

# UNITED TRIBES NEWS

## November Edition

www.uttc.edu



Safety House page 19

NOVEMBER 2007

UNITED TRIBES TECHNICAL COLLEGE • BISMARCK, ND

VOLUME 16 NUMBER 10

## Design selected for AIHEC conference

BISMARCK (UTN) – The computer-designed artwork of a student at United Tribes Technical College will be the image that represents the annual meeting of students attending the nation's tribal colleges and universities.

annual event.

The 2008 AIHEC Student Conference is scheduled for March 17 – 20 in Bismarck, North Dakota. It brings together students, faculty and administrators from 35 member institutions, located primarily in the western



Sandra Red Feather, Pine Ridge, SD, designed the image that will represent the 27th annual meeting of the American Indian Higher Education Consortium. UTN photo Shawn Holz

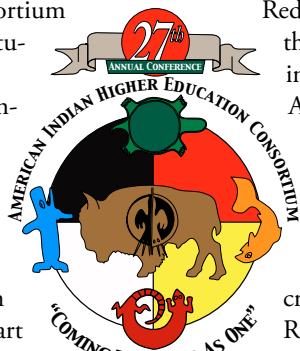
A design by Sandra Red Feather, Pine Ridge, SD, was selected by the American Indian Higher Education Consortium (AIHEC) for its 27th annual student conference next year.

Red Feather, an enrolled member of the Oglala Sioux Tribe, is a second year student in the United Tribes Art-Art Marketing Program.

"It feels great," said Red Feather about having her design selected. "I had never won an art contest before."

Art-Art Marketing Instructor Wayne Pruse encouraged Red Feather to enter the contest. She did her research by going on to the internet and visiting the websites of schools around the country that attend the

part of the nation, that serve the higher education needs of American Indian students.



Red Feather designed the logo over the course of three weeks entirely in the computer using the program Adobe Illustrator. She received ideas and suggestions from other students and technical help and guidance from her instructor Colleen Bredahl.

The design contains images of creatures in the natural world that Red Feather selected because they are common to regions of the country where AIHEC schools are located. As a background she chose the colors of the Medicine Wheel.

With her newfound success, Red Feather says she's thinking about entering other work

## Online Education receives boost

### *Title III Grant Helps Expand Distance Education in Indian Country*

BISMARCK (UTN) – A grant from the U. S. Department of Education will enhance the distance education programs at United Tribes Technical College.

A five-year, \$2.4 million award under the department's Title III, Strengthening Developing Institutions Program for Tribal Colleges and Universities, has helped UTTC create a new Center of Educational Outreach devoted to expanding access to postsecondary education.

"This provides the resources to expand our assessment of higher education pathways for American Indian people not served by tribal colleges and universities," said Dr. Phil Baird (Sicangu Lakota), vice president of Academic, Career and Technical Education. "We presently have five online degree programs available. Depending on interest and demand, we're preparing to develop additional distance education programming after we know how Indian communities want to be connected with technology."

UTTC is the nation's only tribal college accredited with online degree programs. The new center will become part of the college's Distance and Continuing Education Division. Dr. Leah Woodke, the division's chairperson, and webmaster David Taylor, created the college's own learning management system (LMS) that is similar to education technology platforms such as WebCT and Blackboard.

"Our LMS – nicknamed 'INDGiLearn' – has the capability to provide student support services along with effective online instruction," said Woodke, who will serve as the Title III project director. "We've been

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# Moose Lodge donates to Carpentry Club



**DIRECT SUPPORT:** United Tribes Carpentry Club President Steve Raining Bird (Fort Peck Tribe) accepted a \$200 donation October 1 from the Bismarck Moose Lodge #302 to support club activities. Construction Technology Instructor Al Houn facilitated the contribution in his role as Moose Lodge Junior Governor. Among other things, the club will use the funds to purchase class rings for students who graduate from the Construction Technology Program. UTN photo Dennis J. Neumann



## LeRoi Laundreaux's Lunch Menu

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

## Lunch Menu

Oct. 29 - Nov. 2	November 5 - 9	November 12 - 16	November 19 - 23
<b>M</b> Grilled Cheese & Tomato Soup	Chicken Nuggets & Rice	<b>M</b> Sloppy Joe & French Fries	Grilled Ham & Cheese & Tomato Soup
<b>T</b> Burrito, Spanish Rice & Refried Beans	Hard Shell Taco & Roundabouts	<b>T</b> Taco Salad w/ Assorted Toppings	Indian Taco w/ Assorted Toppings
<b>W</b> Baked Ham & Au Gratin Potatoes	Baked Chicken & Mashed Potatoes	<b>W</b> Beef Stew, Frybread & Wojapi	Roast Beef & Mashed Potatoes
<b>T</b> Pizza (Cook's Choice)	Hamburger & French Fries	<b>T</b> Chili Dog & Mac & Cheese	Hamburger & French Fries
<b>F</b> Chicken Fried Steak & Potatoes	Chicken Stir Fry, Fried Rice & Egg Roll	<b>F</b> Pizza (Cook's Choice)	Chicken Strips & Au Gratin Potatoes

## KODA THE WARRIOR "Spirit Lake Monster" Part 2 of 2 Concludes

CREATED BY MARK L. MINDT  
SPIRIT LAKE NATION

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kodathewarrior@yahoo.com

Printed on Acid-Free 30% Post-Consumer Recycled Paper

# United Nations Declaration Explained

*Affirming the Spirit of the United Nations Declaration on the Rights of Indigenous Peoples*

By David M. Gipp, President, United Tribes Technical College

September 13, 2007 was a very important day for indigenous peoples throughout the world and a day to celebrate. September 13 was the day the United Nations passed the Declaration on the Rights of Indigenous Peoples. The vote was 143 in favor, 4 against and 11 abstaining. The countries voting against were the United States, Australia, New Zealand and Canada.

My dear friend, Chief Oren Lyons of the Onandaga Nation, was involved in developing the Declaration. It took over 30 years of intense negotiations. Many nations and the "Working Group" of indigenous nations contributed so much to the understanding of the member nations of the United Nations and staff members about the issues facing Indigenous Peoples around the globe. Their efforts also led to the establishment of the Permanent Forum on Indigenous Peoples, which meets annually in May in New York City at the United Nations.

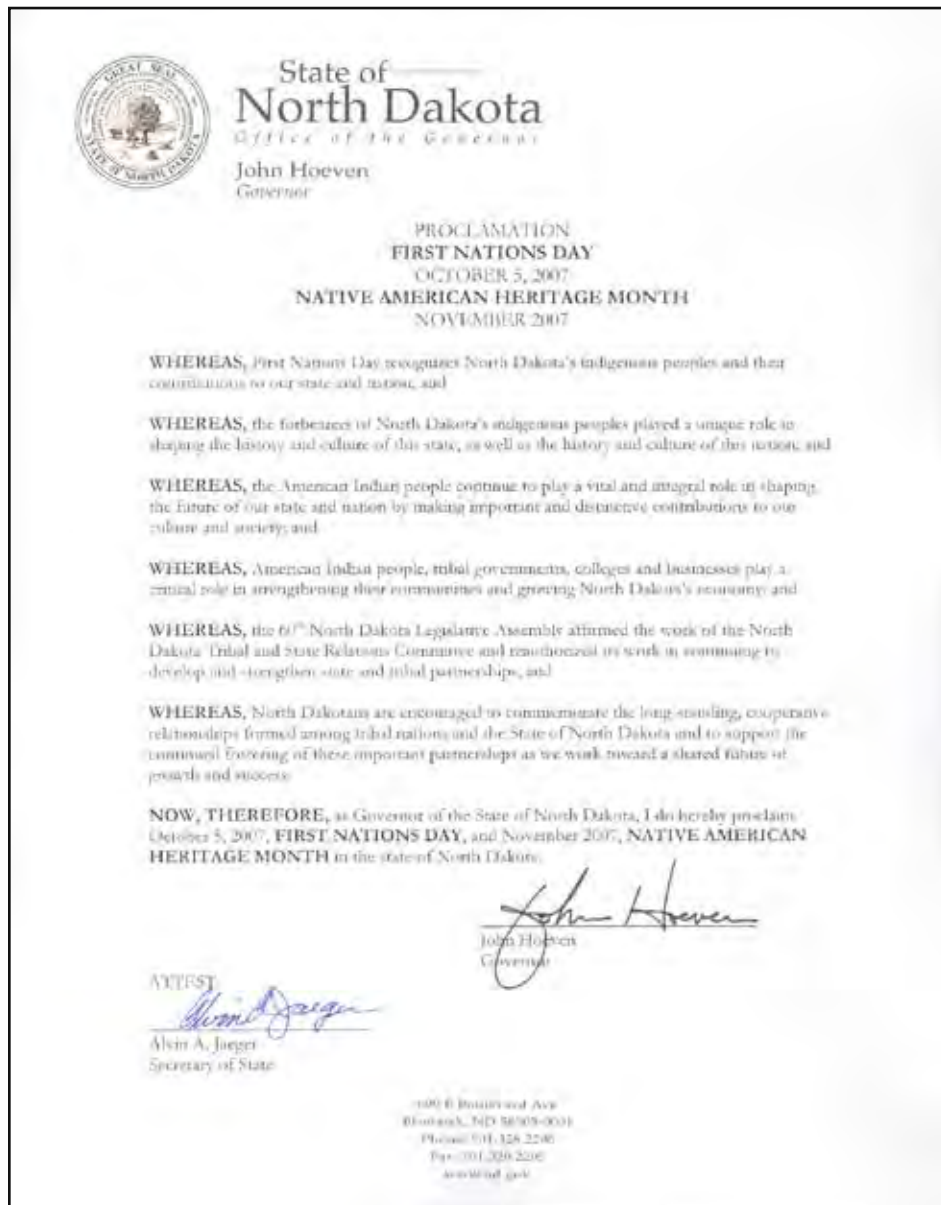
## *What does the UN declaration mean to tribal nations in the united states?*

It is a statement by the world's nations declaring that the rights of indigenous peoples are not subject to interference by the host nation.

It is a statement by the world's nations declaring that indigenous peoples have a right to a homeland, that their resources should be protected, that their culture, religion and way of life is not to be interfered with by the host nation.

It is a statement that by the world's nations declaring that each indigenous nation has a right to self-government and self-determination – to determine for themselves how to develop their homelands. This is NOT the same kind of "self-determination" that the 93-638 Indian Self-Determination Act talks about. Self-determination is an inherent right of each indigenous nation.

It is a statement by the world's nations declaring that reparations should be made to indigenous nations for the harm done them by host governments so that the



rights of the indigenous nations to self-determination are meaningful rights.

In the United States, the Federal government claims it has "full" or "plenary" power in Indian affairs and that it has already compensated the Tribal Nations for harm done to them. The UN Declaration says that the host government does NOT have that kind of right to control indigenous nations. Indigenous nations have the right to determine their own destiny. This is one of the reasons the United States, Canada, New Zealand and Australia voted against the Declaration. Those nations think they have the right to tell indigenous nations

what to do under their laws. The UN Declaration challenges that presumed "right."

The Declaration is not perfect. It was a compromise and included things that weakened the ability of indigenous nations to govern themselves free of outside interference. But it is a good start to creating healthy relationships between indigenous nations and the host nations in which they are located.

## *What should happen next?*

In coming months and years, the issues will be in the interpretation and imple-

**Continued page 6**



# Teaching students create "I AM" posters

The following writings were created by UTTC pre-service teachers in the Multicultural Education course. These are "I AM" posters, an activity that encourages students to share perspectives about themselves

—Leah Hamann  
Teacher Education Instructor

I am a father and a husband of a family of four.  
I am a student and player of the game of basketball.  
I am a son and a brother of a family of four.  
I am a role model for all who choose to learn.  
I am a representative of all Native people.

*Merrill Howling Wolf*  
(Arikara) Three Affiliated Tribes

I am a mother and a wife, of a very loving family.  
I am a student in the classroom.  
I am a teacher to my children at home.  
I am a good listener to everyone.  
I am optimistic when it comes to my future.

*Yvonne Howling Wolf*  
(Three Affiliated Tribes) Mandaree, ND



During Pre-Professional Development day for PASE pre-service teachers on August 9, Marlene Schrock, North Dakota Education Association Educator of the Year, presented about Effective Teachers. From left: Cynthia Balliet, Thomas Yellow Bird Sr., Rhonda Yellow-Crantz, Tammy Kelsch, Jennifer Vivier, Marlene Schrock, Deanna Urbanec and Leah Hamann. Seated: Kelly Hosie-Pourier.

I am a listener and learner of my children.  
I am a mother to my children and a daughter to my parents.  
I am a giver of happiness and fun to my family and friends.  
I am a trustful person.  
I am a believer of dreams.

*Marlarae Cook*  
(Cheyenne River Sioux) Eagle Butte, SD

I am an inspired grandchild and daughter.  
I am a loving and nurturing mother.  
I am a calmer of fears and a champion of truths.  
I am a diva of diaper duty, mops, brooms, and dishpan hands.  
I am a hardworking individual, academic and otherwise.  
I am the ship, captain, and crew on the adventure of discovering my own destiny.

*Kara Runs After*  
(Cheyenne River Sioux) Eagle Butte, SD



Marilyn Johnson, a member of the PASE Advisory Board, at left, conducted a presentation about how to prepare for the interview process.



Melissa LaFontaine, left, and Janice St. Claire shared their experiences with their peers about student teaching.

## Native Research Lecture Series

November 2007 Guest  
Lecturer

**Dr. Darryl Tonemah**  
(Kiowa/Comanche)

**"STRENGTHENING INDIAN  
NATIONS THROUGH  
STRENGTHENING LIFESTYLES"**

**November 15, 2007**  
**10:00 a.m. – 11:00 a.m.**  
**UTTC Wellness Center**  
**Healing Room**

### Session Description:

Dr. Tonemah will discuss his work with diabetes prevention and lifestyle change research among American Indian populations. His findings can help identify critical ways in which Tribal communities can take control of diabetes prevention and combat this disease which affects so many American Indian people. Dr. Tonemah also discusses the important link between health and well-being and how we can all contribute to our personal wellness.

### Presenter Description:

Dr. Darryl Tonemah is a man with an interesting story and an interest in story. He has three bachelor's degrees and two master's degrees, as well as a Ph.D. in counseling psychology from the University of Nebraska-Lincoln. His undergraduate degrees are in psychology, sociology and gerontology, and his master's degrees are in community counseling and cultural studies. Dr. Tonemah currently works with the National Institutes of Health on diabetes prevention and lifestyle change research among Indian populations and is the director of Health Promotion Programs at the University of Oklahoma. He also works with Native groups across the United States and Canada promoting health and wellness. If that weren't enough, he has appeared in two movies, and is an accomplished musician with four CDs to his credit.

**Everyone is invited!**  
**Open to the public!**  
**Refreshments served!**

# New Tool for Data Gathering

By Cheryl Long Feather, United Tribes Research Director

The Office of Research will soon be rolling out a new tool for students, staff and faculty to gather, locate and utilize data. The new Central Data Repository is a web-based tool for storing and sharing data that will be useful in writing grants, developing programs, keeping track of important historical information and tracking trends.

The Office of Research worked with Nexus Innovations of Bismarck to develop and design the site. The site uses the newly improved and popular Sharepoint software. Nexus Innovations designer and programmer Damien Seese says that the site provides a centralized location that will be much faster than traditional methods: "Prior to the new research site, individuals had to locate the information they needed through various sources that could have taken days or weeks."

Seese notes some of the technical benefits of the site include "a clear and understandable navigation to the various types of information being stored, the ability of the users to utilize a robust search engine to locate needed information, increased value as information is added and stored over the years and a centralized point for backup and restoring of information."

Research Director, Cheryl Long Feather, cautions that the site will only be as good as the information shared. "The site will definitely need the help of everyone at UTTC to maximize this tool and build a site that is truly unique and utilitarian."

The site will be opened for use by the end of November. Nexus Innovations will assist UTTC stakeholders in using the site by providing training and technical assistance for the site early in the new year. The Office of Research is currently looking for students or staff or faculty members that are proficient with Excel to assist in disaggregating data for the site. The current information will come primarily from information already gathered for other data-based projects. For more information about the site or how you can earn money and help build the site, please contact Cheryl Long Feather at 701.255.3285 x 1491 or stop in at building 11.

# How Are You Smart?

*Editor's Note: In the book "How We Are Smart," Lee and Low Books, 2006, author W. Nikola-Lisa and illustrator Sean Qualls say there are eight ways to be smart. It's based on the idea, or theory, of "multiple intelligences" developed by Dr. Howard Gardner, a psychologist at Harvard University, and popularized by Dr. Thomas Armstrong, an educator and psychologist. The experts say that everyone is smart in his or her, own way, and each of us uses all eight intelligences to some degree.*

## *Eight Ways to be Smart* (from "How We Are Smart," children's book format)

**BODY SMART** People who are body smart use their bodies to solve problems or communicate ideas that cannot be expressed in other ways. They are usually physically coordinated and strong. Dancers, actors, athletes, mechanics, builders, surgeons, and sculptors are all body smart. If you are body smart you might like to use your body to express yourself, enjoy moving your body, or be good at many physical activities.

**LOGIC SMART** People who are logic smart can solve complex problems using either language or numbers. They have the ability to notice patterns and approach problems logically. Mathematicians, scientists, computer programmers, lawyers, writers and engineers are all logic smart. If you are logic smart you might be good with numbers, ask lots of questions, enjoy figuring out things you don't understand, or like to do experiments.

**MUSIC SMART** People who are music smart like music, of course, and they are very aware of nonverbal sounds in their surroundings. They have a knack for remembering melodies, noticing pitches and rhythms, and keeping time. Singers, musicians, composers, sound engineers, and songwriters are music smart. If you are music smart you might like to hum tunes, sing songs, listen to music, or play an instrument.

**NATURE SMART** People who are nature smart recognize features in the natural world, enjoy classifying things, and understand the environment. They are sensitive to nature and how the activities of people affect the natural world. Animal trainers, gardeners, explorers, environmentalists, and landscapers are all nature, smart. If you are nature smart you might like to take walks, garden, care for pets and animals, or just gaze up at the sky.

**PEOPLE SMART** People who are people smart are aware of the moods, feelings, and desires of others. They care about people and can work effectively with, them. Teachers, coaches, doctors, politicians, salespeople, and religious leaders are all people smart. If you are people smart, you might know many people, enjoy being with them, or have lots of friends. You might like working in groups, often becoming the leader.

**PICTURE SMART** People who are picture smart think in pictures, creating mental images or models of what they are thinking about. They tend to remember things in images instead of words. Artists, architects, inventors, interior decorators, some scientists, and land surveyors are all picture smart. If you are picture smart you might like to draw or paint; enjoy working puzzles and mazes or be good at reading maps, diagrams, and graphs.

**SELF SMART** People who are self smart have good knowledge of their strengths and weaknesses. They learn from their experiences, set personal goals, and are sensitive to their own feelings and those of others. Actors, film makers, clergy members, writers, and guidance counselors are all self smart. If you are self smart you might like to keep a diary or journal, create your own projects and activities, or solve problems by yourself.

**WORD SMART** People who are word smart like to use words. They possess a love of and a facility with spoken and written language, and have an ability to learn languages. Poets, writers, lawyers, journalists, politicians, comedians, and speechwriters are all word smart. If you are word smart you might be good at memorizing names, places, and dates; reading, writing, and telling stories; or learning foreign languages.

# Flu vaccine available

By Suzanne Shields, RN, Student Health Center Director

The United Tribes Technical College Student Health Center will offer flu vaccinations for students, staff and faculty.

Vaccine will be administered to students the week of October 29 to November 2 in the Student Health Center offices of the Lewis Goodhouse Wellness Center between 9 a.m. and 4 p.m. Student vaccinations are free of charge.

To be assured of receiving a vaccination, students may phone for an appointment at extension 1331 or 1409. Appointments will take about 15 minutes.

Vaccinations for UTTC staff and faculty will be administered the week of November 5 to 9 between 9 a.m. and 4 p.m. at a cost of \$15 each. No appointment is required.

Influenza (the flu) is a respiratory disease that spreads easily. It is characterized by the sudden onset of fever, body aches, sore throat, headache, tiredness and cough, and in some cases diarrhea and vomiting.

Flu is spread from person to person and people of all ages can get it. College students, staff and faculty are more at risk because of close contact on the campus.

The best way to prevent the spread of flu is to get vaccinated every year. This helps in recovery and reduces the spread to others. Other preventive measures are to wash your hands frequently, avoid close contact with those who have not been vaccinated or are ill, cover your coughs and throw your tissues in the trash, and stay home when you are sick.

Anyone diagnosed with the flu should **REMAIN AT HOME DURING THE COURSE OF THE ILLNESS!**



# United Nations... Continued from page 3

mentation of the Declaration. Protocols need to be developed that are agreed upon by the United Nations. There is a lot of work to do in this regard.

This is our challenge in the United States – how can we reshape U.S. policy about the Tribal Nations in our country to conform to the rights stated in the Declaration? I think the ideals set forth in the Declaration can be achieved, even in the United States.

For example, the United States should begin to do what it has failed to do so far.

First, the federal government should recognize inherent Tribal sovereignty over its lands and the people who live on and come onto those lands.

Second, the federal government should help indigenous nations become as self-sufficient as possible, help the tribes repurchase land within their homelands, help rebuild economies that have long been neglected, provide adequate resources for housing and health care and infrastructure and then.

Third, the United States must let the Tribal Nations decide for themselves how they want to develop further.

These are things that certainly can and ought to be done. They are not as difficult as the United States makes them out to be. These efforts, these kinds of recognitions, do not compromise the “territorial integrity” of the United States, an objection used by the four opposing countries throughout the negotiating process that delayed the adoption of the Declaration for many years.

## Opportunity to Work Together

In fact, the Declaration gives the United States and the Tribal Nations within it a great opportunity to work together on these important issues, to resolve centuries of mistrust and misguided federal policy and poorly reasoned U.S. Supreme Court decisions that treat Tribal Nations and their citizens as if they had no rights except what the United States has chosen to give them.

It gives the individual states, like North Dakota, an opportunity to work out relationships with the Tribal Nations within its borders that recognize the sovereignty of the Tribes at the same time recognizing the rights of the state.

There is a lot that can be done. The Declaration on the Rights of Indigenous Nations, like the Universal Declaration of Human Rights, is not an absolutely binding document on the member nations of the United Nations. But like the Declaration of Human Rights, the Declaration on the Rights of Indigenous Peoples, gives the host nations and the Tribal Nations within them a benchmark, a set of standards that ought to be followed. Passage of the Declaration is a great opportunity for all of us to work together to achieve common goals. As Sitting Bull said, let us work together and see what we can do for our children.

*Dr. Gipp's remarks were presented October 5, 2007 during a program marking North Dakota First Nations Day at the North Dakota Heritage Center, Bismarck, ND*

—Editor

# School board members elected

One United Tribes staff member was re-elected and one student elected for the first time to the Theodore Jamerson Elementary School (TJES) Board of Directors.

Warren “Red” Koch, UTTC Transportation Director, was re-elected for a three year term.

Allyson Albers (Standing Rock) a student in the UTTC Community Health Program,

was elected as a student representative for a two year term.

All UTTC students and staff members were eligible to vote in balloting that took place September 28 in the cafeteria.

The TJES board has six members who meet on the second Wednesday each month at the school.

## United Tribes November Calendar

9 .....	Veteran's Day Program	21 .....	UTTC Thanksgiving Meal
11 .....	Veteran's Day (No Classes, No Work)	22 .....	Thanksgiving Day
12-13 .....	Pre-Registration for Spring	22-23 .....	Thanksgiving Break

# Nationally Accredited Child Care Program Field Trip

By Leah Hamann, Teacher Education Instructor

The students in the Administration and Supervision of Child Care Programs class had the opportunity to visit a nationally accredited child care program in Williston on October 7th. The program is operated by Judy Vinger, an Early Childhood Education online learner at United Tribes Technical College who will be graduating in the spring of 2008. She is one of only four child care programs in the state of North Dakota to be nationally accredited.

gram licensure agent to meet with her campus-based peers. During this time they were treated to lunch while having the opportunity to discuss topics related to child care programs. In addition, Judy invited the local newspaper and television media to take part in the event. If you are interested in viewing the video clip you may go to [http://www.kumv.com/News\\_video.asp?news=11381](http://www.kumv.com/News_video.asp?news=11381)

The experience was beneficial to all



United Tribes students during a field trip October 7 to Williston, ND.

During a conversation with Leah Hamann, her advisor, Judy invited her campus-based peers to visit her program. This fall, that visit became a reality!

At 6:15 a.m. the group began their trek to Williston. A welcome sign on the exterior of the building greeted the students upon their arrival. The students were able to observe Judy and her staff working with children during music, table time and reading, transition from table time to outdoor exercise and lunch. The students were encouraged to join in on the fun and work alongside the children.

Judy organized a panel that included three parents and the local child care pro-

involved. Judy, an online student, had the opportunity to meet her campus-based peers and advisor. The students had the opportunity to observe a nationally accredited program and to interact with individuals who administer, license, and enroll their children in a high quality child care program.

The UTTC students would like to thank the following individuals for their assistance to making the field trip happen: Judy Vinger, her teachers, parents, and licensing agent; the students, staff, and faculty who supported the fundraisers by either donating or bidding on items for the Silent Auction.

## PUBLIC FORUMS

To ascertain barriers, educational needs, and potential strategies for promoting arts careers for individuals with disabilities in North Dakota

## REGIONAL FOURMS

1 p.m. to 4 p.m. CT  
October 23, Bismarck  
Public Library  
November 15, ND Museum  
of Art, Grand Forks  
January 8, 2008, MSU  
Campus Library, Minot  
February 20, Plains  
Art Museum, Fargo

## STATEWIDE CONFERENCE

April 7, 2008, Kelly  
Inn, Bismarck  
Sponsored by: ND Council  
on the Arts, Dakota  
West Arts Council, and  
ND Center for Persons  
with Disabilities

## Agricultural Symposium

"NATIVE AMERICANS  
COMING TOGETHER  
CARING FOR  
MOTHER EARTH"

DECEMBER 10 – 14

FLAMINGO HOTEL  
LAS VEGAS, NV

Sponsored by:  
Indian Nations Conservation Alliance: 406-684-5199  
Intertribal Agriculture Council: 406-259-3525  
NFR information: [www.nationalfinalsrodeo.com](http://www.nationalfinalsrodeo.com)



## Hazard assessment course offered online by UTTC

By Leah Woodke, Director of Distance and Continuing Education

United Tribes Technical College is very excited to offer an innovative training course online for those who work with environmental issues and are concerned about environmental hazards in American Indian communities.

The Indian Country Environmental Hazard Assessment Program (ICEHAP) begins October 29 and concludes December 21.

The course was developed by United Tribes through a partnership with the U. S. Environmental Protection Agency (EPA) and the Bureau of Indian Affairs. It is offered entirely online and is accessible by participants located anywhere in the country.

Through web-based instruction participants are introduced to specific environmental problems that may cause harm to tribal communities. The course features a model for community based environmental problem solving.

Participants can expect to spend about two hours a week on a variety of assignments including online research, reading, and community based surveying activities.

Participants in a summer 2007 session were extremely satisfied and found it valuable in meeting work goals and understanding how to make the most of EPA GAP funds.

Internet access is required along with a

computer and printer. Everything needed to register is available on the UTTC website, [www.uttc.edu](http://www.uttc.edu).

Once accepted, participants receive a user name and password to enter the online training course. Each student is provided with a textbook and a compact disc, which can be used to download the required training materials. They also receive specific step-by-step instructions.

Cost of the training is \$535 per person; all materials included.

Everything is done online; no travel required. Participants work with others from around the country to develop solutions and strategies for addressing environmental hazard issues in their own communities.

By the end of the eight week instruction period, students are expected to develop a work plan that can be implemented to solve one of their community's environmental problems.

A Certificate of Completion and five continuing education units accompany satisfactory completion.

To participate in this unique and important training course, visit the UTTC homepage, [www.uttc.edu](http://www.uttc.edu), or contact Leah Woodke 701-255-3285 x 1339, [lwoodke@uttc.edu](mailto:lwoodke@uttc.edu); Renee Dufault, [rdufault@uttc.edu](mailto:rdufault@uttc.edu); or Jen Janecek Hartman, [jjanecekhartman@uttc.edu](mailto:jjanecekhartman@uttc.edu).

## New law honors Native Americans on U. S. Coins

WASHINGTON – President Bush has signed into law a bill championed by U.S. Senator Byron Dorgan (D-ND) honoring the contributions of Native Americans by issuing \$1 coins with the likeness of Native leaders in American history.

Passage of the legislation, known as the Native American \$1 Coin Act of 2007, means the United States will issue a coin each year with a new design honoring a different Native American individual or contribution, while keeping the image of Sakakawea, who is currently on the dollar coin, on the front of the coin.

"These special coins will pay tribute to the first Americans," said Senator Dorgan, Chairman of the Senate Indian Affairs Committee. "We currently honor Sakakawea, who played an important part in leading Lewis and Clark through the American West and is the only Native American currently on a U.S. coin. These new coins will honor Sakakawea and other Native Americans for their tremendous contributions to our country."

Congressman Dale E. Kildee (D-MI), co-chairman of the Congressional Native American Caucus, introduced the bill in the House of Representatives.

"I was honored to introduce this bill. I can think of no better way to pay tribute to the Native American people than to cast in gold their contribution to the development of this nation and its history," said Kildee. "The coin will preserve the memory of Sacagawea and guide Americans through the journey and experiences of Native Americans."

The legislation amends the Presidential \$1 Coin Act to issue a new coin design each year beginning in 2009 for the duration of the Presidential \$1 Coin Act. The bill improves the circulation and marketing of the current Sakakawea dollar coin. The image on the reverse of each coin would be chosen by the Secretary of the Treasury in consultation with the Senate Indian Affairs Committee, the Congressional Native American Caucus and the National Congress of American Indians.

### WHAT PEOPLE SAY ABOUT UTTC ICEHAP TRAINING

"I most definitely feel it was a great experience for those working in the environmental field. Having interaction with classmates made the online course feel like an actual classroom. I feel the course helped me better understand the environmental hazards that are present and, at times, overwhelming in Indian Country."

– Cynthia Naha, Environmental Programs Coordinator, Inter Tribal Council of Arizona, Inc., Phoenix, AZ

"The practical aspect of developing a work plan and getting feedback from others in the field was a good final product that we can show for the completion of the course."

– Ethan W. Hinkley, Environmental Programs Division Head, Southern Ute Indian Tribe, Ignacio, CO

"The class was informative, challenging, rewarding and eye opening. I learned a lot about environmental issues from mercury levels in fish to toxic mold in our homes...[how] to conduct an environmental survey and write a work plan for the grant writing process."

– Will Trujillo, Education Outreach Assistant, Office of Environmental Technical Assistance, Eight Northern Indian Pueblos Council, Pojoaque, NM



# Diabetes by the Numbers

By SuAnn Schmitz, Nutrition Coordinator

November is American Diabetes Month (ADM), which is designed to communicate the seriousness of diabetes and the importance of proper diabetes control. ADM also focuses on type 2 diabetes risk factors and prevention, treatment of those diagnosed with the disease, type 1 and type 2, and support for their families. The theme for this year's ADM is "The Many Faces of Diabetes" and throughout the month the American Diabetes Association (ADA) leverages opportunities both nationally and locally to raise awareness about a variety of issues relating to diabetes care and treatment.

## Type 2 Diabetes is a serious problem in American Indians and Alaska Natives (AIANs)

- 16.3 % of AIAN adults have diabetes (IHS Program statistics)
- The prevalence of diabetes varies among different tribes and regions, but is increasing in all IHS Areas
- AIAN mortality from diabetes is 4.3 times higher than the general U.S. population
- Even though type 2 diabetes used to be rare in individuals under the age of 40, the prevalence (percent) of diabetes among AIAN age 25-34 years increased 112% from 1994-2004
- AIANs suffer from higher rates of diabetes complications because they develop diabetes earlier in their lives compared to the general U.S. population.
- The ADA is the source for diabetes information. Call 1-888-DIABETES (1-888-342-2383) for information and materials or online [www.diabetes.org](http://www.diabetes.org).
- Make plans to attend Land Grant Extension Program Shopping Smart for Person with Diabetes, see announcement in this issue for dates and time or call 255-3285 ext. 1397.

Source: American Diabetes Association

## Land Grant Extension Program Presents Shopping Smart for Persons with Diabetes



### "SMART SHOPPERS" LESSONS INCLUDE:

You will learn how to be a "Smart Shopper" for better management of diabetes.

Classes offered on **Thursdays** at 12:00 noon in the Wellness Center on:

- **November 8, 15, 29**
- **December 6, 13**
- **January 10, 17, 24**

**Noon Lunch will be provided**

- Understanding the nutritional benefits of **whole grain products**.
- Understanding key nutrients provided from consuming **fruits and vegetables** with emphasis on blood sugar control.
- Learn to choose healthier **canned foods** as they relate to better blood glucose control.
- Gain an understanding of the health benefits of **lean meat, fish and seafood** as it relates to person with diabetes.
- Learn how to select healthier **dairy products**.
- Learn how to incorporate **ready-prepared products** into a healthful diet.
- Learn how to incorporate **healthy snacking** into your day.
- **Beverage** tips for persons with diabetes.



CONTACT PERSON: SUANN SCHMITZ, LRD  
PHONE: 255-3285 EXT. 1397  
UNITED TRIBES TECHNICAL COLLEGE  
LAND GRANT PROGRAMS

## Healthy Halloween Treats!

Let's not play "tricks" on kids by loading them up with lots of unhealthy foods. "Treat" children to some of the following suggestions:

### Non-Candy Ideas

- Apples
- Animal crackers
- Cheese and cracker packages
- Sugar-free gum
- Cheese sticks
- Juice box packages
- Small packages of raisins or chocolate-covered raisins
- Package of instant cocoa mix
- Peanuts
- Nonfood treats such as stickers, crayons, pencils, colored chalk, erasers
- Whistles, trading cards
- Rubber spiders or worms
- Coins: pennies, nickels or dimes

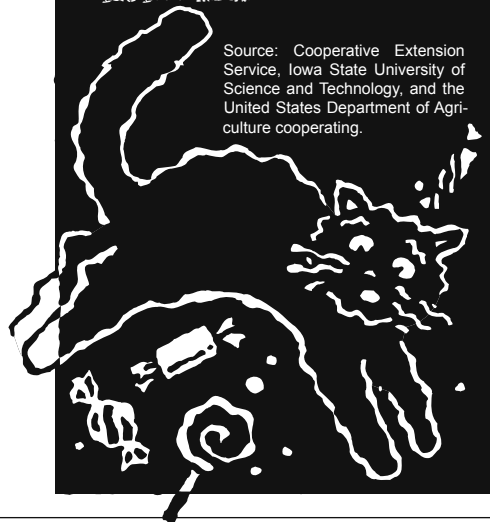
### Candy Tips

- Buy only what you will use; avoid jumbo bags.
- Buy at the last minute.
- Choose non-fat candies such as Smarties, Tootsie Rolls and small suckers.

### Feeding Tips

- Maintain regular meals, including dinner, before children go trick or treating.
- At Halloween parties, include healthy snacks such as popcorn, pretzels, fruit and vegetable chunks, witches brew made with fruit juice or cocoa made with fat free milk.

Source: Cooperative Extension Service, Iowa State University of Science and Technology, and the United States Department of Agriculture cooperating.



# United Tribes enters accreditation self-study period

By Phil Baird, Vice President of Academic, Career and Technical Education

Beginning this fall, United Tribes Technical College entered into a period of evaluation and planning known as “self-study.” As the term implies, it’s a time for looking inward and examining ourselves and the organization and what we do as an educational institution.

## ACCREDITATION HISTORY

We have been on this path for 30 years. It was an important step in our growth and development when, in 1978, United Tribes Educational Technical Center (as the college was known then) initially received candidate status for accreditation. Knowing how important accreditation is, a new, young UTETC executive director, David M. Gipp, steered us in the direction of becoming a credible education and training institution. The effort was rewarded when the center first attained full accreditation in 1982.

UTTC is currently accredited through the year 2011. Our accreditation comes from the Higher Learning Commission of the North Central Association of Colleges and Schools (NCA), one of the nation’s respected, regional accrediting organizations. We earned that status in the year 2001 after undergoing a period of self-study and evaluation similar to the one we have now entered.

## SERIOUS CONCERNS

At the beginning of the Tribal College movement in the 1970s, there were serious concerns among tribal college leaders about how mainstream higher education personnel could adequately evaluate the work of tribally-controlled education institutions. However, when it came to the transfer of college credits, tribal colleges and universities had little choice but to pursue regional accreditation until another model could be developed.

## SEAL OF APPROVAL

In the postsecondary world, accreditation means that a college is successfully following its mission and has met higher education standards established for quality teaching, student learning, and assessment.

For students and employers, accredita-

Continued page 14

## 2007-08 Tentative Academic Goals and Plans

Revised: August 17, 2007

### Institutional Goals: Academic

1. Implement action plan for self study activities, including updating of student learning assessment plan and instructional salary analysis
2. Develop and implement upgraded plan for the development of advance degree programs
3. Assess and rebuild Academic Advancement Center for potential TRIO Services grant proposal in 2008
4. Assess and rebuild Disabilities Learning Services, including voc-rehab
5. Institutionalize performance measures, assessment and evaluation activities under the new Carl Perkins grant program including SCANS assessment process for academic programs
6. Finalize and pilot Native American cultural education “special topic” courses
7. Explore MOUs with Haskell All Nations University and Dickinson State University
8. Provide for training and integration of Jenzabar ncs component among academic department and student advisors
9. Explore dual enrollment with Bismarck Public Schools and selected Tribal high schools.
10. Continue exploring collaboration with Dakota Western Tech Institute in Rapid City

### Departmental Goals/Plans:

**Art-Art Marketing:** Develop program expansion plan, including facilities

**Business & Office Technology:** Fill instructor vacancy; assess how department is aligned with industry standards and competencies

**Business Management:** Fill instructor vacancy; develop articulation agreement with Minot State University; initiate 4-year degree program development

**Computer Information Technology:** Assess how this department can facilitate outreach activities to high school students at regional Tribal schools

**Construction Technology:** Develop business plan to realign enterprises with regular course instruction; construct annual house project

**Criminal Justice:** Fill instructor vacancy; initiate development of 4-year degree program; develop articulation agreement with MSU, continue collaborations for BIA law enforcement training on UTTC campus

**Distance & Continuing Education:** Fill webmaster vacancy; conduct smooth personnel transition for oversight and expansion of the college’s learning management system; finalize and pilot marketing research and outreach into Indian Country; continue development of new OL coursework for criminal justice, business management, and community health

**Early Childhood/Elementary/Special Education:** Continue developing 4-year degree program with Monarch Center, Sitting Bull College and Sinte Gleska University; Submit a successful ED-EPD grant proposal

**General Education:** Fill instructor vacancies; assess alternative teaching approaches for math and science; implement a Native American special topic course series; assess the integration and expansion of general education courses for advance degrees

**Health Information Technology:** Develop and pilot another marketing plan for Medical Records; continue administration of DOL grant project with stronger private sector involvement; align curricula with NDSSS (Wahpeton) and state CTE; pilot partnership in Med TRANS with Cankdeska Cikana Community College; achieve industry re-accreditation

**Injury Prevention/Community Health:** Implement successful transition from Injury prevention to Community Health program; closeout IHS contracts; identify and pursue new program funding; initiate development of 4-year degree program

**Nutrition & Food Services:** Complete renovation of kitchen; complete development of 1994 Tribal Land Grant strategic plan; continue regional and national training activities

**Practical Nursing:** Complete self-study for accreditation (Nat’l League of Nursing); coordinate Feb 08 accreditation site visit and obtain renewed accreditation; continue student support for maximizing state boards test passage

**Tribal Environmental Science:** Fill science instructor vacancy; continue administration of NSF UT-PASS program; explore potential training in wind energy; continue collaborations with CSOM for energy curricula development; continue planning and coordination of annual Nokota Horse Camp

# Conference celebrates tribal governance

## *Registrants from across the country attend panels, speeches*

By Corydon Ireland, Harvard News Office

Imagine the map of the United States as it really is. Not 50 states, but 50 states plus 562 sovereign nations — the 562 federally recognized American Indian tribes and communities that exist within U.S. borders.

These tribal nations — where about half of the country's 4.1 million American Indians live — are both tiny and huge. In California, one tribe of three dozen lives on 22 acres. But nearly 200,000 people live on Dinétah, the Navajo homelands that straddle Utah, Arizona, and New Mexico. At almost 27,000 square miles, Dinétah is bigger than West Virginia.

Imagining that realistic map was possible at Honoring Nations, a Sept. 26-28 conference celebrating tribal governance. About 150 registrants from tribes across the country attended panels and speeches in the Taubman Building at the John F. Kennedy School of Government.

The event was sponsored by the Harvard Project on American Indian Economic Development (HPAIED), housed within the Kennedy School's Malcolm Wiener Center for Social Policy.

"Part of our mission here is to break stereotypes," said HPAIED Director Joseph P. Kalt, Ford Foundation Professor of International Political Economy at the Kennedy School. That includes a reminder that Indian nations are complex and culturally diverse.

Since 1987, HPAIED has made a systematic study of tribal social and economic development, and has provided research and advisory services to what experts there call "Indian Country." It collaborates with the Native Nations Institute for Leadership, Management and Policy at the University of Arizona, and is affiliated with Harvard's Native American Program, an interfaculty initiative.

The Harvard project celebrates tribal ideas that work. Every year, Honoring Nations recognizes a dozen or more innovative programs. Last year's included a Chippewa solid waste project in Wisconsin, an Umatilla Reservation credit protection program in Oregon, and a Hopi childcare program in Arizona.

The world of American Indians is too often celebrated in simplifying myths, said Kalt. In reality, it is a place where busy people struggle with the basic issues of governance, including schools, policing, community development, taxation, water, and sewage.

Jack Lenox — a planner with the Coquille Indian Tribe in North Bend, Ore. — took notes on solid waste during one session. He explained to a visitor, "We were just talking trash."

There was a panel on governance and another on the legal tangle of sovereignty. Others outlined innovative programs developed and tested in tribal communities. Presenters talked about a walleye recovery program in Minnesota, a watershed council in the Yukon, alternative sentencing in a

“We’re all from somewhere and we want to stay connected.”

— Patti Hibbeler

Washington state tribe, and the Akwesasne Freedom School in northern New York.

The innovations “are a source of information for change” and are getting noticed around the world, said Kalt, who has received queries about Honoring Nations programs from Afghanistan, Kenya, Poland, China, and elsewhere. “The whole world is starting to thank you,” he told one panel audience. “These lessons are critical for mankind.”

Tribes — on the path to sovereignty since the activist 1960s — have come a long way from the “dependent domestic nations” derided by 19th century Supreme Court Chief Justice John Marshall, said Carl Artman, an Oneida Indian and assistant secretary for Indian Affairs at the U.S. Department of the Interior. Calling the Harvard project “a shining example” of technical assistance to tribes, he urged tribes to keep



Staff photo Stephanie Mitchell/Harvard News Office  
David M. Gipp, president of United Tribes Technical College listens to a speaker at the Kennedy School-hosted conference.

up with governance reform, and to develop their energy resources. American tribal land, about 100 million acres, contains 30 percent of U.S. coal reserves.

Much of the conference, in panels and in side conversations, dealt with the issue of sovereignty — what it is, and how to keep it. A 1970 executive order by President Richard M. Nixon reversed decades of U.S. policy that terminated tribes, and stripped native governments of political self-determination.

The best way to protect tribal sovereignty “is to do a good job of it,” said Joseph Singer, Bussey Professor of Law at Harvard Law School and an expert in American Indian law. “And that’s what you’re all doing.” But he advised tribal nations not to make any legal appeals to the U.S. Supreme Court, where tribes have not fared well recently.

Going back to a past of federal dominance would be a disaster, attendees agreed. “Indian people know what Indian people need to survive and thrive,” said Brian Cladosby, chairman of the Swinomish Indian Tribal Community, an island nation of 10,000 acres north of Seattle. Tribes can manage themselves, he said, “with less money, with fewer staff, and with less fanfare” than federal agencies.

“We have to increasingly exercise our own tribal governments,” said Michael Thomas, chairman of the Mashantucket Pequot Tribal Nation in Connecticut. The tribe, whose 1666 reservation had once shrunk to less than an acre, now owns the prosperous Foxwoods Resort Casino.

“Sovereignty means equal parts of authority and responsibility,” said Thomas — and

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# Information is strong healthcare asset

## HIT week set for November 4 – 10

By Karla Baxter, Health Information Technology Program Director

With each passing year, health information – and the technology that drives it – plays an even larger role in the overall American healthcare system. From online patient billing to real-time test results, health information and technology drives, defines, or determines a greater percentage of healthcare's overall annual "progress."

This important work will be celebrated with an array of activities, presentations and products at Health Information and Technology Week, November 4 – 10.

This year, the American Health Information Management Association's 18th annual spotlight on the spirit and spark of innovative healthcare information and technology is titled, "Accuracy you can count on, information you can trust."

"We wanted to capture the true essence of what our members bring to the table of healthcare service that makes the sys-

tem stronger and, ultimately, better," said AHIMA CEO Linda Kloss, RHIA, FAHIMA. "Our message of awareness and pride has spread from coast to coast, educating healthcare professionals and consumers on the importance of the people and practices behind health information management."

As in past years, AHIMA is partnering with the Canadian Health Information Management Association, "to provide even greater outreach across North America," said Gail Cook, CHE, CHIMA executive director and registrar. "With a united theme and unified purpose, we're assuring the public that information essential to their health rests in the best hands in the business."

Those health information management professionals from either side of the U.S. and Canadian border can go to [www.ahima.org/hitweek](http://www.ahima.org/hitweek) for more information.

**Accuracy**  
You Can Count On  
**Information**  
You Can Trust

Health Information and Technology Week  
November 4-10, 2007

Sponsored by:  
**CHIMA** Canadian Health Information Management Association  
**AHIMA** American Health Information Management Association

**FYI**  
**STUDENTS**  
WELCOME BACK!

As we begin the new school year, we are asking for your cooperation in helping us monitor the computer lab. We are very proud of our computer lab and we strive to keep it clean and presentable at all times. We also like to make sure the computers are in working order for our students.

As in the past, no children, teenagers, or high school students are allowed in the computer lab at any time unless they are accompanied by their parent or parent. If your child does accompany you, they are not allowed to do any printing on the computers or play in the bathroom and must remain with you at all times. Any unattended children, teenagers, and high school students will be asked to leave.

Regular computer lab hours this year are Monday through Thursday from 8 a.m. to 5 p.m. beginning August 20th.

The computer lab will also be open the Saturday before Midterms and Finals week.

We wish you a most enjoyable and successful school year. Thank you for your cooperation. (OFFICE STAFF AND PEACH)

**Native American Rights Fund**  
**2nd Annual Exhibition of Visual Art**

**INDIAN WARS NEVER ENDED**  
MODERN DAY WARRIORS

**Modern Day Warriors**  
Empowering the Young Voices of Native America Art Show

November 10 • St. Julien Hotel • Boulder, CO

More Information: [www.narf.org](http://www.narf.org)

# Exact-Med signs deal for transcription platform

By Renee Becker, UTTC Transcription Training Program Director

In mid-September, the Exact-Med/UTTC Transcription Program signed a contract with Softscript, a large national medical transcription employer, to develop one of the nation's first digital medical transcription platforms to be used in education.

Students in the Exact-Med Program will be able to train online with a digital medical transcription platform. Once the training program is fully functional and moved over to the digital platform, the trainees of Exact-Med/UTTC will train on the technology used in the industry.

For more information contact Renee Becker, Exact Med Transcription Program Director, 701-255-3285 x 1403, [rbecker@uttcc.edu](mailto:rbecker@uttcc.edu).

# Conference celebrates...

Continued from page 11

it demands transparency in tribal finances and governance. Traditional tribal values help, he added. "Most of what you need [for governance], our grandmothers taught us at 3, 4, or 5."

Peace, unity, and strength are three traditional principles that influence decision making, said James Ransom, chief of the St. Regis Mohawk in northern New York.

"We have to go back to our original teachings to move into the future," said Oren Lyons, chief and faith-keeper for the Onondaga Nation in central New York. "Core values are what we are going to depend on."

Those same core values — along with Indian language and culture — will be important to reconnect younger, city-based Indians with their tribal roots, mostly through embassy like social aid centers.

"We must not leave these young people out," said David Gipp of North Dakota, a Standing Rock Sioux and member of the Honoring Nations board of governors. "They are part of Indian Country."

In 2000, 61 percent of native peoples lived in cities or outside tribal areas, up from 38 percent in 1970.

"We're all from somewhere," said Patti Hibbeler of the Phoenix Indian Center, "and we want to stay connected."

# TJES TIDBITS

By Bernadette Dauenhauer, TJES Administrative Writer

Theodore Jamerson Elementary School would like to welcome new and returning parents and children to school year 2007-08. TJES wishes all families a wonderful, exciting and educational year.

On September 13, TJES held a parent meeting; at this time we would like to take this opportunity to thank all parents and children who attended the meeting. Parents had the opportunity to complete a survey. As a result, we will make future plans for improvements and accommodations for families as follows:

1. Parent information about daycare will be distributed well in advance by sending home flyers with students and posting on school grounds.
2. Staff will be introduced at the meetings so parents will be more familiar with them.

## Kindergarten News

The Kindergarten class is busy learning about their five senses and their bodies. They have experienced many activities to help them learn. Some of those experiments include: a mystery box with objects in it to help them with sound, tasting different foods, bottles with scents for them to smell, and they have made a skeleton to help them learn about their bones.

They have been working on finding patterns, sorting objects, and their daily calendar for math. They love to sing their months and days of the week. Students are also starting to learn how to write their numbers and count.

Reading 1st is continually helping the kindergarten students learn how to identify the letters of the alphabet and learn their sounds. It won't be long before Kindergarten will start reading books.

On September 28, the Bismarck Fire Department brought the fire safety trailer to TJES. (See the photos in this edition of United Tribes News). The firemen took the kindergarten class through the trailer and taught them about fire safety. They discussed how to escape a smoke filled room by getting down low to crawl across the floor. The students practiced feeling the door to check for heat coming from the other side before opening it. The trailer was

then filled with non-toxic smoke, and the children crawled to the window and down a ladder to escape. Finally, they found a phone and practiced calling 9-1-1 to get help. The Kindergarteners described the experience as being a little scary, but really cool!

Good new first graders are great kids!

## First Grade News

They think of a stop light when thinking of classroom behavior. Green means: "Great Job - Keep up the good work." Yellow means: "Careful - Change your behavior." Red Means: "Stop - You're not following an important rule."

First graders have earned 11 Reds, 36 Yellows and 234 Greens!!!! Go Greens! Keep up the great work first graders.

## Saturday Literacy

We had a GREAT time at Saturday Literacy. The turnout was awesome; 19 families participated. Each family had their picture taken, received a bag with their picture on it, made a homework kit, visited the library, and received a free book. Families also made bookmarks. The next Saturday Literacy is scheduled for December.

## Upcoming Announcements

**October 23:** Parent/Teacher Conference, 3:30 p.m. - 7 p.m. Movie Time provided only for the assigned time for conference. Please watch for information on your scheduled conference time.

**October 31:** Trick or Treating will start after 1 p.m.


**October 22 to November 2:** TJES conducting the North Dakota State Assessment. Tips to prepare your children:  
1. Plenty of sleep. Make sure your child/children gets adequate rest  
2. Plan for perfect attendance during this week  
3. Arrive at school on time  
4. Plan for your child/children to eat a balanced breakfast each morning

For more information please contact TJES @ 255-3285 x 1304.

## Guest speaker gives uplifting talk



**STUDENT MOTIVATION:** An audience listened intently in small groups September 28 to inspirational talks from guest speaker Chance Rush (Three Affiliated) in the multi-purpose room of the United Tribes Wellness Center. Rush is the director of Cloudboy Consulting, Shawnee, OK; he tours the country giving motivational speeches, primarily to Native American youth groups. His visit at United Tribes was sponsored and arranged by the Strengthening Lifestyles Program.



**LUNCHEON MEETINGS**  
**NOON to 1:00 PM**

**UNITED TRIBES  
TECHNICAL COLLEGE  
JACK BARDEN CENTER  
(ROOM 130)**

**NOVEMBER 6  
NOVEMBER 13  
NOVEMBER 27**

**REGISTRATION IS REQUIRED  
FOR MEAL PLANNING AND  
TRANSPORTATION**

**FOR MORE INFORMATION OR  
TO REGISTER CONTACT:  
EVELEEN COOK  
701-255-3285 X 1391**

## Students observing at Child Development Center



**LOOKING AND LEARNING:** Students from the Physical Therapy and Occupational Therapy Departments at the University of Mary, Bismarck, have been participating in field experiences at the UTTC Child Development Centers this fall. The U-Mary students benefit from the opportunity to observe children ages 3-5 in a natural setting. The children benefit from the activities the U-Mary students share with the children and their teachers. Photo courtesy Lisa J. Azure, Teacher Education Department Chair.

## Every Day Is A Great Day To Thank Your Child Care Provider!

Your child's caregiver or teacher makes a positive impact on your child each and every day, and any time is always the right time to say thank you.

### UTTC Child Development Center Personnel:

Lori Brown  
 Alvonne Iron Thunder  
 Carol Nichols  
 Tammy Klein  
 Connie Stockert  
 Jennifer Jeno  
 Brandi Landreaux  
 Trish Painte  
 Brenda Baumann  
 Juanita Reiner  
 Pam Keator  
 Jada Bull Bear  
 Mary Painte  
 Donna St. Claire

Barb Strikes the Enemy  
 Maverick Valandra  
 Erin Slides Off  
 Roxanne Jetty  
 Donna Belgarde  
 Helen Siegfried

Autumn Gwin  
 Beverly Clairmont  
 Jennifer Desersa  
 Lila Nesper  
 Kim Smith  
 Heather White  
 Deanna Urbanec  
 Maria Sandstrom  
 Darla Hanley  
 Lyndale Agard  
 Jackie Red Bird  
 Carol Agard  
 Carol Reed  
 Amy Sicble  
 Jackie Many Bears



# Self-Study...

tion validates the effectiveness of teaching, learning, and training experiences. It provides the practical function of allowing for the smooth transfer of course credits to other accredited colleges, a highly important step for those seeking an advanced degree.

I have affectionately referred to this as "the 'wasicu' good housekeeping seal of approval." But it means much more than that. When a Tribal college achieves or renews its accreditation, it proves they are the "real deal" in the eyes of evaluators who work at other colleges and universities and to prospective students. It separates us in a very significant way from those educational institutions that have not engaged in a rigorous, time-tested review process by professionals in our field.

### SELF-STUDY PREPARATION

To prepare for this new cycle of accreditation, the college established a steering committee to oversee the institutional self-study process (see steering committee list). It will culminate in a comprehensive evaluation by the NCA's Higher Learning Commission in 2010.

### Self-Study Steering Committee

#### Purpose:

To coordinate the development of the UTTC Self-Study report.

Russell Swagger, Chair  
 Shirley A. Bordeaux  
 Phil Baird  
 Sam Azure  
 Harriett Skye  
 Lisa Azure  
 Ray Dingeman  
 Leah Woodke  
 Jen Janecek Hartman  
 Carol Anderson  
 Brian Palecek  
 Charlene Weis  
 Kathy Johnson  
 Evelyn Orth  
 Dorvin Froseth  
 Red Koch  
 A Student Representative  
 A Uttc Board Member  
 David M. Gipp, Ex Officio Member  
 Suzan O'connell, Consultant/Lead Writer



## Continued from page 10

The current period of self-study involves a series of structured processes for documenting and evaluating how the college does business. The steering committee will engage in and complete a number of review activities encompassing all departments of the college. The findings will be described in a final self-study report that will be used by peer evaluators to examine UTTC on-site. A satisfactory self-study outcome will result in accreditation for another ten years without conditions or stipulations.

### BE READY

The self-study committee is chaired by Russell Swagger, Vice President of Student and Campus Services. A retreat will be convened in the near future to organize. All stakeholders of the college, on and off-campus, are important players. I urge you to join this process with energy and enthusiasm and help United Tribes demonstrate again that we are the "real deal" when it comes to educating American Indian students and their families.

Pilamayelo.

## Proposed Advanced Degree Task Force

### Purpose:

To coordinate the development of four-year degree programs in Business Management, Community Health, Criminal Justice & Teacher Education by 2009-2010.

Lisa Azure, Chair  
Leah Hamann  
Carol Anderson  
Leah Woodke  
Ray Dingeman  
Michelle Schoenwald  
Brian Palecek  
Charlene Weis  
Joey Mcleod  
Harriett Skye  
Shirely A. Bordeaux  
Phil Baird  
Barbara Ramey Little Owl  
David M. Gipp, Ex Officio Member

# Record numbers use Wellness Center

By Scott Davis, Strengthening Lifestyles Program Physical Specialist

A record number of students and staff members used the Lewis Goodhouse Wellness Center during the month of September. Over 1,000 signed-in to use the facilities during the month.

The previous record was 920 during January 2007.

"It's outstanding to have over 1,000 uses of the fitness area, sauna and hot tub in one month," said Ruth A. Buffalo-Zarazua, Director of the Strengthening Lifestyles Program. "These are great numbers and we have even more capacity. We'd like to encourage more employees and students to use the facilities."

al activities. The sweat lodge has become another healthy habit.

The Strengthening Lifestyles Program would like to thank J.R. Fox and Julie Beston-Sage for conducting the sweat lodge and for their unfailing commitment to the student's spiritual well being.

Also a big 'Wopila' goes out to the Construction Technology Program for donating their time and materials in building a changing room for the sweat lodge. We also would like to thank Maintenance Department members Frank jr., Jason, James, and Bud for their hard work in providing firewood and rocks. Whenever called, they



Some of the UTTC Wellness Center workout room regulars: Cedar Dancing Bull on the treadmill, Jose Lopez on the elliptical machine and Myron LeRoy pumping iron. UTN photo Scott Davis

The September results tell the Strengthening Lifestyles Program that students this semester are really taking their personal wellness seriously. Many have developed a workout plan and turned it into a positive habit.

"We're very excited to partner with the Land Grand program in developing an employee and student fitness program," said Buffalo.

The results have carried over into other areas. We're seeing more and more students who are able to transfer that good energy into their studies showing their mental fitness.

And just as important is the spiritual side of wellness. Record numbers of students are participating in spiritual and cultur-

always provide immediate service.

And last but certainly not least, we want to thank Jose Lopez for his initiative and dedication to the sweat lodge area and the Wellness Center and all the other work study students who play a major role in providing quality service to the UTTC community.

Everyone on campus is welcome to take part in wellness activities at the Lewis Goodhouse Wellness Center. For more information contact me, Scott Davis, 701-255-3285 x 1454, sdavis@uttc.edu, or Eveleen Cook, Family Specialist, x 1391; Lance Eagle Staff, Health Promotions Specialist, x 1261; or Robert Fox, Cultural Specialist, x 1323.

## Online Education...

Continued from page 1

working in this area for some time and now we can begin to advance things further, like assessing the technology patterns of Indian students not served by TCUs."

The Title III grant will support a part-time field outreach coordinator, Dr. Jen Janecek-Hartman, who is the current director of UTTC Continuing Education and STEM programs, and an LMS support technician, David Taylor.

## Design selected...

Continued from page 1

in the graphic design categories of the AIHEC student competition.

The competition, which is entirely friendly and cooperative, includes categories for a wide range of student accomplishments. In the arts alone, students may enter works in subdivisions for textiles, ceramics, pottery, jewelry, sculpture, beadwork, leather work, and quillwork, just to name a few.

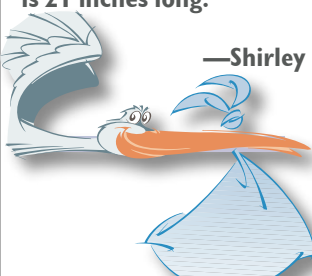
Other major divisions of the AIHEC competition include critical inquiry, business, traditional plants, speech, web pages, science, writing, and the always popular knowledge bowl.

Red Feather's logo design also contains the phrase: "Coming Together as One," the theme of the event.

**Congratulations!**

I'm a new great grandmother! My granddaughter, Vanessa, had a baby boy at 2:15 p.m. Saturday, Oct 13. His name is Clifford Rockwell Moody, Jr., he weighed 7 lbs. and 14 oz. and is 21 inches long.

—Shirley Bordeaux



## UTTC stepping up to handle Nike shoes

### *Air Native N7 Shoes to Promote Activity and Fitness*

BISMARCK (UTN) The United Tribes Wellness Center will be an outlet for the new "Air Native" performance shoe recently introduced by the sportswear company Nike.

"We're involved with Nike to provide the new shoe as part of our Wellness Incentive Program," said Ruth A. Buffalo-Zarazua, Director of the Strengthening Life-styles Program. "I was contacted by Sam McCracken (Nike's manager of Native American Business) the day after the shoe came out."

On September 26, Nike unveiled what it called the first shoe designed specifically for American Indians. Tex G. Hall, former Three Affiliated Tribes chairman, acted as emcee for the event in Beaverton, Oregon.

Nike said the Air Native N7 is designed to fit the distinct foot shape of American Indians and has a culturally specific look.

The company promised that the shoe would be distributed solely to American Indians. Tribal wellness programs and tribal schools nationwide will be able to purchase the shoe at wholesale and pass it along to individuals, often at no cost.

"We are one of the wellness programs that will receive the N7," said Buffalo. "We're going to provide them to our students as part of the Wellness Incentive Program and the walking club."

According to Physical Specialist Scott Davis, students will receive a pair of the shoes free by participating in the walking club or other activities of the Healthy Life-styles Program.

Nike had planned for a first shipping

date of November 1, said Buffalo. A conference call was scheduled to work out the logistical details. The Healthy Lifestyle Program was taking advance orders; for those who would purchase the shoe the price is \$42.80, she said.

Also expected to participate will be the United Tribes USDA Extension-Land Grant Program and the UTTC Athletic Department.

Nike said its goal for the shoe is for it to become an inspiration for an active lifestyle, promote physical fitness and help combat the epidemic of diabetes.

N i k e ' s McCracken, a member of the Fort Peck Tribe in Montana, said the company "is aware of the growing health issues facing Native Americans," and that the Nike is stepping up.

The N7 shoe will help "elevate the issue of Native American health and wellness," McCracken said.

All profits from the shoe will support "Let Me Play" programs on Native American lands, the company said.

Nike said its designers and researchers looked at the feet of more than 200 people from more than 70 tribes nationwide and found that, in general, American Indians have a wider and taller foot than the average shoe accommodates.

As a result, the Air Native is wider with a larger toe box. The shoe has fewer seams for irritation and a thicker sock liner for comfort.

The N7 name is a reference to the tradition tribal practice of making decisions with the future in mind, as far ahead as seven generations.



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# ATTENTION:UTTC WIC CLIENTS

WIC services for Women, Infants & Children are provided on the UTTC Campus in the Skills Center. Please schedule an appointment to meet with the WIC provider for checks or to check eligibility.



**NEW WIC OFFICE HOURS:**  
**Monday 1 pm – 5 pm & Fridays 8 am – 12 pm**  
**Skills Center • Rm. 119A**  
*(Next to Construction Technology)*

Contact: Luanne Perkins - 701-255-3285 x1384 or 1316,lperkins@uttc.edu or Jill Keith - 701-255-3285 x1234, jkeith@uttc.edu

# BOOKSTORE NEWS

Greetings from the Bookstore! The Bookstore staff is made up of Cathy Mastrud, Bookstore Manager, Minnie Plenty Chief-Oldman, Assistant Bookstore Manager, and yours truly, Winona Bear, Bookstore Online Sales Technician. My job is to place merchandise that we carry at the Bookstore onto our website, located at [www.uttc.edu](http://www.uttc.edu). Our website features sportswear apparel items as well as gift and novelty items. We do not carry textbooks at this time but do plan to do so in the future. And although we each carry individual job titles, we are all here to serve you and each of us can help you with whatever your needs may be, so don't hesitate to ask!

Also, we would like to hear from you! In this month's news article is a suggestion/comment form. If you would, please take the time to fill it out and let us know what you would like see. You will find a drop box located in the Bookstore. Or if you prefer, you may also email me at [wbear@uttc.edu](mailto:wbear@uttc.edu). We value your opinion look forward to hearing any suggestions and comments our customers may have! Thank you for your business and continued support!

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**WE VALUE YOUR INPUT!**

What clothing items would you like to see?

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What gift items would you like to see?

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Do you have any other suggestions or comments?

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**THE UTTC BOOKSTORE**



# UTTC LIBRARY

**Location:** West Main Floor  
Education Building

**Hours:** Monday - Friday  
8:00 am - 5:00 pm

**Collection:** Books, Journals, Magazines,  
Newspapers, & Online Database

**Services:** Instruction, Reference, Fax,  
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**Website:** [www.infolyx.org](http://www.infolyx.org)

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## NRCS Natural Resources Conservation Service

### THE EARTH NEEDS YOU • JOIN THE TEAM!

The Natural Resources Conservation Service (NRCS) needs people and/or groups, on a statewide basis, who are willing to commit their time and talent to conserving and protecting soil, water, and wildlife for their community and everyone in it. The NRCS Plant Materials Center in Bismarck is currently seeking individual volunteers or volunteer groups that would like to assist in the day-to-day activities of the Plant Materials Center. These activities may include office work such as filing, data entry, and assisting in the preparation of large mailings and training projects; assembling seed packets; or outdoor plant center operations which include grounds maintenance, greenhouse activities, and/or field work, such as mowing, weeding, planting and seed harvesting.

More information on the NRCS Earth Team Program and application forms can be found on the North Dakota NRCS Web Site at: <http://www.nrcs.usda.gov/feature/volunteers/>. Applications can also be picked up at Bismarck Plant Materials Center, 3308 University Drive. For more information contact Leslie Glass, Secretary, at 701-250-4330 Ext. 6.

# Opportunities in the Making



## Student Scholarship Campaign

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

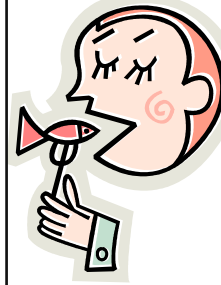
No one knows the value of education better than you! Any amount you commit will become a vital part of the financial support needed for students to succeed in building better lives for themselves and their families.

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



Contact Brad Hawk  
701-255-3285 x1387  
[bhawk@uttc.edu](mailto:bhawk@uttc.edu)

# Quantity Foods Meals



Dining By The Sea

**Meal Manager**  
Theda Charley

Lemon Baked Tilapia  
Herbed Fettuccini  
Carrots and Broccoli With Orange Browned Butter  
Cheesecake With Blueberry Glaze  
Coffee and Ice Cold Water

Quantity Foods Class  
October 19, 2007  
11:30-12:30 p.m.  
Skill Center  
Land Grant Room  
\$5.00

## Native American Meal



**Time: 11:30-12:30**

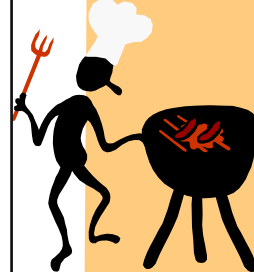
**Date: 10-26-07**

Menu  
Buffaloaf  
Baked Acorn Squash  
Whole Wheat Baking Powder Biscuits  
Indian Pudding  
Mint Tea

**Meal Manager Brenda**  
**Land Grant Classroom**  
**\$5.00**

## BBQ Spareribs

### Lunch



Meal Manager  
Tian Jo Jorgenson

BBQ Spareribs  
Two Tone Potato Roll  
Green Bean Casserole  
with French's Onions  
Frozen Filled Angel  
Food Cake with Fresh  
Strawberries  
Water, Coffee

November 2, 2007 Skills Center  
Land Grant Room 11:30-12:30

**\$5.00**

# Fire safety training drill for youngsters

BISMARCK, UTN - The very youngest students at Theodore Jamerson Elementary School went through a fire safety training drill September 27 in a unit specially designed for the purpose. The Bismarck Fire Department brought its "Safety House" to the United Tribes campus as part of the department's observance of Fire Prevention Month in October.

TJES students in kindergarten through grade 3 participated in a training exercise for what to do in case of fire in the home.

The controlled environment of the "Safety House" featured the sound of a smoke alarm and the simulation of a fire with non-toxic liquid smoke.



The youngsters received instruction in how to "get low and stay low" in a smoke-filled room. They learned to check and see if they could exit through a door by touching it and seeing if it's hot. They practiced how to go out a window and, once outside, to phone 9-1-1 for emergency help and to not go back inside.

"This helps youngsters adjust to how to get out of a house in case of fire," said Capt. Matt Wilke, Bismarck Fire Department. "It's training just like training for adults. They train for how to do a certain thing in an emergency."

The Bismarck Fire Department has used the "Safety House" for three years. The TJES visit was one stop in the department's plan to visit all Bismarck grade schools.



UTN photos Dennis J. Neumann



# First United Tribes Golf Team

**EXCELLENT YOUNG MEN:** A trio of students represented United Tribes during its inaugural season for the sport of golf. From left, Phillip Fox, Carlisle Wells and Taylor Brushbreaker competed in five outings during the short, fall season: Bismarck, Minot, Brainerd, MN, and two in Jamestown. All three gained valuable experience on difficult courses against experienced competitors. "These young men represented us with excellence all season," said UTTC Athletic Director Daryl Bearstail. "I'm very proud of them. They are excellent young men who exhibited great character." UTN photo Dennis J. Neumann



## WE SALUTE OUR VETERANS

UTTC VETERAN'S DAY PROGRAM ☆ NOVEMBER 9, 11 AM ☆ WELLNESS CENTER



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### MISSION STATEMENT

United Tribes Technical College is committed to providing individuals and families with vocational-technical and educational services that perpetuate the success of all people. UTTC will continue to provide a multi-cultural environment that promotes educational and economic opportunities with human and land resources aimed at self-sufficiency and self-determination.

### Editorial Content

Editor: Dennis J. Neumann, Public Information Director  
701-255-3285 x1386, opi@uttc.edu

Design & Layout: Andi Gladson, Graphic Artist  
701-255-3285 x1437, agladson@uttc.edu

Email articles and/or photos as separate attachments to opi@uttc.edu. Include photo credits. Do not place images directly into text documents. **NO HARD COPIES WILL BE ACCEPTED.**

### Circulation & Distribution

Circulation Manager: Andi Gladson, Arrow Graphics  
701-255-3285 x1437, agladson@uttc.edu

Distribution: Carla Fleury, UTTC Mailroom  
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 agladson@uttc.edu.

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**DEADLINE FOR NEXT ISSUE: 5 PM - DECEMBER 12, 2007**

United Tribes Technical College  
3315 University Drive  
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