

# UNITED TRIBES NEWS

## Powwow Edition

www.uttc.edu



Vol. 15 No. 10

UNITED TRIBES TECHNICAL COLLEGE • BISMARCK, ND

October 2006

# 37th Annual International Powwow



UTN photo Dennis J. Neumann

A line of fancy shawl dancers among the 555 registered dancers that entered Lone Star Arena during grand entry of the UTTC International Powwow.

BISMARCK (UTN) - Champion dancers and singers earned top honors in two-dozen performance categories here at the 37th Annual United Tribes International Powwow. Four days of contest events ended Sunday, September 10; winners took home over \$60,000 in prize money.

The drum group New Agency, Rocky Boy, MT, won the singing contest, followed in order by Meskwaki Nation, Fort Peck Sioux, Pipestone, Battle River, and Dry Lake.

Thirty-four drums rendered their best songs for 555 registered contestants, and

many other dancers, who displayed their talent during seven grand entries, specials and contests. Felix Kidder, Standing Rock, provided a ground blessing at the outset and invocations at Lone Star Arena.

The onset of fall weather was wel-

**Continued on page 6**

## United Tribes impact is \$47 million

BISMARCK (UTN) - United Tribes Technical College brings millions of dollars into the economy of Bismarck-Mandan and surrounding areas of North Dakota.

A study released September 1 by the college puts the figure at \$46.7 million for the annual amount of direct and secondary

**Continued on page 4**

### EXPLORE INSIDE:

- New Miss Indian Nations..... p. 3
- Powwow Champions..... p. 5
- Wellness Center Dedicated..... p. 8
- Billy Mills..... p. 9

# Tribal voters test new election tool

**ELECTION IS NOVEMBER 7:** Tim Cottonwood, Fort Totten, ND, practiced up for the state's General Election using the "Auto-Mark" accessible voting device. Advising him was Lori L. Heiberg, an election trainer with the ND Protection and Advocacy Project. The new piece of voter equipment was on display September 6-7 at the ND Tribal Voter Education booth during the United Tribes Intertribal Summit Trade Fair. While most voters will use the customary paper ballot, every voting precinct in North Dakota will have one of these devices, which has large print and audio, as an optional method for voting. UTN photo Dennis J. Neumann



## 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!!

### Lunch Menu

October 2 - 6	October 9 - 13	October 16 - 20	October 23 - 27
M Grilled Cheese Sandwich & Tomato Soup	Ham & Bean Soup w/ Frybread	M Chicken Fried Steak & Mashed Potatoes	Hot Dog & Macaroni & Cheese
T Braised Beef Over Noodles & Garlic Toast	Pizza (Cook's Choice)	T BBQ Rib Sandwich & French Fries	Hot Dish & Vegetable (Cook's Choice)
W Chicken & Mashed Potatoes & Gravy	Baked Chicken & Mashed Potatoes	W Roast Beef & Mashed Potatoes & Gravy	Roast Beef & Mashed Potatoes & Gravy
T Spaghetti & Garlic Toast	Hamburger & French Fries	T Sloppy Joe & French Fries	Pizza (Cook's Choice)
F Taco Salad w/ Assorted Toppings	Burrito, Spanish Rice & Refried Beans	F Taco Salad w/ Assorted Toppings	Cold Cut Sandwich & Soup (Cook's Choice)

## KODA THE WARRIOR "Welcome to Success!"

CREATED BY MARK L. MINDT  
SPIRIT LAKE NATION

In the first few days of classes at the ReUnited Tribal University, Everyone was busy going to their classes, sports practice and jobs.

KODA knows the importance of keeping hydrated for not just football practice, but also for keeping his attention in class and while he is studying or just hanging out with his friends. It helps with his athletics and there are many healthy ways to FUEL UP AND GO!!!

Benny the Rez Dog hasn't been drinking enough water. He is so thirsty, his eyes are playing tricks on him. Like a vision of beauty.

Excuse me, but can you tell me how to get to this class? I think I'm lost. It's my first day here.

College Success FND 107

KODA do us a favor and "Hydrate" while we "Migrate". AYE!!!!!!! Peace & Frybread Grease!

HEE-HEE-HEE!!

©2005 Pony Gulch Publishing

kodathewarrior@yahoo.com

# New Miss Indian Nations is interested in American Indian health care reform

BISMARCK (UTN) – A member of the Tohono O'dham and Ponca Nations of Kansas, who aspires to improve health care for tribal people, is the new Miss Indian Nations. Ponka-We Vickers, a direct descendent of Chief Standing Bear of the Ponca Tribe, was selected as the fourteenth Miss Indian Nations here on September 9.

"I'm shocked that I was chosen," said Vickers after being crowned following three days of judging during the United Tribes International Powwow. "But I'm very humbled by the honor. God has blessed me."

Miss Vickers, 25, is the daughter of Juan and Sandra Vickers, Wichita, Kansas. She's studying for a master's degree in public administration at Wichita State University.

Miss Vickers says there's "obvious need for improvement" in the health care system that serves Indian people. She believes the system falls short of providing "proper and appropriate assistance" for native people who need medical attention.

"I want to become involved and help find solutions to the problems," she wrote in an essay for the pageant. Restructuring a "new and improved" Indian Health Service is one of her ideas.

"I would love to have the opportunity to lobby in Congress for significant changes," she wrote.

She may just get that opportunity.

With the title come travel opportunities that have included visits to the nation's capitol for previous title holders.

Following three days of judging during the powwow, Miss Vickers won the talent competition with traditional songs and was selected for the Tribal Chairman's Award. Following the coronation ceremony, Miss Vickers was presented to the powwow crowd that numbered over 4,000 at Lone Star Arena.

Competing for the national title were four other candidates from tribes around the country. Named First Runner Up was Everetta Thinn (Dine) Mesa, AZ. Selected Second Runner Up and also winning the Children's Choice Award was Jennifer Mellette (Standing Rock Lakota) McLaughlin, SD. Third Runner Up and winner of



Ponka-We Vickers is filled with emotion as she receives the Miss Indian Nations XIV sash from Bobbi Rae Sage at a ceremony during the United Tribes International Powwow.

UTN photo Dennis J. Neumann

the Congeniality Award was Lena N. Nells (Cheyenne/Arapaho/Kickapoo/Navajo) Moodys, OK. Gabrielle Knife (Cheyenne River Lakota) Eagle Butte, SD, received the President's Award.

Miss Vickers was presented with the crown by outgoing Miss Indian Nations Bobbi Rae Sage (Three Affiliated) Mandaree, ND.

Participants were judged on traditional skills, public appearance and presentations, communication skill and speaking ability, personal conduct, and answers to general and impromptu questions.

The Miss Indian Nations program is open to American Indian women ages 17 to 26. Miss Vickers will serve for one year as a cultural ambassador. United Tribes Technical College coordinates her public appearances. Sponsorships and contributions are accepted to help underwrite the program.

For more information or to schedule an appearance, contact Miss Indian Nations at United Tribes Technical College, 3315 University Drive, Bismarck, ND, 58504, 701-255-3285. Visit the website [www.uttcc.edu](http://www.uttcc.edu) and click on Miss Indian Nations.

## Quantity Food meals just around the corner

By Annette Broyles

Are you ready to experience fine dining without leaving campus?

The Quantity Food class is ready to kick off its first meal on October 6th, with meals being served every Friday until December 1.

Meals are planned, advertised, prepared and served by the seven members of the Quantity Foods class in the Nutrition and Foodservice Vocation.

Upcoming menus include main dishes with beef, pork, turkey, chicken and buffalo, with themes running from Spanish to Harvest to Native American.

Anyone on campus is welcome to experience the meals for the cost of \$5. Meals will be served in the Land Grant Room located in the Skill Center from 11:30 to 12:30.

Come early; only 40 meals are served. Look for posters, e-mails, and watch the newsletter for upcoming menus.

# United Tribes Impact...

Continued from page 1

benefits to the state's economy.

"We are known primarily for the work we do in training and educating American Indian students," said David M. Gipp, UTTC president. "Often overlooked, however, is the contribution we make to the economic base of Bismarck-Mandan and the state."

The college is in its 37<sup>th</sup> year of serving American Indian students and their families with post-secondary vocational and academic training.

According to the study, the economic impact generated by UTTC during FY 2005 came primarily from external sources in the form of federal grants, tuition and fees, and student financial aid.

All are considered new dollars coming into the local and state economy.

UTTC is "an example of educational and training activities funded largely from out-of-state sources," wrote economist F. Larry Leistritz, North Dakota State University, in the report.

The college's economic impact was analyzed using the well-known North Dakota Input/Output Model, devised by Leistritz and Dr. Randal C. Coon, and also used by the North Dakota University System.

The model estimated that \$31.1 million in secondary business volume was generated in the state from \$15.6 million of direct spending received by the college.

UTTC spending entered the economy through wages and salaries paid to 360 full time employees, non-salary expenditures for goods and services, student and visitor spending, and capital construction outlays.

During the study period construction began on the new Lewis Goodhouse Wellness Center, providing employment for an estimated 52 construction workers, including 11 UTTC students employed by local contractors.

"Recognizing our economic impact is a step toward understanding the importance of United Tribes Technical College and how tribal higher education is contributing to a healthy and vibrant community," said Gipp.

A 2003 UTTC economic study using the same methodology indicated that about 95 percent of the college's direct economic impact occurred within the Bismarck-Mandan area. Assuming that is still the case, UTTC's estimated direct economic contribution to the local area was \$14.6 million, with a total economic impact of \$44.3 million.

Adding to the prospect of continued spending in the local economy is the continuation of an upward trend in student enrollment and more work on college renovation and expansion plans. Enrollment for 2005-06 was 1,118, an increase of 26 percent over the previous academic year. Construction is underway on campus for a 24 unit apartment complex for married students and their families.

"UTTC is likely to represent a significant portion of all Bismarck-Mandan public capital expenditures well into the future," wrote economist Tom Katus, Rapid City, SD, principal researcher and coordinator of the study.

The report said the United Tribes International Powwow and related events, on the weekend after Labor Day, generate over \$4.3 million in the area economy. The powwow is one of the largest activities hosted annually in Bismarck and one of the largest events of its kind in the nation. Also contributing to the economy are American Indian seminars, conferences and meetings hosted by the college throughout the year.

In terms of staff size, UTTC is the 20<sup>th</sup> largest local employer of Bismarck's 30 businesses that have more than 200 employees.

Over the past five years, the Bush Administration has declined to include funding for UTTC in the Department of Interior, Bureau of Indian Affairs budget. The college had been a line item in the BIA budget since the early 1980s. Although Congress has restored funding four years in a row, an appropriation is pending for FY 2007, which begins October 1.

A copy of the report is posted on the college website [www.uttc.edu](http://www.uttc.edu).

## Is Diabetes a Concern in Your Family?

You're invited to attend a series of four diabetes education sessions



**Tuesday**

**October 24 & 31  
November 7 & 14**

**10 AM - 12 PM**



**Wellness Center**

**Open to Students, Staff & Faculty**

**Call SuAnn Schmitz at  
Ext. 1397 TODAY to enroll!**

## *Opportunities in the Making Student Scholarship Campaign ~ Payroll Deduction*

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

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

Please make your pledge today! Your gift is tax deductible

Contact:

Brad Hawk, Director  
Major Gifts and Alumni  
Relations/Research and Development Dept.  
x 1387 or [bhawk@uttc.edu](mailto:bhawk@uttc.edu)

## OCTOBER 2006 ACADEMIC CALENDAR

2-6 ..... Spirit Week

6 ..... N.D. First Nation's Day

9-13 ..... Mid-Term Exams

20 ..... Last Day to Drop a Class

# 37th Annual UTTC Powwow Champions

## JUNIOR GIRLS FANCY (6 - 12)

1st	Maycie Morin	Belcourt, ND
2nd	Jayleen Rencounter	Fort Yates, ND
3rd	Maelene Nez	Parshall, ND
4th	Beverly Bursheim	Morton, MN
5th	Caitlin Plenty Chief	Fort Yates, ND

## JUNIOR GIRLS JINGLE (6 - 12)

1st	Brittany Brown Otter	Fort Yates, ND
2nd	Sheyenne Fox	Roseglen, ND
3rd	Shayla Hard	Ponemah, MN
4th	Evaline Arrow	Ravina, SD
5th	Tasha Uses Arrow	Cannon Ball, ND

## JUNIOR GIRLS TRADITIONAL (6 - 12)

1st	Shaylynn Ramsey	Fort Yates, ND
2nd	Briann Ramsey	Fort Yates, ND
3rd	Kelsey Tortalita	Bismarck, ND
4th	Wakan-Yu-Bdece-Win McKay	Fort Yates, ND
5th	Stephanie Tiger	Minneapolis, MN

## JUNIOR BOYS FANCY (6 - 12)

1st	Jason Taylor	Griswold, MAN.
2nd	Jacob Fox	McLaughlin, SD
3rd	Chance Roberts	Ada, OK
4th	Tego Warrington	Keshena, WI
5th	Adam Peltier	Fordville, ND

## JUNIOR BOYS GRASS (6 - 12)

1st	P-nut Ironstar	Canada
2nd	Walter Bears Tail	Bismarck, ND
3rd	Jai Knight	Thunder Valley, SD
4th	Leonard Richotte	Fort Totten, ND
5th	Damon Baker	Poplar, MT

## JUNIOR BOYS TRADITIONAL (6 - 12)

1st	Cameron Chaske	Fort Totten, ND
2nd	Edmund Youpee	Brockton, MT
3rd	Larice Chase	Poplar, MT
4th	Ryan Longie	Fort Totten, ND
5th	Tristan Uses Arrow	Cannon Ball, ND

## TEEN WOMENS FANCY (13 - 17)

1st	Kelly Walker	Bismarck, ND
2nd	Aariann Mazawasicuna	Taos, NM
3rd	Kaitlynn McArthur	Whitebear, SAS.
4th	Aubrey Hale	Takini, SD
5th	Brittany Crawford	Sisseton, SD

## TEEN WOMEN JINGLE (13 - 17)

1st	Cassidy Smith	New Town, ND
2nd	Gracie McArthur	Whitebear, SAS.
3rd	Shanice Lambert	New Town, ND
4th	Tess Knight	Thunder Valley, SD
5th	Tomasina Two Young Men	Morley, ALB.

## TEEN WOMEN TRADITIONAL (13 - 17)

1st	Megan Isnana	Ft. Qui Appelle, SAS.
2nd	Arianna Uses Arrow	Cannon Ball, ND
3rd	Skawid Alberts	New Town, ND
4th	Harriet Robertson	Mandaree, ND
5th	Kayla McArthur	Carlyle, SAS.

## TEEN MEN FANCY (13 - 17)

1st	Jory Black Eagle	Wolf Point, MT
2nd	Marquel Crawford	Sisseton, SD
3rd	Murel Richotte Jr.	Fort Totten, ND
4th	Teddy Bison	Regina, SAS.
5th	Stetson Hegel	Fort Yates, ND

## TEEN MEN GRASS (13 - 17)

1st	Chante Knight	Thunder Valley, SD
2nd	Tony Moran	Mandaree, ND
3rd	Dustyn Eder	Poplar, MT
4th	Tyrell Stanley	Chitek Lake, SAS.
5th	Isaac Little Wind	Fort Totten, ND

## TEEN MEN TRADITIONAL (13 - 17)

1st	Clayton St. Claire Jr.	Belcourt, ND
2nd	James Red Tomahawk	Poplar, MT
3rd	Steve Charging Eagle II	Red Scaffold, SD
4th	Keith Tacan	Sioux Valley, SAS.
5th	Louis Little Wind	Fort Totten, ND

## WOMEN FANCY (18 - 49)

1st	Kellie LeBeau	Eagle Butte, SD
2nd	Amber Rose Cleveland	Bismarck, ND
3rd	Natika Baker	New Town, ND
4th	Danielle Grey	New Town, ND
5th	Kanya Cornelius	Bismarck, ND

## WOMEN JINGLE (18 - 49)

1st	Sharon Fine Day	Moorhead, MN
2nd	Ahneekah Top Sky	Rocky Boy, MT
3rd	Reva Hayes	Rapid City, SD
4th	Wambdiska Win	Griswold, MAN.
5th	Winona Kingbird	Wahpeton, ND

## WOMEN TRADITIONAL (18 - 49)

1st	Jodi Gillette	Bismarck, ND
2nd	Denise McKay	Fort Yates, ND
3rd	Karrie Abbey	Dickinson, ND
4th	Andrea Redman	Ft. Qui Appelle, SAS.
5th	Miranda Thomson	SAS.

## SENIOR WOMEN TRADITIONAL (50 and over)

1st	Vera Kingbird	Bemidji, MN
2nd	Madelyn Goodwill	Martin, SD
3rd	Yvonne Chase	New Town, ND
4th	Marilyn Mountain	Red Lake, MN
5th	Veronica Serdahl	Mandaree, ND

## MEN FANCY (18 - 49)

1st	Jazz Bearstail	Albuquerque, NM
2nd	Bucky Johnson	Bismarck, ND
3rd	Rylan Baker	New Town, ND
4th	Itoncha St. John	Bismarck, ND
5th	Kenny Pratt Jr.	Griswold, MAN.

## MENS GRASS (18 - 49)

1st	Wayne Fox	White Shield, ND
2nd	Ron McNab	N. Battlefield, SAS.
3rd	Buck Spotted Tail	Rapid City, SD
4th	Russell Young Bird	Fort Yates, ND
5th	Daryl Bearstail	Bismarck, ND

## MEN TRADITIONAL (18 - 49)

1st	Chaske LaBlanc	Morton, MN
2nd	Cetan Thunder Hawk	Bozeman, MT
3rd	Aron Abbey	New Town, ND
4th	Fred Fox, Sr.	White Shield, ND
5th	Elvin Nicotine	N. Battlefield, SAS.

## SENIOR MEN TRADITIONAL (50 and over)

1st	Avery Thompson	Ft. Thompson, SD
2nd	Don Rush	New Town, ND
3rd	Harvey Thunderchild	Turtleford, SAS.
4th	Clifford Little Wind	Fort Totten, ND
5th	Nathan Smith	Fort Totten, ND

## CHICKEN DANCE (18 and over)

1st	Rooster Top Sky	Rocky Boy, MT
2nd	Bobby Badger	Kawacatoose, SAS.
3rd	Junior Miller	Bancroft, NE
4th	Albert Onepenne	Toppenish, WA
5th	Lee Goodman Jr.	Minneapolis, MN

## WOMEN SOUTHERN BUCKSKIN (18 and over)

1st	Danita Goodwill	Fairfax, OK
2nd	Martha Crate	Pablo, MT
3rd	Bianca White Cloud	Black River Falls, WI
4th	Onna LeBeau	Aberdeen, SD
5th	Alice Young Bear	New Town, ND

## MEN SOUTHERN STRAIGHT (18 and over)

1st	Milton Miller Sr	Bancroft, NE
2nd	Kennard Parker	Macey, NE
3rd	Samuel Phillips	Manteca, CA
4th	George L. Miller	Bancroft, NE
5th	Sonny Red Bear	Ft. Thompson, SD

## TEAM DANCE

1st	Shake N Bake: Jazz Bearstail, Tonch St. John, Kenny Pratt, Rylan Baker
2nd	Noise Makers: Toni Johnson, Shanice Lambert, Jazmin Lambert, Chelsea Finley
3rd	Chicken Dancers: Chad Morsette, Albert Ore Pennee, Lee Goodman Jr., Garret Henrywood
4th	TGraveling Jingles: Grace Pushetonequa, K.C. Hindsley, Danya Keahna, Sharron Fineday
5th	Iron 4: Buck Spotted Tail, Rusty Gillette, Lakota Clairmont, Chante Knight

## SINGING CONTEST

1st	New Agency	Rocky Boy, MT
2nd	Meskwaki Nation	Tama, IA
3rd	Fort Peck Sioux	Poplar, MT
4th	Pipestone	Stone Lake, WI
5th	Battle River	Red Lake, MN
6th	Dry Lake	Hays, MT

## PARADE OF CHAMPIONS

### BEST THEME ENTRY

Am-Vets Ladies Auxiliary, Bismarck, ND

### BEST DRUM/DANCER FLOAT

"Our Family Float,"  
Charles Lester Family Cannon Ball, ND

### BEST HORSE AND RIDER GROUP

Spirit Riders White Shield, ND

### BEST YOUTH/CULTURAL GROUP

Sitting Bull College Fort Yates, ND

## DOUBLE ELIMINATION SOFTBALL TOURNAMENT

### WOMEN

1st	Rud's Oil Hornets	Bismarck, ND
2nd	Fleetwood	Billings, MT
3rd	Redby Lakers	Redby, MN
4th	Incredible Machines	Belcourt, ND
MVP	Lexi Moran	Rud's Oil Hornets

### MEN

1st	Sioux Nation, Prairie Island, MN	
2nd	Chippis, Red Lake, MN	
3rd	Standing Rock Coyotes	Fort Yates, ND
4th	Tongue River	Tongue River, SD
MVP	Ed Buck	Sioux Nation
HR	J. C. Crawford	Agency Village, SD

Powwow Winners Photos at [www.uttcc.edu](http://www.uttcc.edu)

# International Powwow... Continued from page 1

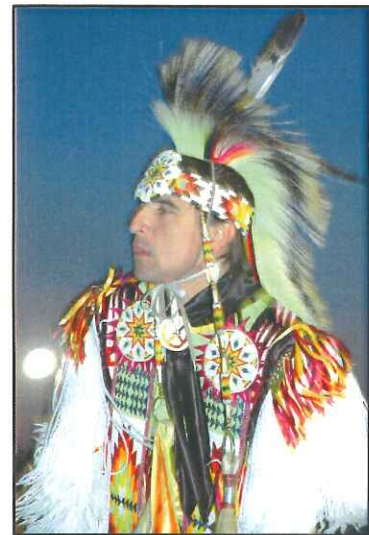
comed by the dancers; daytime temperatures were in the 60s and low 70s. But campers experienced the nip of cool overnight temps in 40s.

Head staff for the powwow was: Announcers Jim Clairmont (MN) and Ruben Little Head (MT); Arena Director Tony Kills Crow (OK); Head Singing Judge Earl Bullhead (SD); Head Men's Dance Judge Tommy Christian (MT); and Head Women's Dance Judge Harriett Good Iron (ND).

The aboriginal dance group Wadumbah, Perth, Australia, provided special cultural performances.

Twenty eight United Tribes Technical College cafeteria and college staff members, along with two students and 21 other volunteers, served a meal Sunday for 3,000 people with buffalo provided by the Turtle Mountain Band of Chippewa.

All first place dance category and singing contest winners received a jacket with the colorful 37th anniversary powwow logo, a trophy, and cash. Second through fifth place winners received cash awards.



UTN photos by Tom and Dennis J. Neumann



**37TH ANNUAL UNITED TRIBES  
INTERNATIONAL POWWOW**  
*Supporting Our Troops ~ Honoring Our Warriors*



# Wellness Center named for college founder

BISMARCK (UTN) – A new wellness center on the campus of United Tribes Technical College was dedicated September 5 in the name of one of the college's founders, Lewis Goodhouse.

Goodhouse was chairman of the Devils Lake Sioux Tribe, Fort Totten, North Dakota (presently the Spirit Lake Nation) from 1957 to 1972. He is credited with steady leadership throughout the 1960s that guided the development of community infrastructure, tribal programs and the tribe's land base.

He was responsible for changing the tribe's name from "Fort Totten Tribe," to "Devils Lake Sioux Tribe."

UTTC's Department of Community Wellness Services will offer mainstream and holistic wellness practices by a combined staff of employees in student health, counseling, chemical health, dormitory wellness, and the college's athletic and fit-



**ATTENDING THE DEDICATION:** Former ND Governor Arthur A. Link congratulates family members of Lewis Goodhouse at the UTTC Wellness Center dedication program in Bismarck. To Link's right are Kenneth Dunn and Richard Yankton, nephews of Lewis Goodhouse, Bonnie Yankton, and UTTC President David M. Gipp. At far left, Russell Gillette of UTTC. UTN photo Dennis J. Neumann



ness programs. The \$2.7 million facility is the focal location for a long-range initiative to improve and sustain the health and wellness of members of the campus community. The effort is headed up by Dennis A. Renville (Sisseton-Wahpeton), director of Community Wellness Services.

Goodhouse was chosen as the building's namesake because he was one of the original signers of the charter that created United Tribes Educational Technical Center (UTETC), as the college was known then, and served as chair of the College Board.

He died in 1982. His Dakota tribal name is Wiyaka Maza, Iron Feather.

"He served at a time when tribes had little or no power or funding to help advance their development," said David M. Gipp, *Lewis Goodhouse, 1964* UTTC President. "He was a man of quiet determination whose work helped this college."

Four primary sources provided funds for the wellness center construction: U. S. Department of Education, USDA Rural Development, Shakopee Mdewakanton Sioux Community of Prior Lake, MN, and the U. S. Department of Housing and Urban Development.

Following the dedication program and ribbon cutting, visitors toured the new building, heard presentations from staff members and enjoyed a meal.





# Student housing taking shape



**RAPID PROGRESS:** Construction is moving forward on the student apartment complex. Roofing is complete on both of the 12-unit buildings, along with a good share of the plumbing and electrical. Sheet rocking is underway; the work is being done by students in the Construction Technology Program. United Tribes received word in August of a \$94,000 grant from the Otto Bremer Foundation to assist with the project. UTN photo Dennis J. Neumann

## Billy Mills highlights UTTC running event

**WALKING INSPIRATION:** Billy Mills (Oglala Lakota), at center in blue running pants, participated in a fun walk with UTTC staff and students August 16 as part the college's first Thunderbird Half-Marathon. The Olympic Champion also signed autographs, posed for photos, and was the featured speaker at an awards ceremony. His 1964 victory in the 10,000 meter run in the Tokyo Olympics is one of the most exciting moments in sports. Mills is national spokesperson for Running Strong for American Indian Youth, a project of Christian Relief Services. He travels the country speaking to American Indian youth and families, spreading a message of inspiration and opportunity based on dignity, character and pride. UTN photo Dennis J. Neumann



## Scholarship Search Spirit of Sovereignty (SOS) Scholarship

Application form at the Financial Aid Office

Deadline to submit: November 15  
Amount \$500

### Coca-Cola Scholarship

Amount \$1,000

More Information: Bobbi Jo Zueger, Student Financial Aid Director, ext. 1209

## University of San Francisco Dissertation Fellowship Program

Academic year 2007-2008

For underrepresented ethnic minority scholars to complete a dissertation and initiate an ongoing program of scholarly or creative work—\$32,000 stipend

**DEADLINE: January 15, 2007**  
Gerardo Marín, Ph.D., Associate Provost  
USF Dissertation Scholars Search  
[www.usfca.edu](http://www.usfca.edu)

## Indian Land Tenure Learn the Lingo

Undivided Interests: Each time a land owner passes away, instead of dividing the land physically into smaller parcels, the BIA divides the land on paper, e.g. 80/120. Each co-owner shares in the tract along with the other owners. Things like lease or rental income are calculated according to the size of each person's share. Learn more: [www.indianlandtenure.org](http://www.indianlandtenure.org).

## It's a Boy!!!

Michelle Schoenwald had a baby boy (not a girl) as she thought it would be. Chris was 6 pounds and 13 ounces and was born at 7:00 p.m. September 12. She and the baby are doing excellent!

—Dennis Renville

## CT house project finished



**BIRTH OF A HOUSE:** The handy-work of UTTC Construction Technology students rolled out the giant, overhead door of the Skill Center on August 22. The two-bedroom, one-thousand square foot house was built entirely by students in 2006. It contains all appliances, hand build cabinets, central air and heating, and a gas fireplace. Directing the coming-out was David Carrington of Carrington House Moving, Carrington, ND. It was moved to a location near the college main entrance for display and sale. The asking price is a modest \$75,000.

## Health Information Vocational Club

If you're looking for a way to make your UTTC experience fun and to network with other HIT students, then why not join the HIT Vocational Club!

As with any other UTTC student organization, you can plan activities throughout the school year. Activities, to name a few, can include building a float for powwow and homecoming, fundraising, potlucks, selling concessions for basketball, and planning week long activities for Health Information Week. Working as a group, you can be as creative as you want.

It can also be a great networking tool to make friends, start study groups, mentor one another, network with other UTTC student organizations, share information on health information and build on leadership qualities by serving as an officer of the organization.

The HIT Vocational Club under good, quality, student leadership, can accomplish many things throughout the year. For more information stop by the Health Information Department on the 2<sup>nd</sup> floor of the Jack Barden Center and visit with one of the staff.

## HIT Department welcomes two new staff

### HIT Department Staff Additions

Shawn Lisa Charging is the Medical Transcription Online Career Counselor, BIO 223 Instructor and Non-degree advisor. An enrolled member of the Mandan, Hidatsa, and Arikara Nation, she is married and has two children. Shawn is a Licensed Practical Nurse and possesses a BS in Social Work and a MA in Management. She recently relocated to Bismarck from Riverdale, ND. Her prior career was focused on nursing; she worked at Garrison Memorial Hospital for the last six years.

Cheryl K. Danks is HIT Administrative Assistant. She is an enrolled member of the Mandan-Hidatsa-Arikara Nation and is a member of the Arikara Dead Grass Society. She is a 2005 UTTC graduate in Health Information Technology. Cheryl is married and has three grown daughters and an 11 year old son. Her prior work experience includes one and one-half years with the ND Game and Fish Department, 11 years with the ND Indian Affairs Commission, five years with the Sacred Child Project, and three and one-half years with the Native American Training Institute.

## JACK BARDEN COMPUTER LAB HOURS

The HIT Department would like to inform student/faculty that the Jack Barden Computer Lab is open after hours from 5-9 p.m. Monday through Thursday. It will also be open the Saturday before Mid-Terms and Finals week. There will be one staff from the HIT Department or Carol Johnson to supervise after hours.

Students are asked to exercise respect and responsibility with regard to equipment, building and faculty. The computers are for use by UTTC Students only.

Parents need to make arrangements for their children.



# Thunderbird Cross Country



September 8 – Minot State Invitational, Sage Koch, 7<sup>th</sup> place, 27:54 on the 5 mile course; top freshmen finisher. September 15 – Roy Pynn Invitational, Grand Forks, 9<sup>th</sup> place, 27:13 on the 5 mile Course. Way to go Sage!!!

## Oct./Nov. Schedule

Oct. 6	Jimmie Invitational 4 pm Jamestown, ND
Oct. 13	Concordia Invitational TBA, Moorhead, MN
Nov. 4	Division I National Meet TBA, El Paso, Texas



## Circle of Parents



### Luncheon Meetings

NOON TO 1:00 PM

OPEN TO ALL PARENTS

United Tribes  
Technical College  
Jack Barden Center  
(Lower Level)

OCTOBER 4  
OCTOBER 11  
OCTOBER 15  
OCTOBER 25

FOR MORE INFORMATION CONTACT:  
EVELEEN COOK 701-255-3285 X 1391

# Eat Well and Move It!

## Small changes today, build a lifetime of healthy habits

By SuAnn Schmitz, LRD, UTTC Extension Nutrition Program

The new MyPyramid guidelines ([www.mypyramid.gov](http://www.mypyramid.gov)) for nutrition and physical activity suggest most adults should “make healthy food choices and be active every day.” Balancing food and regular physical activity sounds simple, but it can be a challenge, too.

The best advice? Make small changes every day. These changes become habits before you know it. Make small changes in your meal and snack choices is an easy way to start. Here are some things to try:

Focus on fruits. Add more fruit to your meals. Eat fruit for a snack or fruit salad for dessert.

Vary your veggies. Try a half cup of any vegetable or a small salad at meals.

Get your calcium-rich foods. Add more low-fat dairy products every day, such as an 8 ounce glass of milk or one cup of yogurt. Choose whole-grain products every day. Try sandwiches on whole wheat bread at lunch or popcorn for a snack.

Add LIFE to your lifestyle.

Add activity to your day without crowding your already busy schedule. Plan a short walk during your break at school or work. Ask others to walk and talk rather than sitting. Making small changes daily

and weekly will build a lifestyle of healthy habits without adding time and stress. Daily physical activity has many benefits. Exercise helps you sleep better, feel good about yourself, do a better job at school or work, handle stress better and worry less. The *USDA Dietary Guidelines* recommends at least 30 minutes of activity most days of the week. If you're not very active, a good place to start is to plan to move more every day.

Here are some ideas to get you moving:

- Go for a 15-30 minute walk during your lunch break. Invite a friend!
- Play games, dance or walk with your children.
- Ride a bike or walk to class.
- Walk your dog 10-15 minutes before and after work.
- Join UTTC's Zan ni yan Walking Circle. (More info below)

For more information contact Luanne at 255-3285 ext. 1384.

Adapted from: Nutrition Fact Sheet, “The Balancing Act: Eat Well and Move It!” American Dietetic Association, Chicago, Illinois, 2005

## Zan ni yan Walking Program

Zan ni yan (Good Health) is UTTC's worksite walking program for students and staff.

Participants gather weekly to develop personal goals focusing on weight loss, fitness, basic nutrition, and emotional health.

Walking groups are led every noon from the Skill Center and 6 p.m. from the Wellness Center. Every week, two “5-minute” motivational topics will be given. Topics will include healthful eating, fitness

ideas, and emotional tips on how to maintain progress in an effort to keep participants on track for the entire school year. Individual progress records will be kept for each participant and will remain confidential.

To begin your walk to wellness call one of the Zan ni yan Coordinators: Luanne at the Skill Center x 1384, Lance x 1261, Carmen x 1323, or Eveleen x 1391 from Strengthening Life Styles Wellness Activities.

### What's Happening in Health Information Technology

- Recent UTTC HIT Graduate employed at St. Alexius Health Information Department.
- Transcription student graduates and finds employment.
- HIT Dept. looking for student leadership for UTTC Student Senate.

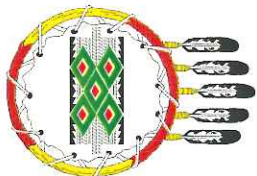
# Parade of Champions a winner



**AWARD WINNERS:** Riders Shannon Fox, at left, and Tooksie Eagle were part of the White Shield Spirit Riders group, White Shield, ND, that received the "Best Horse and Rider Group" award September 9 during the United Tribes Parade of Champions. Other winning entries were: "Best Theme Entry" - Bismarck Am-Vets Ladies Auxiliary; "Best Drum-Dancer Float" - "Our Family Float," Charles Lester Family, Cannon Ball, ND; and "Best Youth-Cultural Group - Sitting Bull College, Fort Yates, ND. UTN photo Dennis J. Neumann

NONPROFIT ORG.  
U.S. POSTAGE PAID  
PERMIT NO. 46  
BISMARCK, ND

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



JOANIE RAMEY-NEUMANN  
1114 HILLSIDE TER  
BISMARCK, ND 58501-3018

**Deadline for next issue: 5 pm - October 16, 2006**

UNITED TRIBES NEWS is published monthly by the Office of Public Information and Arrow Graphics, divisions of United Tribes Technical College, 3315 University Drive, Bismarck, ND.

#### Office of Public Information

Phone..... 701-255-3285  
Ext. 1386

U.S Toll-free..... 888-643-8882  
Ext. 1386

#### Editorial

Editor..... Dennis J. Neumann  
701-255-3285 x1386, opi@uttc.edu

Graphic Designer..... Andi Gladson  
701-255-3285 x1437, agladson@uttc.edu

To submit articles for publication in UTN, email your article and/or photos as separate attachments to opi@uttc.edu. For photo credits include the name of photographer. Please do not place images directly into text document. NO HARD COPYS WILL BE ACCEPTED. You may also mail your submission on CD to:

The Editor, United Tribes News  
Office of Public Information  
3315 University Drive  
Bismarck, ND 58554



Sorry, but due to the large volume of articles we receive, relevancy to the college and limited space, we cannot promise publication. CD submissions will not be returned.

#### Circulation & Distribution

Circulation Manager..... J. Louise Benson  
701-255-3285 x1296, jbenison@uttc.edu

Distribution..... Carla Fleury  
701-255-3285 x1311, cfleury@uttc.edu

To be added to UTN's mailing list or to change your mailing address please contact us via email at jbenison@uttc.edu.

Arrow Graphics is a full-service print shop that provides a full range of design and printing services that is available to the general public. For more information give us a call at 701-255-3285 or toll-free at 888-643-8882 ext. 1296.

Printed on 30% Post-Consumer Recycled Paper