

UNITED TRIBES

On-Campus News

VOL. 10, NO. 2

January 17, 2000

UNITED TRIBES IS HOST TO NEW DIABETES EDUCATION CENTER

Diabetes has reached *epidemic proportions* among Native Americans. Diabetes is the fourth leading cause of death among Native Americans. The prevalence of diabetes among Native Americans in the Aberdeen Health Service Area is the fourth highest among the twelve Indian Health Service Units located throughout the United States. North Dakota's Native American population develops diabetes at a rate of four to five times greater than the rest of the United States population.

In an effort to combat the rate of diabetes, the newly established United Tribes Diabetes Education Center will partner with the Tribes in the region to provide diabetes educational programs, materials, and training that will target their individual needs.

On April 4-6, the Diabetes Education Center (DEC) will be hosting the Awakening the Spirit Diabetes Mentoring training program at the Seven Seas in Mandan. We are also in the process of planning the First Annual North Dakota Tribal Diabetes Conference, which will be held on June 14-15 at the Holiday Inn in Bismarck. The DEC will be sponsoring other diabetes educational programs on the UTTC campus this spring and summer.

United Tribes Technical College's students and staff are invited and encouraged to participate in upcoming program activities. We will keep you posted on these and other upcoming DEC activities in the coming year. If you are interested in attending one of these sessions or want more information on diabetes education, contact Marsha Azure at Ext. 327 or stop in Building 35.

Mouse pad proceeds to benefit NIEA Conference

The Comprehensive Center VI/UTTC, in Building 35, has NIEA mouse pads for sale. The proceeds go to the upcoming NIEA Conference to be held in Sioux Falls, SD, October 28th through November 1, 2000. If anyone is interested in buying one of the mouse pads, you can purchase them at the CCVI Building (same building as Injury Prevention) for \$5.00 each. If you are interested in purchasing them for your department, or have any further questions, please call Carole Anne Heart or Cynthia Mascarenas at Ext. 252 or call 258-0437.

REMINDER • REMINDER • REMINDER

THE UTTC FINANCE OFFICE IS CLOSED FRIDAY AFTERNOONS AND THE LAST BUSINESS DAY OF EACH MONTH.

ON THE INSIDE...

CHC Substance Abuse & Addiction
AASPN Attends Faculty Development Conference
2nd Semester Registration Deadline
Rondeena Hamilton Joins Faculty
Microsoft Powerpoint Class Offered
ON & CAMPUS ACTIVITIES / OPPORTUNITIES



Weekly Menu

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

DINNER

January 10-14

- Mon.- Croissant Sandwich w/Turkey or Ham, Potato Salad, Salad Bar
- Tue.- Taco Salad, Baked Chips, Assorted Fresh Fruit
- Wed.- Spaghetti w/Meat Sauce, Vegetable, Salad Bar, Dessert
- Thu.- French Dip w/Au Jus, Salad Bar, Assorted Fresh Fruit
- Fri.- Knoephle Soup, Chicken Burgers, Salad Bar

January 17

- Mon.- Chuckwagon Stew, Baking Powder Biscuit, Salad Bar, Fresh Fruit, Relish Tray

SUPPER

January 10-14

- Mon.- Braised Beef over Noodles, Vegetable, Salad Bar, Fresh Fruit
- Tue.- Bar-B-Que Chicken, Baked Potato, Vegetable, Dinner Roll, Salad Bar, Dessert
- Wed.- Hamburger Hotdish, Salad Bar, Dessert
- Thu.- Swiss Steak, Baked Potato, Vegetable, Salad Bar, Dessert
- Fri.- Hamburger Gravy over Noodles, Vegetable, Salad, Dessert

January 17

- Mon.- Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert

CHEMICAL HEALTH CENTER ~ Substance Abuse and Addiction ~

Present day Native American communities are still reeling from the devastating impact of having been introduced to alcohol and other drugs. The depression and anxiety experienced by many Native American people is aggravated by the alarming high rate of substance abuse and addiction. No developmental stage is free from the effects of substance abuse. The rate of Fetal Alcohol (FAE) and Fetal Alcohol Syndrome (FAS) is very high in some Native American communities. The resulting impairments have contributed to the difficulties that many Native American children have in school. Young children may abuse alcohol themselves, and in some communities the abuse of inhalants is wide spread. The health risks associated with abuse of alcohol or other drugs have ravaged our communities. Automobile accidents, cirrhosis of the liver, and other related symptoms of substance abuse contribute to the high mortality rates in Indian country. Inhibitions decrease with substance abuse, and physical violence becomes more of a threat. In some domestic abuse shelters it is reported that up to 75% of the cases involved substance abuse. Substance abuse is a big factor in the child abuse and neglect cases reported. Native American families are tremendously resilient and need the resources of the extended family and the community at large to empower them to help themselves.

**"ONE KIND WORD
CAN WARM THREE
WINTER MONTHS."**

**STOP BY
THE CHEMICAL HEALTH CENTER
Building 61**



Faculty Development Institute 2000

Submitted by Sherry Messmer, MSN, RN

Sherry Messmer, nursing instructor, attended a Faculty Development Conference, January 2-4, 2000 at San Diego, California. The conference theme was "Nursing Education's Impact on Tomorrow's Health Care." The featured speakers addressed trends in nursing education and preparing graduates for the new roles that they will play in the health care delivery system of the new millennium. We are in a transitional time in our health care. The revolutionary changes have rendered skills and knowledge obsolete almost overnight. Therefore, the art of mentoring in the new millennium will involve establishing relationships between the student and the educator in order that learning will be a synchronized effort.

It is enriching to attend conferences, also, it gives oneself great satisfaction in your accomplishments.

~POWWOW SOUVENIRS~

ITEMS STILL AVAILABLE FOR SALE IN
ARROW GRAPHICS - BUILDING 51:

- 1999 Powwow jackets (M, L) - \$55
- Windshirts (L, XL, 2X) Navy & Black - \$30
- Notecards - \$5.00 / pack of 12
- Collector Pop - \$1.00 each
- Refrigerator Magnets - \$1.00 each.
- Irish Coffee Mugs - \$7.00

BUY NOW - VERY FEW ITEMS LEFT!

Information for the Next Newsletter must
be submitted to Arrow Graphics
no later than **12:00 NOON!**

Friday, January 21st.

Attn: Sandy Erickson

PLEASE FOLLOW DEADLINE !

2nd Semester registration deadline

by John Derby, Academic Dean

The deadline for the 2nd Semester Registration has been extended to January 31st in order to accommodate those students who were late in registering due to housing, funding or other related problems. Vocational advisors and counselors need to check with certain classes, including chemical awareness and college success who will have completed 50 percent of the coursework by the last week in January.

Thought For The Day . . .

- Mon:** • Why are cigarettes sold in gas stations or restaurants where smoking is prohibited?
- Tue:** • If swimming is good for your figure, how do you explain whales?
- Wed:** • Only dead fish go with the flow.
- Thu:** • Why spend time worrying about the past when you spend more time worrying about the future?
- Fri:** • When companies ship styrofoam, what do they pack it in?
- Sat:** • Where do forest rangers go to get away from it all?
- Sun:** • Do Vegetarians eat animal crackers?

Rondeena Hamilton joins UTTC as Health Information faculty member

Name: Rondeena Hamilton

Born: June 28, 1954

Birthplace: Minot, ND

Education: GED-1973; U.S. Army Intelligence School-1980; Massachusetts Training Program, 1984-Electronic Technician Certificate; United Tribes Technical College, A.A.S. in Health Information Technology-1999; received Registered Health Information Technician (RHIT) credentials in October, 1999.

Career: U.S. Army, 1980-1984; NEC Information Systems, computerized fingerprinting system; IRS, data entry for federal tax returns; ND State Health Microbiology Lab, data entry for microbiological testing; Laducer and Associates, data entry for Immigration cards; Aetna U.S. Healthcare, data entry for physician referrals 1987-1997.

Awards: Honor Graduate- U.S. Army Intelligence School, Ft Devens, MA; President's List, Fall 1997 and 1998; Vice President's List, spring 1998 and 1999; Who's Who Among Junior Colleges, 1997 and 1998.

Personal: Married, 5 children ages 4 to 26 years, one granddaughter and one on the way; member of the Arikara Tribe.

Hobbies: Watching football(go Vikings!), reading(anything by Stephen King, Dean Koontz, and John Grisham), used to run but now I walk(must be an age thing), fishing and cooking.

Favorite TV Show: Frasier and The Sopranos.

Favorite Movie: Forrest Gump, Toy Story, Mulan(remember I have a four-year old). If the movie is anything like the book, The Green Mile will be one of my favorites as soon as I find time to see it.

Kind of Music: Santana, Journey, Korn, Eric Clapton.

Favorite Foods: Oriental, Native American,
especially corn balls, seafood.



FOR YOUR INFORMATION

A course in Microsoft PowerPoint will be held on Tuesday and Thursday afternoons from 2:30-4:00 in the Office Technology Department

OT 217: Presentation Applications

Course Description: A comprehensive advanced class designed to improve and develop advanced skills in Windows 95 and Office 97-Power Point. Participants will be required to develop and present Power Point slide shows.

Prerequisite: OT 115, OT 209 or knowledgeable in WORD 97



Course Objectives:

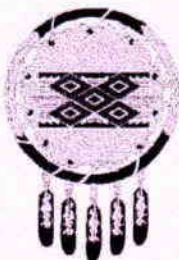
Students and Employees who attend or work at UTTC

- ☺ To enhance employability skills;
- ☺ To manipulate data from and to different software programs;
- ☺ To prepare business/classroom materials;
- ☺ To work on presentation skills;
- ☺ To keep up with the world of technology;
- ☺ To impress audiences with presentation delivery;

Who benefits from this course?

- Employees/Faculty
 - Room #111 In the Education building will be equipped for PowerPoint
 - Makes excellent handouts/presentations for:
 - students, clients, employees, reports, assessment, etc.
- Students
 - In your future workforce goals
 - Will you represent your tribe and/or organization and be able to give professional presentations?

Who should you contact:



- Sheri Baker - Instructor at ext. 328
 - Limited enrollment
 - Book available in bookstore
 - Highly recommended by Dr. John Derby



- . . . To paraphrase Sitting Bull, "We must put our minds together to see what we can make for our children."

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.



ATTENTION UTTC STUDENTS!

The UTTC Food and Fitness Program would like to invite you to join our physical activity program. Come sign up and find out more information at our table during the women's and men's home basketball games this Friday, January 21. You can also sign up in the cafeteria on Wednesday, January 26 from 12-1 PM. Prizes will be awarded at the end of the program for participants who finish. Some of the prizes are sports bottles, dinner and movie passes, and \$100 gift certificates to Kirkwood Mall. Gather all of your friends and come on down to sign up. You can also sign up with Kim Hinnenkamp. Her office is in the Skills Center room 119D.

DOOR PRIZES!

**LEAP PARENT MEETING
JAN. 19, 2000 4:00 P.M.**

DOOR PRIZES!

**THE LAKOTA/ENGLISH ACQUISITION
PROJECT (LEAP) WILL BE HAVING
THEIR MEETING IN THE
EDUCATION BUILDING, RM. 111.
THE PURPOSE OF THE MEETING
IS TO MEET WITH PARENTS AND
DISCUSS WHAT THEY WOULD LIKE
THEIR CHILDREN TO LEARN AND
ALSO, TO PLAN ACTIVITIES FOR
THE UPCOMING SPRING SEMESTER.**

child care and lunch
will be provided

DOOR PRIZES!

TO:
FROM: George Martelon, @ U.S. Census Bureau

AT: United Tribes Technical Colle

United States CENSUS 2000

FOR IMMEDIATE RELEASE
January 3, 2000

CB99-DEN. Bismarck LCO

Contact: Karen Hoovestol, Manager
701/250-4272
George Martelon, 303/231-5025

U.S. CENSUS BUREAU ANNOUNCES GRAND OPENING OF THE BISMARCK OFFICE *Local Offices Essential for Successful Census in 2000*

With Census 2000 fewer than 90 days away, the Denver Regional Census Center announces the grand opening of a Local Census Office in Bismarck. The Kick Off Ceremony for the new office will be held from at 11:00 a.m. on Wednesday, January 12, 2000 at the Bismarck Office located in the McCamey Building at 2404 East Broadway Avenue, 2nd floor.

North Dakota Governor Schafer and United States Senators Dorgan and Conrad will be featured speakers at the event. Governor Schafer and Senators Dorgan and Conrad will be joined by Susan Lavin, Director of the Denver Regional Census Center, Richard LaFromboise, Chairman of the Turtle Mountain Tribe and the Managers and Staff of the Bismarck Census Office in welcoming Community Leaders to the ceremonies. Members of the media are invited and encouraged to attend.

The United States Constitution mandates a census every 10 years to determine how many seats each state will have in the U.S. House of Representatives. But the Census is important to communities for numerous reasons beyond that – community leaders use the data collected during the census for everything from planning schools and building roads to providing recreational opportunities and managing health-care services.

The office, located at 2404 East Broadway, will serve 33 Counties and 3 Reservations in the Central and Western portion of North Dakota and Corson County (Standing Rock Reservation) in South Dakota. It will remain open through July 2000, and when fully operational, will employ a temporary staff of over 700 North Dakota residents to conduct operations for Census 2000.

The Bismarck Office will conduct outreach and promotion and coordinate the data collection process. To support these activities, a much larger staff must be hired.

“Opening the Bismarck Office is another step forward in preparing for the challenges of Census 2000,” said Susan A. Lavin, director for the Census Bureau’s Denver region. “Without the help of hundreds of people in North Dakota, the task before us would be impossible.”

TO:
FROM: George Martelon, @ U.S. Census Bureau

AT: United Tribes Technical Colle

A key factor in selecting Bismarck as the site for the office was the availability of and access to a large work force with the right skills, as well as suitable available office space.

For more information about the Bismarck Census Office, contact either Lori Putman, Area Manager, Denver Regional Census Center at 303/231-5055 or Karen Hoovestol, Manager of the Bismarck Census Office at 701/250-4272.

For additional information about applying for temporary Census Bureau positions in the Central and Western North Dakota area, call the Census Bureau's toll-free recruiting hotline at 1-888-325-7733.

-X-

The Census Bureau guarantees that the answers given on census forms are held strictly confidential and never shared. Information collected in Census 2000 will provide local area data needed to help communities receive federal funds and for private sector and community planning purposes.

The U.S. Census Bureau, pre-eminent collector and disseminator of timely, relevant and quality data about the people and the economy of the United States, conducts a population and housing census every 10 years, an economic census every five years and more than 100 demographic and economic surveys every year, all of them evolving from the first census in 1790.

NORTH DAKOTA TOURISM CONFERENCE

**FEBRUARY 27-29, 2000
HOLIDAY INN RIVERSIDE
MINOT, NORTH DAKOTA**

*Keep the
Spirit Alive!*

MARK YOUR CALENDAR!

AGENDA

Sunday, February 27

5:30 - 7:00 pm ~~~~~ "We've Got Spirit" - ND State Fair Center
Registration & Reception - Join us for an
entertaining evening of music and comedy.

Monday, February 28

7:30 - 8:00 am ~~~~~ Continental Breakfast
Registration - Holiday Inn Riverside

8:00 - 9:15 am ~~~~~ General Session - "Keeping the Spirit of
North Dakota Alive"
LoAnn Miller, President, LoAnn's Marketing

9:15 - 10:15 am ~~~~~ General Session - "Getting Turned On in
the Off Season"
Greg Gilstrap, CEO of Nichols Gilstrap, Inc.
Co-author and editor of the respected
newsletter *Innovative Strategies for the
Tourism Industry*

10:15 - 10:45 am ~~~~~ Break Poolside - Tour Display Booths

10:45 - 11:45 am ~~~~~ Concurrent Sessions - Training the Front
Lines
LoAnn Miller, President, LoAnn's Marketing

**Crossroads: Capitalizing on
Communities and Heritage Tourism**
Panel discussion focusing on the SHSND-
sponsored program, "Crossroads, making
History for the Millennium," funded by the
ND Humanities Council 1999-2000.

Noon - 1:30 pm ~~~~~ Governor's Awards Luncheon
Lt. Governor Rosemarie Myrdahl

1:30 - 2:30 pm ~~~~~ Concurrent Sessions - Update on the
Lewis and Clark Trail - Dave Borlaug,
Chairman of the ND Lewis & Clark
Bicentennial Foundation, Chairman of the
Governor's Lewis & Clark Bicentennial
Advisory Committee and President of the
National Lewis & Clark Bicentennial
Foundation.

Tourism Alliance Partnership

2:30 - 3:30 pm ~~~~~ Update on the Lewis and Clark Trail
International Tourism Marketing Update
Barb Stafford, Rocky Mountain International

3:30 - 4:00 pm ~~~~~ Break Poolside - Tour Display Booths

4:00 - 5:00 pm ~~~~~ General Session - Niche Marketing

Tuesday, February 29

7:30 - 8:30 am ~~~~~ Continental Breakfast - Round Table
Discussion

8:30 - 9:30 am ~~~~~ General Session - Retaining Our
Minimum Wage Employees
Evy Schilling, Theraldson's Enterprises

9:30 - 10:00 am ~~~~~ Break - Last chance to visit the booths

10:00 - 10:45 am ~~~~~ Concurrent Sessions - ND Parks and
Recreation and Game and Fish Update
Doug Prchal, Director, ND Parks and
Recreations Department, Dean Hildebrand,
Director, ND Game and Fish Department

International Tourism Marketing Update
Barb Stafford, Rocky Mountain International

10:45 am - Noon ~~~~~ **General Session - Tourism Update**
Bob Martinson - Director, ND State Tourism,
Joann Burke - Deputy Director, ND State
Tourism, Pat Hertz - Film Commissioner
and Public Information Specialist, ND State
Tourism, Amy Clark - Outdoor Promotions
and Special Projects, ND State Tourism,
Marcia Goetz - International and Motor
Coach Marketing, ND State Tourism

Noon ~~~~~ **Lunch - Dave Osborn**

1:30 - 3:00 pm ~~~~~ **Bicentennial Forum on the Lewis and
Clark Trail - How do you fit in?**

REGISTRATION FORM

Name: _____

Organization: _____

Address: _____

Phone: _____

Additional Staff: _____

Early Bird \$80.00 _____ Check Enclosed

After February 11 \$95.00 _____ Please charge VISA or MasterCard

Additional Staff \$65.00 _____ Card No. _____

Student Free _____ Exp. Date _____

Total _____

Mail Registration to: NDTC

c/o Minot CVB
PO Box 2066
Minot, ND 58702

For information on how your organization can apply for a convention
scholarship call 857-8206. Criteria includes: letter addressing, financial
need and how participation will benefit your business organization.
Deadline for scholarship entrants is January 17, 2000.

Holiday Inn
RIVERSIDE

Holiday Inn Riverside
2200 Burdick Expressway East
Minot, ND

Conference Room Rate \$48.00
Call (701) 852-2504 or (800) 468-9968
for reservations before February 11, 2000.

"Connecting Communities Through the Arts" is North Dakota's first State Arts Conference in more than 10 years. This summer, it was announced that Art Beyond Boundaries, a regional arts conference, will no longer take place. Several North Dakota arts organizations suggested a state arts conference be organized to develop a statewide arts network. By bringing together everyone in the arts field, we all benefit by expanding partnerships and leadership opportunities. The conference is our chance to learn in our own backyard from North Dakota's growing arts communities.

Artists, arts planners, policy makers, business leaders, and community members will have this opportunity to discuss issues and foster new ideas. The discussions generated during the conference will be a catalyst for developing goals to carry out a unified North Dakota State Arts Agenda.

For more information, or if you require accommodations for accessibility such as an interpreter or large-type printed programs, please contact Darla Hueske, 701-328-3058, no later than January 28.

*North Dakota Council on the Arts
418 East Bismarck, Suite 701
Bismarck, ND 58501-0070*

You are invited to attend...

Connecting Communities Through The Arts

ND State Arts Conference

*February 12 and 13
Saturday evening and Sunday
Bismarck Holiday Inn*

*Sponsored by the
North Dakota Council on the Arts*

Who should attend?

"Connecting Communities Through The Arts" is open to anyone interested or involved in arts and cultural issues. The Conference is not limited to North Dakota boundaries.

Location

The State Arts Conference will be held Saturday evening, February 12 and Sunday, February 13 at the Holiday Inn, located at Sixth Street and Broadway Avenue, downtown Bismarck.

Lodging

A block of rooms has been reserved for conference participants at the Holiday Inn. To reserve your room (at a rate of \$42+ tax for single occupancy), contact the hotel's reservations desk at 701-255-6000 **no later than January 28**. Indicate that you are a North Dakota Council on the Arts Conference participant when making your reservations and paying.

Registration Fees

Please return the enclosed registration card by January 28.

State Arts Conference: \$20, lunch included

Showcase 2000: \$20, lunch included

Artist Pre-Conference: \$10

All Three Events: \$45

Conference Agenda

Saturday Evening, February 12

7 pm - 7:30 pm Conference Registration

7:30 pm - 9 pm "Roses and Lemons"
Open discussions of what is going well and what could be going better within our state arts community.

Sunday, February 13

8 am - 9:15 am NDCA Board Meeting
Meeting open to public.

9:30 am - 11 am Concurrent Sessions
Success stories from North Dakota leaders in arts and non-profit organizations

- Stabilizing Your Organization's Financial Future: Fund Raising
- Successful Programming In A Small Community
- Management Issues For Small Institutions
- Marketing Your Wares Through Technology
- Planning And Programming Lewis & Clark Opportunities: an open discussion

11 am - Noon Repeat of Concurrent Sessions

Noon - 1 pm Lunch, included in registration

1 pm - 2:30 pm Roundtable Discussions
Bring your issues, ideas, needs, and accomplishments for discussion with other conference participants.

2:30 pm Conference adjourned

Other Events Scheduled

Showcase 2000

February 11 and 12
Friday evening and Saturday

Showcase 2000 provides participants an opportunity to review professional artists working in the North Dakota Council on the Arts (NDCA) residency program. Artists include dancers, musicians, theatre artists, folk artists, visual artists and writers.

Friday evening opens with a reception for the visual artists. Artists will display their work and will discuss what they do in the classroom and community. Saturday is the performing artists' opportunity to demonstrate their art form.

Attendees will meet artists, educators and arts administrators from throughout North Dakota, have an opportunity to book artists for their programs and receive assistance in planning and writing NDCA Residency grant applications.

For information, call 701-328-3959.

Artist Pre-Conference Training
Friday, February 11

The artist's training is an opportunity for artists to network with one another and to discuss working with children. Participants will discuss the topics of residencies, marketing and professional presentation.