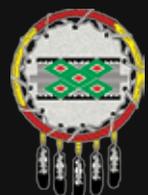
Scholarship Fund



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



Circle of Youth Dream Catcher Project

A Substance Prevention Program for TJES Youth

**Meeting each Thursday at United Tribes
4:30 p.m. for Education and Activities
7 p.m. for Community Events**

**Lewis Goodhouse Wellness Center
Wellness Classroom**

**Open to all TJES 4th, 5th, 6th graders
Parents are strongly encouraged to
attend Community Events.**

More information:

Julie Cain x 1276 or Ruth Buffalo-Zarazua x 1357

March 5Mid-Term Exams-No Programming

March 12 SPRING BREAK-No Programming

March 19 Education #8- Commitment and Pledge

**March 26 Community #6-"The Medical Dangers of Alcohol/
Drugs"- Dr. Biron Baker, M.D.**

parental **FINGER** management



Anger is a normal emotion. Learn how to identify physical cues and triggers, as well as how to appropriately manage anger.

**March 11 • 6:30-8 pm
Morton County Courthouse
Room 100**

210 2nd Ave NW • Mandan, ND

**Program by NDSU Extension Service/
Region VII Parenting Resource Center**

Strengthening Lifestyles will provide transportation; sign up early.

More Information:

Tamera Marshall, Strengthening Lifestyles Family Specialist, 701-255-3285 x1492

SAY AMEN

Help us work for that day,
when **BLACK** will not be asked to get
in back,
when **BROWN** will can stick around,
when **YELLOW** can be mellow,
when the **RED** man can get ahead,
man,
and when **WHITE** will embrace what
is right.

Let all those who'll do justice
and love mercy say amen; AMEN.
Say Amen; AMEN.
And Amen; AMEN!

*The closing of the Presidential
Inauguration benediction prayer by Rev.
Joseph E. Lowery, January 20, 2009,
Washington, DC.*

UNITED TRIBES **Circle of Parents**

Regularly Scheduled Noon Luncheon Meetings

Lewis Goodhouse Wellness Center • Wellness Classroom

**MARCH 3, 10, 17, 24, 31
APRIL 7, 14, 21, 28**

Programs by NDSU Extension Service/
Region VII Parenting Resource Center

INCENTIVES FOR ALL PARTICIPANTS!

More information:

Tamera Marshall, Strengthening Lifestyles Family
Specialist, 701-255-3285 x 1492



THEODORE JAMERSON ELEMENTARY



TIDBITS

Third Quarter Awards

TJES student accomplishments were recognized Friday, February 6 during an awards assembly attended by United Tribes President Dr. David M. Gipp. Dr. Gipp was presented a JTES Wasté Way t-shirt, which means respecting self, others, environment, children, teachers, and property.

Go For The Green

TJES students also received the new, green Wasté Way t-shirt. Why green? Just like a traffic light, green means “Go,” as in keep on working hard, that’s why we went for that color. Green means make good choices in working toward your goal.

Day For Skiing

Grades 4-8 were scheduled to go skiing on February 20. The location was Huff Hills, south of Mandan.

Science At State

The North Dakota Native American State Science and Engineering fair took place on January 19. Draven Medicine Horse and Sage Arpan won first place. Draven is going to the National Science Fair in Minneapolis. Third place winners were Kieran Lindeman, Randal Eagleshield, Marlaysia Cloud, Elisia Feather Earring and Emily Davis. There were over 200 participants. The categories were team, animal science, biology, environmental science, computers, planetary science and engineering. Grades 4-8 participated.

Fifth and sixth grade TJES Basketball Players



TOURNAMENT JANUARY 31 IN BISMARCK: Front row from left, Hayden Strong Heart, Thomas Teeman, Sky Davis, Randal Eagleshield. Back Row from left, Larci Joshua, Elijah Feather Earring, Zach Burdick, Gio Jeannotte, Micah Cooley, and Chance Pettigrew.

Sixth grade TJES Double Ball Players



TJES sixth grade double ball players, above left, from left, Mariah Baker, Marlaysia Cloud, Shirley Redday, Averie Jonnette, and Randal Eagle Shield; back to camera Hayden Strong Heart. Above right, showing speed and aptitude, Cinnamon Arpan maneuvered around Rebel Denny during a double ball match. United Tribes News photos Dennis J. Neumann



UNITED TRIBES LADY THUNDERBIRDS

Congratulations on your February 5 win over BSC!



20:00		
HOME	PERIOD	GUEST
74	1	60
FOULS	PLAYER FOUL	FOULS
10	32 5	10
SCORE	MATCH	SCORE



United Tribes News photos Dennis J. Neumann

Rodeos were part of the college experience



LET 'ER RIP: An eight second lesson in the appreciation of brute force was in store for this rider coming out of the chute at a United Tribes Rodeo in the 1970s. Yes indeed, the college held rodeos on the campus, complete with training workshops and thrilling action. They took place from 1973 to 1976, according to rodeo historian Phil Baird, UTTC Vice President of Academic, Career and Technical Education. Anyone who might know the identity of this courageous bull rider, or any of the other buckaroos in the photo, or who might have a memory or story to share of the college's rodeos past, can contact Baird at 701-255-3285 x 1201, or pbaird@uttc.edu. Learn more about the college's 40 year celebration in 2009 at the website www.uttc.edu, click on the celebration logo.

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