

Aztec Dancers featured at powwow



United Tribes International Powwow is Sept. 5-8

BISMARCK (UTN) – Dancers representing the Aztec culture of central Mexico will be part of the 2013 United Tribes International Powwow. The group Explendor Azteca is the featured cultural group of the annual event set for September 5-8, the weekend after Labor Day, on the campus of United Tribes Technical College.

Aztec culture and dance mixes with Native American tribal music and dance during the powwow, now celebrating its 44th year. Providing the competitive action will be upwards of 1,000 participants from the northern Plains and around the country.

Spectators and friends from all walks are welcomed to the circle to share the traditions of one of North Dakota's premier cultural events.

POWWOW SCHEDULE

The powwow begins with the first Grand Entry at Lone Star Arena in the center of campus on Thursday, September 5 at 7 p.m. Subsequent Grand Entries are held Friday and Saturday at 1 p.m. and 7 p.m. (Central Time), and Sunday at 12 noon. A \$20 entrance fee guarantees admission to all dance and drum competitions for the four days. Daily admission is \$12. Seniors (65 and over) and children (5 and under) enter free.

Admission wrist bands may be purchased in advance at the college's Finance Department prior to August 30 at 4 p.m. Group rates provided for 10 or more. Contact Ella Duran 701-255-3285 x 1214, <u>eduran@uttc.edu</u>.

Congressman pledges to be available to tribes



BISMARCK (UTN) – North Dakota Congressman Kevin Cramer says he will make himself more available to help with issues confronting tribes. Cramer issued the pledge at the conclusion of a June 21 meeting with North Dakota tribal leaders.

The congressman acknowledged that he has not always made himself available to the tribes but that he would do so in the future.

Tribal leaders had sought to meet with Cramer following an incident in March where the congressman engaged in a verbal clash with the domestic violence coordinator of the Spirit Lake Tribe. Attending the meeting in June were chairmen Tex Hall (Three Affiliated/MHA Nation) and Richard McCloud (Turtle Mountain), along with former Spirit Lake Chairman Roger Yankton, and a council representative from Standing Rock.

The incident raised questions about



Cramer's orientation as the state's only representative in Congress toward working on tribal issues. Leaders were troubled by the implication in Cramer's reported remarks that disparaged tribal government and tribal court systems.

Cramer acknowledged that he was not very sensitive to the personal aspects in the March meeting, which he said was about the Violence Against Women Act. He took responsibility for his part in it, restated an apology for what happened, and said to the tribal leaders that he was sorry for any perceived offense then and since.

Cramer described how he voted for VAWA despite criticism from his Republican colleagues in Congress.

He also referred to a failed resolution in Congress acknowledging years of wrongdoing toward American Indians. He said it "sickens" him that the government cannot

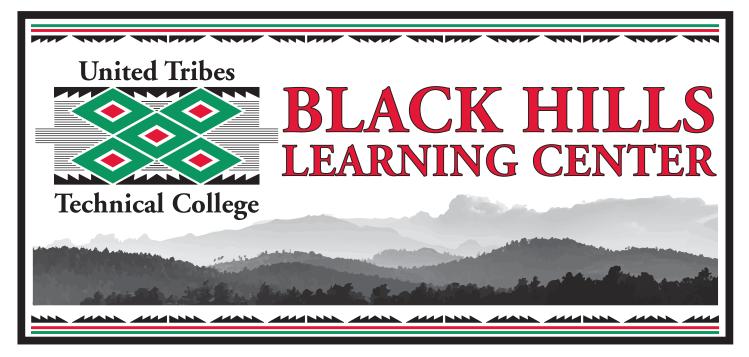


apologize for "the sins of our predecessors."

The two-hour meeting included comments and reactions by tribal leaders and eventually moved to other issues, including the federal budget.

The lack of resources is what prevents tribal governments from building and maintaining adequate infrastructure for public safety, social services and tribal justice systems, said United Tribes President David M. Gipp, organizer of the meeting. The group also talked about Missouri River water issues, transportation, tribal education funding, and law enforcement training.

The gathering took place at United Tribes Technical College where leaders were assembled as the United Tribes of North Dakota Board of Directors. The two hour session was amicable and later characterized as "productive" by those attending.



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Starting a long and lasting relationship

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a strong econom-

ic impact, providing jobs and oppor-

We bring the

same attitude to

Rapid City. Our aim

is to fill a niche for

potential students

tunity.

Black Hills Learning Center-Rapid City

By Dr. Russ Swagger, Vice President Student and Campus Services

A merican Indian students and friends of the college will be pleased to know that United Tribes Technical College is accepting its first cohort of students in Rapid City, South Dakota.

Grand Opening for the Black Hills Learning Center is scheduled for Wednesday, August 14. We are eager to show-off our newly renovated learning center at 321 Kansas City Street, Rapid City.

Student orientation is set for August 19-20 and classes begin Monday, August 26.

COMMUNITY ASSET

United Tribes has a 44 year history in Bismarck/Mandan (ND), serving American Indian students and their families. We contribute to the fabric of communi-



Dr. Russell Swagger

in the region who are not already attending Rapid City's fine educational institutions. We value the opportunity to contribute to the community.

WARM WELCOME

We are grateful for the warm welcome we've received since announcing our intent. We especially thank tribal leaders, tribal organizations, local government leadership, the education community, leaders from business and industry, social service agencies, and other supportive individuals and residents of Rapid City who've encouraged and helped us. Special thanks and appreciation go to Hani Shafai, Tom Katus and Laurette Pourier, who've been instrumental in developing this new enterprise.

BUILDING PARTNERSHIPS

It's our hope to create long and lasting relationships with more of the community. We envision partnerships with tribes and tribal organizations, government agencies, educational bodies, business and industry, social service agencies and others.

CHAMPIONS OF CHANGE

We remain committed to providing American Indian students with a quality education to help them enter the workforce prepared. Many American Indian students are underserved or not served at all educationally. We hope to fill that gap. Our students become "Champions of Change," making positive changes in the communities they serve.

Thank you Rapid City! We look forward to our continued work with you!



HIGH QUALITY EDUCATION

Workforce-Targeted • Bachelors/Associates/Certificates • Culturally Connected Community • Community Activities/Events Academic Advisors • Classroom and Online Degrees • High School Dual Enrollment

In the fall of 2013 and spring 2014, UTTC will offer a limited number of on-site (face-to-face) courses at the college's Black Hills Learning Center. During this time, the college will begin the accreditation process for approval to offer full degree programs on-site. UTTC will work to achieve HLC-NCA approval to expand its on-site offerings at the Black Hills Learning Center.

UTTC cannot guarantee that accreditation to offer complete degrees on-site will be granted. Students who enroll in on-site courses prior to UTTC receiving accreditation approval, do so with the understanding they may be required to complete their degree program online (webbased). Full written disclosure of UTTC's accreditation status is provided to each student prior to enrollment. No student may hold UTTC liable in the event that accreditation is delayed or not obtained.

We invite you to visit the UTTC Black Hills Learning Center and meet our friendly staff to learn about the programs and classes offered.

CONTACT

The Black Hills Learning Center is the located on the site of the former National American University Campus. For more information about the center and its offerings, please contact Laurette Pourier, Black Hills Learning Center Coordinator, 605-390-6927, lpourier@uttc.edu. Or visit www.uttc.edu.

CREDITS TRANSFER

Credits earned at UTTC may be accepted by other colleges and universities dependent upon transfer agreements and/or transcript evaluations. The student is responsible for initiating the transfer of credit by contacting the admissions/registrar's office at the selected college.

COURSES OFFERED

FALL 2013 TRM 110 Principles Of Personal Finance BUS 170 Entrepreneurship BOT 209 Principle of Management ASC 085 Prep Reading and English ASC 090 Math for College Study

SPRING 2014 BAD 201 Principles of Marketing BAD 234 Customer Service CSC 101 Introduction to Computers ASC 085 Prep Reading and English ASC 090 Math for College Study ENG 238 Children's Literature EDU 205 Introduction to Exceptional Education CJU 201 Introduction to Criminal Justice CJU 221 Criminal Law CJU 270 Introduction to Corrections

Degree Tracks-Fall 2013 Art & Entrepreneurship • Business Management Tourism & Hospitality

Welders graduate from United Tribes

BISMARCK (UTN) – A group of eight students graduated June 21 as the second cohort in the United Tribes Welding Program.

Program Director Steve Shepherd congratulated the graduates on their successful completion of the 16 week program, a sign of their commitment to better themselves.

"Your families and loved ones should be extremely proud of you and most of all, you should be proud of yourselves," said Shepherd.

United Tribes revived its long-dormant welding program in 2012 as part of a workforce training initiative known as TCC De-MaND (Tribal College Consortium for Developing Montana and North Dakota Workforce).

"I am proud to let you know that Job Service North Dakota says we have the best welding program in the State of North Dakota," said Shepherd.

The program involves four Tribal Colleges in the region and is directed by Dave Archambault Jr. at United Tribes. Shepherd is an experienced welder and former union ironworker. He is joined by instructor Bob Leingang, a former union pipefitter.

"Life as an adult is hard off the reservation. People with a victim mentality struggle," said Shepherd. "We've prepared you for a job off the reservation: a job that will require you to show up every day on time and ready for work; a job in which you will have to work hard on a daily basis; a job where you will constantly be learning more. You aren't done learning yet. You'll learn something new every day, except now you will be earning while you learn."

At UTTC, the students trained on new, high-tech welding simulators prior to hands on training and testing with actual welding



Kendrick Ruiz



Grads of the United Tribes Welding Program

equipment. The coursework included theory, labs, metallurgy, blueprint reading, welding symbols and math.

Most knew little about welding when they began. At the end of 16 weeks, seven passed the test and became "certified structural stick welders."

Most college welding programs are oneto-two years in length. Shepherd said this program was designed to be challenging.

"We want all employers and organizations to know that if a student completed the welding program at United Tribes they have someone special.

UTTC President David M. Gipp told the graduates they're in the spotlight as the sec-



Justice Johnson was named "Outstanding Student"



ond group to come from the welding program. "We're proud of that...proud of the work you've put in to become certified. It doesn't happen every day, especially for Native Americans."

Alexander Tobias

Classes in the next

United Tribes Welding session are scheduled to begin August 26. The deadline to apply is August 2.

The TCC DeMaND Program is supported by a grant from the Trade Adjustment Assistance Community College and Career Training Program of the Employment and Training Administration of the U. S. Dept. of Labor.

More information 701-255-3285 x 1491, <u>darchambault@uttc.edu</u>.



Congratulations from relatives and friends





CLASS OF 2013

*Robert Amyotte *James Curley * **Justice Johnson *Kendrick Ruiz **David Thomas** * **Alexander Tobias *Matthew White Bear *Tanner Wilson

*Certified Structural Stick Welders ****Certified Pipe Welders**

United Tribes STUDENT HEALTH CENTER

The student health Center (SHC) in the Lewis Goodhouse Wellness Center is funded by the Indian Health Services on a 638 Indian Self-Determination contract. The professional staff provides comprehensive medical care to UTTC students and their dependents according to these guidelines:

Office Hours M-F, 8 a.m. - 5 p.m.

After hours medical care (or holidays), contact UTTC Security x 1200/1300. Nurse-on-call can be reached via cell phone.

- Pre-authorization required from SHC nursing staff for all medical and pharmacy needs. SHC can make transportation arrangements for medical appointments.
- Students must be full-time and currently enrolled at UTTC. Part-time students may receive SHC services and over-the-counter medications but not referrals.
- Students are responsible for informing the SHC staff of an Emergency Room visit or hospitalization within 72 hours of a visit or admittance.
- Services provided only during the academic school year.No services provided June 30 to July 2, 2012.

Student Health Center Staff

Charmelle Fuchs, LPN/Supervisor, 701-255-3285 x 1331 Sharon Rose Toineeta, LPN, 701-255-3285 x 1332 Olivia Tuske-Reese, LPN, 701-255-3285 x 1409 Sue Big Eagle, Office Mgr., 701-255-3285 x 1247

UTTC WORKFORCE TRAINING SCHEDULES

- Welding
- (GD)L 0
- etricians



SESSION 3

August 2: August 6-7: August 23: August 26: Dec. 21:

Interviews Orientation Session 3 Start Session 3 End

Deadline to Apply

SESSION 4

Dec. 6: **Deadline to Apply** Dec. 10-11: Interviews Jan. 3, 2014: Orientation Jan. 6: Session 4 Start April 26: Session 4 End

SESSION 5

April 4:	Deadline to Apply
April 8-9:	Interviews
May 2:	Orientation
May 5:	Session 5 Start
Aug. 22:	Session 5 End

SESSION 6

Aug. 1:	Deadline to Apply
Aug. 5-6:	Interviews
Aug. 29:	Orientation
Sept. 1:	Session 6 Start
Dec. 19:	Session 6 End

JOB OPENINGS



ACADEMIC, CAREER & TECHNICAL EDUCATION

- Director, Educational Outreach/Distance & **Continuing Education**
- Prep. Reading/English Instructor General Education
- Adjunct Instructor Rapid City Learning Center Health Information Technology Program
- Instructor/Department Chair
- Prep. Math Instructor General Education Teacher Education Instructor
- Native American Studies Instructor
- CDC Preschool Teacher
- CDC Aide (6 Positions)
- Medical Transcription Program Director/Instructor
- Administrative Assistant Teacher Ed
- Construction Technology Director/Instructor
- Electrician Instructor
- Adjunct Instructor Business Admin/Mgmt.
- Business Management Instructor
- Practical Nursing Instructor (2)
- Adjunct Coding Instructor
- Online Course Developer Part Time
- Health Information Technology Program Instructor

STUDENT & CAMPUS SERVICES

- Athletics Game Operations
- Registrar Assistant
- Admissions Data Input Technician
- Associate Vice President of Community Wellness Receptionist/Multi-line Telephone Coordinator
- Assistant Women's Basketball Coach
- Head Golf Coach
- Assistant Men's Basketball Coach
- Summer Maintenance Worker/Groundskeeper-PT
- Housing Compliance Technician
- Career Counselor
- Course Scheduling Coordinator
- Financial Aid Advisor
- Retention Coordinator
- Evening Security Secretary/Dispatcher
- Admissions & Occupancy Coordinator
- Custodian Building 69 ONLY 2 Positions
- Custodian
- Student Health Center Driver
- Student Health Center Administrative Assistant
- Transportation Bus Driver
- Resident Services Specialist
- Female Dormitory Custodian
- Maintenance Worker/Groundskeeper Women's Dorm Resident Assistant
- Men's Dorm Resident Assistant Security Officer

THEODORE JAMERSON ELEMENTARY SCHOOL

- Elementary School Counselor Substitute Teacher

 - **ADMINISTRATION** Institutional Assessment Director
- Workforce Investment Act (WIA) Case Manager
- · Direct Mail & Annual Drive Coordinator

FINANCE

· Contracts and Grants Specialist

MORE INFORMATION:

Human Resource Department 701-255-3285 x 1213 or hr@uttc.edu.

Visit the United Tribes website for a full job description and application: www.uttc.edu EEO/AA. Drug-free/Smoke-free workplace

Commercial driving, heavy equipment training offered



THE BIG RIGS: Two instructors have rolled-in from the Blackfeet Tribe to start up the United Tribes training programs in commercial driving (CDL) and heavy equipment operation (HEO). Director/Instructor Bear Gallineaux and Instructor Delphine Bird have been CDL/HEO instructors in the Montana region for more than a dozen years. They launch a 16 week program August 26 when all UTTC classes begin. The training is part of the college's DeMaND Program, providing workforce training for jobs in the energy industry and highway construction. The application deadline is August 2. Students will earn a Class A, Type 1 CDL and certificates in OSHA 10, First Aid/CPR and Flagging. Before they get behind the wheel, students will train on high-tech simulators to sharpen skills. More info: Bear or Delphine 701-255-3285 x 1324, <u>bgallineaux@uttc.edu</u> and <u>dbird@uttc.edu</u>. DENNIS J. NEUMANN ♦ United Tribes News

Fall 2013 Student Orientation

Monday, August 19

8 a.m	. Registration (Jack Barden Center Lower Level)
8:30 a.m.	Invocation/Introductions/Background
9 a.m	UTTC Services on Parade
	Department Presentations
12 noon	Lunch and Welcome (Cafeteria)
1 p.m	Campus Tours (Depart from Cafeteria)
3:30 p.m.	Focus 2.0 Testing (JBC Computer Lab)
4 p.m	COMPASS Test Prep (JBC Lower Level)
5 p.m.	Welcome Dinner (Cafeteria)

Tuesday, August 20

8:30 a.m	Breakfast (Cafeteria)
	ASS Testing/Class Registration (JBC Computer Lab)
12 noon	Lunch on your own (Cafeteria)
1 p.m	
	Dinner (Outdoors by Cafeteria; Music and Games)

This schedule subject to change

United Tribes Wellness Circle

Summary Notes of Summer Activity

Bikes: Share Bikes are out on campus and being used. Maintenance is being performed by the Maintenance Dept. A bike helmet fitting clinic was in the planning.

Vending: If a policy for healthier vending machine choices is developed, more information is needed about the machines on campus and the sales activities. A policy would have an affect on soft drinks and candy sold at campus wide events.

Smoking: Considerable work and discussion has gone into a Tobacco Free policy recommendation that was forwarded to the college's administrative council.

Relay: Marcus Austin coordinated a UTTC team in the "Relay for Life" on June 1. **Screenings:** Tests for blood glucose, hemoglobin, blood pressure, cholesterol, etc. are available at the Student Health Center, and for staff during health fairs and special events.

Safety: Skywarn Weather training was held on campus on June 7, coordinated by Joely Heavy Runner. The ND Safety Council is currently focused on the abuse of prescription drugs.

Wellness Day: A staff Wellness Day event was planned for July 2.

Nutrition Counseling: Medical Nutrition Therapy returns to the Wellness Center courtesy of Jana Millner, Nutrition Educator in the Land Grant program. Jana and Wanda Agnew will provide services each Wednesday afternoon.

Cafeteria: A "Fit for Life Menu" will be added to the regular menus when the classes begin in August.

Key Ingredients: The Smithsonian's Tribal Food Ways Exhibit returned to the Skill Center in June. A public event is scheduled for July 28.

Research: The Center for Indigenous Health Research at the University of Washington has completed a report of previous campus research and expressed an interest in beginning another study. Some topic ideas: stress, gambling effects, anxiety, panic attacks, sleep patterns and depression.

Save on Fuel, Help Mother Earth! United Tribes Share Bike



- 🚲 Free Share Bike Program
- 🏍 Grab and Go!
- 🕷 Ride and Park
- 🚲 Park in Racks
- 🚲 On Campus Only
- ی Observe Rules of the Road
- Riders Encouraged to Wear a Helmet
- ی Available to Students & Staff (must be age 18 or older)
- If Bike Needs Repair, Park Upside-Down for Service



United Tribes

3315 University Drive Bismarck, ND, 58504 701-255-3285 • www.uttc.edu

Sponsored by: United Tribes Land Grant Programs, Capital Electric Power Cooperative, Basin Electric Power Cooperative, and UTTC Maintenance Department

Promoting Healthy Lifestyles; Reducing Campus Carbon Footprint

Stars and Stripes retired



FLAG CEREMONY: United Tribes Counselor Russell Gillette (Three Affiliated) does the honor of placing the Colors on a fire specifically made for retiring the Stars and Stripes. The July 23 ceremony followed protocol in retiring two worn flags that flew from a 110 year old flagpole on the college campus, once a military post. Seen presenting arms with other veterans who were present are Mike Iken at left and Bud Anderson. At rear, UTTC Counselor T. J. McLaughlin. The flag is revered, like the Native staff that came before it, because "so many Native Americans have served in the armed forces and made the supreme sacrifice defending freedom," said Gillette about the ceremony. The ashes were covered with soil and the flames extinguished. The ceremony was organized by Mike Iken, UTTC counselor and coordinator of the college's Veterans organization. DENNIS J. NEUMANN \blacklozenge United Tribes News



United Tribes Technical College Academic Calendar

August 1	TJES Office Open; Registration Packets Available
	Deadline for Workforce Training Applications
	One Day ŠervŠafe Class
August 6-7	
	Online Grades Due
August 14	Grand Opening for United Tribes in Rapid City
August 17-18	Housing Check-in for Students with Elementary-age Children
	TJES CLÁSŠES BEGIN
	College Student Orientation/Registration
	First Year Experience Seminar for Freshmen
	UTTC CLASSES BEGIN
	Workforce Training Programs Begin
	LABOR DAY (No Classes)
	Fall Graduates Orientation
September 4-6	Tribal Leaders Summit & Trade Show
September 5-8	
	Powwow; No Classes
	Last Day to Register for Fall Semester
	Last Day to Add a Class
	Faculty In-Service (No Classes)
	UTTC Campus Spirit Week

Detailed Calendar: www.uttc.edu



On Top of Things



GETTING IT DONE: Workers from Precision Services of Bismarck are seen making progress July 2 on a campus roofing project. After 20 years, shingles were due for replacement on individual family student houses. The summer project involved re-roofing 17 homes at a cost of nearly \$90,000.

New substance classes approved

By Julie M. Cain, CCDC II, NAAC III, Chemical Health Center, Director

United Tribes is set to offer new classes and provide approved training in substance abuse.

The Aberdeen Area Indian Health Service has accepted the recommendations of the Great Plains Behavioral Health Directors Association that United Tribes Technical College be the training body for Aberdeen Area 638 Substance Abuse programs.

We have contracted with Mary Rogers, an instructor from the University of South Dakota who has a doctoral degree.

We will offer three new courses, which have been approved by the UTTC Curriculum Committee and the South Dakota



A welcome for instructor Mary Rogers of USD

Certification Board for Alcohol and Drug Professionals. One course, Treatment Continuum, was taught over the summer.

More information: Julie M. Cain 701-255-3285 x 1276, jcain@uttc.edu.

CENTER FOR ACADEMIC & PERSONAL COUNSELING

LEWIS GOODHOUSE WELLNESS CENTER Monday - Friday 8:00 a.m. to 5:00 p.m.

Offering Noon Hour Coverage Appointments Encouraged... Walk-Ins Welcomed!

In case of an after-hour emergency: Contact UTTC Security Department (701) 255-3285 ext. 1200, 1300 An on-call staff member will be contacted

MISSION STATEMENT:

The CA&PC is committed to the UTTC student by providing professional and cultural development services to enhance life-long learning, personal growth and educational success.

VISION STATEMENT:

A holistic, healthy student is the center of our vision. This includes social, mental, physical and spiritual growth in support the UTTC student in an increasingly changing environment of learning.

VALUES:

We will provide standards of ethical conduct to protect the well-being of our students. We value the quality of student life and are committed to honor and respect all Native Americans and their cultures. We express our values through listening, confidentiality, trust, honesty, competence, integrity, courtesy, and serving our students with care and professionalism at all times.

SERVICES:

The Center for Academic & Personal Counseling offers a variety of services. Such services are held in the strictest of confidentiality. The services include, but are not limited to:

- Supportive Academic & Personal counseling (Individual, family, group)
- Assisting in the transition to UTTC Community life
- Supportive Counseling Consultation services
- Referral services
- Mediation services
- Intervention services
- Campus Wellness & Educational activities



Dragonfly Jales The Growing Season Inspires

UTTC Land Grant Agroecology Extension Program By Colette Wolf, UTTC Land Grant Agroecology Extension Educator

Overy growing season has its own personality, formed in the relationship with temperature and moisture. This year, plenty of spring rain was a blessing to our many gardens, after last year's hot, dry weather.

But the rain and cool temps caused delay in planting. And it set us back in mowing grass pathways in Dragonfly Garden, the five-acre research and demonstration plot on the south campus.

On the plus side, the tall grass challenged and inspired us. Using our own physical labor (a benefit in its own right) we harvested the grass with a sickle mower and used what we could for mulch. Then we put some thought into redesigning the garden with the idea of reducing our carbon footprint. More on that in a future column.

GOOD PARTNERS

The growing season also strengthened our ties with good partners we've come to know and respect. We appreciate our friends at the USDA Natural Resource Conservation Service (NRCS), Regional Plant Materials Station, Bismarck, for providing numerous Native plants. I can't emphasize enough how valuable this program can be for Tribal communities and colleges restoring traditional plants for food and medicine.

We put together a request in January. The result is four new garden beds along the campus walking trail. Each one hosts a different Native shrub that will provide traditional food and medicine: hazelnut, buffaloberry, chokecherry and elderberry.

Here are some other things we've done this season with plants and seed provided by the NRCS. We installed a Native plant garden at the Skill Center; implemented the first phase of our "prairie restoration project" on the south campus; developed a rain garden to grow sweetgrass; and restored the traditional gardens at the Medicine Wheel.



Plant restoration at the Medicine Wheel near the administration building included planting a new cottonwood tree at the center, which took place during a June 28 ceremony attended by staff and students. Melinda Whiteman-Tikanye (Spirit Lake) and her daughter Nalayna help Colette Wolf replace the original one that did not recover from a dry season last year.

MORE PROJECTS

And there's more! We received an Orchard Grant from the North Dakota Department of Agriculture to begin installing drip irrigation in our orchard, located near Dragonfly Garden.

We also received a two-year, USDA Sustainable Agriculture, Research and Education Youth Grant. In collaboration with Sioux County Extension and Northern Plains Sustainable Agriculture Council, we are bringing together youth and Elders from UTTC, Fort Yates and Three Affiliated Tribes to learn basic agroecology skills and squash breeding.

We have a small potato research project in Dragonfly Garden to assist the plant pathology department at the University of Wisconsin. We will provide data on how potato varieties endure our North Dakota summer and have potatoes to harvest this fall.

On campus we received help from the UTTC Welding Program. They created a 'one of a kind' dump bucket and tool rack for the

newest addition to our garden fleet: an adult three-wheel bicycle.

Our staff has grown and along with our electric truck, we have transportation that will promote our wellness and reduce our carbon foot print.

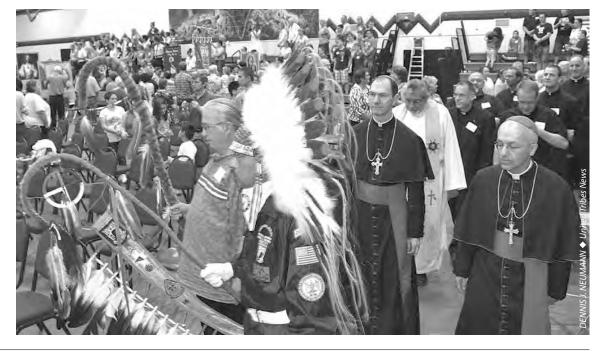
PEOPLE POWER

Three agroecology technicians have labored cheerfully through the summer: Jason Mills, Business Education student; Melinda Whiteman-Tikanye (Spirit Lake) Nutrition & Wellness; and Carmella Vita- Maulson (Lac Du Flambeau Anishinabe, WI) Nutrition & Wellness. We're fortunate to have their enthusiasm and bright minds, along with their strong work ethic. They've added to the personality of the growing season and helped us accomplish plenty of good things.

We wish you all happy gardening, joyful eating of fresh, locally grown produce and abundance in your traditional harvesting.

Honoring held for first Native American Saint

GRAND GATHERING: Donald Cain (Turtle Mountain) Bismarck, in ribbon shirt at left, and Bill Hale Jr. (Three Affiliated), New Town, in feathered headdress, led the grand entry that opened a celebration for St. Kateri Tekakawitha, a Mohawk who lived from 1656 to 1680. Over 200 worshippers from parishes on reservations in North and South Dakota registered for the two-day gathering July 13-14 at United Tribes. Leading the Catholic priests in procession were Fargo Diocese Bishop John Thomas Folda, left, and Bishop of the Bismarck Diocese David Kagan. Many of those attending had long prayed for St. Kateri's canonization, which took place last fall in Rome.



State invites logo designs

BISMARCK (UTN) – The State of North Dakota is in the market for some artwork. It's a competition to design a logo for the state's 125th birthday. But, you better hurry. North Dakota artists have only until August 12 to whip-up a design.

A state committee gave artists one month to enter a contest to create a logo that depicts the state's "storied history and bright future." Amateurs and professionals can submit. The winning design gets wide recognition on promotional materials and merchandise.

North Dakota's most recent experience with anniversary logo-making goes back 25 years to the State Centennial in 1989. Two official logos were produced, one with the pioneer theme and the other Native American.

To have a design considered, artists must submit their original artwork to <u>jmram-</u> <u>bough@nd.gov</u> by the August 12 deadline, with the subject line "Logo Contest."

Guidelines can be found on the State Historical Society of North Dakota website <u>www.history.nd.gov</u>. More info: Janean Rambough, 701.328.1430, <u>jmrambough@</u> <u>nd.gov</u>.

The state's 125th anniversary is next year on November 2, 2014.



The logo for North Dakota's 100th anniversary in 1989 was designed by Burt Calkins.



Artist Wallace "Butch" Thunderhawk Jr. (Lakota/ Dakota) of United Tribes designed this official Native logo for the 1989 State Centennial. **QUOTING HERE:** The Lakota Creed of the Hunkpapa

"We believe in the teachings of our ancestors, in the love and power of mother earth, in the merits of bravery, generosity, wisdom and the respect of all living and non-living things. We will strive as young proud Native Americans from the Hunkpapa band to uphold these teachings: to observe, to interpret and to apply these principles in our daily lives."

> – Adele F. Little Dog (1926-2011), Little Eagle Day School Principal, 1979





H.E.R.O.S. 26th Annual Conference September 5-6, 2013

Working to create SUPER HEROS!

Higher Education Resource Organization for Students Student Support Services

Radisson Hotel, Bismarck, ND

More Info: Annette Mennem, 701-858-3365 H.E.R.O.S. * PO BOX 1634 * Minot, ND 58702-1634 Annette.menem@minotstateu.edu



STANDING ROCK POWWOWS

Long Soldier Wacipi (contest) August 2-4, Fort Yates, North Dakota

Rock Creek Wacipi (contest) August 9-11, Bullhead, SD 51st Annual Victory over Japan Celebration

Wakpala Wacipi (traditional) August 16-18, Wakpala, SD

More Info: Standing Rock Sioux Tribe 701-854-3698, <u>http://www.standingrock.org</u>, Standing Rock Tourism, 701-854-3698, <u>http://www.standingrocktourism.com</u>.

UNITED TRIBES Culture Committee

President

Gillian Plenty Chief (Standing Rock) UTTC Disability Support Services Coordinator Lewis Goodhouse Wellness Center 701-255-3285 x 1465

gplentychief@uttc.edu

VICE PRESIDENT

Angel Young (Standing Rock) Admissions/Occupancy Coordinator UTTC Housing Russell Hawkins Conference Center Bldg. 701-255-3285 x 1552 ayoung@uttc.edu

Secretary

Collette Wolf (Lac Courte Oreilles Band of Anishinabeg) Agroecology Extension Educator UTTC Land Grant Programs Skill Center Bldg. 701-255-2385 x 1426 cwolf@uttc.edu

Treasurer

Tamara Marshall (Oglala Lakota Tribe) Strengthening Lifestyles Program Family Specialist Lewis Goodhouse Wellness Center 701-255-3285 x 1429 tmarshall@uttc.edu

> Sweat Lodge Keeper **Josh Swagger** (Turtle Mt. Band of Chippewa) Employed at the Bistro in Bismarck

Advisor

Dr. Phil Baird (Rosebud/Sicangu Lakota) UTTC VP Academic, Career and Technical Education Skill Center Bldg. 701-255-3285 x 1201 pbaird@uttc.edu

Advisor

Julie M. Cain (Blackfeet) UTTC Chemical Health Program Director Lewis Goodhouse Wellness Center 701-255-3285 x 1276 jcain@uttc.eduw

What Can You Recycle?

PAPER:

- Newspaper: and everything that comes with it
- Paper: Color, white and office paper
- Cardboard: Paper bags, cereal and food boxes, egg cartons, shoe boxes (Please flatten to make room in box or bin)
- Junk Mail: magazines and telephone books

Why Recycle Paper?

• Recycling Paper uses 70% less energy than making paper from raw resources. If Americans recycled just newspaper, we would save 250 million trees a year. Recycling one ton of paper saves around 17 trees, 463 gallons of oil, and 6,953 gallons of water. The average American uses more than 700 pounds of paper a year.

PLASTIC:

 Bottles, containers, tubs and lids(Number 1-7) Check bottom of container for one of the symbols listed below:



• If a symbol is missing, the plastic in non-recyclable. Sometimes the symbol is very small.

Why Recycle Plastic?

- People in the U.S. throw away 2.5 million plastic bottles an hour.
- Making new plastic requires significant amounts of fossil fuels.
- Plastic is easy to recycle.
- Plastic bottles take up space in landfills.
- Incinerating plastic contributes to greenhouse gases. • Plastic in the oceans is responsible for the deaths of
- millions of sea animals.
- Plastic takes a long time to degrade.
- Plastics contain harmful chemicals.
- Recycling plastic saves energy.
- Recycled plastic is useful. Many fabrics are now made with recycled plastic.
- All plastic can be recycled. But it's not being recycled as much as it should be. Some studies show that only 10% of plastic bottles created are recycled, leaving that extra 90% to take up space in landfills and killing ocean life.
- More info: http://www.professorshouse.com/ Your-Home/Environment/Recycling/Articles/Why-Recycle-Plastic/

UTTC Recycling Drop-Off Locations: Skill Center | Human Resource | Finance | Admissions Housing | TES | TJES | Wellness Center | Jack Barden Education | Co-ed Dorm | Sitting Bull Dorm Sakakawea Dorm | Science and Technology Building

Main UTTC Recycling Station: Intersection of Turtle Mountain Road and Standing Rock Road



Recycling Information by Colette Wolf UTTC Recycling Questions/More Information: Colette Wolf, Green Committee Member 255-3285 x1426, cwolf@uttc.edu

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Smithsonian experts featured at workshops

By Lisa J. Azure, Teacher Education Chair/Child Development Center Administrator

A group of experienced presenters, associated with the Smithsonian Institution in Washington, DC, highlighted the first in a series of Project CEDAR Workshops aimed at training American Indian educators at United Tribes Technical College.

"Prairie Traditions" was a week-long session June 17-21 attended by 24 pre-service United Tribes teacher candidates and graduates of the college's Teacher Education program.

The presentations provided content and strategies for culturally relevant instruction using primary source documents, focusing on American Indian history and traditions

PRESENTERS



Beading with an expert, Mr. Emil Her Many Horses.

Mr. Emil Her Many Horses, associate curator at the National Museum of the American Indian, is an award-winning beadwork artist. He spoke about the history, culture and traditions of beading and led an activity in which the participants were able to practice some traditional beading techniques.

Dr. Herman J. Viola, anthropologist and curator emeritus at the National Museum of Natural History, provided several talks through the week,



Herman J. Viola



Instructor Butch Thunderhawk with teacher educators Rolentha Begay and Billi Jo Graveseth.

including an overview of Native collections at the Smithsonian and the National Anthropological Archives. He spoke about Native veterans and shared autographed copies of his book: "Warriors in Uniform: The Legacy of American Indian Heroism."

Russell Phipps, a teacher trainer and Dovie Thomason, Lakota/Kiowa Apache storyteller, led the group in activities for the classroom.

Other presenters included Wallace "Butch" Thunderhawk Jr., UTTC Cultural Arts Instructor, who led a hide-painting demonstration and activity, and Dakota Goodhouse of the North Dakota Humanities Council, who provided an overview of resources for educators when teaching units about North Dakota history.

NEXT WORKSHOP

The second workshop for 2013, "Teaching Life Sciences," is set for July 29 to August 2 on the UTTC campus. Guest presenters will include Dr. Kitty Lou Smith, educator and Smithsonian curriculum developer; Dr. Cara Santelli, biogeochemist at the National Museum of Natural History; Linda Different Cloud Jones, professor of botany at Sitting Bull College; Marilyn London, forensic anthropologist and skeletal biology specialist at the National Museum of Natural History; Wallace "Butch" Thunderhawk Jr., United Tribes Cultural Arts Instructor; and Oran Sandel, actor and educator at the Smithsonian's Discovery Theater.



Topics include: Microworlds: Scientific Tools; Journal Cover: Cells and Microbes; Microbial Garden; Microworlds: Demonstrations and Practice; Handmade Book Structures: Accordion Style; Use of Plants by Native American Tribes for Food, Medicine and Religious Purposes; and Making a Medicinal Treatment from Traditional Plants.

Workshops with presenters associated with the Smithsonian will be held two times each summer for three years. The sessions are supported by Project CEDAR, an Office of Indian Education professional development grant.

More information Lisa J. Azure, Teacher Education Chair, 701-255-3285 x 1407, <u>la-</u> <u>zure@uttc.edu</u>.

Planning for prevention of shootings

2013 Bush Fellowships



Congratulations to Dr. Cheryl Kary, Bismarck, former United Tribes Research Director, on being selected for a fellowship by the Bush Foundation. Her work will focus on the Native American population in the Bis-

marck/Mandan area.

"Although the Bismarck-Mandan off-reservation American Indian population is significant, their socio-economic realities and negative community perceptions separate them from full participation in the community," she wrote explaining her study.

Kary's goal is to develop community partnerships through research and provide meaningful opportunities for urban Indians "so they can become cohesive and fully integrated into civic and community life."

Her project is titled GUIDE: Gathering Urban Indian Data and Experiences.

Also selected for a 2013 fellowship was Ryan Taylor of Towner. His work is about the North Dakota oil boom.

"We have the opportunity to use the wealth created to go forward in a way that honors our past, en-



Ryan Taylor

sures present prosperity and creates a future for our children that we can be proud of," he wrote.

Taylor's fellowship will study the successful oil economy of Norway and engage a statewide audience in a conversation about options and ideas for the future.

More information <u>http://www.bushfoun-</u> <u>dation.org/</u>.



SAFE SCHOOLS: Don Ronsberg from the Dept. of Homeland Security says "denial" is the biggest obstacle to preventing school shooters from carrying out their destruction. Ronsberg was the key presenter during a National School Safety Initiative Outreach program conducted May 21 at United Tribes. He cautioned that school shootings can happen anywhere, including North Dakota, making it critical to plan ahead for threats and vulnerabilities. Attending were representatives of area law enforcement agencies, including the BIA, Highway Patrol, Burleigh County, and Bismarck Police, along with UTTC staff and a representative of the ND Dept. of Public Instruction. President Obama initiated the national outreach program following the tragic school shooting in Newtown, CT. The program is a combined effort of Homeland Security, FBI, Secret Service and the US Department of Education. The UTTC event was coordinated by Safety Director Joely Heavy Runner. DENNIS J. NEUMANN ♦ United Tribes News

10 KEY FINDINGS: SAFE SCHOOL INITIATIVE

- Incidents of targeted violence at school are rarely sudden, impulsive acts.
- Prior to most incidents, other people knew about the attacker's idea and/or plan to attack.
- Most attackers did not threaten their targets directly prior to advancing the attack.
- There is no accurate or useful "profile" of students who engage in targeted school violence.
- Most attackers engaged in some behavior prior to the incident that caused concern or indicated a need for help.
- Most attackers were known to have difficulty coping with significant losses or personal failures. Many had considered or attempted suicide.
- Many attackers felt bullied, persecuted, or injured by others prior to the attack.
- Most attackers had access to and had used weapons prior to the attack.
- In many cases, other students were involved in some capacity.
- Despite prompt law enforcement responses, most shooting incidents were stopped by measn other than law enforcement intervention.

More Info: National Threat Assessment Center: <u>http://www.secretservice.gov/ntac.shtml</u> Homeland Security: <u>www.dhs.gov/cfsectortraining</u>





Are you a victim of abuse?

If you're uncertain, the following questions can help you examine a partner's behavior.

Does your partner:

- Threaten you or your loved ones?
- Break your belongings?
- Use guilt trips on you, to have his or her own way?
- Humiliate you in public or private?
- Make you feel as if you should not go out with or contact friends and family?
- Push, hit, choke or slap you?
- Restrain you using force?
- Apologize after being violent and yet repeat the behavior?
- Blame you for his or her temper or behavior?
- Wrongly accuse you of doing something?
- Pressure or force you to have sex?
- Ignore your feelings?
- Withhold approval, appreciation or affection as punishment?
- Continually criticize you, call you names and/or shout at you?
- Abandon you in a dangerous place?

If your answer is "Yes" to one or more of the above, you may be involved in an abusive relationship.

If you have concerns for yourself or someone you know, please contact the Abused Adult Resource Center for more information.

Remember, the responsibility for abusive behavior rests with the abuser. You cannot make another person emotionally or physically harm you, but you can hold him/her accountable.

24/7 HELP on the UTTC Campus

Donna R. Belgarde, United Tribes Domestic Violence Advocate, 701-255-3285 x 1456, Wellness Center Room 116A, <u>dbelgarde@uttc.edu</u>.

THUNDERBIRD HALF MARATHON

Saturday, August 24

8:00 a.m. Half Marathon Start • 9:00 a.m. 10k Start • 9:15 a.m. 5k Start

Age Groups: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Medals to top three in all age groups Plaques and prize money to top 3 HM male and female runners: \$150; \$100; \$50

Plaques to overall top three in 10k and 5k



Fees: HM: \$40 until August 11; \$50 thereafter 10k: \$25 until August 11; \$30 thereafter 5k: \$15 until August 11; \$20 thereafter



UTTC Basketball courts behind Theodore Jamerson Elementary

MALE/FEMALE IN ALL CATEGORIES REGISTER AT EDUCATION BUILDING (Powwow Registration Area)

Registration: THURSDAY through SATURDAY Registration Closes at 9:00 am Saturday

CATEGORIES: Boy's & Girl's 4-6, 7-9, 10-12 & ADULTS

Games Start for Boy's & Girl's SATURDAY morning September 10th @ 9:00am

Games Start for Adults FRIDAY morning September 9th @ 9:00am

* T-Shirt Prizes & Certificates for the Winners *

Entry Fee: \$10.00/person



REGISTRATION/RUN AT Burleigh Avenue • UTTC South Gate 10K Run Age Categories: 19 & Under; 20-29; 30-39; 40-49; 50 & Over

- T-Shirts for all participants.
- Awards: Overall Male & Female Winner- Trophy & Jacket
- . Champion T-Shirts in each age category.

• 2nd and 3rd place medals for the overall male & female winners.

5K Run/Walk Age Categories: 19 & Under; 20-29; 30-39; 40-49; 50 & Over • T-Shirts for all participants.

- Awards: Overall Male & Female Winner- Trophy
- 2nd and 3rd place medals for the overall male & female winners. • Champion T-Shirts in each age category.

Entry Fee: 10K Entry Fee: \$15.00 /person 5K Run/Walk: \$10.00 / person



New Executive VP

Congratulations to **Dr. Russ Swagger** on his appointment as United Tribes Executive Vice President responsible for overseeing day-to-day college operations. The title is a new position created as part of a college reorganization that took place in July. His former title was Vice President of Student and Campus Services. His new duties and responsibilities involve supervision across the breadth of the organization and liaison with the college president.

New Vice Presidency

Congratulations to **Dr. Jen Janecek-Hartman** on her appointment as Vice President for STEM programs (Science, Technology, Engineering & Math). The newly created title involves further development of these important academic offerings. As head of the college's science programs, Janecek-Hartman has shown leadership and results. STEM programs are academic areas that are often obstacles for college students. At UTTC they are based in the college's new science and technology building.

New Addition

Congratulations to Steve Shepherd and Jodene Uses Many on the birth of their son Alanson Jayce Shepherd on July 18. Steve directs the Welding



Program and Jodene is a teacher at Theodore Jamerson Elementary.

New IT Director

Please join me in congratulating **Monte Schaff** on his appointment as director of United Tribes Information Technology and Jenzabar coordinator. Monte combines a strong background and knowledge in technology with his experience in the college's academic programs. We are pleased to have him in this new capacity and welcome him into the service of IT and Jenzebar.

- Russell Swagger, VP Student and Campus Services

Regional Award

Congratulations to **Julie Cain** on receiving the Substance Abuse Director Award at the Aberdeen Area Behavioral Health Awards program held in Rapid City, SD



in May. Julie directs UTTC's Chemical Health Center, located in the Lewis Goodhouse Wellness Center, and supervises the counseling staff. The award program was

sponsored by the Great Plains Behavioral Health Directors Association and the Aberdeen Area Indian Health Service.

Three Sisters

In this case the "three sisters" aren't corn, beans and squash. They're 'sister' dietitians who helped shape the program and course offerings in UTTC's Nutrition and Foodservice program, seen here attending the ND Academy of Nutrition and Dietetics conference in Bismarck.



From left, **Kim Hinnenkamp**, RD-LRD, (UTTC 1999-2005) now coordinates the North Dakota WIC Program. She initially investigated the degree program. **Wanda Agnew**, PhD, RD-LRD (UTTC 2000-2006 and 2011-current) returned to UTTC after five years with Bismarck Public Health. She submitted the full degree plan and syllabi. And **Suzy Thorson**, RD-LRD, (UTTC 2005-current) was an on-campus and online NFS instructor. After moving in 2005, she continued instructing on-line courses and is part-time with Altru Hospital as a clinical dietitian.

During the conference, the three discussed progress made over the past 13 years in the area of nutrition education and community health at UTTC. Both the on-campus and on-line nutrition programs are supported by USDA Equity funds. UTTC has the only AAS nutrition degree offered at a Tribal College. The group is excited to be part of the Land Grant 20-year celebration planned for 2014.

– Wanda Agnew, UTTC Nutrition & Food Service

New Technician



Welcome to **Melinda Whiteman-Tikanye**, Agroecology Technician for the UTTC Land Grant Program. Melinda is an enrolled member of Spirit Lake Tribe and a full-time

student in the Nutrition and Wellness Program. She will graduate in the spring of 2014. She plans to attend UND and earn a dietetic degree. Her daughter, Nalayna Tikanye is 4 years old and attends preschool.

"I've learned a lot about gardening without using harmful chemicals and growing the natural way," she says. "I applied for this because I'm comfortable being with the Land Grant staff. They really help out nutrition students. I know working with them, I will learn so much more."

- Colette Wolf, Land Grant Agroecology Educator

School Board Bound

United Tribes sends congratulations to former UTTC student and staff member **Lorraine Davis** who was elected June 11 to a three-year term on the Mandan



School Board. She is enrolled in the Sisseton-Wahpeton Dakota Oyate and the first Native American to serve on the Mandan School Board.

Davis and her husband Scott (ND Indian Affairs Commission) have four children. She is the founder and chair of the Native American Development Center and serves on the boards of the North Dakota Women's Network and Center, Inc. She was in the third cohort of the Native Nation Rebuilder program.

Employee Wellness Day

Congratulations to the **United Tribes Wellness Circle**, planners of Employee Wellness Day, July 2 at Bismarck's Sertoma Park. The day away from campus included a potluck breakfast, fun activities like sand volleyball and horseshoes, and door prizes. Lunch was provided by A 'Viands, followed by a wellness walk to Meriwether's for a ride on the Lewis & Clark Riverboat.



Medical nutrition therapy offered

By Jana Millner, UTTC/Extension Nutrition Educator

United Tribes is offering free nutrition counseling sessions. It is medical nutrition therapy and I provide the service in the Lewis Goodhouse Wellness Center.



I recently graduated from NDSU with a Bachelor's Degree in Dietetics but I'm not completely new to UTTC. I interned here this winter, offering nutrition counseling sessions at the Wellness Center. I'm happy to be back as a member of UTTC's Land Grant team and offering the service again.

These are free sessions on Wednesday afternoons from 1 to 4 p.m. They began on June 26.

Medical nutrition therapy is helpful for a wide range of purposes: tips on healthier eating habits, diabetic education, food allergy/intolerance guidance, weight loss, athletic development, heart healthy diet, renal diet, and various disease states requiring a change of diet, to name a few.

Please take advantage of this service. It's free and confidential.

Pass the word along to those who might be interested.

Make your appointment with me 255-3285 x 1397 or <u>jmillner@uttc.edu</u>. I look forward to seeing you. Thank you.



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Camping space is available free of charge in designated locations on the United Tribes campus; round-the-clock security and access to facilities. No drugs or alcohol allowed and no pets.

CONTEST POWWOW

Known as "Home of the Champions," the United Tribes International Powwow is the powwow season's last, large outdoor event on the northern Great Plains powwow circuit. The contest offers \$80,000 in prize money to the top singing groups and dancers is two dozen competitive categories. Cash, jackets and medals are awarded to the champions early Sunday evening, September 8, culminating the event. Day money provided for drums and tiny tots.

POWWOW POSTER



2013 powwow poster design by artists Tom and Linda Haukaas

An artwork showing a powwow scene is the visual representation of the 44th Annual United Tribes International Powwow. Powwow posters are a popular art form and each year an original work appears on the United Tribes poster.

Brother and sister artists Tom and Linda Haukaas worked with earth pigment paints on antique paper to depict a current powwow scene in the dance arbor at United Tribes. Men Chicken Dancers show their style in Lone Star Arena as women's traditional dancers stand ready in elaborate regalia – featuring wool dresses with dentaliumshell capes – and holding feather fans.

"Images of Chicken Dancers are highly popular," says Haukaas. "It's painted with earth pigments on paper so old it's tanned in color, with brownish edges." "I also tried to represent the riot of color common to our powwows today," he says. "The dancers celebrate color and vivacity, which is better seen live."

Thomas Red Owl Haukaas (Rosebud Lakota) is a prize winning artist in both contemporary and traditional Lakota forms. His work is in museums and private collections around the world, and in exhibitions. The United Tribes art collection holds several.

The many different tribes of dancers in the image, as represented by their different types of regalia, "reflect the broad number of tribes that attend both the dance and the school," he says of the image.

Haukaas and his sister worked jointly on the piece. She too is an enrolled member of the Rosebud Tribe and a multiple award winning artist noted for her contemporary versions of traditional ledger-style drawings that often depict Lakota women.

In addition to being on the powwow poster, the image will adorn wearable and collectible items used to promote the powwow.

CULTURAL PERFORMERS



Explendor Azteca at the 2001 United Tribes Powwow

United Tribes spotlights dancing from the Aztec culture of central Mexico as presented by the group Explendor Azteca (XIPE-TOTEC). Founder Gerardo Salinas, San Jose, CA, directs the cultural and dance traditions he learned as a fifth-generation Aztec dancer. His dancers are clad in elaborate and colorful head-dresses that mimic birds and serpents. The sound is a pulsing rhythm from an elongated drum made from the ocotl (pine) tree, accented by the staccato rattle of seed pods on dancer's leggings. The action recalls ancient routines and ceremonies that summoned the forces and beings in nature, as was done before the Spaniards drove the traditions underground. Explendor Azteca revives a long-dormant past and helps broaden appreciation of global indigenous culture.

Performances are scheduled for 9:30 p.m. on Friday and Saturday, September 6 and 7 and at 3:30 p.m. on Sunday, September 8 in Lone Star Arena. The group will also perform during Youth Day at 10 a.m. Friday, September 6, and will appear in the powwow grand entries and the Parade of Champions.

The following is a tentative list of supporters of the Aztec Dancers visit to Bismarck: MDU Resource Group, Tesoro, Basin Electric Power Cooperative, Image Printing, Advanced Business Methods, Bismarck-Mandan CVB, Theodore Jamerson Elementary School, United Tribes Tribal Leaders Summit, and United Tribes Technical College.

COLOR GUARDS

Playing a central role in every powwow are those who answered the call to duty. Military veterans and active duty personnel who represent the college's governing tribes in North Dakota continue their service by presenting and posting the Colors during all powwow grand entries.

Contact: Mike Iken 701-255-3285 x1277, <u>miken@uttc.edu</u>

POWWOW VENDOR FAIR

Surrounding the dance arbor is a ring of powwow circuit vendors, creating a lively atmosphere and catering to the needs of tribal artisans and smart shoppers. Everything can be found from hides and antlers, to beads, finished clothing, bumper and window stickers and powwow collectibles. A food court presents a wide variety of cuisine, from oriental and barbeque to the ever-popular 'Indian Taco.'

Craft Vendors Contact: Brandi Knife 701-255-3285 x1274, <u>bknife@uttc.edu</u>; Food Vendors Contact: Robert Fox 701-255-3285 x1384, <u>rfox@uttc.edu</u>; vendor application online: <u>www.unitedtribespowwow.com/contact.asp</u>.

RNATIONAL POWWOW Continued from page 1



Photo by Thomas Hatzenbuhler from the 2012 United Tribes International Powwow

MISS INDIAN NATIONS

The deadline is August 4 for Young American Indian women, who know their culture, to enter the Miss Indian Nations scholarship pageant. Judging takes place September 4 to 7 during the powwow. Single, nonparent American Indian women age 17 to 26 are eligible. Each is called on to demonstrate their command of tribal values, customs and teachings.

Contact: Jessica Beheler 701-255-3285 x1291 or 1499, jbeheler@uttc.edu; www.uttc.edu. http://min.unitedtribespowwow.com.

YOUTH DAY

School classes and school groups (K-8) are invited to Youth Day at the Powwow. This is a music and cultural event that entertains. Included are presentations, music, dancing, and audience participation, and a performance by the powwow's featured cultural group. Youth Day begins at 9 a.m. on Friday, September 6 and runs through the morning. Chaperoned school groups admitted free.

Contact: Shiela Netterville 701-255-3285 x1546 <u>snetterville@uttc.edu</u>.

PARADE OF CHAMPIONS

The United Tribes "Parade of Champions," is scheduled for Saturday, September 7 through downtown Bismarck, featuring dancers, singers, tribal groups, tribal leaders and community groups. Cash prizes are awarded in four categories: Best Overall Float, Best Youth or Culture Group, Best



2013 Parade of Champions grand marshals: the Fort Yates "Warriors" championship basketball team of 1973

Horse Group, and Best Drum Group.

Parade grand marshals are members of the 1973 Fort Yates "Warriors" Basketball Team. Forty years ago the Warriors won the North Dakota Class "A" Basketball Tournament in a thrilling triple-overtime victory, considered one of the best high school playoff games in North Dakota history.

Contact: Jessica DeCoteau 701-255-3285 x1332, jdecoteau@uttc.edu.

TRIBAL LEADERS SUMMIT

The Seventeenth Annual United Tribes Tribal Leaders Summit takes place September 4-6 at the Bismarck Civic Center. Tribal, federal and state officials discuss important Indian Country issues and share ideas; also includes a trade fair.

Contact: Janet Thomas 701-255-3285 x1431, jthomas@uttc.edu



10K and 5K run/walk scheduled for Saturday, September 7

SPORTING EVENTS

Sports are included at the powwow. A benefit golf tournament, "Teeing Off for Academic Excellence," is set for Friday, September 6. A double elimination softball tournament for women and men is scheduled for Saturday and Sunday, September 7-8. Winning teams earn jackets; special awards are presented. Three-On-Three basketball is scheduled for students in the grades, middle school and high school. And a 10K and 5K run/walk is hosted for runners and walkers of all ages on Saturday, September 7.

Contact:

Golf: Sam Azure 701-255-3285 x1305 <u>sa-</u> <u>zure@uttc.edu</u>; or Hunter Berg 701-255-3285 x1361, <u>hberg@uttc.edu</u>

Softball: Debbie Painte 701-255-3285 x1232, <u>dpainte@uttc.edu</u>

Basketball: Kevin Rice 701-255-3285 x1895, <u>krice@uttc.edu</u>

Run/Walk: Dan Molnar 701-255-3285 x1367, dmolnar@uttc.edu

Continued on page 22

Tobacco-free policy recommended

BISMARCK (UTN) – The United Tribes Wellness Circle has recommended a ban on tobacco products on the United Tribes campus. The committee approved a resolution June 26 urging the college administration to "adopt policies and procedures for a 100% Tobacco-Free Campus that prohibits tobacco use by students, staff and visitors at all times."

The Wellness Circle is a campus-based group of professional health care specialists and educators formed in 2001. College President David M. Gipp charged the group with planning and developing a comprehensive health and wellness program for the educational and work setting on campus.

"We concluded a long-running discussion and have approved the attached resolution to establish a campus-wide no tobacco policy," wrote Wellness Circle Coordinator Pat Aune in a memo forwarding the resolution to the college's administrative council. "The UTTC Wellness Circle is committed to the health and wellbeing of the children, students, staff and faculty of our campus community."

NOVEMBER DEADLINE

The group recommends the college go tobacco-free beginning November 21, 2013, the day recognized nationwide as "The Great American Smoke Out."

Currently the college complies with a 2012 North Dakota law that extends the ban on smoking to "public places and places of employment," and within 20 feet of entrances, to avoid the dangers of secondhand smoke. The new state law does not restrict smoking as part of traditional American Indian spiritual or cultural ceremonies.

STEP TOWARD WELLNESS

Recommending a tobacco-free campus is seen as a logical step in higher education to protect workers and students from the overall affects of tobacco. The new policy would illuminate the current practice of smoking outdoors. It also bans electronic cigarettes and all forms of smokeless tobacco including chewing tobacco.

Over the past decade the Wellness Circle has initiated numerous wellness projects, events and programs that involve students, staff and members of the campus community at large. The effort to curb smoking parallels state and national programs aimed at improving learning and productivity, lowering rates of absenteeism, and addressing organizational health insurance issues.

Susan Kahler, community outreach coordinator with Bismarck-Burleigh Public Health's Tobacco Prevention and Control program, provided information and background to the committee. Their resolution also drew on policies established at other schools, including Fort Peck Community College, another Tribal College with a constituency similar to United Tribes.

PROHIBITIONS

The committee defined tobacco as any product containing tobacco or manufactured from it, or containing nicotine. Smoking includes the regular uses and the use of e-cigarettes which create a vapor.

Tobacco use would be prohibited on all campus grounds, in all campus-owned properties, and in all campus-owned vehi-



cles. It would also be prohibited at all institution sponsored off-campus functions.

Tobacco sales would be prohibited on campus along with industry promotions, advertising, marketing, and distribution. The college would not own tobacco company stock nor accept any direct funding from tobacco companies.

SACRED USE

As proposed, the policy permits the traditional use of tobacco in ceremonies on the campus if requests are made in advance and approved. However, it would prohibit smoking during the United Tribes International Powwow beginning in 2014. The committee acknowledged that the powwow poses a special circumstance that may require flexibility.

HELP FOR SMOKERS

The no smoking topic has been under discussion at UTTC for several years. A voluntary survey of students and employees conducted during a campus health fair in 2010 found that 53 percent favored a smoke-free campus.

The new policy clearly places more importance on helping smokers quit. Chemical Health Center Director Julie Cain says she will plan a comprehensive schedule for the center's eight-week smoking cessation classes, held on campus in the Lewis Goodhouse Wellness Center. That will include information about "stop smoking" aids like the patch and gum. Assistance from additional, off campus sources will also be provided, including the tobacco quit line and offerings from Bismarck/Burleigh Public Health.

UTTC WELLNESS FAIR

The college's administrative council, made up of the college's vice presidents, has yet to act on the tobacco-free resolution.

The Wellness Circle offered to help implement a new policy by sending and placing announcements and conducting information sessions. One important outreach opportunity would be during the college's next campus-wide health fair, scheduled for Thursday, September 12 from 1-5 p.m. in the James Henry Community Gymnasium. The

20

for campus

new tobacco-free policy would be the featured topic, along with tobacco cessation exhibits, information and assistance from campus and community groups attending.

Those from the Wellness Circle involved in developing the resolution were: Pat Aune, Wellness Circle Facilitator, Marcus Austin, Anita Charging, Joey McLeod, Jan Keller, Dan Molnar, Gillian Plenty Chief, Charmelle Fuchs, Jana Millner, Dennis Neumann and Barbara Little Owl.

More information: Pat Aune 701-255-1399, <u>paune@uttc.edu</u>.

Tobacco-Free Campus Resolution United Tribes Technical College Wellness Circle • June 26, 2013

WHEREAS, the United Tribes Technical College Wellness Circle believes the cultural, spiritual and ceremonial use of tobacco is an integral part of traditional, native life; and

WHEREAS, tobacco use is the leading cause of preventable death and disease and American Indian people suffer serious tobacco related health consequences including heart disease and cancer; and

WHEREAS, the dangers of tobacco use have been well documented by the U.S. Surgeon General since 1964; further, the U. S. Environmental Protection Agency has designated environmental tobacco smoke a Class A carcinogen, and

WHEREAS, we believe that safe and healthy schools are essential learning environments and are the right of students, faculty and staff; and

WHEREAS, A successful tobacco-free campus would demonstrate United Tribes Technical College's commitment to wellness and wellness-related initiatives, and

WHEREAS, numerous studies show that young people ages 18-24 have the highest smoking rate of all adults; and

WHEREAS, smoking contributes significantly to the risk of fires in buildings, dormitories and other campus structures; and

WHEREAS, a Tobacco-Free Campus (TFC) policy prohibits tobacco use anytime, anywhere by anyone on campus grounds or at school-sponsored events; and

WHEREAS, studies show that campus tobacco-free policies lead to significant reductions in tobacco use by students, faculty and staff; and

WHEREAS, approximately 750 college and university campuses in the United States including 12 North Dakota institutions are now 100% tobacco-free, and

WHEREAS, a tobacco free campus will protect the health of our children, grandchildren, families and community members.

NOW, THEREFORE BE IT RESOLVED that the UTTC Wellness Circle urges the United Tribes Technical College administration to adopt policies and procedures for a 100% Tobacco-Free Campus that prohibits tobacco use by students, staff and visitors at all times, and

FURTHER BE IT RESOLVED that the United Tribes TFC policy be put into effect on the 21st day of November, 2013 at Bismarck, North Dakota.

Get free help quitting cigarettes and spit tobacco.





Funded by Bismarck Burleigh Public Health, through BreatheND. Saving Lives, Saving Money – the voice of the people.

American Cancer Society Great American Smokeout® November 21, 2013

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To be added to UTN's mailing list call 701-255-3285 x1296 or email vwhitman@uttc.edu

United Tribes Powwow...

Continued from page 19

FREE BUFFALO FEED

United Tribes honors you with the cultural tradition of a buffalo feed Sunday, September 8. All dancers, singers and visitors are invited free of charge. Serving takes place in the mid-to-late afternoon outside the United Tribes Cafeteria; serving time is announced. The meal is served by the college cafeteria staff and many student and staff volunteers. Buffalo donated by the Turtle Mountain Band of Chippewa, one of the colleges's governing tribes.

HEAD STAFF

Masters of Ceremonies: Jim Clairmont and Jerry Dearly. Arena Director: Rusty Gillette. Head Singing Judge: Reuben Crow Feather. Head Men's Dance Judge: Jzz Bears Tail. Head Women's Dance Judge: Cody High Elk. Ground Blessing: Julie Cain and Russell Gillette.

POWWOW EXECUTIVE COMMITTEE

David M. Gipp, College President; Julie Cain, Chair/Cultural Advisor; Ella Duran, Treasurer; Deb Painte, Secretary; Charisse Fandrich, Fundraising.

POWWOW SOUND CONTRACTOR

REZ JAM SOUND, Frank K. Jamerson, Little Eagle, SD

COLLEGE GOVERNING TRIBES

Sisseton-Wahpeton Oyaté, Spirit Lake Tribe, Standing Rock Tribe, Three Affiliated Tribes of the Mandan/Hidatsa/Arikara Nation, Turtle Mountain Band of Chippewa

MORE INFORMATION

Website: <u>www.uttc.edu</u>. Powwow Info: Sandy Erickson, <u>serick-</u> <u>son@uttc.edu</u>, 701-255-3285 x1293 Media: Dennis J. Neumann, <u>opi@uttc.edu</u>, 701-255-3285 x1386



Powwow Volunteers Needed

The United Tribes Powwow and associated cultural activities are established institutional events of the college. UTTC employees are asked to volunteer to help these special events be successful. To volunteer, please contact the coordinator listed. Thank You!

> **Parade of Champions:** Jessica DeCoteau x 1332

Miss Indian Nations: Jessica Beheler x 1291

Tabulation: Mechelle Iron Cloud x 1516, Angelique Gillis x 1471

Registration: Gillian Plenty Chief x 1465

Youth Day: Shiela Netterville x 1546

Front Gate: Ella Duran x 1214 Kathy Chapin x 1869

Maintenance: Bud Anderson x 1302

Arts & Crafts Vendors: Brandi Knife x 1274

> **Food Vendors:** Robert Fox x 1384

Softball: Delmar Clown x 1343

Security: James Red Tomahawk x 1300

Cafeteria/Buffalo feed: Veronica Weigel x 1311

Color Guard/Veterans: Mike Iken x 1277 Louis Laundreaux x 1489

Souvenir Stand: Sandy Erickson x 1293

Fundraising: Charisse Fandrich x 1207

> **Golf:** Hunter Berg x 1361





Nutrition and Foodservice Associate of Applied Science Degree

The Nutrition and Foodservice program at United Tribes Technical College is an opportunity for hands-on experience.

- Healthful food preparation
- Food science
- Food safety
- WellnessCommunity nutrition

Graduates are professionally trained with food preparation and nutrition education skills that allow you to make a positive impact on the health of American Indian people.

Follow one of two-degree majors: Nutrition and Wellness or Foodservice/ Culinary arts. You choose depending on your interest. Both are offered on campus and Online.

You have the opportunity to take a national exam to become ServSafe Certified and/or a national exam to be credentialed as a Certified Dietary Managers (CDM).

A degree prepares you for employment or to successfully transfer into programs of advanced training to become a dietitian or chef.

After graduating, you are prepared for employment with school lunch, WIC, diabetes/wellness programs, hospital or elderly care food service, and casino kitchens or private restaurants.

Earn Your Way with a two year Associate of Applied Science degree in Nutrition and Foodservice.



Nutrition and Foodservice Program Annette Broyles, Chairperson abroyles@uttc.edu 3315 University Drive • Bismarck, ND 58504 701-255-3285 x1406 • www.uttc.edu

United Tribes News

Nutrition/Foodservice students complete practicum

By Wanda Agnew, PhD, RD-LRD, Registered Dietitian, Instructor Nutrition and Foodservice

ive students enrolled in the Nutrition and Foodservice AAS Degree program's spring and summer sessions and participated in the 150-hour required practicum. The program has two tracks and each student selected a site that most fits their dream career.

The Nutrition and Wellness degree requires practicum hours in a long-term care or clinical setting that uses a federal Medicare assessment process called Minimum Data Set. Healthcare interdisciplinary teams use the process to plan care for each patient to meet their need for best quality of life for their condition.

TONY



at St. Alexius Medical Center, where he was delighted to what professional dietitians and health

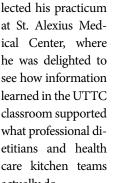
us Medical Center Nutrition and Dietary Department

HEATHER & MELINDA

Students Heather Demaray and Melinda White-Tekanya completed their Nutrition/ Wellness hours with the St. Vincent's Care Center and the Baptist Home, respectively. Again, they were pleasantly surprised about the comfort level they had with specific duties and with the assessment process because of their class work.



Melinda White Tekanya, left, and Heather Demaray attended the ND Hunger Task Force Meeting



Tony Walking se-

see how information learned in the UTTC classroom supported Tony Walking at St Alexi- care kitchen teams actually do.

Dolly Drapeau with Chef Chris at University of Mary Foodservice Department

They also gained a deep understanding of how medical nutrition therapy can improve disease conditions and support quality of life for individuals.

The two also participated in community nutrition experiences through Ehrens' Nutrition Consulting. The opportunity changed their perspective on food system connections to healthy people and communities. They both can see themselves as public health dietitians practicing in Indian Country, either with Tribal or USDA food programs or Extension. Specific opportunities they participated in included ND Hunger Task Force, panel sharing during "A Place at the Table," and the Symphony of Soil documentary release all showing the connection between Mother Earth and food programs using the kitchen table to support healthy people and communities.

Tony, Heather, and Melinda each intend to write the National Dietary Managers certification exam this fall and investigate enrollment into four year dietetic programs.

DOLLY & AMBER

Students Dolly Drapeau and Amber Cleveland selected practicum sites that included catering experiences in commercial settings. Both achieved favorable evaluations of their skills from their chef mentors and both were offered employment because of the practicum experience.

Amber indicated she is considering returning to her community to serve in a leadership role supporting food and hospitality events.

Dolly continues to investigate her future career, but sees herself in a foodservice position with a school or senior center.

All five students recognized the skills they gained at UTTC were beneficial to successfully completing the practicum requirements. The skill sets involved culinary arts, baking, food budgets, purchasing and inventory, nutrition assessment and education. They also learned staff management through confident personal communication skills.



Amber Cleveland with a Chef at Minerva's

Bakken Oil Fields Offer Triba Challenges, Opportunities

rom funding cuts precipitated by the federal sequester to changes in the rules for Pell grant recipients, tribal colleges face many challenges, but one of the most serious for colleges in the Northern Great Plains comes from a surprising source-the Bakken oil fields.

The oil fields cover about 200,000 square miles of the subsurface of the Williston Basin underlying parts of the states of North Dakota, South Dakota and Montana and the Canadian provinces of Manitoba and Saskatchewan. In a report issued April 30, the United States Geological Survey estimated the U.S. section holds 3.6 billion barrels (BBO) of undiscovered, technically recoverable oil and the Three Forks formation (which lies under the Bakken formation) 3.73 BBO, double the agency's 2008 estimate. In addition, the USGS estimated the Bakken and Three Forks hold 6.7 trillion cubic feet of undiscovered, technically recoverable natural gas and 0.53 billion barrels of undiscovered, technically recoverable natural gas liquids.

U.S. Interior Secretary Sally Jewell has said the resource, the largest continuous oil formation in the continental United States according to the USGS, is expected to play a major role as the U.S. strives for energy independence.

OIL JOBS BECKON

The oil fields have stirred significant controversy, both for the use of hydraulic fracturing technology to recover the oil and the proposal to build the Keystone XL pipeline to transport crude to the U.S. Gulf Coast. But at the same time, Bakken oil fields have attracted huge investments from companies that want to cash-in. Thousands of new oil and gas wells have been drilled in the Williston Basin since the USGS released its 2008 report, and more are going in every week.

As a result, tens of thousands of jobs have been created. North Dakota reported a 2.8

percent unemployment rate in May. Oil and gas companies are paying top dollar to recruit workers-an entry level position can pay up to \$80,000 a year.

No wonder some potential tribal college students are choosing to go to work rather than school.

LITTLE BIG HORN/FT. PECK

David Yarlott, president of Little Big Horn College in Montana, says enrollment is down to 350 students from the 400 enrolled over the past several years. Some of those left to work in the oil fields, says Yar-



David Yarlott

lott. Mark Sansaver, grants manager for Fort Peck Community College, also in Montana, says the college usually has 400 students, but enrollment is down 20 percent.

SITTING BULL COLLEGE



"Students are typically going right into employment in the Bakken oil fields," he says. Laurel Vermillion, president of Sitting Bull College in North Dakota says enrollment is down, at about 280, from the

Laurel Vermillion

school's usual 330 to 340 students. The reason: High-paying work in the oil fields.

CHIEF DULL KNIFE COLLEGE

Other colleges are seeing the effects of the boom in different ways. The influx of workers has put pressure on everything from rent to food prices. The Billings Gazette reports real estate prices are up 30 percent and Wal-Mart cannot hire enough people at \$17/hour

because of competition from the oil fields for workers.

Chief Dull Knife College President Richard Littlebear says he's seen a reduction in enrollment across the board. But at Chief Dull Knife, the reduction does not seem to be related to the Bakken oil fields direct-



Richard Littlebear

ly. He said the impacts of local resource development most affect infrastructure such as police, health services and transportation and often cause an escalation of drug and alcohol use. Littlebear says development could happen on the Northern Cheyenne Indian Reservation in southeastern Montana if a coal project gets back on track. Any development, he says, will be disruptive.

"Looking at the future, we're going to have to prepare as a tribe and as a state to ward off the negative impacts of an influx of people. Here on the reservation we're pretty comfortable with how things are, but we have a young population and that kind of demographic will demand jobs. We have to be realistic."

Taking a realistic approach is just what some tribal colleges are doing. Vermillion says Sitting Bull College is developing a certificate program for firefighters and a program on oil drilling, which the college will offer in an effort to increase enrollment.

M/H/A NATION



Tex G. Hall, serving as chairman of the Three Affiliated Tribes of Ft. Berthold for an unprecedented third term, notes that the Mandan, Hidatsa and the Arikara Na-

Tex G. Hall

United Tribes News



Colleges

By Tanya Lee, Indian Country Media Network (reprinted with permission)

tion sits atop the Bakken oil fields in North Dakota. "Blessed with oil and gas development" that will make the tribe debt free next year and put it on the brink of self-sufficiency, the tribe offers training and certification for oil workers, he says.

UNITED TRIBES



The Three Affiliated Tribes is one of the five North Dakota tribes that operate United Tribes Technical College in Bismarck. President David M. Gipp says, "We want to participate more fully in the new

David M. Gipp

economy and the development of the Bakken oil fields." One way the college will accomplish that goal is to develop and operate a \$33-million hotel project on campus adjacent to the Bismarck International Airport. The hotel, with 160 rooms, a 10,000-squarefoot conference center, restaurant, business center and other state-of-the-art amenities, will serve corporate leaders coming to the area to do business in the oil fields, as well as leisure travelers. The hotel will provide educational opportunities for students in hotel management, business administration, security and food service.

And it will provide a revenue stream for the college itself, diversifying the college's funding away from federal grants based solely on enrollment. Participation and diversification of economic opportunity—the Bakken oil fields may end up giving a lot more than they take from local tribal colleges.



Bismarck MBDA Business Center American Indian & Alaska Native Program



CONTACT US:

Bismarck MBDA Business Center United Tribes Technical College 3315 University Dr. • Bldg. 61 Bismarck, ND 58504 701.255.3285 x1359/1246

Mr. Brek Maxon, Project Director bmaxon@uttc.edu

Mr. Larry Stockert, Business Consultant Istockert@uttc.edu info@bismarckmbda.uttc.edu



Operated by United Tribes Technical College www.uttc.edu The Bismarck MBC assists Native American & Minority Entrepreneurs with various business services that include:

- GENERAL BUSINESS CONSULTING
- BUSINESS PLAN ASSISTANCE
- STRATEGIC FINANCIAL PLANNING TO MANAGE GROWTH
- ASSISTANCE WITH OBTAINING FINANCIAL RESOURCES
- STRATEGIC PARTNERSHIPS WITH OTHER NATIVE & MINORITY FIRMS
- PROCUREMENT LEADS FROM FEDERAL, STATE, TRIBAL AND OTHER RESOURCES
- EXPORTING ASSISTANCE

VISIT US ON-LINE: www.mbda.gov/businesscenters/bismarck





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THEODORE JAMERSON ELEMENTARY

Three attend health promotion conference



Three TJES staff members at the North Dakota Rough Rider Health Promotion conference in Medora, from left, Twilla Smith, Jacqueline Edison and Tanya Williams.

Three educators from Theodore Jamerson Elementary School learned about promoting school, community and healthy lifestyles at the 27th annual Roughrider Health Promotion Conference.

Twilla Smith, PE/Health; Jacqueline Edison, Counselor; and Tanya Williams, Special Education, attended the conference May 28-31 in Medora, ND. One-hundredseventy-five were registered from schools across the state. The theme was "The Power of Health."

Participants evaluated their school health and community programs to develop action plans for making improvements. Sessions were based on components of Coordinated School Health, including health education, physical education, health services, nutrition services, counseling, psychological and social services, healthy school environment, health promotion for staff, and family/community involvement.

Additional topics included substance use prevention, character education, violence/ bullying prevention, chronic disease prevention and professional development.

Keynote presenters included Dr. Stephan Sroka, on bullying research and violence, and Dr. Jo Owens Nausler, on health awareness.

More info is available at: <u>www.</u> <u>ndroughrider.com</u>.

– Jacqueline Edison, LAPC, TJES Counselor

2013-14 School Year THEODORE JAMERSON ELEMENTARY SCHOOL

August 1Registration Packets available for pick up in TJE	S Office
August 19Schoo	Starts

More Information: 701-255-3285 x 1304



MISSION

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

VISION

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

VALUES

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

U – Unity	T – Traditions
N – Native Americans	R – Respect
I – Integrity	I – Independence
T – Trust	B – Bravery
E – Education	E – Environment
D –Diversity	\mathbf{S} – Spirituality

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

United Tribes Governing Board UNITED TRIBES TECHNICAL COLLEGE UNITED TRIBES OF NORTH DAKOTA

STANDING ROCK TRIBE Charles W. Murphy, Chairman

THREE AFFILIATED TRIBES Tex Hall, Chairman

SISSETON-WAHPETON OYATÉ Robert Shepherd, Chairman

TURTLE MOUNTAIN BAND OF CHIPPEWA Richard McCloud, Chairman

> SPIRIT LAKE TRIBE Roger Yankton, Chairman

United Tribes News

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Friends Supporting the Goals and Mission of United Tribes Technical College

United Tribes is grateful to the many individuals, families, businesses and foundations whose direct contributions are vital to the success of UTTC students. Many individuals and businesses have also contributed their time and other in-kind support. We extend our sincere thanks to all of our friends and contributors for their commitment to students working on the bright promise in their future and American Indian higher education at United Tribes.

– Suzan O'Connell

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Please note that we made every effort to include all donors who made gifts, new pledges, or payments on existing pledges. If we have omitted your name in error, please accept our sincerest apologies and contact us so that we may include you next time.

United Tribes Development, 3315 University Drive, Bismarck, ND 58504, 702-255-3285





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.



THUNDERBIRD HALF MARATHON Saturday, August 24

8:00 a.m. Half Marathon Start 9:00 a.m. 10k Start • 9:15 a.m. 5k Start

Age Groups: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ Medals to top three in all age groups Plaques and prize money to top 3 HM male and female runners: \$150; \$100; \$50 Plaques to overall top three in 10k and 5k Fees: HM: \$40 until August 11; \$50 thereafter 10k: \$25 until August 11; \$30 thereafter 5k: \$15 until August 11; \$20 thereafter

THUNDERBIRD POWWOW RUN Saturday, September 7

9 a.m. 10k Start • 9:15 a.m. 5k Start Age Groups:

19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ Medals to top three in all age groups Plaques to overall top 3 in 10k and 5k

Fees: 10k: \$25 until August 25; \$30 thereafter 5k: \$15 until August 25; \$20 thereafter

Tribal leaders to meet in Bismarck United Tribes Summit is September 4-6

BISMARCK (UTN) – Leaders of North Dakota's tribal nations and key tribal supervisors and employees are set to gather in Bismarck for the 17th Annual United Tribes Tribal Leaders Summit.

The event is organized by United Tribes Technical College and takes place September 4-6 at the Bismarck Civic Center Exhibit Hall.

"The summit is a forum that attracts tribal leaders, tribal professionals, and friends," says Janet Thomas, conference coordinator. "We have a tradition of coming together to talk about relevant issues and exchange ideas."

Participation is open to all interested in advancing Indian issues. Online registration is available, along with CEU's for educators and students. The sessions are typically attended by members of the North Dakota Congressional delegation or their representatives and other leaders at the federal, state and local level.

"The political landscape in Indian Country is constantly changing," says Thomas. "Paying attention to current realities is one of the best ways for leaders to work on behalf of the communities they serve."

AGENDA ITEMS

The agenda offers major talks, briefings and discussions about education, public safety, energy, healthy communities, and economic development. Other subjects include tribal workforce development, Indian gaming, taxation and housing.

The summit has two main tracks that share breaks, luncheons, and general sessions: Tribal Leaders Summit and Tribal Transportation Planners Conference. Other conferences and meetings are scheduled in and around the same time.

LEADERSHIP HISTORY

The event will also pay tribute to a gathering in Bismarck 50 years ago of tribal leaders from across the country. Amidst the nation's Civil Rights movement, the National Congress of American Indians (NCAI) held its annual conference in the capitol city in September 1963, featuring keynote speaker Robert F. Kennedy, the nation's attorney general.

TRADE SHOW

The Tribal Leader's Summit begins Wednesday, September 4 at 9 a.m. with an



opening ceremony. The theme is: "United, Tribal Nations Pursuing the Promise of Tomorrow."

The summit includes a trade show open to vendors with a current North Dakota Sales and Use Tax Permit.

View the agenda and registration form, along with listings of other meetings, by clicking here: http://www.unitedtribespowwow.com/summit/. Or contact Janet Thomas 701-255-3285 x 1431, jthomas@uttc.edu. Trade show contact Debbie Paint 701-255-3285 x 1232, dpainte@uttc.edu.

View the agenda and registration form, along with listings of other meetings, by clicking here: <u>http://www.unitedtribespowwow.com/summit/</u>. Or contact Janet Thomas 701-255-3285 x 1431, <u>jthomas@uttc.edu</u>. Trade show contact Debbie Paint 701-255-3285 x 1232, <u>dpainte@uttc.edu</u>.



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Historic meeting in Bismarck

By Phil Baird (Sicangu Lakota) VP Academic, Career & Technical Education

Fifty years ago Bismarck was "the" destination for the nation's tribal leaders. In September 1963, delegates assembled here for the 20th annual convention of the National Congress of American Indians (NCAI).

Of concern to the nearly 600 attending were some of the same issues facing the nation, then in the midst of the Civil Rights movement.

NCAI Executive Director Robert Burnette (Sicangu Lakota) opened with a report, citing chronic joblessness, state jurisdiction conflicts, Tribal land heirship, and racism. He challenged leaders to "unite to wipe out discrimination."

Washington, DC attorney Marvin Sonosky reported on the pressing topic of the day: whether tribes should give over to states their criminal and civil jurisdiction in tribal areas.

Other speakers who offered their insights included Indian Affairs Commissioner Philleo Nash, North Dakota Governor William L. Guy, and Gold Seal Co. founder Harold Schafer.

Social Agenda

At the same time when Alabama Governor George Wallace was fighting school integration and National Guardsmen were lining up in the streets of Birmingham, a huge crowd of locals in Bismarck turned-out to see a tribal parade through downtown and traditional dances at the local ballpark.

An estimated 3,000 Native and non-native gathered at the Mandan rodeo grounds for a buffalo feed, and were treated to an international bronc riding contest, organized by North Dakota rodeo great Joe Chase (Three Affiliated).

Keynote

Highlighting the week's events was an appearance by U.S. Attorney General Robert F. Kennedy, who was showered with gifts from tribal delegations.

His keynote speech signaled the administration's readiness to help in Indian Country.

"America today is moving forward more



Robert Kennedy was presented with two feathered headdresses at NCAI, this one upon arrival at Bismarck airport surrounded by women representing tribes at the conference. North Dakota News Films Archive, courtesy SHSND

rapidly and in more ways than ever before, toward fulfillment of its destiny as the land of the free," he said in remarks to a packed downtown Bismarck hotel ballroom. "A nation in which neither Indians nor any other racial or religious minority will live in underprivilege."

His remarks included John Kennedy's 10-point presidential campaign pledge to bring about change in Indian Country and overcome injustice.

Pursuing Justice

"When you look at Bobby Kennedy's remarks at NCAI in 1963 you're seeing the emergence of his activism in Indian affairs as he advances the cause of civil rights," says David M. Gipp, United Tribes Technical College president. "Later as a U. S. Senator he continues, with legislation in Indian education. And then his brother Ted Kennedy picks up the work in the early '70s. Their outlook was to pursue justice for those who had been denied, including American Indians."

Unfortunately, the vision never realized full potential from the Kennedy White House. Two months following the 1963 conference, President Kennedy was assassinated, leaving people with heavy hearts. A handful of years later, in 1968, Robert Kennedy was assassinated too, and Martin Luther King Jr., leaving the work to subsequent administrations.

Positive Outcome

The theme of "unity" at the 1963 convention most certainly resonated with North Dakota's tribal leaders. They later addressed the issue of state jurisdiction by rejecting Public Law 280.

Meeting together led to the formation in 1968 of the intertribal organization United Tribes of North Dakota Development Corporation. The incorporators were: Aljoe Agaard, Fort Yates; Lewis Goodhouse, Fort Totten; Reginald Breien, Belcourt; August Little Soldier, Golden Valley; and Austin Engel, Bismarck. This parent organization addressed joblessness, education and economic development by creating an employment training center that has since evolved into an accredited Tribal college, United Tribes Technical College.

To this day the college and the intertribal organization continue to pursue justice, civil rights and self determination for Native People with the same passion that tribal leaders and Robert Kennedy displayed 50 years ago in Bismarck.

Where Are You From?

"If you don't know where you're from, You'll have a hard time saying where you're going." - Wendell Barry

F or the past couple of years, students in the class Multicultural Education, EDU 290, have been writing "Where I'm From" poems. The exercise explores belonging and understanding our roots. It uses a poem-making template that guides the writer in conjuring-up word images of places, people and things of home.

The poem "Where I'm From," by George Ella Lyon, served as the inspiration and basis for imitation. You can read how this writing exercise came about from Fredrick Blair First, and use the template, at this link: <u>http://www.swva.net/</u> fred1st/wif.htm.

The poems here were written by students in EDU 290 this past year. They are wonderfully expressive and we are proud to present them to you through United Tribes News.

– Lisa Azure, UTTC Teacher Education Director

Waylon Black Crow (Pine Ridge)

I am from the sand hills, from the alkali lakes and the open prairie.

I am from the old white house with no running water.

I am from the yucca plants that hurt when they stick you; from the prairie sage that smells so good when you burn it.

I am from the Scatter Their Own (Oglala) band and the Wakpamni Lake tiospaye; from Grandpa C Bear and Grandpa Kenneth and Grandma Teresa.

I am from the Thunder Lake families and the Little Commander families; from staying in school and getting an education to grow up and be somebody.

I am from a line of Chiefs, medicine men and warriors who fought and died for the Lakota way of life.

I am from Pine Ridge, South Dakota, land of Crazy Horse, Chief Little Wound, Chief Bull Bear and gabooboo bread and taniga soup.

From the grandpa who still conducted ceremonies while the government condemned it, and my grandma who raised all thirteen children by herself in a house with no running water or electricity.

I am from casmu, a place where families would come and bury their children and babies long ago, a place where the tradition of our ancestors still remain. A place where people from our reservation come to pray.

Theresa Tracke (Northern Cheyenne)

I am from the Blue Sky Mountains, from Wrangler and Stetson. I am from the blue trailer with the brown fence all rickety and worn.

> I am from the spider, rose, pine tree, and fig, lily purple and green.

I am from fry bread and dark skin from Serena and Kenneth and Marie.

I am from the independent and strong.

From you're beautiful, smart and you can do anything.

I am from strong believing Christians who lived by faith.

I am from Pine Ridge and Rowland, Indian tacos and dry meat soup.

From the blind preacher of God's word, the loving and kindness, and the looks of grandmother gone before I was born.

I am from pictures put in vanity cases and pictures on walls of my mother's house, memories that always hold a place in my heart.

United Tribes News

Angela (Buckley) Tochek (Standing Rock)

I am from my grandmother's cookbook, from Crisco and Calumet baking powder. I am from the old two-bedroom frame house, nestled among the bright green trees.

I am from the buffalo berry trees, the choke cherry bushes.

I am from storytelling by the light of the kerosene lamp during a wild lightning storm and cantankerous, from Regina Ramsey and William George Buckley.

I am from the history keepers and whiskey drinkers; from the sacredness of animals and Grandma's fry bread recipe.

From the clan of many church foundations built, with faith, family and fear of the Lord.

I am from Cannon Ball and Nasunatanka, wastunkana and papa soup

From the Great Chief Nasunatanka, victorious warrior at the Battle of the Little Big Horn, and the Irish soldier in the Seventh Cavalry stationed at Fort Rice.

I am from the oasis on the prairie, fry bread and chokecherries, stories and running wild in the wind, where we would gaze at the stars at night while listening to our Granny speak of times past.

I am from laughter, tears, fist fights and love, where true Dakota blood made family with an Irish Soldier, where you know where you're coming from, so you can go where you are called.

I am from two worlds collided into one, where you can speak of the past to see where your future lies.

That is where I am from.

Crystal (Black Cloud) Karas (Standing Rock)

I am from my Shoshone Bannock mother and Lakota father, from two people who once loved one another, fell out of love, to a single mother who overcame many roadblocks and raised me and my six brothers, alone. My strength comes from her examples.

I am from the small Cannonball district at Standing Rock, moved to the big busy city of Bismarck. That lived in a world of the unknown, feeling lost and confused with all these unfamiliar faces.

I am from the beautiful mother earth.

From the dirt in the ground to the tallest lush trees, from the water, to the air and the clouds that fill the blue sky.

I am from a family that once roamed this land freely, I am a Black Cloud and Edmo. My family once danced and rode horses. That has passed, our ways now lost. Gone.

I am a child of God, taught to love everyone, who keeps no record of wrong, Who loves you unconditionally. You as a person need to love and forgive yourself to love others and love Him.

I am a mother, a sister, an aunt, a teacher, a co-worker and friend.

I am overcoming many obstacles and roadblocks. I am living life in the "Present," letting go of the past, not worrying about the future, living life to the fullest.

And to the best of my abilities.

I am Crystal Marie Black Cloud.

Lacey (Zephier) McThias (Yankton Sioux)

I am from the Fort Randall Dam, from Lipton tea, home cooked meals and commodity cheese.

I am from Indian summer of the Yankton Sioux Tribe, the smell of rain on a cool breezy afternoon.

I am from wildflowers in the hills, the Philodendron vine my mom almost killed when I took it in, then with two leaves now as long as my fridge.

I am from family reunions and a good looking family, from Tracey, Olivia and my great grandma Alice.

I am from a hard working family that is big and still growing. My family members work hard and take care of their own families.

From "If I don't do it right the first time I have to do it again," raised with tough love, making me a strong mother and wife today.

I am from the Catholic Church in Marty. The last time I went to church was when my grandparents made me.

I am from Wagner, South Dakota, and Vikings, pot-roast and potatoes slow cooked in the crockpot and my grandma's homemade yeast bread (YUM).

From the Zephier family, proud of my Uncle Todd Zephier, a smart student, athlete and soldier who lived a short life but is still remembered every February 18th on his Day. And my cousin Joe, Uncle Chad's boy, an Army paratrooper in Iraq who re-enlisted.

I am from the reservation by the Missouri River, powwows and eagle plumes, from one of the biggest families on the rez. I am proud that my uncle is a teacher, that my other uncle is general manager of the Fort Randall Casino, and my mom a director. She has come far for hardly having any education. My grandpa is strong, the last living of his brothers and sisters and still speaks his language; at 86 he still works, and a thinker always thinking about doing something.

My family is cherished and brings me great happiness. I keep them close to my heart.

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Campus visited by Native actor

BISMARCK (UTN) – It's not every day that a Hollywood actor does handstands for you at your school. But Andrew Orozco did just that July 17 in the United Tribes cafeteria.



The break-dancer, model and member of the wolf-pack in the 'Twilight saga' films wowed a visiting group of students from the Three Affiliated Boys and Girls Club.

"I went through a lot," he said, using his life as an example that young American Indians can be successful. "I came from completely nothing, living on the rez in a box house."

He lost his father, who died, and he ended up on the street break-dancing to raise money for the funeral. But, he says, he never gave up. "My message to you is believe in yourself and don't give up."

Orozco posed for photos with students and members of the UTTC staff and answered questions about his career and work.

In the current film "Lone Ranger," Orozco plays a Comanche warrior. He lauded the film's co-star Johnny Depp, who played Tonto, saying the actor did a good thing for Native America. Even if you're only a small part

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More info: www.shakopeedakota.org; http://www.facebook.com/shakopeepowwow Vendor booths by invitation only.



Native (Depp claims Cherokee heritage) "it's in your blood and your DNA and that's who you are, regardless of the percent. Think of it this way, if a Native nobody was cast as Tonto, who would go to see it? But having a big name like Johnny Depp...it brings Native youth to see the move." Orozco is a member of the Salt River Prima Tribe near Phoenix, AZ. He visited UTTC with his adopted mother Darlene Perkins (Three Affiliated) Parshall, ND, who designs clothing. They met two years ago in Rapid City when Orozco modeled some of her work.

Join the UTTC Green Committee We Promote

Sustainability Lowering our Carbon Seventh Generation Foot Print Thinking Recycling

2013 Green Committee Goal - "Improve Campus Recycling Program"

Green Committee Meeting

9am, Every 2nd and 4th Tuesday of the month Student & Campus Services Conference Room (Located in 1B on Campus Map)

All Student, Staff and Faculty Welcome! We Need your Ideas! We Need your Spirit!

"Campus Recycling Pick-up!"

Every 2nd and 4th Wednesday of the month Please bring your recycling boxes to a main collection area, inside your building near the front entrance

> Recycling Pick-up starts at 1PM Volunteers Welcome!

GREEN FACTS

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- One ton of paper requires the use of 98 tons of various resources

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EDWARD M. CADOTTE

nited Tribes Technical College awarded an Associate of Applied Science degree posthumously to Edward M. Cadotte during a June 20 prayer service in his honor.

Cadotte, 21, a student in the college's Criminal Justice program, was working toward completion of his degree when he passed into the Spirit World June 18. He was employed at the college as a seasonal maintenance worker and well-liked by his co-workers as he learned the routines of the working world.

He was described as humble and respectful, a fast learner and hard worker, and proud of his job. He worked closely with head groundskeeper Bernard Strikes Enemy, learning much and gaining the nickname "Junior" to his mentor and friend.

"Edward was at home here at UTTC. He was comfortable here," said Russell Swagger, VP Student and Campus Services, in a eulogy. "He is missed by the UTTC family, especially those who worked with him in our maintenance department. Now he will rest in peace knowing he lived in a community that accepted him as one of our own."

Edward's diploma was presented by Mark Wallevand, Criminal Justice Program director. "He always brightened by day. He was one of the kindest persons I've been blessed to meet," he said.

"There is no justice in his passing," said David M. Gipp, UTTC president. "Though he is gone, we are proud and honored to be part of his life."

"I am thankful to his family for teaching him the values of honesty, respect, humility, generosity and fortitude," wrote Tamara Marshall, one of his former co-workers in a



Edward's Aunt Mary Cadotte, who helped raise him after the deaths of his mother and grandmother, is wrapped in a star quilt by Russell Swagger, left, and David M. Gipp.



EDWARD CADOTTE, November 26, 1991 - June 18, 2013

message to the family. "He displayed all of those values daily."

His friends in the Wise Spirit drum group sang memorial and honor songs.

Edward was an enrolled member of the Standing Rock Tribe and a descendant of the respected leader Mad Bear. He was the son of Kenneth Hendrick and Darlene J. Cadotte. His Indian name was Walks In The Wind. He grew up at Wakpala, SD, and helped his uncles with ranch work. He loved to ride horses, especially the Japanese quarter horse - the four-wheeler.

He attended Wakpala Smee School, where he played basketball for the school's 2010 team that played in South Dakota's regional tournament and graduated in 2010. He enjoyed fishing, hunting, horse riding, and attending powwows, rodeos and basketball games. He loved spending time with family and friends. He loved to laugh and joke in the friendly familiar way known among the People.

Edward is survived by three brothers and three sisters, along with uncles and aunts and many cousins who looked up to him. His mother and grandmother, Teresa M. Cadotte, preceded him in passing. Mass of Christian Burial was conducted June 22 at St. Bede's Catholic Church in Wakpala and he was buried in the church cemetery.

ALBERT WHITE HAT



n behalf of United Tribes I send sympathy and prayers to the Tiospaye of Albert on his Journey to the Spirit World. Albert was a wonderful long time friend of many of us here at United Tribes. A fellow educator at Sinté Gleska University, he was interested in and supportive of our progress and generous with his time and intellect. He was an elder, teacher, spiritual leader and true keeper of the language. We are fortunate that he left so much. His teachings, knowledge and traditional philosophy are available to us and the generations to come. To know he was surrounded by family when he left peacefully on June 11 is comforting, yet we will still miss him.

> Dave Gipp, United Tribes Technical College President





Kevin Rice coaches basketball

camp at St. Ann's

By Melissa Eitenmiller, Turtle Mountain Times (reprinted with permission)



Coach Rice with Grade 8 -12 boys players

BELCOURT — United Tribes Thunderbirds Head Coach Kevin Rice ran a free, two-day basketball camp for Turtle Mountain youth at St. Ann's gym. The event was co-sponsored by St. Ann's Youth Activity Committee, Turtle Mountain Tribal Youth Programs and United Tribes.

"Kevin had contacted me...to help find a gym to hold some basketball camps for Native American kids," said TMCC Athletic Director, Ray Parisien, Sr. "So I got a hold of Doc Brien at St. Ann's. And Doc arranged it...with our youth on the reservation here. I think it's a pretty good deal."

Rice, who played professional basketball in the IBA and CBA, told the Times that he and United Tribes Athletic Director Hunter Berg wanted to connect with the five tribes that govern the college.

"We chose to put on a camp for free just to say thanks to the Turtle Mountain Band of Chippewa for supporting United Tribes Technical College," said Rice.

Youngsters in grades 4-7 played in the morning and those in grades 8-12 in the afternoon.

"Talking with my grandson, Julian—he really enjoyed it," said Parisien. "He said he learned a lot because Kevin was working on the basics of basketball, and I think that's where a lot of our kids have problems. They all want to shoot. They don't want to take care of the ball or play defense."

"It taught me a lot," said Nate LaFountain, one of the boys in the high school group. "I was very inspired by his [Kevin's] techniques and drills."

Another player, Jeremy Poitra, said the coach "is a cool man, the best!" Brandon De-Coteau said it gave him "a good workout!"

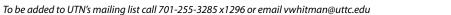
Rice says he's been doing camps for more than eight years and likes working with kids.

"When I was playing with the Dakota Wizards, I just knew that I was one of the guys that kids looked-up to," he said. "So I figured, let's try to do this and see how it goes, and it went well."

He said the camp turn-out was good on short notice. Next time "we'll give a little bit more notice," he said. "I know some have summer baseball and other youth camps, so we'll work around that next time."

"I thank Kevin for coming here," said Parisien, "and St. Ann's for providing the facilities."

Rice invited everyone to support United Tribes. It's not an expensive college to go to. It's a good school. We're making enormous strides, not only athletically, but academically, he said.



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August/September 2013

Youth leaders soar at UTTC



LEAP FOR JOY: It was a campus tour (and maybe the camera) that brought on a playful leap June 19 from a group attending the North Dakota Indian Affairs Commission's Indian Youth Leadership Program. Two dozen high school students attended on the United Tribes campus. The tour was conducted by Dustin Thunderhawk, United Tribe Recruitment Coordinator. DENNIS J. NEUMANN \blacklozenge United Tribes News

Our Man in Holland

Congratulations to UTTC's Dan Molnar who placed 5th in the 25 to 29 age group in the ITU Cross Triathlon World Championships July 13 at the Hague-Kijkduin, Netherlands. Dan represented the USA in the 1,000 meter swim, 26 km mountain bike race and 9 km run, covering the course in 2:21:09, good for 15th overall. The winning time 2:01:38 was posted by South Africa's Conrad Stoltz.

Dan reported that deep sand along the North Sea was overwhelming both during the run and the bike course. "We had no choice but to dismount and push our bikes through what seemed impossible to ride across," he says.

Dan's goal was to make it to the podium but he settled for lessons learned. He says he's still working on becoming the first world champion in triathlon for the state of North Dakota.

More info: <u>http://www.danielmolnar.net/blog.html</u>, or Daniel Molnar 701-690-7438, <u>dmolnar@uttc.edu</u>.



Dan on bike along the North Sea.

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