

UNITED TRIBES NEWS

WWW.UTTC.EDU

Vol. 15 No. 4

UNITED TRIBES TECHNICAL COLLEGE • BISMARCK, ND

March 6, 2006

Construction students earn OSHA cards



THEY KNOW ABOUT SAFETY: Albert Fallis (Fort Thompson), right, keeps his in his wallet, where it's handy. Fallis and one dozen other Construction Technology students are the first at UTTC to earn OSHA cards for completing a voluntary 10 hour safety course. The students learned the basics of occupational safety and health for the construction industry. Now they have their eyes on the more extensive 30 hour Construction Industry Training Program, when offered during Fall Semester. Their trainer was Construction Technology Instructor Omar Gimmel, who earned his training status in OSHA's Outreach Training Program last summer. Above row: from left, Rocky Stewart, Linette Crows Heart, Eltin McLeod, Victory Black Lance, and Donavon Young Man; Front row: Bert Little Owl, Thomas Crows Heart, Corey Zephier, Dean Bear, Earl Defender, Deno D. Four Horn. UTN photo Dennis J. Neumann

College growing despite funding hurdle

BISMARCK (UTN) - It came as no surprise when funding for the tribal college was sliced from the federal budget. For the fifth consecutive year, when the budget was released in early February there was nothing in it for United Tribes Technical College (UTTC).

"It's happened again," said David M. Gipp, UTTC president. "The administration left us out of their budget request to Congress."

Founded in 1969 as one of the first tribal colleges in the nation, UTTC relies on

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LeRoi Laundreaux's Cafeteria 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!!



March 6 - 10

March 13 - 17

March 6 - 10			March 13 - 17		
Breakfast	Lunch	Dinner	Breakfast	Lunch	Dinner
M Scrambled Eggs & Muffin	Taco Salad	Baked Chicken & Potatoes	M French Toast & Sausage	Spaghetti & Garlic Toast	Chicken Stir Fry & Rice
T Bacon, Eggs & Hashbrowns	Steak Sandwich & Fries	Ham Steaks w/ Pineapple	T Bacon, Eggs & Hashbrowns	Cold Cut Sandwich	Roast Pork, Rice & Corn
W Spanish Omelet & Potatoes	Turkey Club & Potato Salad	Tator Tot Hotdish	W Waffles & Sausage	Burrito, Beans & Spanish Rice	Meatloaf & Oven Potatoes
T Biscuits & Sausage Gravy	Pizza (Cook's Choice)	Steak & Baked Potato	T Sausage Links & Boiled Eggs	Fried Chicken & Potatoes	Steak & Baked Potato
F Pancakes & Bacon	Chicken Strips & Rice	Hamburger Gravy & Potatoes	F Steak, Eggs & Potatoes	BLT & Soup (Cook's Choice)	Chicken Sandwich & Fries

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Retiring college president honored



UTN photo Dennis J. Neumann

GESTURE OF FRIENDSHIP: Bismarck State College President Donna S. Thigpen was honored February 21 by United Tribes Technical College between games featuring teams from the cross-town college basketball rivals. UTTC Counselor Julie Cain and Wellness Director Dennis Renville fitted her with a star quilt made with the BSC colors. UTTC President David M. Gipp said Thigpen was "a president-president collaborator...on behalf of higher education" for all colleges in North Dakota. Among the projects the two worked on was the first tri-college summit on student alcohol use in the Bismarck colleges. Thigpen retires after 11 years at BSC.

KODA THE WARRIOR "A Big Athlete's Foot!" Part 2 of 4

CREATED BY MARK L. MINDT
SPIRIT LAKE NATION

KODA may have discovered Bigfoot on the Pine Ridge Reservation, South Dakota...



College growing... Continued from page 1

The approximate \$3.5 million annual appropriation for its core operations. Prior to the current administration, the funding had been included in the budget of the U. S. Department of Interior's Bureau of Indian Affairs. It had been a line item since 1981.

"This is one of the top tribal colleges in the country," said North Dakota U.S. Senator Byron Dorgan. "To continually offer zero funding is to fail to recognize the important role it plays."



David M. Gipp, UTTC President

For the past four years Congress has rejected the administration's proposed cut and restored UTTC's funding. Dorgan has promised to lead the fight for the school again this year, expressing his reassurances during a Senate Indian Affairs Committee Hearing at the college February 24.

"The President's proposed budget is a stunning example of misplaced priorities," Dorgan said. "He has broken promises the Administration made to American Indians when he took office. Indian communities are facing a bona fide crisis in health care, education and critical infrastructure. But instead of offering a helping hand, this budget eliminates funding for UTTC and slashes funding for school construction and other important Indian programs. We can do better than a budget that gives tax cuts to the most wealthy Americans and slashes programs that help build our tribal communities."

Although the funding tussle in Washington is time consuming for Gipp and the college board of directors, and upsetting to the colleges many supporters and alumni, it has had little affect on college growth.

On the contrary, during the last three years student enrollment has grown dramatically. In the past year alone, it surged 25 percent above the previous year to reach 1,118 students, ranking UTTC in the upper third of the nation's tribal colleges and universities in size of enrollment.

"We've made the point again and again, there's a very strong need for the educational services we provide," said Gipp. "Our model is, perhaps, unique in the country, in that we serve the entire family."

As one of the few tribal colleges not located on a reservation, UTTC is seen as a safe and supportive learning environment away from home - one that offers the attractive benefits of daycare and housing.

Two childhood development centers for the infants and toddlers of college students, and a K-to-8 elementary school, all located on the college campus, are at maximum enrollment.

During the current academic year, the UTTC housing department easily filled the 76 family residences on campus and worked with local housing bureaus to place over 100 more families in apartments in the community.

"We hope to convince the administration and those in Washington who will listen that we are in the business of restoring family values," said Gipp. "If anything, we need more funding for campus housing, classroom space and support services."

— See testimony from tribal leaders on page 4

Although support for tribal colleges has not been a federal spending priority, UTTC has managed to build momentum for a campus improvement and expansion plan calling for new facilities to serve as many as 2,000 students. Construction is set to start later this year on two apart-

ment style housing complexes to meet some of the demand for family housing. Contractors are currently busy on a \$2.7 million campus wellness center, scheduled for completion in summer.

"Our formula relies on more than just the BIA appropriation," said Twila Martin Kekahbah, UTTC's director of research and development.



North Dakota U.S. Senator Byron Dorgan

Martin Kekahbah oversees a student scholarship fundraising campaign, which is off to a strong start on raising \$5 million in private sector support.

"The core funding is very important, but other federal agencies and philanthropic organizations have taken the time to review our outcomes. They've seen the numerous strengths of our institution," said Martin Kekahbah. "We're happy to say that the BIA is only one contributor to the progress we're making."

In 2005 the college honored its largest graduating class, 114, and expects an even greater number for this year's commencement ceremony in May.

"It's a misperception that the college will close next year because some funding wasn't proposed," said Gipp. "The need for our work is tied to the growing numbers of younger American Indians in the population seeking higher education. We know that our services are critical to their success in life and the rebuilding of tribal communities. When it comes to something as important as that, it doesn't end on the basis of a misinformed budget recommendation."

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Weekend hours coming soon!

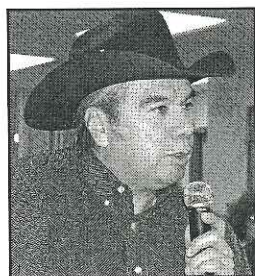
Let us know how we can best serve you with healthy foods!



Tribal leaders express concerns about budget

BISMARCK – Tribal leaders in North Dakota expressed their concerns to U. S. Senator Byron Dorgan about Bush Administration budget cuts. Three tribal chairs and one tribal council representative met with Dorgan February 23 at United Tribes Technical College for a Senate Indian Affairs Committee hearing.

Following are excerpts from testimony. For more information, website addresses and phone numbers are provided each tribe.



Tex G. Hall,
Chair
**Mandan-Hidatsa-
Arikara Nation**
www.mhanation.com
701-627-4781

“President Bush’s proposed \$2.77 trillion budget requests \$2.33 billion for the Bureau of Indian Affairs, which roughly amounts to a \$65 million reduction from FY 2006 BIA funding levels. The budget is not only inadequate in the amount requested but fails to meet the needs or reflect the priorities of the MHA Nation. Because I also serve as co-chair of the BIA/Tribal Budget Advisory Council, I can attest that it does not meet the priorities that tribal leaders conveyed to the BIA in 2005. The proposed budget makes unacceptable cuts to vital tribal programs concerning education, law enforcement, justice, health and self-determination.

Once again the Administration’s focus on fixing the trust has come at the expense of other programs. While the BIA budget is decreased, the Office of Special Trustee budget is increased by \$21.7 million (9.7% increase) to \$244.5 million. Although fixing the trust should be a priority for the Administration and Congress, it should not be prioritized over BIA programs. Congress and the Administration must identify other revenue sources that can be utilized to fix the broken trust. The poorest of the poor should not have to continue to sacrifice for mistakes made by the federal government.

“It seems that each year for the past four years I stand before you asking for funds to be restored to Indian programs. I long for the day when I can say “thank you” we have enough because we can deliv-

er the same services at the same levels that other Americans are receiving.”



Myra Pearson,
Chair
Spirit Lake Tribe
www.spiritlakenation.com
701-766-4221

“There are three issues that affect all groups (children, elders and veterans), and these are: poor health status, access to healthcare, and lack of housing. For Spirit Lake, most transportation issues such as distance and cost fall under barriers to accessing healthcare. All of these issues are a result of poverty; thus, education and economic development are critical to addressing these needs.

“Health status and access to health care are the primary concern for our tribal council as we continue to subsidize the health care of our tribal members due to inadequate Indian Health Service (I.H.S.) funding. We are aware of your support for the Indian Healthcare Improvement Act and request that you continue your efforts to get this legislation reauthorized. Your support is necessary to assisting our federal government in fulfilling one of the most important trust responsibilities for our people.

**Matt Strongheart-
Lopez,**
Member
**Standing Rock
Tribal Council**
www.standingrock.org
701-854-7201



“The Aberdeen Area I.H.S. Region, of which North Dakota is a part, has the lowest life expectancy of all I.H.S. Regions in the nation at 64.3 years, compared with 77.6 years for the nation, a difference of 13.3 years. This disparity is partially a result of the rural isolation of the communities, shortage of health providers and increasing poverty levels common among our people.”

“Although we are not surprised by the fact that the needs of Indian Country and Standing Rock are not prioritized in the President’s Fiscal year 2007 Budget

Request, we are, however, very disappointed that funding for critical federal Indian programs is slated for reduction. While we appreciate the slight increase proposed for the Indian Health Service budget, the proposed cuts to other important programs in Indian Country are hugely troublesome, especially since all of our communities at Standing Rock continue to grow at a very rapid rate. Current levels of funding for federal Indian programs at Standing Rock are woefully inadequate and cover only about 40%, at the most, of our actual needs. In light of forecast population growth, future reduced or stagnant funding of critical Indian programs will translate into dire conditions and additional challenges.

“The list of needs and challenges at Standing Rock is long. One very important item proposed for elimination in the President’s 2007 Budget is the Johnson O’Malley Grant Program. The elimination of this crucial program will further inhibit the academic successes of over half of all Standing Rock elementary, middle and secondary students. Of the nine school systems on Standing Rock, six are public schools and three are BIA funded schools. Standing Rock children who attend the BIA schools will inevitably absorb the proposed \$1.3 million cut to BIA Office of Indian Education Programs funding.”

Ken W. Davis,
Chair
**Turtle Mountain Band
of Chippewa Indians**
www.tmbci.net
701-477-2600



“...The President’s FY 2007 budget request for the BIA ...eliminates funding for Johnson O’Malley, Community Fire Protection, and again, United Tribes. In addition, the request reduces Noxious Weeds, Tribal Management (Natural Resources – Bison), Tribal Courts Initiatives, Roads Maintenance, school construction and repairs. All reduction total \$148,081,000.

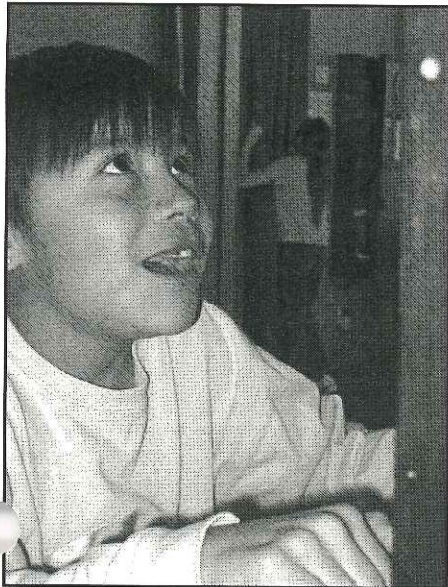
“Presently the Turtle Mountain Band of Chippewa Indians contracts programs from the BIA through P.L. 93-638. Examples of the most essential to my tribe’s welfare are Johnson O’Malley and

Continued page 7

TJES Tidbits

By Carol Melby, Theodore Jamerson Elementary

Congratulations to the TJES students who participated and medaled at the State Science Fair held on January 16th at the Ramkota in Bismarck, ND. The following students placed in the respective categories. Grade 4: Mikayal Chase-3rd in Computers/Engineering; Grade 5: Taylor Dickensen -3rd in Biochemistry/Chemistry, Devon Malnourie-2nd in Bot-



any, Angela Belgarde 1st- Earth & Space; Amy LeBlanc 3rd in Math/Physics; Grade 6: Tyler Cadotte 3rd-Biochemistry/Chemistry, Canaan Big Hair 2nd Computer/Engineering; Grade 7: Jaylynn RedBos 2nd in Math/Physics; Grade 8: Ambrose Brown 2nd in Earth/Spacem and Sherman DeSersa 2nd in Computer/Engineering. Angela Belgarde will be representing TJES at the National Science Fair in Albuquerque, NM this spring.



Saturday Shake-up was held on January 21st with 27 students attending. TJES students participated in various activities such as patterning, making caterpillars, and math games before having a delicious lunch and traveling to Gateway for Science in Bismarck. Students enjoyed

many hands on science activities. Several challenged themselves to see how much energy they could produce while riding a bike—and one student was able to light up all four light bulbs! Wow!

The Quarterly Student Recognition was held Tuesday, January 20, 2006 at the large gym. Students from all grades were recognized for the accomplishments. Congratulations! The TJES drum group played an honor song following the presentations. Keep up the good work, TJES students!

Saturday Literacy Club was held February 11th with 23 families participating. A continental breakfast was served, families participated in literacy activities and each family received a family pictures. We hope more families will attend our last Saturday Literacy Club in April. Watch for information coming home in March. Bus service is available upon request. Family pictures are displayed on the bulletin board in the TJES main building hallway, be sure to stop in and see them.

TJES Saturday Shake-Up was held February 25th. Students participated in academic activities, enjoyed pizza for lunch and traveled to the Heritage Center where they viewed the exhibits.

TJES will be on spring break March 6 through the 10th, thus no school. On Monday, March 13, 2006 there will not be school because the teachers will be having a professional development day. We hope everyone will have an enjoyable spring break and be ready to start school on March 14th!



Tribal College Journal article index is online

An index of all of the articles carried over the past 17 years in the *Tribal College Journal* is now listed online.

This great resource for educators, researchers, or anyone interested in the wealth of scholarly and informative writings by and about tribal people, can be found at the journal's website www.tribalcollegejournal.org. It can be searched by author, subject, title, and college.

While the articles themselves are not posted online, they are available in past editions of the journal at libraries of tribal colleges and the nation's mainstream colleges and universities, and many public libraries.

For more information or help in finding an article, contact:

Marjane Ambler, Editor
Tribal College Journal
PO Box 720
Mancos, CO, 81328
Phone: 970-533-9170
Fax: 970-533-9145

Criminal Justice Star Quilt Raffle



Please help us raise money for club jackets!

1 FOR \$1

7 FOR \$5

15 FOR \$10

**Drawing held on
March 31, 2006**

**Buy your tickets from a
Criminal Justice student
or stop by room 117d in
the skills center.**

NEED NOT BE PRESENT TO WIN

UND's Time-Out Week set for April

GRAND FORKS - The dedication of a new American Indian Center will be among the highlights of the 2006 University of North Dakota Indian Association "Time-Out Week" celebration April 3-9.

The event is planned, promoted, and hosted by UNDIA, one of the most enduring Native student organizations on campus. Most events are free and open to the public.

The theme of this year's celebration is "Strengthening the Circle of Life Through Cultural Awareness."

The concluding event, the Time-Out Wacipi, is the first major spring contest powwow in the state.

For a complete schedule visit www.und.nodak.edu/org/undia.

SCA Student Conservation Association Internships

Submitted by Vince Schanandore, Career Development Counselor

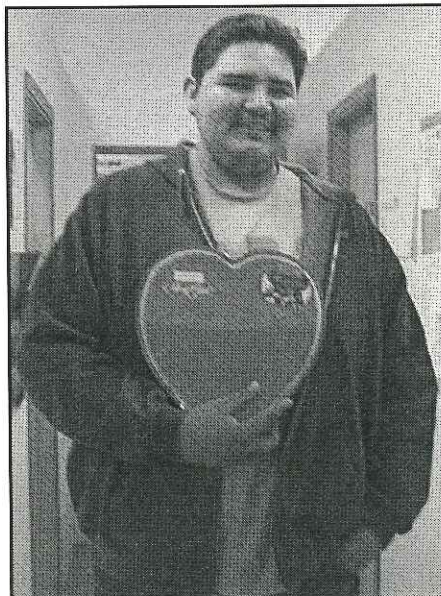
Each year, the Student Conservation Association helps thousands of people 18 and over find a way to make a difference. SCA offers 3-to-12 month, expense-paid internship opportunities in all 50 states, in more than 50 professional fields with the National Park Service, the U.S. Forest Service, the Bureau of Indian Affairs, the U.S. Fish and Wildlife Service, the U.S. Geological Survey, and state and local agencies, among others.

Most SCA interns work one-on-one alongside conservation professionals, while a few others work in small groups, under SCA supervision, doing wilderness restoration, exotic plant management, fire fuels mitigation, and environmental education.

The benefits are tangible - you will perform hands-on conservation work at natural or cultural resource sites. The benefits are also personal - you can earn academic credit, defer student loans and make contacts that may lead you to a fulfilling career.

For more information contact:
Headquarters
689 River Road,
PO Box 550
Charlestown, NH 03603-0550
Phone: 603-543-1700
Fax: 603-543-1828

Valentine heart is focus of nutrition lesson



CALORY WISE WINNER: When the Wopila Coffee Shop asked patrons on Valentine's Day to guess how many calories of energy were in a box of chocolates, Thomas Bauer (Fort Peck) Small Business Management, won the prize. His estimate of 1,800 calories with 63% coming from fat came closest to the actual amount: 2,500 calories and 42% (1,050) coming from fat. Holding his prize, Thomas said this was the first thing he had ever won. The nutrition lesson, said Nutrition and Foodservice Director Wanda Agnew, is that there are no "bad" foods. Even foods that are high in calories can be consumed without harm if done so in small portions and not every day.

New journal is about native aging

GRAND FORKS - The University of North Dakota (UND) has launched the *JOURNAL OF NATIVE AGING AND HEALTH* to publish scholarly articles about aging, health and related issues for Native Americans.

The inaugural issue highlights research about chronic diseases and functional limitations, nutrition-related health concerns for American Indian and Alaska Native elders and the need for dementia-screening and assessment in middle-age and elderly Native Americans. It also presents a view of dignified aging, titled "Listening to the voices of our elders."

The *JOURNAL OF NATIVE AGING AND HEALTH* is supported by the UND School of Medicine and Health Sciences, the Center for Rural Health, the UND School of Communication and the National Resource Center on Native American Aging. For more information call 701-777-2673, email yearbook@und.nodak.edu or visit www.und.edu/dept/scomm.

Fundraising Made Easy

Student groups preparing food (tacos, chili, burgers, etc) for sale at fundraising activities are encouraged to borrow equipment and ask about using the cooking facilities in the Nutrition & Foodservice Department.

Reservations & Information: Pat Aune x 1399
Skill Center Room 115

Make your fundraising activities easier and more enjoyable!

A service of UUTC Land Grant Programs

Do you want to make a difference?

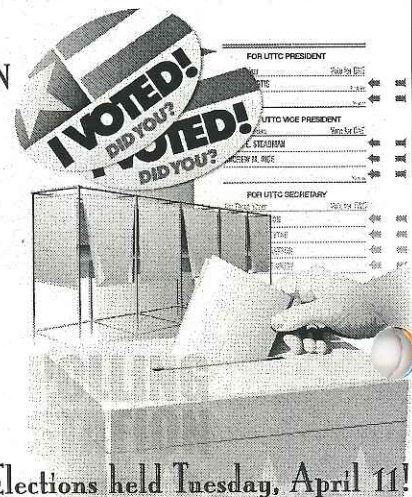
RUN FOR STUDENT SENATE!

- ★ PRESIDENT
- ★ VICE-PRESIDENT
- ★ SECRETARY
- ★ TREASURER
- ★ PARLIAMENTARIAN
- ★ HISTORIAN

Fill out an application and return it to the Student Senate office by 5 p.m. March 1, 2006

If you have any questions contact Student Senate Secretary Waylon Oldman or Student Senate Advisor Jesi Shanley at Ext. 1314

Elections held Tuesday, April 11!



Tribal leaders...

Continued from page 4

Turtle Mountain Tribal Court System.

"The Johnson O'Malley program now serves between 800 and 1,200 students per year on a continual basis. Funding for this program has dropped from \$80,000 in FY 1999 to the proposed FY 2007 amount of ZERO. FY 2006 was originally cut to \$35,888, but was fortunately restored to \$75,837 halfway into the year. We ask that this harmful loss of funding be corrected and an adequate funding level be restored.

"Nowhere are the funding cutbacks so harmful as they are in social services in the un-met need Welfare Assistance Grant Funds. Twenty-six percent of North Dakota's total caseloads are in Rolette County and 98% of those are enrolled members of our tribe. In FY 2005, the tribe and BIA provided services to an average of 1,289 people on a monthly basis. About \$3,123,000 in welfare assistance payments was spent in meeting essential needs. With a projected \$11 million reduction in the proposed BIA budget, these essential needs of the most vulnerable of our tribal members will go unmet.

Continued on page 9

"This Day in North American Indian History"

Essay Contest

For American Indian Students
500 Word Length in English
Deadline April 15, 2006

TOPICS

Elementary and Junior High School:

"What everyone needs to know about my tribe"

High School:

"How my tribe's history guides my life"

College:

"What does tribal sovereignty mean to my tribe"

PRIZES

First Place: \$50

Runners-up: \$25

MORE INFORMATION

americanindian.net/contest.html

Read entries from previous contests

Phil Konstantin (Cherokee)

philkon@rocketmail.com

Drum for Peace



GYMNASIUM PACKED: The Theodore Jamerson Elementary School Singers teamed with the Cannonball Singers during a Peace Pole Dedication program January 31 in Bismarck. The groups rendered an honor song and friendship song for a gymnasium full of students, teachers and parents at Riverside Elementary School. The Lakota phrase "Maka akan wolakota kagapi," (May peace prevail on earth) was included with the same saying in other languages in the printed program. The event was coordinated by Carmen Abraham of the Strengthening Lifestyles Program in UTTC's Department of Community Wellness Services. UTN photo Dennis J. Neumann

NOTICE:

Due to the construction in the large gym, the 21st Century and Baby Face BEAD AND FEED has been postponed to March 16th, 2006. If you have signed up and cannot attend on the March 16th date, please let Mrs. Klipfel or Ms. Miller (255-3285 ext 1283) know as soon as possible.

Massachusetts Indian Association awards scholarships to UTTC students

Richard White, JR. • Debbie Graves • Minnie Plenty Chief-Brown • Claudette Pochant • Brandon St. John • Harvey Flowers • Juanita Linson

All students received the scholarship for Spring semester 2006.

Congratulations and keep up the good work!!!

Please contact Molly Huber at Ext.1355 if you have questions.

Avoid E-Mail Overflow

Students using UTTC e-mail for assignments:

- Be sure to check your e-mail at least once a week
- Please clear out un-wanted, un-needed items
- Mailbox overflow disables your e-mail

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MARCH 20-23

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More information:

www.indiancountry.org

Red Lion Hotel, I-70 near Quebec. Room rates available
Ben Sherman, 303-661-9819

Housing experts visit and tour campus



SPECIAL TOPIC IS HOUSING: Caitlin MacKenzie, left and Susan Peck, both of the Housing Assistance Council, a national non-profit organization dedicated to helping build affordable homes in rural America, toured United Tribes Technical College on February 14 and 15. The two accepted an invitation to assess whether HAC might be able to assist UTTC in addressing its most pressing campus development need – housing. Seen here by the current Construction Technology house project, they toured the campus and met with college leaders, including the Research and Development Department staff. UTN photo Dennis J. Neumann

Bill addresses American Indian youth suicide

WASHINGTON)— North Dakota U. S. Senator Byron Dorgan, Vice Chair of the Senate Indian Affairs Committee, introduced legislation in early February aimed at reducing the high rate of suicide among teenagers living on reservations.

The bill would authorize the Secretary of Health and Human Services to direct \$6 million into a four-year demonstration project aimed at increasing the availability of mental health and counseling services on reservations.

The grant would fund five tribes or tribal organizations that demonstrate a need to address Indian youth suicide or limited access to mental health services. The project expands the availability of “telemental” health services—bringing more counseling, professionals and suicide-prevention materials to rural tribal communities using telecommunications technology.

Dorgan offered similar language as an amendment to the Indian Health Care Improvement Act, which the Senate Indian Affairs Committee approved last year. The final version of that bill is still being negotiated, so Dorgan said he decided to offer the language in a separate bill as another way to advance the issue.

“The rate of suicide among teenagers living on reservations in the Great Plains is 10 times the national average,” Dorgan

said. “This is a sensitive issue, but without talking about it openly and making the broader public aware of the crisis, it’s difficult to get the resources in place to help. I’m hopeful that as we take steps on a policy level to address the issue of Indian teen suicide, we will be able to prevent the tragic loss of life that far too many in Indian Country have experienced.”

Dorgan held the first-ever Senate hearings on Indian teen suicide last year in Bismarck and Washington. He said it’s critical to bring public attention to the issue, which has reached epidemic levels on Indian reservations across the country.

“When teens feel there is no hope, no alternative or path to a brighter future, it’s all of our responsibility to do everything possible and say to them, ‘You’re not alone,’” he said. “We know there is a bona fide crisis in health care on our nation’s Indian reservations. This bill directs funds to high-need, rural areas without enough health care professionals and counselors to adequately help the communities that are suffering the most, our Indian reservations.”

Other cosponsors include Senators John McCain (R-AZ), Kent Conrad (D-ND), Jeff Bingaman (D-NM), Lisa Murkowski (R-AK), Tim Johnson (D-SD) and Gordon Smith (R-OR).

Headlines highlight nutrition education

By Wanda Agnew, UTTC Nutrition and Foodservice Program Director

I and Luanne Perkins of the UTTC Extension staff are offering nutrition education for K-8 students at Theodore Jamerison Elementary School. Topics covered include MyPyramid, Buffalo, Calcium, 5 A Day, and Food Safety.

During one of the sessions, grade 7 and 8 students worked hard to develop catchy newspaper headlines promoting the new USDA MyPyramid to the public: “Eat Three Cups of Milk a Day, That’s What the Pyramids Say”; “Get off the Couch and get Active”; “Waving Fields of Grain Promoted in MyPyramid”; “Fruits and Vegetables Promoted in MyPyramid”; “Sweets are Good to Eat, But are Bad for Your Health”; “MyPyramid says Meats are Good for You, You get Meat on You”; “MyPyramid states Fats and Oils are not Healthy for You”; “MyPyramid Promotes Calcium to Give you Strong Bones and Teeth”; “Fruit and Vegetables Gives a Body Vitamins”; “Grains and Vegetables Grow in the Ground are Part of MyPyramid”; “MyPyramid says 5-ounces of Meat Each Day”; “MyPyramid Balances Health With Working Out and Eating Healthy Foods.”

During the final week of the six weeks of sessions, students will tour the UTTC Nutrition and Foodservice kitchen lab, make fruit smoothies and have questions answered by college students.

For more information about MyPyramid and developing your personal healthy eating and activity plan go to <http://www.mypyramid.gov> or call one of the nutrition professionals at UTTC Extension x 1420.

Need Tax Relief?

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Free income tax assistance**

**Skills Center Room 113
Tue. & Thu. 2:30 to 4:30 pm
Fridays 12:00 to 4:30 pm**

By APPOINTMENT ONLY!

**Call 1384 or 1401 & leave a message.
Your call will be returned to make arrangements**

**Marlo Hunte Ext. 1401
mhunte@uttc.edu**



Tribal leaders...

Continued from page 7

"With the proposed funding cuts we are now seeing in the budget, it seems like for every difficult step we take forward, we are now being forced back three steps."

Emma L. Bowen Internship

Minority Interests in Media 2006

- Work for a partner company during summers and school breaks or year-round
- Learn many aspects of media work
- Placement option upon completion of college degree
- Hourly wage to help pay for college-related expenses
- Mentoring from selected staff

Requirements:

Minimum 3.0 GPA
Interest in the media industry

APPLICATION DEADLINE MARCH 1
Applications now available at:
www.emmabowenfoundation.com

ZAN Ni Yan
(Good Health)

Wellness Circle Events

Every Tuesday
12:00 PM
Skill Center Exhibit Hall

Short subject motivational topics:

- Healthy eating, fitness, weight loss and emotional health
- Daily Walking Circles
- Blood pressure/blood sugar tests

Ask for your **FREE** personal progress journal

All services and activities **FREE**

More Information:
Luanne Perkins, Ext. 1384 or
Lance Eaglestaff, Ext. 1261

Planned and conducted by the UTTC Wellness Circle

Walking Circle revived

Part of campus wellness initiative

By Wanda Agnew, UTTC/USDA Extension-Land Grant Programs Director

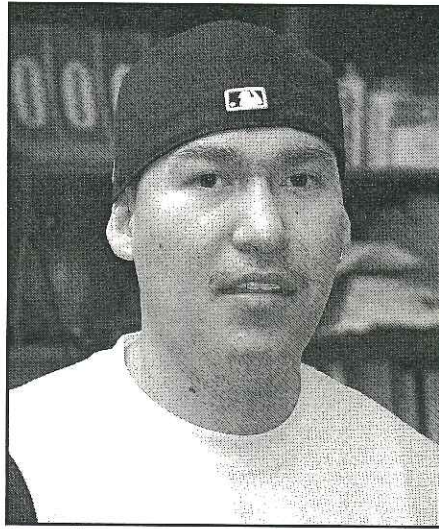
Staff members from the Strengthening Lifestyles Program (Wellness Services Department) and Land Grant Extension Program are leading a revival of the UTTC Walking Circle.

Lance Eaglestaff, health promotion specialist and Luanne Perkins, nutrition education assistant, will lead staff and students two times per day in the popular walking group that has been so active on campus over the past three years.

to emerge from the campus wellness initiative launched in 2002 by UTTC President David M. Gipp.

In a proclamation, President Gipp urged all employees, students, and families on campus "to participate individually and collectively in the UTTC Health and Wellness Initiative" to improve and sustain the health and wellness of the entire campus community.

President Gipp underscored his sup-



Lance Eaglestaff



Luanne Perkins

The Walking Circle meets Monday through Friday at noon in front of the Skill Center and at 4:30 p.m. in front of the James Henry Community Center gym. Everyone in the campus community is invited to join for 30 minutes of walking and fellowship.

The effort is part of the on-going UTTC Wellness Circle activities and 5+5 Communities Programs.

The Walking Circle was one of the first, and most enduring health activities

port for worksite wellness activities, such as daily walking, by allowing employees to dedicate 30 minutes of each working day to participate in wellness and good health programs and activities.

Lance and Luanne will provide walker's journals and pedometers, if you don't have one from previous years, to document individual progress toward the recommended 10,000 steps per day. Small competitions and incentives are planned.

FREE To All!

UTTC Walking Circle


Monday through Friday

NOON — meet in front of the Skills Center
(led by Luanne Perkins Ext. 1384)

4:30 p.m. — meet in front of the Gym
(led by Lance Eagle Staff Ext. 1261)

Bring your pedometer from last year OR pick up a new one at the time of Walking Circle

Half hour walks starting with 3 minute warm ups and ending with 3 minute cool downs



Influenza Pandemic Summit Meeting

Thursday, March 9 • 2 p.m. to 5 p.m.
North Dakota Heritage Center
Bismarck, ND

Presenters:

- U. S. Secretary of Health and Human Services Mike Leavitt
- N.D. Governor John Hoeven

Learn about the potential impact of an influenza pandemic on North Dakota's schools, businesses and health-care communities.

Register for this free event at www.nd.gov and click on Pandemic Influenza Summit. Limited seating available. Register by March 2.

If you are unable to attend, view the summit on a live, interactive webcast at the website listed above.

A summary of North Dakota's Pandemic Influenza Response Plan is posted on the Department of Health's website at www.ndhealth.gov/EPR.

Attention TJES Parents:

Parents are invited to the 3rd Quarterly Student Recognition on Tuesday, March 21, from 12:00-12:45 at the large gym. TJES students will be recognized for being on the honor roll, perfect attendance, special class awards such as basketball, art, music, RMC, and/or Lakota. This really is a special time to recognize our TJES students and their accomplishments.

American Indian College Fund & Lumina Foundation for Education

ATTENTION STUDENTS:

If you are in need of emergency financial assistance to help you stay in school, applications are available for the Angel Fund program.

Requirements for the program include:

- Fill out an Angel Fund application
- Provide a personal statement on how you plan to use the award.*
- Student photographs are required
- Willingness to participate in a two-year evaluation process with the American Indian College Fund, to learn more about your success in attaining your degree

Please visit the financial aid office for specific award amounts

Applications can be picked up at the financial aid office. Please contact Molly Huber at 701-255-3285 Ext. 1355 or email mhuber@uttc.edu for more information.

Angel Fund

Emergency Financial Assistance Program

*Examples of emergency financial assistance include books, school supplies, utility bills, etc. Your financial aid office has more information on what awards can be used for.

Town Hall Discussion on Pay Equity

Women's Work: What's It Worth.

Monday, March 13
Bismarck Public Library
Room A

6:00 pm ~ Networking
6:30 pm ~ Panel Presentation

Join us as we begin a community conversation on what women's work contributes to the Bismarck/Mandan community and how we can all best recognize and reward that work.

Highlights:

- Women's pay
- The glass ceiling
- Single mothers & poverty
- Higher education for women
- The value of childcare



Free Childcare!

Children's storytime and homework assistance provided for children ages 3-12 from 6:30 - 8:30 pm

ETHNOMATHEMATICS:

Seeking Mathematics in Cultural Contexts

MARCH 14, 2006 • 10:00 A.M. - 11:30 A.M.
JACK BARDEN CENTER ~ LOWER LEVEL • UNITED TRIBES TECHNICAL COLLEGE

What is Ethnomathematics?

Ethnomathematics is the study of mathematics from a cultural point of view. Its study is an attempt to bring mathematics into the lives of all students. It adds a global perspective to mathematics and highlights the accomplishments of people of all heritages. Mathematics appears in many cultural contexts, and often in activities that at first do not appear to be mathematical. This presentation will discuss several examples of ethnomathematics, in contexts such as divination, art and decoration, rituals, number words, and calendars. The session will also present some mathematics of cultural groups such as the Inca of South America, the Hidatsa, the Ojibway, and the Otomies of central Mexico. Although specific mathematical concepts will be mentioned from time to time, the talk will be for a general audience and no specific mathematical background is necessary.

THE PUBLIC IS INVITED TO ATTEND.... DONT MISS THIS OPPORTUNITY!!

Dr. Thomas Gilsdorf is a Professor of Mathematics at the University of North Dakota. He holds a B.A., M.S. and Ph.D. in Mathematics and has been studying the concepts of ethnomathematics for many years.

WOMENS' EMPOWERMENT SERIES

LAND GRANT ROOM
SKILLS CENTER
3 P.M. TO 4:30 P.M.

MARCH 15

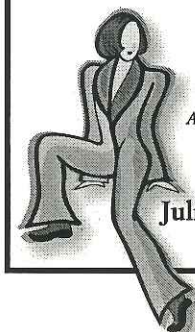
Dr. Harriett Skye, *EMPOWERING THROUGH EDUCATION*

APRIL 12

Jodi Gillette, *WOMEN AND TRADITIONAL ROLES*

MAY 17

Julie Cain, *COMMUNICATE TO EMPOWER*



Thunderbirds close out regular season

By **Tom Spoonhunter, UTTC Sports Information**

BISMARCK - The United Tribes Thunderbirds were upset February 21 by the BSC Mystics, 104-91, to close out their home game regular season.

The loss put Tribes in second place in Region 13, paring them with Gogebic Community College, Ironwood, Michigan in the first round of the regional tournament March 5 - 6 in Bottineau. The Thunderbirds had defeated BSC two weeks earlier 97-93.

Pat Cole had a game-high 28 points in the loss followed by Wesley Bearstail with 14. The game was played in the Bismarck Civic Center. Eric Aims Back, Matt Red Bear, Cole Glade and Dugan Traversie all scored 9 points each. Andy Bachmeier led the Mystics with 24.

On the same night, the Lady T-Birds fell to a very strong BSC women's team, 99-37. Brydget Rogers lead UTTC with 14. Whitney Hale had 11. Tracy Jochim scored a game high 32 for BSC.

The Lady Thunderbirds meet BSC in the first round of the playoffs on Saturday, March 4 at 8 p.m. at the BSC Armory.

In other games in February, the Lady T-birds fell to BSC, 95-34, on February 8. Brydget Rogers scored 21 to lead UTTC. Whitney Hale contributed 10. The Mystics were lead by Tracy Jochim's game high 29.

The Lady T-Birds fared a little better against MSU-Bottineau on February 12,

coming out on the short end of 76-49 conference match up. Brydget Rogers scored 16 and had 2 steals. Meagan Eagle Staff had 10 points, and Whitney Hale and Kelly Pourier both had 8. Rossi Trotter lead the Lady Lumberjacks with 12.

The T-Bird men defeated MSU-Bottineau, 81-78, on the road on February 12. Matt Red Bear shot 7/10 from 3 point range scoring a game high 27. Eric Aims Back had 17, Lornie Pinnecoose 11, and Pat Cole 10 points.



UTTC photos Dennis J. Neumann



(Inset) Kelly Pourier tries going right against strong BSC defense. (Right) Pat Cole gets the hoop and the foul against BSC at the Bismarck Civic Center.

Warriors honored in 2006 powwow poster



IMAGE HONORS RETURNING WARRIORS: The traditionally clad dancer who seems to be emerging from the circle is an akicita (soldier in Lakota) who, in reality, is dancing to expand and strengthen the circle of life. That's part of the interpretation of the artwork, "I Have Returned," which has been selected to represent the 37th Annual United Tribes International Powwow, scheduled for September 7 - 10, 2006, on the college campus in Bismarck. Military imagery from Vietnam - the service era of the artist, the late Alden Archambault (Standing Rock) - honors all native warriors who return into their culture. Other akicita imagery includes black stripes on the tipis, indicating the home of one who went to battle, the American flag, and Eagle feathers on the lance, the red one indicating wounded veteran. "It expresses how the powwow is a place of respect and honor for veterans," said UTTC President David M. Gipp. "I Have Returned" is the fifth piece of Archambaults to represent the UTTC powwow. The original goes into the collection of American Indian art at United Tribes Technical College, some of which is on display at the college's Cultural Interpretive Center. To obtain a poster or information about the powwow and associated events contact Sandy Erickson, serickson@uttc.edu, 701-255-3285 x 1293, FAX 701-530-0633, or visit <http://www.uttc.edu>.

Deadline for next issue - 5 p.m. March 20, 2006

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