

## Tribal Colleges host Capitol reception



**TRIBAL HOSPITALITY:** At right, Dody Blackmoon (Cheyenne River) a student in the UTTC Nutrition and Foodservice Program greets North Dakota Legislators during a February 2 reception in the Great Hall of the State Capitol in Bismarck. The event was sponsored by the ND Association of Tribal College. Leaders have invested time persuading lawmakers to provide state support for the colleges. UTN photo Dennis J. Neumann

### ND Tribal College bill earns approval

BISMARCK (UTN) – North Dakota’s tribal colleges have passed several hurdles in gaining support for tuition grants from lawmakers at the state legislature in Bismarck.

The State Senate and House have approved versions of a bill that would appro-

priate state funds to help pay for the educational costs of non-Natives who attend tribal colleges.

A number of similar measures have been introduced over the past 20 years but all have “failed to make it out of com-

Continued page 4

**EXPLORE INSIDE:**

- Clancy Honored..... p. 2
- TC Faculty Bill..... p. 4
- Importance of Education ..... p. 5
- Racism Essay ..... p. 11
- Thunderbirds Action ..... p. 14

# Clancy honored as friend to tribes



**STAR QUILT PRESENTED:** The January 24 retirement of Lynn Clancy (left), state director for North Dakota U. S. Senator Kent Conrad, was an opportunity to recognize a good friend. United Tribes Technical College President David M. Gipp (right) praised Clancy for his time-tested commitment to helping advance American Indian issues in the Congress. Gipp likened his special qualities to those of a tribal elder. Phyllis Howard, Executive Director of the North Dakota Association of Tribal Colleges, assisted in presenting a star quilt to Clancy, who said he was humbled by the gesture. Photo June Viet



## LeRoi Laundreaux's Lunch Menu

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

### Menu

	March 5 - 9	March 12 - 16	March 19 - 23	March 26 - 30
<b>M</b>	Chili Dog & French Fries	Hot Dog & Mac & Cheese	<b>M</b> Grilled Cheese & Tomato Soup	Chicken Strips & Rice
<b>T</b>	Chicken Burger & Mac & Cheese	Goulash	<b>T</b> Chicken Nuggets & Mac & Cheese	Ham & Bean Soup & Frybread
<b>W</b>	Beef Stew & Frybread	Roast Beef & Mashed Potatoes	<b>W</b> Baked Ham & Au Gratin Potatoes	Chicken & Mashed Potatoes
<b>T</b>	Chicken Stir Fry & Rice	Pizza (Cook's Choice)	<b>T</b> Hamburger & French Fries	Burrito, Spanish Rice & Refried Beans
<b>F</b>	Taco Salad	Spaghetti & Garlic Toast	<b>F</b> Chicken Stir Fry & Rice	BBQ Rib Sandwich & French Fries

## KODA THE WARRIOR

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"THE PATH OF GLORY IS ROUGH AND MANY GLOOMY HOURS OBSCURE IT. MAY THE GREAT SPIRIT SHED LIGHT ON YOURS."  
 Black Hawk  
 Sauk, 1767-1838

During the time designated as "Spring Break", we must strive to re-focus on our goals. When we connect again with that which brings us joy and happiness, there is a good chance that our return will be centered around success. So unwind. Breathe. Laugh. By taking this time, we are thus giving time to others.

BE SAFE AND BE WELL. COME BACK REFRESHED AND SMILING!



## Teacher education students attend institute



**LINING UP FOR CHILDREN:** Two pre-service teachers in the UTTC PASE program attended the Military Child Education Coalition's "Supporting Children of the National Guard and Reserve" Institute. Dawn Lambert and Jennifer Vivier took part in the event January 25-26 in Bismarck. Pictured at the institute: from left, Joan Barrett (Presenter), Major Grant Wilz, Dawn Lambert, Sergeant First Class Rick Marschner, Brigadier General Jerald Engelman, Linda Neault (Presenter), Jennifer Vivier, and Chief Warrant Officer Four Shelly Sizer.

## Correction

Two students were identified incorrectly in a photo in the last issue of *United Tribes News*. Jennifer LaFontaine graduated from the Criminal Justice Program in May and is now a student in Injury Prevention. Her cousin Raelynn Swain is the proud mother of five-month old daughter Raine. Sorry for the mix up. - dn

## Peace Studies Events

A series of public forums about peace; thoughtful discussions to raise awareness about peacemaking. All programs are free and open to the public. ND Peace Coalition.

### "Equal Rights Amendment in ND: Equality and Peace"

Wayne Stenehjelm, Brian Palecek, and Lois Altenberg  
7 p.m., Friday, March 9

Trinity Lutheran Community Center,  
3<sup>rd</sup> St. & Ave. A, Bismarck

Co-sponsored by the ND Women's Network

### "Corporate Conscience: Economics of Peace"

Howard Dahl and Don Morrison  
7 p.m., Friday, April 13

Trinity Lutheran Community Center,  
3<sup>rd</sup> St. & Ave. A, Bismarck

## 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.

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x 1387 or bhawk@uttc.edu

Teachers Serving Students from Poverty  
*The middle class background of many professionals is vastly different from their students who live in poverty.*

### THE PROBLEM

Poverty has a tremendous impact on how students behave, communicate and learn. Most teachers who come from a middle class background – with the attendant values, attitudes and expectations – need advice and help in connecting with students.

### THE TRAINING OPPORTUNITY

"Hidden Rules of Different Socio-Economic Classes"

Wednesday, March 28

8:30 a.m. to 3:30 p.m.

Prairie Knights Pavilion, Fort Yates, ND

Presenter: Ruby K. Payne, Ph.D.

Author of: *A Framework for Understanding Poverty*

### THE AUDIENCE:

Classroom teacher, administrators, school support staff, board members, and parents. Practical, real-world guidance to improve your effectiveness in working with young people from all socio-economic backgrounds.

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Dr. Laurel Vermillion, laurelv@sbc.edu

Dr. Kathryn Froelich, kathyf@sbc.edu

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# Tribal College Faculty bill introduced in Congress

WASHINGTON – A bill to recruit and retain teachers in tribal colleges and universities has been introduced in Congress. The “Tribal Colleges and Universities Faculty Loan Forgiveness Act” was introduced February 1 and referred to the Senate Indian Affairs committee.

Listed as cosponsors of S 481 are: Conrad (D-ND), Bingaman (D-NM), Dorgan (D-ND), McCain (R-AZ), Domenici (R-NM), Kohl (D-WI), and Thune (R-SD).

Senator Conrad issued the following statement when introducing the measure:

Mr. President, 5 years ago, I formed the bipartisan Task Force on Tribal Colleges and Universities to raise awareness of the important role that the tribal colleges and universities play in their respective communities as educational, economic, and cultural centers. The Task Force seeks to advance initiatives that help improve the quality education the colleges provide.

For more than 3 decades, tribal colleges have been providing a quality education to help Native Americans of all ages reach their fullest potential. More than 30,000 students from 250 tribes nationwide attend tribal colleges. Tribal colleges serve young people preparing to enter the job market, dislocated workers learning new skills, and people seeking to move off welfare. I am a strong supporter of our Nation’s tribal colleges because, more than any other factor, they are bringing hope and opportunity to America’s Indian communities.

Over the years, I have met with many tribal college students, and I am always impressed by their commitment to their education, their families and their communities. Tribal colleges and universities have been highly successful in helping Native Americans obtain a higher education. Congress has recognized the importance of these institutions and the significant gains they have achieved in helping more individuals obtain their education. While Con-

gress has steadily increased its financial support of these institutions, many challenges still remain.

One of the challenges that the tribal college presidents have expressed to me is the frustration and difficulty they have in attracting qualified individuals to teach at the colleges. Recruitment and retention are difficult for many of the colleges because of their geographic isolation and low faculty salaries.

To help tackle the challenges of recruiting and retaining qualified faculty, I am introducing the Tribal Colleges and Universities Faculty Loan Forgiveness Act. This legislation will provide student loan forgiveness to individuals who commit to teach for up to five years in one of the tribal colleges nationwide. Individuals who have Perkins, Direct, or Guaranteed loans may qualify to receive up to \$15,000 in loan forgiveness. This will provide these institutions with extra help in attracting qualified fac-

ulty, and thus help ensure that deserving students receive a quality education. Finally, the bill also includes loan forgiveness for nursing instructors at the few tribal colleges with accredited nursing programs. Nursing instructors currently receive loans through the Department of Health and Human Services for their training. As a result, without the added provision in this bill, they would not qualify for assistance.

I would be remiss if I did not recognize that former Senator Daschle was responsible for spearheading this initiative for a number of years. The tribal colleges lost a true champion, but I am pleased to carry forward his vision and support for the colleges.

I am pleased that Senators DOMENICI, DORGAN, MCCAIN, BINGAMAN, KOHL and THUNE are original cosponsors of this bill, and I look forward to working with my colleagues to pass this important legislation.

## ND Tribal College bill...

Continued from page 1

mittee,” said Cynthia Mala, president of Cankdeska Cikana (Little Hoop) Community College, Fort Totten, ND.

Starting in January, presidents from the tribal colleges began rallying support by visiting with media representative and appearing before legislative committees. The proposed law would appropriate \$700-thousand dollars in grants for student aid during the 2007-09 biennium.



If passed and signed by the Governor, it would be the first time that North Dakota tax dollars were designated specifically to support tribal colleges.

“There’s been a lot of misunderstanding about tribal colleges,” said Mala, former executive director of the State Indian Affairs Commission.

Contrary to the common assumption, non-Native students can and do attend tribal colleges. They constitute seven percent of the 2,600 students attending North Dakota tribal colleges, or about 180 students.

“Non-Native students choose to enroll because they live on or near reservations and because of affordability,” said Mala.



Cynthia Mala, president, Cankdeska Cikana Community College

Tuition rates at tribal colleges are the lowest of any higher education institutions in the state “because of poverty for Native students,” said Jim Davis, president of Turtle Mountain Community College, Belcourt, ND.

Tribal colleges have never considered asking non-Native students to pay a higher tuition cost that would more closely reflect the cost to educate, said Davis, who is also president of the North Dakota Association of Tribal Colleges. “We have always had an ‘open door’ policy,” he said.

In the form that it received committee approval, the bill called for the North Dakota University System to administer the grant program and fund it from an

Continued from page 5

**S 481 AT A GLANCE**

**SPONSOR:** Conrad N.D. and others  
Tribal Colleges and Universities Faculty Loan Forgiveness Act

**OFFICIAL TITLE:** A bill to recruit and retain more qualified individuals to teach in Tribal colleges or universities

**INTRODUCED:** February 1, 2007

**COMMITTEE:** Senate Indian Affairs  
Feb. 1, 2007 — Read twice and referred to: Senate Indian Affairs. Congressional Record p. S1521

# The Importance of Education

By Stephanie Hull, UTTC Online Elementary Education Student

approximate \$6-million appropriation they are seeking for the North Dakota Student Incentive Grant Program. The State Board of Higher Education had initially said it would prefer that funding and administration come from elsewhere.

"These students are really disenfranchised," said Mala. "They're not members of the tribe and their costs have not been covered by the state."

Among the most popular tribal college educational programs with non-Native students are nursing and teacher education.

"We offer some programs that are clearly equal to or better than those offered by mainstream universities," said Davis. "We are very good at training teachers for positions in schools that have Native student populations."



David M. Gipp, president, United Tribes Technical College



Laurel Vermillion, president, Sitting Bull College

The tribal college bill would not pay the full cost of educating a student. The grants would be based on a flat, per student payment of \$2,000 per year.

At Sitting Bull College that would mean approximately \$50,000 in funding for the 25 non-Native students who attend the college in Fort Yates, ND.

"That may not seem like much but it's a lot to us," said Laurel Vermillion, college president. "We could employ two more tutors for our students or another faculty member for student support services. We've learned to be very resourceful with what little funding we receive."

"Most tribal college graduates stay in North Dakota," said David M. Gipp, president of United Tribes Technical College, Bismarck, ND, during a committee hearing. "What we're asking is for you to invest in the future of North Dakota."



Rusty Mason, president, Fort Berthold Community College

The Greek philosopher Epictetus once said, "Only the educated are free." Education is important to every culture but it is especially important to the Native American. It is a bridge over the cultural gap that exists between the Native American and the world. Have we, as a culture, denied our children true freedom by neglecting to ensure a proper education for them?

Poverty is a leading cause of lack of education in the Native American culture. If children and their parents are not able to have the basic needs for survival, how can they be expected to expend energy on higher learning?

Poverty seems to have a generational hold on the Native American. The only way to break the chain of poverty and ignorance is through education. Then the Native American will be armed with the knowledge to rise above the expectations of their predecessors.

The next factor that may attribute to the lack of interest in education among Native Americans could be prejudice. The Native American has often been labeled as ignorant, savage and animal like, with low intelligence. You would think in a modern society like today these falsehoods would be considered folklore. Sadly, many people still cling to these old beliefs. Only when the Native American educates himself and shows others his abilities will they drop

these foolish stereotypes.

Another reason for lack of education among the Native American is culture clash. Many Native Americans resent the forced assimilation that the educational system may lead them to. According to Myrna Eshelman, in her paper "Issues in Native American Education," "To become part of the campus community, the Native American student must disassociate from their traditional communities. The Native American student may be forced to choose between higher education and their tribal community." Many educators have undermined the Native American Culture and in doing so they have created a bitter resentment of education among the Native American communities.

By incorporating valid cultural scenarios in the classroom, the educator can not only make the Native American student more comfortable but will benefit other students by educating them about other cultures. There are a few Native American education programs in existence but the need for more and diverse programs is still great. How can we ever attain true heights if we neglect to educate ourselves?

*Editor's note: This essay was printed here with the author's permission. Stephanie Hull (Cherokee) is a second semester UTTC Elementary Education student. Hull takes coursework for an AAS degree online from her home in Big Cabin, Oklahoma, about 45 minutes from Tulsa.*

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# Language endowment open to tribes

The Endangered Language Fund (ELF) will manage and distribute a new \$1.6 million grant program known as the "Native Voices Endowment."

Funding comes from the Lewis and Clark Bicentennial Council, which received revenues from the U.S. Mint's sale of the Lewis and Clark 2004 Commemorative Coin.

Grants through the program will be available to American Indian tribes that came in contact with the Lewis and Clark Expedition between 1803-1806.

The investment will be managed by the Oregon Community Foundation. It will generate an estimated \$75,000 in interest each year, which will be available to enrolled tribal members, tribal government language programs, tribal community language programs and tribal schools and colleges.

Proposals will be accepted for Native American language education programs, individual study by Native American lan-

guage students, and research efforts to document and record Native American languages for future preservation and education.

The application deadline for the first round of annual Native Voices proposals will be in the fall of 2007.

Tribes Eligible for Native Voices grants: All forty tribes who were members of the Circle of Tribal Advisors of the Lewis and Clark Bicentennial (COTA) at the conclusion of the 2003-2006 bicentennial commemoration are eligible, whether federally recognized or unrecognized. Currently, the Lewis & Clark National Historic Trail includes the states of Illinois, Missouri, Kansas, Iowa, Nebraska, South Dakota, North Dakota, Montana, Idaho, Oregon & Washington. If, by future Congressional action, states east of Illinois become part of the Lewis & Clark Trail, any federally recognized tribe along the Trail within those states will become eligible.

## Tribes Eligible for Language Preservation Grants

- Absentee Shawnee Tribe · Oklahoma
- Arapahoe Tribe of the Wind River Reservation · Wyoming
- Assiniboine & Sioux Tribes of the Fort Peck Reservation · Montana
- Blackfeet Nation · Montana
- Cheyenne River Sioux Tribe · South Dakota
- Cheyenne-Arapahoe Tribes · Oklahoma
- Chinook Indian Tribe · Washington
- Chippewa-Cree Indians of the Rocky Boy's Reservation · Montana
- Citizen Potawatomi Nation · Oklahoma
- Clatsop/Nehalem Confederated Tribes · Oregon
- Coeur D'Alene Tribe · Idaho
- Comanche Nation · Oklahoma
- Confederated Tribes of the Chehalis Reservation · Washington
- Confederated Tribes of the Colville Reservation · Washington
- Confederated Tribes of the Grand Ronde Community of Oregon · Oregon
- Confederated Tribes of the Salish, Kootenai & Pend D' Oreille · Montana
- Confederated Tribes of the Siletz Reservation · Oregon
- Confederated Tribes of the Umatilla Indian Reservation · Oregon
- Confederated Tribes of the Warm Springs Reservation · Oregon
- Confederated Tribes and Bands of the Yakama Nation · Washington
- Cowlitz Indian Tribe · Washington
- Crow Creek Sioux Tribe · South Dakota
- Crow Nation · Montana
- Delaware Nation · Oklahoma
- Eastern Shawnee Tribe of Oklahoma · Oklahoma
- Flandreau Santee Sioux Tribe · South Dakota
- Gros Ventre & Assiniboine Tribes of the Fort Belknap Reservation · Montana
- Iowa Tribe of Kansas & Nebraska · Kansas
- Iowa Tribe of Oklahoma · Oklahoma
- Kaw Nation · Oklahoma
- Kickapoo Tribe of Oklahoma · Oklahoma
- Kickapoo Tribe in Kansas · Kansas
- Kiowa Indian Tribe · Oklahoma
- Kootenai Tribe · Idaho
- Little Shell Tribe of Chippewa Indians · Montana
- Lower Brule Sioux Tribe · South Dakota
- Mandan-Hidatsa-Arikara Nation · North Dakota
- Monacan Indian Nation · Virginia
- Nez Perce Tribe · Idaho
- Northern Cheyenne Tribe · Montana
- Northwestern Band of Shoshoni Nation · Utah
- Ogala Sioux Tribe of the Pine Ridge Reservation · South Dakota
- Omaha Tribe of Nebraska · Nebraska
- Osage Tribe · Oklahoma
- Otoe-Missouria Tribe · Oklahoma
- Pawnee Nation of Oklahoma · Oklahoma
- Ponca Tribe of Indians · Oklahoma
- Ponca Tribe of Nebraska · Nebraska
- Quinalt Tribe · Washington
- Rosebud Sioux Tribe · South Dakota
- Sac and Fox Nation of Oklahoma · Oklahoma
- Sac and Fox Nation of Missouri · Kansas
- Santee Sioux Nation · Nebraska
- Shawnee Tribe · Oklahoma
- Shoalwater Bay Tribe · Washington
- Shoshone Tribe of the Wind River Reservation · Wyoming
- Shoshone-Bannock Tribes of the Fort Hall Reservation · Idaho
- Sisseton-Wahpeton Oyate of the Lake Traverse Reservation · South Dakota
- Spirit Lake Tribe · North Dakota
- Spokane Tribe · Washington
- Standing Rock Sioux Tribe · North Dakota
- Trenton Service Area (political subdivision of Turtle Mountain Chippewa) · North Dakota
- Turtle Mountain Band of Chippewa Indians · North Dakota
- Wanapum Band · Washington
- Winnebago Tribe of Nebraska · Nebraska
- Yankton Sioux Tribe of South Dakota

## Native research lecture to focus on trauma

BISMARCK (UTN) – Spero M. Manson, Ph.D. (Pembina Chippewa) is the presenter for the March gathering of the United Tribes Native Research Lecture Series. His talk, "Wounded Spirits, Ailing Hearts: Current Studies of Trauma among American Indians," is scheduled for Wednesday, March 21, from 3 p.m. to 5 p.m. in the college's Jack Barden Center.

Manson is a professor of psychiatry who directs the American Indian and Alaska Native Programs at the University of Colorado Health Sciences Center.

Dr. Manson received his graduate training (1972-78) in medical anthropology at the University of Minnesota. His work is extensively published on the assessment, epidemiology, treatment, and prevention of physical, alcohol, drug, and mental health problems across the developmental life span of Indian and Native people.

Dr. Manson serves on a wide range of boards and panels, including the National Institutes of Health, Office of the Surgeon General, Department of Veterans Affairs, and Institute of Medicine.

He has received numerous honors including the Superior Service Award from the Indian Health Service (1996, 2004); pres-

tigious Rema Lapouse Mental Health Epidemiology Award from the American Public Health Association (1998); Walker-Ames Professorship at the University of Washington (1999-2000); Hammer Award from former Vice President Al Gore (1999); named among 10 Best Telemedicine Programs in the USA (1999) by *TeleHealth Magazine*; and election to the Institute of Medicine (2002).

Dr. Manson was recently selected to receive the prestigious Herbert W. Nickens Award from the Association of American Medical Colleges recognizing his work to advance the health and welfare of American Indian and Alaska Native communities. He is the seventh recipient of the award, which is presented to an individual who has made outstanding contributions to promoting justice in medical education and health care.

The United Tribes Native Research Lecture Series is open to the public free of charge. For more information: Cheryl Long Feather 701-255-3285 x 1491 or clongfeather@uttc.edu.



Dr. Spero Manson

### NATIVE RESEARCH LECTURE SERIES

Dr. Spero Manson

"Wounded Spirits, Ailing Hearts: Current Studies of Trauma Among American Indians"

Wednesday, March 21 • 3 – 5 pm

United Tribes Technical College

Jack Barden Center • Lower level

Open to the Public • Refreshments Served

More information: [www.endangeredlanguagefund.org](http://www.endangeredlanguagefund.org), Endangered Language Fund, 300 George Street, Suite 900, New Haven, CT 06511 USA, Tel: 203-865-6163, x265, FAX: 203-865-8963, Nick Emlen at [emlen@haskins.yale.edu](mailto:emlen@haskins.yale.edu)

# Photo display at UTTC Health Day

UTN photo Dennis J. Neumann



**IMAGES OF INSPIRATION:** Hope White Bear of the North Dakota Council on Abused Women's Services describes the organization's photo exhibit to Julie Cain during UTTC's Health Day for Men and Women February 13. The images and text provide inspiring profiles of Native American survivors of violence and their community advocacy efforts. The photos were taken by award winning photo-journalist Nobuko Oyabu. The exhibit is available for public display: [www.ndcaws.org](http://www.ndcaws.org).

# Music In The Air

## At the Child Development Centers

By Lisa Azure, Childhood Development Co-Director

There is a new music program happening on Thursdays at the Infant Toddler Center and Children's Dwelling. A KinderMusik consultant is teaching the children and staff the KinderMusik music and movement curriculum. According to the staff, the program is a huge hit with the children. Some of their favorite songs are "Peanut Butter and Jelly", "The Carpenter", and "Kitchen Commotion."

At the Preschool, the children are learning to drum and sing in Lakota. Wanbli Charging Eagle, a UTTC Elementary

Ed. student, is teaching the children Lakota songs and giving them the opportunity to accompany themselves on the drum. Mr. Charging Eagle (Cheyenne River) is a recording artist and has released a number of CD's. We are fortunate to have a musician of his caliber on campus to teach our young singers!

Families are invited to participate. Please contact the Center Director, or your child's teacher, for a schedule of the activities. If you're free, you're welcome to join the fun - be ready to get up and move!

# UTTC Town Hall meetings revived

By Jesi Shanley, Assistant VP, Student and Campus Services



Transportation Director "Red" Koch outlined the college's bus transportation policies at the first UTTC Town Hall meeting on January 24.

The Student and Campus Services Department has revived the once-popular UTTC Town Hall meetings. The sessions kicked off with a January 24 lun-

cheon in the Jack Barden Center.

About 30 students and staff members feasted on roast buffalo while they received a briefing about transportation costs that appear on a student's budget sheet for student financial aid.

The discussion clarified that the transportation figure is only an estimate of the need a student may have. It is not an actual fee that is deducted from monies received.

## BOOKSTORE NEWS

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We are open 8:00 a.m. to 5:00 p.m., Monday through Friday. This includes the noon hour. So stop in and see what's new!

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Students may obtain a complete breakdown of costs deducted from their financial aid awards by contacting Jessica Stewart at Student Accounts in the Administration Building.

Also during the January meeting the Wellness Center distributed campus resource guides, which are still available at the Wellness Center.

Continued on page 8

## Meetings revived...

Continued from page 7

Future meetings are scheduled to begin at noon on the last Wednesday of every month through the end of Spring Semester in the lower level of the Jack Barden Center Student Life and Technology Center: February 28, March 28 and April 25.

The subject of the February 28 meeting is "Healthy Campus Activities."

The sessions, open to staff, faculty and students, are intended to discuss questions and/or suggestions about campus life. To place an item on the agenda, please contact Mary Calabaca x 1260.

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## Indian Land Tenure *Learn the Lingo*

**Life Estate:** The ability to use a tract of land until your death, even though title is held by someone else. For example, an Indian with a non-Indian spouse might will property to her children and bestow a "life estate" on her husband, entitling him to live on the property until his death. Learn more: [www.indianlandtenure.org/](http://www.indianlandtenure.org/).

# Heads up for walking safety

By Larry Carlson, Injury Prevention Instructor

Are you putting yourself at unnecessary risk when walking to classes in the morning?

Early hours of the day are a high-risk time for walkers. Hospital records indicate that 29 percent of pedestrian/vehicle injuries occur between 6 a.m. and 10 a.m.

The National Highway Traffic Safety Administration suggests that pedestrians walk facing traffic, walk well away from the road, and wear reflective or light colored clothing.

Fatalities generally occur when drivers cannot see a pedestrian until it's too late or



Certain areas of the UTTC campus could be prime locations for pedestrian injuries, such as near the Skill Center where vehicles enter and exit the front gate. UTN photo Dennis J. Neumann

The area on the UTTC campus between the front gate and the Skill Center is particularly dangerous on dark winter mornings, especially when there are snow flurries.

According to the CDC, American Indians suffer more than twice as many pedestrian injuries as other races. Male American Indians have the highest rates of all.

when pedestrians are walking where they shouldn't.

Remember, personal good luck is not a factor when it comes to being hit by a car from behind.

All it takes is to pay just a little attention to walk safely and avoid danger. After all, injury prevention is the best medicine.

### PEDESTRIAN SAFETY TIPS

**WALKERS ARE ESPECIALLY AT RISK IN WINTER:** The lower angle of the winter sun increases shadows cast by buildings and trees. Decreased daylight, shadows, and nightfall make it more difficult to see walkers wearing dark or non-reflective clothing.

**DRESS TO BE SEEN:** When you walk at night, remember that wearing white does not guarantee drivers can see you. Bright clothing is helpful. Reflective clothing helps even more. Always be alert.

**PAY ATTENTION TO SAFETY:** Most injuries to walkers happen when a vehicle hits them because the driver could not see the walker or the walker and driver were not paying attention to safety.



## Campus community survey conducted

By Michelle Schoenwald, Injury Prevention Instructor

Students in the Injury Prevention Program's Planning Class conducted a survey January 31 to assess the UTTC campus community. The information gathered will be used to complete a semester long class project that demonstrates the students' understanding of how to develop an injury prevention project. It also reveals an interesting glimpse of the campus community.

The injury prevention class surveyed three General Education classes; a total of 58 students participated.

Of those surveyed 94.8 percent were Native American and 5.2 were Non-Native. 43.1 percent were 21-28 years of age; 13.8 percent were 18-20 years, 24.1 percent were 29-35 years, and the remaining 15.5 percent were 36-55 years of age. 51.7 percent lived campus with the remaining 48.3 percent living off campus.

A majority of the participants had children (63.8 percent) who currently resided with them (86.5 percent). Of those with children, 48.6 percent had between 2 and 3 children, 21.6 percent had one child, and 24.3 percent had 4 or more children. Parents reported use of following UTTC facilities: daycare (56.8 percent), Theodore Jameson (40.5 percent), and preschool (18.9 percent).

Student participants reported they used the following source(s) to obtain UTTC information: college newsletter (53.4 percent), UTTC website (53.4 percent), email (54.3 percent), bulletin board (51.7 percent), and other (13.8 percent).

Participants indicated they enjoyed the following recreational activities: Powwows (41.4 percent), family events (31.0 percent), basketball (29.3 percent), movie nights (25.9 percent), other (13.8 per-

Continued page 10

## Food Safety Certification Course

BISMARCK (UTN) – Food service workers and managers, daycare workers, food vendors, and private restaurant owners are encouraged to attend the nationally recognized ServSafe course that will be held at United Tribes Technical College March 5 – 7. The course will also be held June 4 – 6, 2007.

This is a hands-on course that offers an active approach to learning safe food handling procedures. Participants practice safe food-handling methods in the UTTC Skill Center food service lab.

The course begins on a Monday afternoon; it concludes with participants taking the national ServSafe exam at 4 p.m. on Wednesday.

The exam documents a participant's 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.

Pat Aune, UTTC food safety instructor, will teach the course. A \$125 fee includes the ServSafe Coursebook, Fourth Edition, printed resources and UTTC's Together, Sharing Food Safely CD. For registration information contact Aune at 701-255-3285 x 1399 or e-mail [paune@uttc.edu](mailto:paune@uttc.edu).

The course is sponsored by UTTC's Land Grant Extension Program with funding from the USDA's Cooperative State Research, Education and Extension Service (CSREES) National Integrated Food Safety Initiative.

Short, fast paced, one-day classes are also scheduled on the UTTC campus on April 3 and May 8. Call for details about any of these classes.

## United Tribes to Host One-Day Food Safety Course

BISMARCK (UTN) – Experienced food-service managers, teachers and others interested in professional food safety certification are encouraged to attend a one-day ServSafe class Tuesday, April 3 hosted by United Tribes Technical College.

The class is a review and study session for the National ServSafe Exam.

Participants are urged to register as soon as possible so they can read *SERVSAFE ESSENTIALS FOURTH EDITION* prior to the class.

Call immediately to reserve a space; class size is limited to 25. A \$110 fee includes the book and exam.

This session is sponsored by the UTTC Land Grant Extension program. Pat Aune, UTTC food safety educator, is the instructor. Since 2004 she has taught this food safety course to foodservice managers and workers, meat inspectors, environmental health specialists and teachers.

For information or to register: 701-255-3285x1399 or [paune@uttc.edu](mailto:paune@uttc.edu).

### ServSafe® Certification Courses

Sponsored by  
United Tribes Technical College  
Bismarck, ND

The UTTC Land Grant Extension program sponsors this food safety course for experienced food service workers and managers seeking professional certification or recertification with the National Restaurant Association Educational Foundation ServSafe® Food Protection Manager Certification Examination. The class size is limited to 25. The \$125 fee includes *ServSafe® Essentials 4th Edition* and exam fee.

For registration information and confirmed dates, times and places contact: Pat Aune, UTTC Extension Food Safety Educator, 701-255-3285 x 1399 or [paune@uttc.edu](mailto:paune@uttc.edu).

#### UTTC Campus Bismarck

March 5-6, 2007, 20 hours

June 4-6, 2007, 20 hours

New Town, 16 hour classes

April 24 & 25, 2007

July 17 & 18, 2007

## ASK THE EXPERTS



### How much should my child weigh?



SuAnn Schmitz  
Nutrition Coordinator

"It's important to remember that there is no "ideal" height or weight for children. Children come in all different shapes and sizes and grow at different rates. The goal is for the whole family to make healthier food choices and increase physical activity, instead of focusing on weight and weight loss alone."



Do you have a nutrition question? Email it to: [sschmitz@uttc.edu](mailto:sschmitz@uttc.edu). If your question is published in UTN, the Land Grant Department will send you a \$10 grocery gift card.

# Child safety seats promoted

By Michelle Schoenwald, Injury Prevention Instructor

According to the National Highway Traffic Safety Administration (NHTSA), approximately 7,500 lives have been saved by the proper use of child restraints during the past 20 years. Yet, motor vehicle crashes still remain the number one killer of children ages 4 to 14 in America.

The reason?

Too often it's the improper use or non-use of child safety seats and booster seats.

That's why NHTSA and other state and local leaders joined forces on and around Valentine's Day to commemorate Child Passenger Safety Week (February 11-17).

In 2005, five children ages 14 and younger died and 640 were injured in motor vehicle crashes every single day on average.

While 98 percent of America's infants and 93 percent of children ages 1 to 3 are regularly restrained, not enough children ages 4 through 7 are restrained *properly* for their size and age.

Only 10 to 20 percent of children ages 4 through 7 who should be using booster seats to protect them are actually in them. But children ages 4 to 8 who are placed in booster seats are 59 percent less likely to be injured in a car crash than children who are restrained only by a seat belt, according to a study by Children's Hospital of Philadelphia (CHOP).

As children grow, how they need to be secured changes. Moreover, when you're an expectant mother, it's important to always wear your seat belt to protect you and your unborn child. Wear the lap belt across your hips and below your belly with the shoulder belt across your chest. Once your child is born, be a role model and continue to

buckle up every trip, every time.

For maximum child passenger safety, parents and caregivers simply need to remember and follow the *4 Steps for Kids*:

- 1) For best possible protection keep infants in the back seat, in rear-facing child safety seats, as long as possible up to the height or weight limit of the particular seat. At a minimum, keep infants rear-facing until a minimum of age 1 and at least 20 pounds;
- 2) When children outgrow rear-facing seats (at a minimum age 1 and at least 20 pounds) they should ride in forward-facing child safety seats, in the back seat, until they reach the upper weight or height limit of the particular seat (usually around age 4 and 40 pounds);
- 3) Once children outgrow a forward-facing seat (usually around age 4 and 40 pounds), they should ride in booster seats, in the back seat, until the vehicle seat belts fit properly. Seat belts fit properly when the lap belt lays across the upper thighs and the shoulder belt fits across the chest (usually at age 8 or when they are 4'9" tall);
- 4) When children outgrow booster seats, (usually at age 8 or when they are 4'9" tall) they can use the adult seat belt in the back seat, if it fits properly (lap belt lays across the upper thighs and the shoulder belt across the chest).

For more information about *National Seat Check Sunday*, Child Passenger Safety Week and the proper use of booster seats, please visit [www.BoosterSeat.gov](http://www.BoosterSeat.gov), [www.SaferCar.gov](http://www.SaferCar.gov) or [www.SeatCheck.org](http://www.SeatCheck.org).

## Survey conducted... Continued from page 9

cent), dances (8.6 percent), pool tournaments (6.9 percent), softball (6.9 percent), and football (1.7 percent).

The final question on survey pertained to safety on campus. Participants reported their top four concerns are: speeding (43.1 percent), alcohol and drugs (34.5 percent), assault violence (25.9 percent), and child passenger safety (20.7 percent). Addition-

al safety concerns include: other (19 percent), fall hazards (19 percent), motor vehicle safety (19 percent), domestic violence (17.2 percent), natural disasters (17.2 percent), rape (15.5 percent), suicide (10.3 percent), poisoning (5.2 percent), fires/burns (5.2 percent), and homicide (3.4 percent).

## CIRCLE OF PARENTS



### LUNCHEON MEETINGS

NOON TO 1:00 PM

OPEN TO ALL PARENTS

United Tribes  
TECHNICAL COLLEGE  
JACK BARDEN CENTER  
(LOWER LEVEL)

FEBRUARY 27  
MARCH 13, 20 & 27

.....

### PARENTING CLASSES

6:30 - 8:00 PM

FEBRUARY 27  
LISTENING TO IMPROVE  
COMMUNICATION BETWEEN  
PARENT AND CHILD

MARCH 13  
PARENTING WHEN  
YOU ARE ANGRY

MARCH 27  
HANDLING CHALLENGING  
BEHAVIORS

CHILD CARE IS PROVIDED  
AT THE INFANT & TODDLER  
CENTER FOR UTTC STUDENTS

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

# Racism in North Dakota

by April Victor

I'm new to this racism discussion so bear with me. I am a student at United Tribes Technical College in Bismarck. My first impression is the school is very neat. Since I've been here I've learned so much about various cultures, languages, people and their tradi-

tions. The schooling is great and the campus community is very friendly and helpful, much like what you would see on the



April Victor

San Carlos Apache Reservation where I'm from.

The scenery is beautiful. Every day the sun is marvelous as its rays reflect off the elegant sun. I have never in my life seen anything so awesome. Culture is a major part of this community, people are very traditional, and powwows are a big part of their lives. I enjoy listening to my peers speak their language, and a few are brave enough to share several of their songs with me and vice-versa I do the same. I'm proud to be an Apache from the dry desert and I hold my heritage up high. I sing songs and say several words in Apache which is an honor for me to share.

As beautiful as this place is, and close as this little community is, there's an ugliness that exists when we leave the premises. Just one mile away from our school is the small town of Bismarck. It's an old town and looks similar to Globe, Arizona, the border town to my reservation. My first encounter with racism came happened during a visit to Bismarck. I felt uncomfortable as

I walked around the mall because people stared at me. I felt I was being criticized for the color of my skin. My friends say they've been mocked because they have tribal plates on their car.

“As beautiful as this place is, and close as this little community is, there's an ugliness that exists when we leave the premises.”

— April Victor

In Arizona, I believe racism isn't so evident because there are many different cultures and because I'm so used to this diversity which is why I am new to this whole discrimination thing. When I go to town, I feel I am being treated like I come from a third class society. The people are cruel. For example, when I go out to eat people are rude, they are not patient with taking orders when all I want is something to eat. When I try to ask questions as to where something is located I hear responses like “I'm sorry. I don't know.” I've personally been offended when I heard Native people being called “squaws” and “dirty Indians.” When our basketball team plays locally in town, our team has been booed. Never in my life have I ever experienced what seems to be envy. I figured that's why our small community of “tribes” is so close. We have a common bond. We're all woven together like family.

I talked with my peers wondering if they felt the same way? I discovered because

they've been around it most of their lives, it doesn't bother them. Of course that doesn't make it right. The major response I get from my friends is “just pray for them. They're probably going to be like that for the rest of their lives.”

I have prayed for these racists, by the way, so they won't be like that for the rest of their lives. Another popular response is “just remember this is our land, not theirs. We were here first!” We existed many century's ago, and still exist today, this used to be our land, but we decided to share it with others, and for that we shouldn't feel discriminated against.

I know that's true. No matter how many times people mock me, and spit racial slurs I will always remember that we are all the Creator's people, that he put us here (on Turtle Island) first! Therefore I will stand with my head high, and let them know this is OUR land, the land that looks so beautiful, where the sun is marvelous as its rays reflect off the elegant sun. This is my land that's so beautiful. This is Our land.

Even though we live in the twenty-first century it's hard to believe that we still have to deal with racism, but we have to remember not to get mad when we face these sorts of circumstances, we shouldn't stoop to the level of people who bring us down. We are indigenous people, the tradition and cultural ways run in our blood that's what makes us different and strong. Be proud of what your grandparents taught you, but most of all be proud of YOU!

Ahiiyeh Ashoon! (Apache for “Thank you.”)

*Editor's Note: This essay was printed here with the author's permission. It was posted February 14 on the website Native Youth Magazine, [www.nativeyouthmagazine.com](http://www.nativeyouthmagazine.com). April Victor is a student in the UTTC Injury Prevention program attending her first semester at the college.*

## A SEASON FOR NONVIOLENCE

Daily PRACTICES MAKE A DIFFERENCE • JANUARY 30 THROUGH April 4

SIMPLICITY: To simplify is to invite peacefulness. Think of THREE ways you can simplify your life and put at least one into practice today. Inspired by the principles of non-violence practiced and taught by Mohandas K. Gandhi and Dr. Martin Luther King Jr. and many others. To receive a daily guide for the Season for Nonviolence, contact: Aruna & Vinod Seth 701-223-4234, [vinseth@btinet.net](mailto:vinseth@btinet.net)  
SPONSORED by THE GANDHI PEACE NETWORK OF NORTH DAKOTA

# Students unveil business plans

By Carol Anderson, Small Business Management Instructor

Students in the Advertising One class of Small Business Management unveiled their carefully prepared business plans during a January 26 showcase in the UTTC Skill Center.

The event provided an opportunity for students to describe business and marketing plans they prepared as a class project, and to receive feedback from those who have business experience.

Two special guests attended: Julie Dahle, Dakota Community Bank, and Eldon Haught, a member of the Business Management Advisory Board and international business owner. Also present to learn about the student's plans and ask questions were

UTTC Vice Presidents Russell Swagger and Phil Baird, and University Center Director Barbara Schmitt.

Students who participated in the showcase were: Tina Azure, Florine Burning Breast, Autumn Elm, Naomi Kasto and Alice Rooks.

Thank you to everyone who attended and helped the students test and improve their business planning skills.



Florine Burning Breast (Rosebud) describes her business plan for a combined convenience store-restaurant-swimming pool during the business showcase. As a result of the discussions she learned how to modify the plan to include a more accurate estimate of construction costs and wages. UTN photo Dennis J. Neumann

## United Tribes All Staff Professional Development Day

"Providing the Next Level of Excellence"

March 12, 2007

8:00 Coffee / Continental Breakfast in the Multi-Purpose Room (Sponsored by Student & Campus Services)

8:30 Prayer

8:40 Welcome and Opening Speaker

	JBC 209	JBC 210	JBC 129	JBC 130	JBC Commons Area	JBC Computer Lab	Wellness Center Conference Room	Wellness Center Healing Room	Children's Dwelling
9:20-10:35	Campus Intranet: JICS Leah Woodke and Doug Quinn	Using MS Outlook to Work for You Frank Bosch	The Facts of Methamphetamine Ray Dingeman	Share Safe Food at Feeds, Powwows, and Memorials Pat Aune	The New NCA Standards Standards & Accreditation Committee	A Template for Writing Trimester Reports Jen Janecek Hartman	ND Career & TechPrep Resources for Curriculum and Department Strategic Plans Jeff McDowell	Fitness Fusion in 15 Minutes Mark Mindt	Eagle Soaring: The Power of the Resilient Child and Adolescent Bonnie Engel
10:45-12:05	Campus Intranet: JICS Leah Woodke and Doug Quinn	Using MS Outlook to Work for You Frank Bosch	Conflict Management Bonnie Engle	Share Safe Food at Feeds, Powwows, and Memorials Pat Aune	The New NCA Standards Standards & Accreditation Committee	A Template for Writing Trimester Reports Jen Janecek Hartman	Automotive Myths Rick Janke	Fitness Fusion in 15 Minutes Mark Mindt	Helping Infants & Toddlers Make Sense of Their World Rhonda Breuer
12:05-1:00	Lunch (On Your Own)								
1:05-2:20	Campus Intranet: JICS Leah Woodke and Doug Quinn	IT Updates and Campus WiFi Marla Trail	The Facts of Methamphetamine Ray Dingeman	Child Abuse and Neglect Burleigh County Social Services	The New NCA Standards Standards & Accreditation Committee	Writing Doable Departmental Strategic Plans Jen Janecek Hartman	ND Career & TechPrep Resources for Curriculum and Department Strategic Plans Jeff McDowell	River Rock Relaxation Mark Mindt	Helping Infants & Toddlers Make Sense of Their World Rhonda Breuer
2:30-3:45	Campus Intranet: JICS Leah Woodke and Doug Quinn	IT Updates and Campus WiFi Marla Trail	Conflict Management Bonnie Engle	Child Abuse and Neglect Burleigh County Social Services	The New NCA Standards Standards & Accreditation Committee	Writing Doable Departmental Strategic Plans Jen Janecek Hartman	Automotive Myths Rick Janke	River Rock Relaxation Mark Mindt	Eagle Soaring: The Power of the Resilient Child and Adolescent Bonnie Engel
4:00-5:00	(Multi-Purpose Room) Closing Activities: Collect Evaluations and Documentation Cards Closing Prayer								

# Selling Food at Campus Activities

By Pat Aune, UTTC Food Safety Educator

Is your group planning to sell tacos, chili, or burgers to raise funds? If so, plan to borrow electric fry pans, slow cookers, serving tongs, ice chests, etc from the Land Grant food safety program. You will also receive disposable aprons, hairnets, gloves and cleaning products. These resources are free to campus student and employee groups. Advance reservations are required.

Students enjoy homemade goodies and they enjoy sharing their food specialties but preparing food for large groups and for sale to the public requires extra effort to keep the food safe. Cooking for a large group requires larger equipment and more equipment than most people have at home or in the dorm. Food sold to others needs to be prepared in a public or business kitchen that has been inspected for health and safety issues.

With advance planning and reservations you can come to the Skill Center food lab, prepare, cook and refrigerate food that is

ready for a fundraising event. You can borrow serving equipment and storage containers. After your fundraising event you



**CASH IN ON SAFETY:** Making the money is but one part of a successful food service fund-raiser. Safety training and food service equipment is available to all campus groups. Stephanie Trottier accepts the greens for a Student Senate concession during a T-Bird basketball game.

can then return for clean-up. Since Nutrition and Food Service students use the lab for preparing quantity foods we need to check the schedule and plan in advance to accommodate other groups.

Why is this being done? Many youth and

adults on this campus are at high risk for food borne illness. Anyone with a health problem like diabetes or cancer, children under four years of age, and pregnant women are considered to be high risk. Sometimes the illness includes flu type symptoms. Sometimes dehydration and other complications require medical treatment and hospitalization.

Share safe food by learning and following food safety rules. Call Pat Aune, UTTC Food Safety Educator, x 1399 for “17 Steps to Serving Safe Food at Feeds, Powwows, Memorials and Street Fairs.” Also ask for the equipment and supply reservation form.

“Together, Sharing Food Safely” is a UTTC Land Grant Extension program supported by the U.S. Department of Agriculture National Integrated Food Safety Initiative.

UNITED TRIBES TECHNICAL COLLEGE MARCH CALENDAR						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Open Gym 1-9 pm Movie 6 pm - JBC Talking Circle 6 pm	1 Open Gym 1-9 pm Open drum/hand games 6:30-8:30 pm Healing Room	2 Open Gym 1-9 pm
Open Gym 1-9 pm	4 Spring Break Open Gym 8 am-9 pm	5 Spring Break AICW Conference - Albuquerque, NM Open Gym 8 am-9pm Domestic Violence Presentation 6 pm JBC LL	6 Spring Break AICW Conference - Albuquerque, NM Open Gym 8 am-9 pm	7 Spring Break AICW Conference - Albuquerque, NM Open Gym 8 am-9 pm Movie 6p JBC	8 Spring Break AICW Conference - Albuquerque, NM Open Gym 8 am-9 pm	9 Open Gym 1-9 pm
Open Gym 1-9 pm	11 Open Gym 1-9 pm Weightlifting contest 1-3 pm Open drum 8:30-8:30 pm Healing Rm BB Leagues Professional Development Day	12 Open Gym 1-9 pm TJES activity 3:15 pm Parenting Classes JBC LL 6 pm Circle of Parents Group 12 pm JBC LL	13 Open Gym 1-9 pm Pool Leagues 6 pm	14 Open Gym 1-9 pm Movie 6 pm JBC Talking Circle 6 pm	15 Open Gym 1-9 pm Open drum/hand games 6:30-8:30 pm Healing Room Last Day to Drop a Class	16 Open Gym 1-9 pm
Open Gym 1-9 pm	18 Open Gym 1-9 pm Open drum 6:30-8:30 pm Healing Room	19 UTTC League: Tourney 6 pm Open Gym 1-9 pm TJES activity 3:15 pm Circle of Parents Group 12 pm JBC LL	20 Open Gym 1-9 pm Pool Leagues 6 pm UTTC League: Tournament 6 pm Research Lecture 3 pm JBC	21 Open Gym 1-9 pm Movie 6 pm JBC UTTC League: Tournament 6 pm	22 Open Gym 1-9 pm Open Gym 9 pm-2 am Open drum/hand games 6:30-8:30 pm Healing Room	23 Open Gym 1-9 pm
Open Gym 1-9 pm	25 Open Gym 1-9 pm Open drum 6:30-8:30 pm Healing Room	26 Open Gym 1-9 pm TJES activity 3:15 pm Parenting classes JBC LL 6 pm Circle of Parents Group 12 pm JBC LL	27 Open Gym 1-9 pm Pool Leagues 6 pm	28 Open Gym 1-9 pm Movie 6 pm JBC Talking Circle 6 pm	29 Open Gym 1-9 pm Open Gym 9 pm-2 am Open drum/hand games 6:30-8:30 pm Healing Room	30 Open Gym 1-9 pm

# Thunderbirds In Action



Colette Hawley (Fort Belknap) Hays, MT, used the jump hook effectively in the February 8 game against BSC; she scored a team-high 25. Jarvis Bears Tail (Three Affiliated) Bismarck, ND, glides in for two of his team-high 33 points on February 8 in the 101-100 win over Bismarck State. UTN photo Dennis J. Neumann

## TALKING CIRCLES

### Diabetes Talking Circles

UTTC students, faculty and staff are invited to join Diabetes Talking Circles. This group is open to anyone who has diabetes, has a friend or family member diagnosed with diabetes, or would like to improve their own personal wellness.

- March 20      Nutrition
- April 17      Traditional Foods
- May 15        Healthy Lifestyles

**Talking Circles will be held  
3rd Tuesday of each month in the  
Wellness Center at 12:00 noon.**

**FREE LUNCH**

Contact: SuAnn Schmitz, LRD at 255-3285 ext. 1397      UTTC Extension Nutrition Education Land Grant Program

## Honoring Our Respected Elder



**A LIGHT MOMENT:** There were more than just a few moments of good humor mixed into a respectful honoring February 15 for Russell Gillette (Arikara), counselor and spiritual director, UTTC Chemical Health staff in the Lewis Goodhouse Wellness Center. Counselor Helen Lindgren (right) was one of many staff members who shared a moment about his 22 years of service to United Tribes. Russell's advice to others: "Start and end the day in prayer, like we learned from our respected elders." UTN photo Dennis J. Neumann

# American Heart Month observed

By SuAnn Schmitz, UTTC Extension Nutrition Educator

“Go Red For Women” is the American Heart Association’s nationwide movement that celebrates the energy, passion and power women have to band together and wipe out heart disease.

On February 2 UTTC employees participated in National Wear Red Day at a State Capitol Legislative reception sponsored by the North Dakota Association of Tribal Colleges. The United Tribes Technical College Land Grant program is partnering with the American Heart Association to fight heart disease. The campaign includes dissemination of heart healthy information to tribal areas in North Dakota. On March 7 the Bismarck chapter of the American Heart Association will host a luncheon and style show at the Ramkota, which will feature Native American women in tribal regalia.



Members of the UTTC Land Grant staff participated in National Wear Red Day on February 2 at the State Capitol. From left: Annette Broyles, Nutrition and Foodservice Instructor; Pat Aune, Food Safety Educator; and SuAnn Schmitz - Extension Nutrition Educator. UTN photo

## Ways to Love Your Heart

- ♥ Regular checkups.
- ♥ Have your cholesterol and blood pressure checked.
- ♥ Follow your doctor’s advice for nutrition and physical activity.
- ♥ Take your medications.
- ♥ Don’t smoke.
- ♥ Try for at least 30 minutes of physical activity each day.
- ♥ Eat lots of fruits, vegetables, whole-grain foods and fish.
- ♥ Cut back on high fat foods.
- ♥ Avoid salty foods.
- ♥ If you drink alcohol, drink in moderation.

For more heart healthy information, contact the UTTC Land Grant Department 701-255-3285 x 1397.

# Using Your Head



**HALF TIME ENTERTAINMENT:** Alvin Grassrope (Lower Brule), a UTTC Computer Information Technology student, busted some moves between basketball games on January 24 in the Bismarck Civic Center. Other students looking on, from left, are James Young, Buster Fox, and D. J. St. John. Alvin’s agile break-dance was performed spontaneously and without padding on a concrete floor, much to the delight of appreciative Thunderbirds fans. UTN photo Dennis J. Neumann



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# 2007 Powwow Poster Art Selected

**FANCY DANCE MOVE:** The image of a male fancy dancer in bright regalia, with his head held high, has been selected to represent the 38<sup>th</sup> Annual United Tribes International Powwow. The work, "Wacipi Waste," rendered in mixed styles by artist Don Brewer (Cheyenne River/Oglala Lakota) of Globe, Arizona, pays tribute to the joy and goodness of the powwow.

Brewer's work will adorn thousands of wearable and collectible items used to promote the 2007 event scheduled for September 6 – 9 on the college campus in Bismarck. It is the third time a work from Brewer has been selected. The acrylic/horsehair/beaded original is part of the college's collection of American Indian art, some of which is on display at the college's Cultural Interpretive Center.

As one of the longest running contest powwows in the country, the United Tribes International Powwow typically attracts 800 dancers, more than two dozen drum groups, and upwards of 15,000 spectators, to the college campus. Held annually since 1969, the four-day event is the last of the large outdoor powwows on the Northern Plains at the end of the summer season.

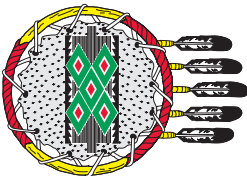
To obtain a free poster or information about the powwow and associated events contact Sandy Erickson, [serickson@uttc.edu](mailto:serickson@uttc.edu), 701-255-3285 x 1293, FAX 701-530-0633, or visit [www.uttc.edu](http://www.uttc.edu).

"Wacipi Waste" by Don Brewer



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The Editor, United Tribes News  
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Due to the large volume of articles we receive we cannot promise publication. CDs will not be returned.

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