

UNITED TRIBES

On-Campus News

VOL. 10, NO. 1

January 10, 2000

News from Lakota/English Acquisition Project (LEAP)

The Department would like to extend its greetings to everyone here at UTTC, and hope you have a great year.

My name is Everett Chasing Hawk and I am the new LEAP Coordinator for the Early Childhood Program. I am an enrolled member of the Standing Rock Sioux Tribe (Hunkpapa) and was raised in a small community called Little Eagle, SD.

Most of my experiences in working with Lakota and other tribes have been in school systems in North and South Dakota. Towns include St. Francis, SD; Little Eagle, SD; Pierre Indian Learning Center, Bullhead, SD; and Fort Yates, ND.

One of the reasons why I became interested in this position is because it is the first program aimed at enhancing the literacy skills of our Early Childhood children in pre-school. Also, I think that children can learn and retain more information at an early age. The program will be teaching Lakota/English Literacy

skills through two way bilingual instruction.

The teachers involved in this program not only work with the children but also take college courses to improve themselves professionally.

The LEAP Program will be setting up parents meetings to develop a literacy task force to help us determine what you would like your children to learn. We do have to understand that the grant focuses primarily on the Lakota language but we would certainly appreciate ideas and teachings of other cultures as well. We will be sending out information next week to set up our parents meetings.

Leah Woodke-Project Director, Doris Red Bird-Support Teacher, Cadre Personnel (Team Teachers) and myself will be developing teaching materials to be used in the classroom. Input from parents will be greatly appreciated.

Pila unya peyelo.

Little Nations Indian Club performing throughout city

The Little Nations Indian Club were busy over the Christmas vacation. One of our grass dancers, Tyler Cadotte, was in a television commercial for United Tribes, and the Indian Club performed on December 31, 1999 at the Bismarck Civic Center for the Millennium Ball. The Indian Club had a fun time. The next scheduled events for the Indian Club will be on January 7, 2000 at the Heritage Center and on January 14 at the State Industrial School Youth Correctional Facility.

The Indian Club will be having their next event on 1

January 13, 2000, UTTC Small Gym at 6:30 p.m. All new Elementary students and parents are encouraged to attend.

ON THE INSIDE...

Student Health Center Notes
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Chemical Health Center News
Smoke Signals from Recreation Department
Martin Luther King Day Celebration



Weekly Menu

(Each meal served includes
2% or Skim Milk, Coffee or Tea)

DINNER

January 10-14

- Mon.- Honey Roasted Turkey Sandwich, Soup, Salad Bar
Tue.- Tortilla Hot Dish, Spanish Rice, Salad Bar
Wed.- Oven Baked Chicken, Rice, Vegetable, Salad Bar
Thu.- Hamburger On A Bun, Baked Fries, Salad Bar, Assorted Fresh Fruit
Fri.- Chicken Strips, Macaroni and Cheese, Salad Bar, Assorted Fresh Fruit

January 17

- Mon.- Croissant Sandwich w/Turkey or Ham, Potato Salad, Salad Bar

SUPPER

January 10-14

- Mon.- Baked Ham, Baked Potato Wedges, Vegetable, Salad Bar
Tue.- New England Dinner, Boiled Potatoes, Boiled Vegetables, Salad Bar, Dessert
Wed.- Meat Loaf, Rice Pilaf, Salad Bar
Thu.- Shish-ka-bob Casserole, Wild Rice, Salad Bar, Dessert
Fish Platter, Oven Baked Potato Wedges, Salad Bar,
Fri.- Dessert

January 17

- Mon.- Braised Beef over Noodles, Vegetable, Salad Bar, Fresh Fruit

CHEMICAL HEALTH CENTER ~ Defenses ~

Each person has faults, liabilities, weaknesses and behaviors from their past that is embarrassing. This embarrassment also may lead to a distorted belief about oneself that he/she is "different" or "defective" in some way. When this belief exists, self-worth will be low if not non-existent. Because of this, there is great fear that if others are allowed to know the person as he/she sees himself/herself, and they will react in some negative way (rejection, ridicule, etc.) In order to protect one self from others, people develop defenses and behaviors that keep away or give them a false impression.

Every chemically dependent and co-dependent person has issues and characteristics that they want to keep hidden from others. To do this, they have developed very strong defenses that are often difficult to break down. If you are to fully recover, at some point you must eliminate those defenses so that you can allow others to help you solve problems and get a clearer sense of yourself.

Some defenses are:

- Hostility/turning anger outward
- Explaining/ providing unnecessary information
- Justifying/blaming others
- Analyzing/explaining why
- Humor/avoiding anything serious
- Silence/refusing to discuss ideas
- Isolation/avoiding confrontation
- Minimizing/I'm not that bad
- Compliance/going along to keep others happy
- Superiority/I'm better than you are

It is important that you learn to recognize the behaviors you use and "LET THE WALLS DOWN!"

Congratulations to Jeremy Laducer

Jeremy Laducer, a graduate of the Small Business Management Program in May, 1998, earned a bachelors degree in Business Administration from the University of May, December, 1999. Jeremy has accepted a position with the Northern Plains Tribal Technical Assistance Program as Circuit Rider. He maintains an office in Four Winds Hall on the UTTC campus. The Small Business Management Department and Carol Anderson, Advisor, congratulate Jeremy on his success.

New programs offered

Submitted by Brenda Hall Dvorak

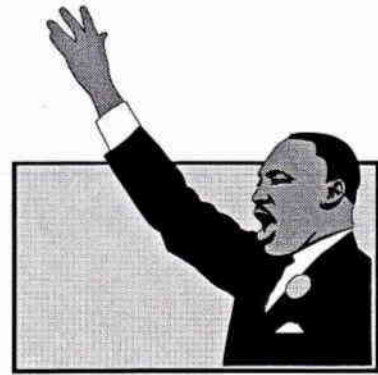
NAS 100 Native People of the Dakotas, will be offered over the internet this spring semester, LAAP (learning anytime anywhere program). If you are interested in this class please contact Brenda Dvorak at Ext. 398. PE Aerobics 105 will be offered once a week on Wednesday at 12:00 noon, if interested, contact Ext. 398. The Tribal Service Program is currently being developed and those classes and degree programs will be available in the Fall semester.

First Aid & CPR Classroom Changes

- TUE 8:00 am** Moved to Room 111 in Education Building
GPE-101A (Large room next to Library)
- TUE 3:00 pm** Moved to Room B03 in Education Building
GPE-101B (Downstairs below Library)
- THU 2:00 pm** Moved to Room B03 in Education Building
GPE-101C (Downstairs below Library)
-

Information for the Next Newsletter must be submitted to Arrow Graphics no later than 12:00 NOON!
Friday, January 14th.
Attn: Sandy Erickson

PLEASE FOLLOW DEADLINE !



Martin Luther King Day celebration

A community celebration of Martin Luther King Day will be held on Sunday, January 16, 2000 at 2:00 p.m. at the First Baptist Church, 3rd Street and Divide Avenue in Bismarck. The theme of the celebration is Economic Justice, highlighting Dr. King's work during the last years of his life.

The program will include the First Baptist Church Choir, Dave Kemnitz, President of the ND AFL-CIO, Bismarck High School students, and additional music and other presentations. The event is sponsored by the Interfaith Dismantling Racism Committee. For more information contact: Suzanne Cadotte, Ext. 286 or 223-0312.

Thought For The Day . . .


- Mon:** • The time to be spontaneous is tomorrow.
- Tue:** • If you must pick between two evils - pick the one you never tried before.
- Wed:** • Wise men talk because they have something to say. Fools because they have to say something.
- Thu:** • Do Nestea employees take a coffee break?
- Fri:** • Never be afraid to try something. Remember, amateurs built the ark, professionals built the Titanic.
- Sat:** • If ignorance is bliss, than why aren't more people happy?
- Sun:** • Coupons are a manufacturer's admission that their products are priced too high.





SMOKE SIGNALS

from the Recreation Department

EXTENSION 261 or 361


 **ATTENTION ALL VOCATIONS!** The Recreation Department will be setting up an All-Vocations Co-Ed Volleyball League. If your vocation is interested in forming a team, please bring a team roster to the Recreation Department as soon as possible. The games will be played on campus.


 A men's winter basketball league is in the process of being formed. The league will run from January 17, 2000 to March 27, 2000. All new students are urged to participate. If you are interested in playing, please sign up at the Recreation Office. The League games will be played on Monday nites starting at 6:30 p.m.

 There are approximately 4 spots open on the womens basketball league roster for the downtown league. If you are interested in playing on this team, call Tom or John at the Recreation Department.

 YMCA cards are available for check out for the

students. These cards will get you into the fitness room, swimming pools, saunas, two gyms, and the running and walking track. Recreation provides transportation for this activity on Monday, Wednesday, and Friday from 6:30 to 8:00 p.m. For more information call Extension 261.

 The Student Lounge as a 32" TV, Pool tables, canteen and foosball table and is open from 4:00 pm to 10:00 pm daily. The lounge is closed during basketball games.

 Elementary and Kindergarten or K through 3rd grade children can swim FREE on Monday and Wednesday, but must first possess a YMCA card. These cards can be picked up at the YMCA front desk. Recreation has a limited number of cards on hand. First come-first served - while supplies last. Third grade and down must be accompanied by parents. Transportation provided Monday and Wednesday. Van leaves at 6:30 pm.

Activities Sponsored by the Student Senate During Fall Semester, 1999

1. Float Parade and Prizes
2. Halloween Masquerade Powwow
3. Student of the Month
4. Family Based Bowling and Pizza
5. Silk Family Presentation and Gifts (Coats)
6. Card and Monetary Donation to Graduates
7. Gift of Appreciation to LeRoi Laundreaux

Student Senate Meeting Schedule for Spring 2000

JANUARY

Friday, 14th, Noon
Friday, 28th, Noon

FEBRUARY

Friday, 4th, Noon
Friday, 18th, Noon

MARCH

TBA
TBA

APRIL

TBA
TBA

The Student Senate would like to **WELCOME** all the New Students to campus. We would like to **THANK YOU** to all those people who have helped us make the Student Senate activities possible and encourage **All Students** to participate in Student Senate activities.



- STUDENT HEALTH CENTER NOTES -

Office Hours: Monday – Friday 8 a.m. to 4 p.m.
Saturday & Sunday – 8 a.m. – 4 p.m.

Services available at Student Health – General examinations, immunizations, referrals to local dental, vision and medical clinics, campus based health screenings, HIV/AIDS educations, prenatal education, dispersion of over-the-counter medications, Sick Child Daycare, dressing changes, lab (throat cultures, hemoglobin, blood sugar), emergency first aid, monitoring of acute & chronic illness, health education and health promotion activities.

Monthly head lice screenings will be held at the Nursery & Preschool on Tuesday, January 11. Elementary School screening will be held on January 12 & 13.

New students are required to fill out medical forms for themselves and their dependents prior to receiving services at the SHC.

Flu shots are available at the SHC during regular office hours.

RSV (Respiratory Syncytial Virus)

RSV causes an infection of the lungs that can make some babies very sick. In many adults and children, RSV causes a mild cold. But premature babies and those with lung disease are at high risk for getting very sick with RSV. RSV occurs most often in the months from fall to spring, but the RSV season may vary by region. RSV can be very serious and even cause death. The symptoms of RSV may be like a cold at first and can include:

Fever Runny nose other cold-like symptoms

The symptoms may then get worse, and can include: coughing, difficulty breathing, wheezing, and rapid breathing.

It is important to know that a high-risk baby can get very sick quickly. In a short time, a baby can just have cold symptoms and then suddenly have a hard time breathing or even stop breathing. This sudden worsening of symptoms is very frightening and can be life-threatening.

RSV is easy to catch. It is spread by physical contact – such as touching, kissing, and shaking hands with an infected person. The germs are also spread through the air by sneezing and coughing. What's more, RSV can live for hours on a countertop or on a used tissue. A person can be exposed to the virus and give it to others without even knowing it. You can help stop the spread of RSV by washing your hands a lot, keeping away from crowded places and avoiding close contact with other people. Follow these simple rules to prevent other people from giving RSV to your baby.

- Wash hands with warm soapy water before touching the baby.
- Avoid being around the baby if you have a cold
- Try to keep other children away from the baby.
- Do not smoke around the baby.

RSV is very contagious, poses a threat to premature babies and babies with lung disease. Illness caused by RSV can mean your baby has to go back to the hospital and possibly into the intensive care unit. It can also lead to health problems that may last a lifetime. (Information provided as an educational service by Med Immune, INC.)

NutriNews
A New Year's Resolution: Healthy Eating Tips



By: Kim Hinnenkamp
UTTC Food and Nutrition Program

With the start of the New Year, most people are trying to come up with a million New Year's resolutions that they will try to keep this year. The ones that always seem to come up on everyone's list are trying to lose weight, eat a more nutritious diet, or exercise more. Usually these people don't make it past the first week. The best option for a new year's resolution this year would be to try and change your eating and exercise habits. Simple modifications can make an unhealthy lifestyle healthy.

Here are some nutritious suggestions to incorporate into your existing eating pattern.

- ❖ **Better not skip breakfast.** It helps maintain your weight; provides fiber, vitamins, and a dose of alertness to start your day; reduces your heart attack risk by improving blood flow; and improves your memory by increasing your blood sugar.
- ❖ **These low-fat snacks won't add inches to your waistline:** low-fat frozen-yogurt bar, 100 calories, 1 gram of fat; one cup of raspberries topped with brown sugar, 75 calories, no fat; and ½ cup low-fat ice cream with peach slices, 170 calories, 2 grams of fat.
- ❖ **Remember Five Fruit and Vegetable Servings a Day.** Five steamed asparagus spears have fewer than 20 calories, yet they have 25% of the folate adults need every day.
- ❖ **Exercise should go hand-in-hand with dieting.** One study divided women into two groups: One that dieted and one that dieted and exercised three times a week. The exercisers' immune systems were stronger and fought viral infections better. Regular workouts helped counteract the emotional impact of diets and other types of stress.
- ❖ **It's recommended adults eat 20 to 30 grams of fiber a day.** But in one study, people who ate 38 grams a day consumed 130 fewer calories daily. One cup of prunes has 14 grams of fiber; ½ cup of Kellogg's All-Bran, 10 grams; 1 cup of Post Raisin Bran, 8 grams; and ½ cup pinto beans, 7 grams.
- ❖ **Make your shortest walks your most efficient ones** by picking up the pace.

Walking at a 4.5-miles per hour clip for 30 minutes can burn up to 250 calories, which is the same as if you'd walked an hour at 3 miles per hour.

- ❖ **Make sure that 100% whole-wheat flour is the main ingredient** in the bread you buy. Breads made from that type of flour naturally contain fiber, vitamins B6 and E, folic acid, copper, magnesium, manganese, and zinc. These nutrients are processed out of white flour.
- ❖ **Running, weight lifting, and other "large muscle" activities** can help you ease mild depression. They soothe frustration, anger, and hostility.

Hopefully this year's resolutions will be for changing one's eating and exercise habits. These are some resolutions that should be incorporated every year on everyone's list. Have a healthy New Year!

Source: Vitality, October 1999 issue, Vol. 13, No. 10.

UTTC hires Sherri Toman, General Education instructor



Sherri Toman - Instructor
General Education

Birthday/place: Midnight, May 10, 1952, Bismarck, ND

Education: Bismarck High School, Bismarck Junior College, Associate in Arts Degree; University of North Dakota, Bachelor of Science in Occupational Therapy; and University of North Dakota, Master of Arts Degree in Counseling.

Career: Occupational Therapist for Infant Development, Psychiatry, and Physical Disabilities in a variety of places in Grand Forks, Fargo, and Bismarck. Assistant Professor of Occupational Therapy at UND for 5 years, and at NDSCS for 5 years, with emphasis in human development, mental illness, and wellness. Besides teaching at UTTC, I am a Licensed Foster Care Family Support Provider for a 16 year old adolescent, and I work "on call" for the psychiatric unit at MedCenter One.

Volunteer/Membership/Honors: Pi Theta Epsilon Honor Society, Delta Kappa Gamma, Margaret Starcher Scholarship, and AMBUCS Scholarship. Member of the American Occupational Therapy Association, North Dakota Occupational Therapy Association, and North Dakota Mental Health Association. Volunteered at Women's Center, Grand Forks, ND; Lakes Area Crisis Center, Detroit Lakes, MN; and Three Rivers Crisis Center, Wahpeton, ND.

Personal: One son, Joshua, and daughter-in-law, Jackie, who live in Fargo. Two grand-kittens, Brut and Salem (no actual grand CHILDREN). One very loveable and precious dog named Lily. One very goofy sister.

Hobbies: Gardening, woodworking, ceramics/pottery, sewing, exploring, going to the library, crafts, and home improvement.

Favorite TV Show: At this time, it would have to be "The Pretender", and I like sitcoms.

Favorite Music: Golden Oldies, Classical, New Age, and recently, the 1270 station with music from the 40's and 50's.

Favorite place to be: Outside



DEPARTMENT OF THE ARMY
CORPS OF ENGINEERS, OMAHA DISTRICT
GARRISON PROJECT OFFICE
RIVERDALE, NORTH DAKOTA 58565-0527

JAN 05 REC'D

REPLY TO
ATTENTION OF:

23 December, 1999

Natural Resource
Management Branch

United Tribes Technical College
Attn: David Gipp
3315 University Drive
Bismarck, ND 58504

Dear Sir:

We are seeking to recruit a student to enter into a Cooperative Education Program (SCEP) with the U. S. Army Corps of Engineers. Prospective students must have completed one (1) academic year of schooling (before initial start date) in an accredited undergraduate program, and in a field of study related to natural resources such as biology, botany, wildlife / park / fisheries / forestry / recreation management, agriculture, range management, etc. Duty assignments will begin after completion of the Spring semester/quarter, preferably prior to 01 June, 2000. The starting and ending work dates each year are flexible, as arranged between the student and immediate supervisor. Initial appointment will be as a GS-03, Park Ranger Student Trainee (8.71 per hour), and depending upon time, qualifications, and work performance, may be promoted up to the GS-05 level (10.93 per hour). Duty location for this job will be at Riverdale, North Dakota.

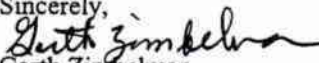
The selected student will be working in the Natural Resource Management and Recreational Resource Management programs. The position will involve considerable public relations duties, visitor assistance and lakeshore use management work, agricultural and grazing lease management, service contract management, and will require weekend and night patrol duties. The Natural Resource work will be the primary focus on the student's duties, and the student will be exposed to many other park ranger, natural resource, real estate, construction, maintenance and archeological aspects of park ranger duties. This will give the student a well rounded work experience. The student will also be sent to required training classes such as Boat Operator, Visitor Assistance, Ranger Protection, First Aid & CPR, Prevention of Sexual Harassment (POSH), Ranger Orientation, etc.

Because of the requirements of the SCEP program, college seniors who will graduate before they start work or who will graduate before they have worked a total of 640 hours while in the SCEP program, are not eligible to apply. Sophomores graduating from a two year institution and transferring to an accredited four year institution are eligible to apply if they can provide a pre-registration class schedule and acceptance letter from the four year institution before they start work.

Application packets must be received in this office No Later Than 15 February, 2000. Interested and qualified students will need to submit an application packet consisting of the following:

- a. Typed OF-612, SF-171 or Resume
- b. Copy of College Transcripts and Current Class Schedule
- c. Typed Answers to the Attached Questionnaire.

If you have any questions, concerns or comments please contact Park Ranger Garth Zimbelman or Engineering Technician Beth Utecht at 701-654-7411 or write to Corps of Engineers, Box 527, Riverdale, ND 58565.

Sincerely,

Garth Zimbelman
Park Ranger

NEW RECREATIONAL OPPORTUNITY

Put your creative talents to work
in a relaxed "away from it all" atmosphere.

Beginning Tuesday January 11th
the Art Building will be open to all
students, faculty, staff and their families from
6:00 to 9:00 pm on Tuesdays and Thursdays.

If you are not enrolled in the Art/Art Marketing program you must provide
your own art or craft supplies, or you may purchase them
from the Art Department.

Children are welcome but must be accompanied and supervised
at all times by a parent or guardian.

The Art Building is located on the north side of the campus, behind
the Administration Building and next door to the UTTC's Art Gallery.



WANTED

TJES FAMILIES!!!

When: Sat., Jan. 15, 2000

Time: 10:30am - 12:30pm

Where: TJES School/Library

Who: Parents and children
must accompany each other.

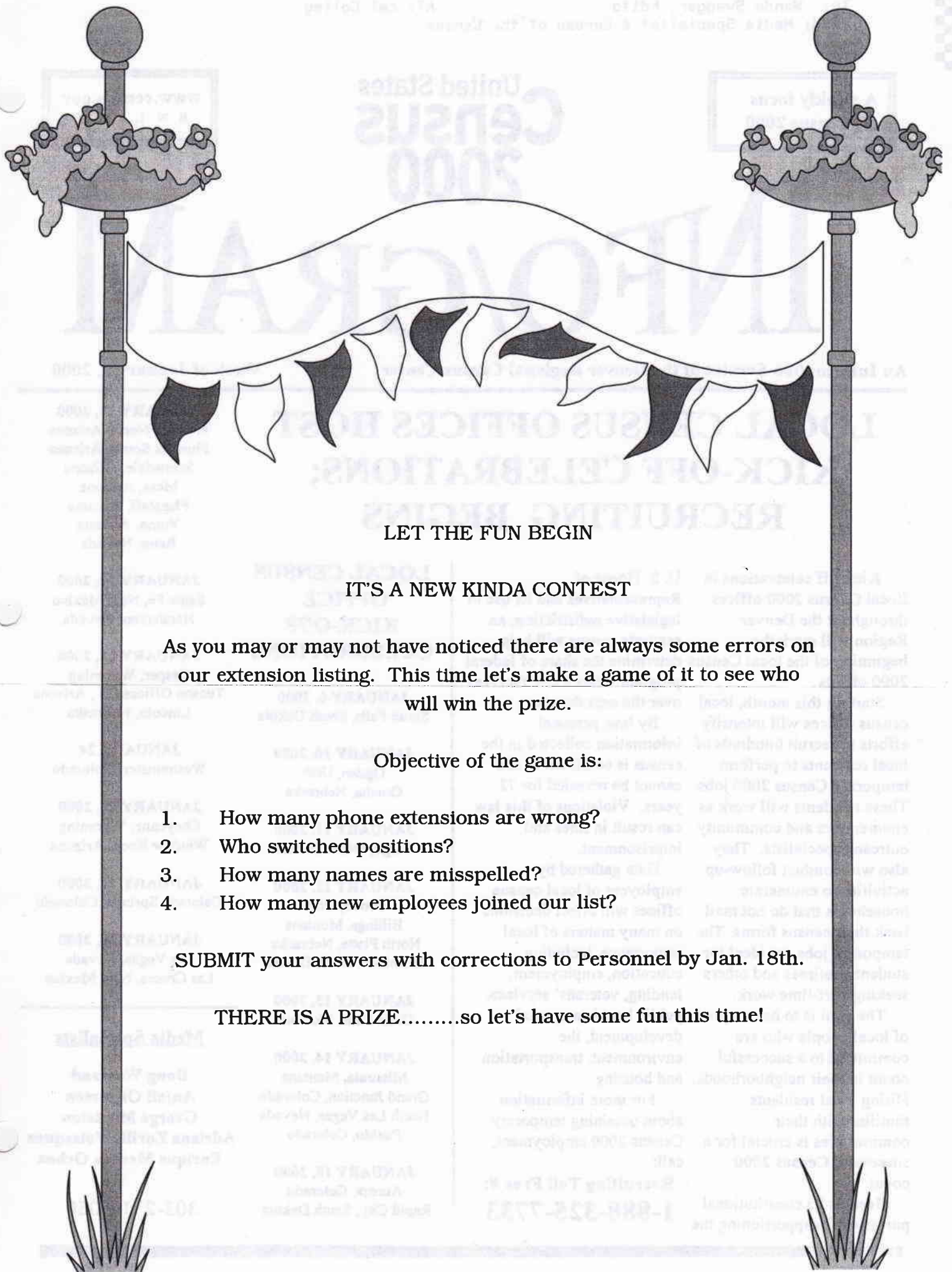
What: - Family time

-Eat good food

-Make a book bag

-Relax in TJES library
and check-out books.

-Door Prizes!!



LET THE FUN BEGIN

IT'S A NEW KINDA CONTEST

As you may or may not have noticed there are always some errors on our extension listing. This time let's make a game of it to see who will win the prize.

Objective of the game is:

- 1. How many phone extensions are wrong?**
- 2. Who switched positions?**
- 3. How many names are misspelled?**
- 4. How many new employees joined our list?**

SUBMIT your answers with corrections to Personnel by Jan. 18th.

THERE IS A PRIZE.....so let's have some fun this time!

A weekly focus
on Census 2000

United States Census 2000

www.census.gov
O N I L I N E

INFO/GRAM

An Information Service of the Denver Regional Census Center

Week of January 3, 2000

LOCAL CENSUS OFFICES HOST KICK-OFF CELEBRATIONS; RECRUITING BEGINS

Kick-off celebrations in Local Census 2000 offices throughout the Denver Region will mark the beginning of the local Census 2000 efforts.

Starting this month, local census offices will intensify efforts to recruit hundreds of local residents to perform temporary Census 2000 jobs. These residents will work as enumerators and community outreach specialists. They also will conduct follow-up activities to enumerate households that do not mail back their census forms. The temporary jobs are ideal for students, retirees and others seeking part-time work.

The goal is to have a pool of local people who are committed to a successful count in their neighborhoods. Hiring local residents familiar with their communities is crucial for a successful Census 2000 count.

Besides its constitutional purpose of reapportioning the

U. S. House of Representatives and its use in legislative redistricting, an accurate census will help determine the share of federal program funds a city receives over the next decade.

By law, personal information collected in the census is confidential and cannot be revealed for 72 years. Violations of this law can result in fines and imprisonment.

Data gathered by employees of local census offices will affect decisions on many matters of local importance, including education, employment, lending, veterans' services, public healthcare, rural development, the environment, transportation and housing.

For more information about obtaining temporary Census 2000 employment, call:

**Recruiting Toll Free #:
1-888-325-7733**

LOCAL CENSUS OFFICE KICK-OFF CELEBRATIONS

JANUARY 6, 2000
Sioux Falls, South Dakota

JANUARY 10, 2000
Ogden, Utah
Omaha, Nebraska

JANUARY 11, 2000
Fargo, North Dakota

JANUARY 12, 2000
Provo, Utah
Billings, Montana
North Platte, Nebraska
Bismarck, North Dakota

JANUARY 13, 2000
Great Falls, Montana

JANUARY 14, 2000
Missoula, Montana
Grand Junction, Colorado
North Las Vegas, Nevada
Pueblo, Colorado

JANUARY 18, 2000
Aurora, Colorado
Rapid City, South Dakota

JANUARY 19, 2000
Phoenix North, Arizona
Phoenix South, Arizona
Scottsdale, Arizona
Mesa, Arizona
Flagstaff, Arizona
Yuma, Arizona
Reno, Nevada

JANUARY 20, 2000
Santa Fe, New Mexico
Henderson, Nevada

JANUARY 21, 2000
Casper, Wyoming
Tucson Offices (2), Arizona
Lincoln, Nebraska

JANUARY 24
Westminster, Colorado

JANUARY 26, 2000
Cheyenne, Wyoming
Window Rock, Arizona

JANUARY 27, 2000
Colorado Springs, Colorado

JANUARY 28, 2000
Las Vegas, Nevada
Las Cruces, New Mexico

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