

# UNITED TRIBES

## On-Campus News

VOL. 10, NO. 9

March 6, 2000



### ATTENTION!

**Who:** Graduates  
**What:** Graduation Planning Meeting  
**When:** March 7, 2000  
**Where:** Education Bldg., Room 111  
**Time:** 3:00 pm  
**COME SHARE YOUR IDEAS!**

### **Student Senate Meetings** March & April, 2000

**March Meetings**  
10th at Noon - Skill Center  
31st at Noon - Skill Center

**April Meetings**  
7th at Noon - Skill Center  
20th at Noon - TBA



**ATTENTION !!!**

**WHO:** GRADUATES

**WHAT:** PICTURES

**WHERE:** SKILL CENTER  
EXHIBIT HALL

**WHEN:** TUESDAY  
APRIL 11

**TIME:** 3:00 - 5:00 P M

**BY:** KNUTSON PHOTOGRAPHY

**PRICE:** \$25.00 - INCLUDES  
SITTING FEE - ONE 8X10 AND  
8 WALLETS - THIS FEE CAN BE  
PAYROLL DEDUCTED - PAYMENT  
DUE APRIL 11-ADDITIONAL  
PICTURES CAN BE PURCHASED

### ON THE INSIDE...

*Theodore Jamerson Elementary School  
Science Fair*

*Chemical Health Center*



## Weekly Menu

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

### DINNER

#### March 6 - 10

- Mon.- Honey Roasted Turkey Sandwich, Soup, Salad Bar
- Tue.- Tortolla Hotdish, Spanish Rice, Salad Bar
- Wed.- Oven Baked Chicken, Rice, Vegetable, Salad Bar, Assorted Fresh Fruit
- Thu. Hamburger on a Bun, Baked Fries, Salad Bar, Assorted Fresh Fruit
- Fri.- Chicken Strips, Macaroni & Cheese, Salad Bar, Assorted Fresh Fruit

#### March 13

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

### SUPPER

#### March 6 - 10

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

#### March 13

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

## TJES Science Fair

The 19th Annual Theodore Jamerson Elementary School Science Fair was held on Thursday, February 10, 2000 at the Small Gym on the United Tribes Technical College Campus. A total of 124 students participated in group or individual projects. Judging was held in the morning, public viewing was from 1:00 to 2:30 pm and the Awards Ceremony was at 2:30 pm. Winners are eligible for the 17th Annual Native American State Science Fair which was held on Monday, February 21st, 2000 at the Raddison Inn in Bismarck, ND. Winners from there will participate in the 14th Annual National American Indian Science and Engineering Society (AISES) Science Fair in St. Paul, Minn. The following are a list of winners (with the project name) from each of the respective classes at TJES:

### Grade 3

- Alternate: Mini Lava Lite by James Debois
- 3rd Place: Take a Little of the Top by Stevie Buckley
- 2nd Place: How Long by Randy Trottier
- 1st Place: Tornado by Seth White

### Grade 4

- Alternate: Jump with Electricity by Sierra TwoBulls
- 3rd Place: Growing Grass by Aaron LaFountain
- 2nd Place: Erosion by James Clairmont
- 1st Place: Under Water Volcano by Elijah Quagon

### Grade 5

- Alternate: Monorail by Tiffany Howard
- Alternate: Soapy Battery by Josh Geigle
- 3rd Place: Dead Batteries by Elizabeth Lundermund
- 2nd Place: Tornado by Chantel Eagle
- 1st Place: Bubbles by Brittany Bercier

### Grade 6

- Alternate: Sink or Float by Denise Bercier
- 3rd Place: How Do Lasers Work by James West
- 2nd Place: Flowers Change by Jamie Peltier
- 1st Place: Plants by Alex Herald

### Grade 7

- Alternate: Iceberg by Corrina Buffalo
- 3rd Place: How Hurricanes Form by Jennifer Longtree
- 2nd Place: Carbon Monoxide by Tova Howard
- 1st Place: Lasers by Mike Gopher
- 1st Place: Electric Crane by EJ RenCountre

*Continued from Page 2*

### Grade 8

Alternate: How to Burn Steel Wool by Marshall Knife

3rd Place: Human Memory by Vanessa Longtree

2nd Place: Making Charcoal by Tasha Bourdeaux

1st Place: Light by Kelly Bercier

## Chemical Health Center

### Why should we learn how to refuse drugs?

Because drugs are harmful and can cause many problems:

1. Poor performance in school, sports and work
2. Trouble with the law, and possibly a criminal record
3. Poor relationships with family and friends
4. Addiction
5. Death from overdose or a drug-related accident

Drugs come in many forms, some common ones include:

1. Alcohol
2. Tobacco
3. Marijuana

There are lots of good reasons to refuse drugs

1. Stay out of trouble, it's against the law to use drugs unless they're prescribed by a doctor.
2. Avoid becoming addicted, refusing drugs is the only sure way to avoid addiction.
3. Stay healthy, become your best mentally and physically.
4. Build lasting friendships, meaningful friendships are based on trust and respect - not drug use.
5. Get a good education, staying in school at UTTC can get you a great job and you can be a huge success.

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

**Friday, March 10.**

**Attn: Sandy Erickson**

**PLEASE FOLLOW DEADLINE !**

## Attention

### Chemical Awareness 102-D

Instructor: Mr. Joe McGillis

Where: Skill Center Room 107-B

When: Tuesday & Thursday at 1:00 pm

The following students are enrolled in the above class. This class starts on Tuesday, March 7th: Francis Azure, Jr., Chad Conica, Crystal Feather Earring, Thomas Jenou, Adrian Kowchee, Dominic Laforge, Amanda Lockwood, Debra Selland, Garrette Walker

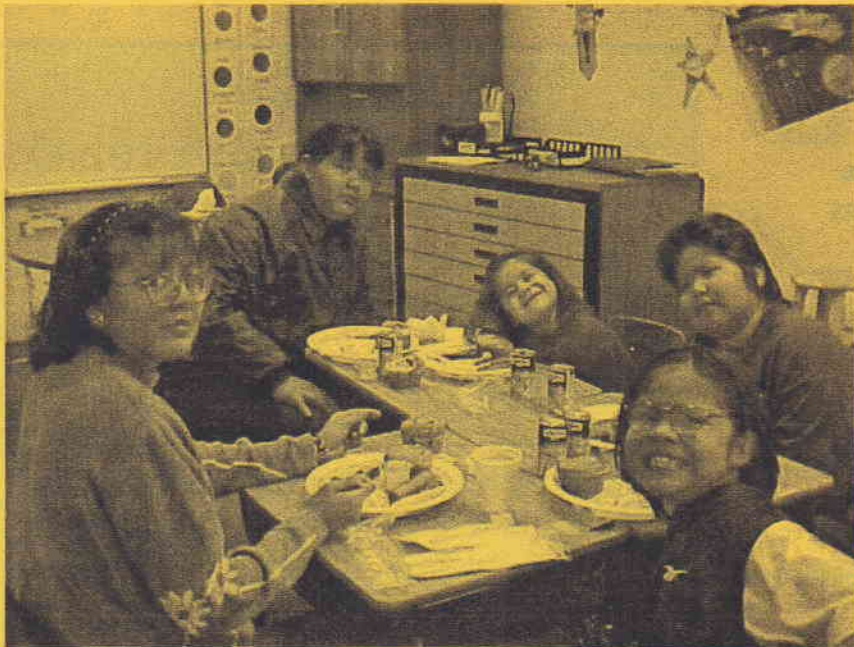
## REMINDER • REMINDER • REMINDER

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

## Thought For The Day . . .

- Mon:** • Why is it that you fill in a form by filling it out.
- Tue:** • Why is the time of day with the slowest traffic is called rush hour?
- Wed:** • When I'm finally holding all the cards, why does everyone decide to play chess?
- Thu:** • A clear conscience is usually a sign of bad memory.
- Fri:** • If it's true that we are here to help others, then what exactly are the others here for?
- Sat:** • Why do men die before their wives? They want to.
- Sun:** • Alls fear in love and war.

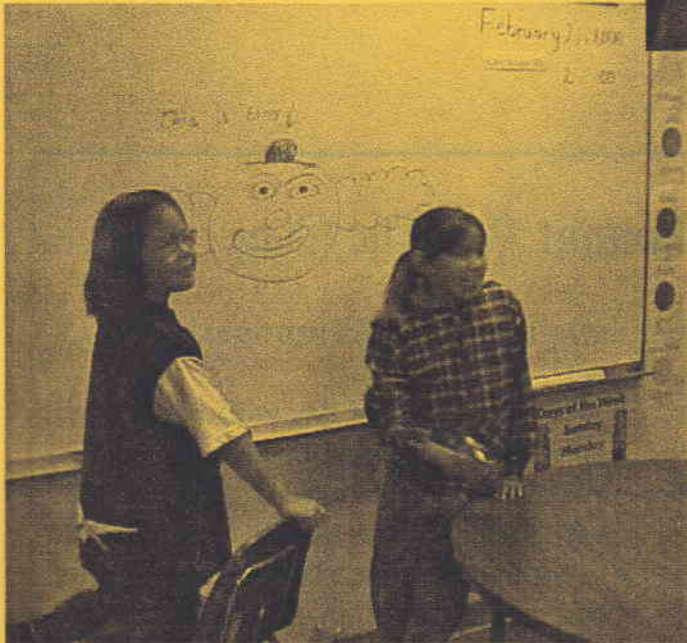
# Theodore Jamerson Elementary School



## Parent Breakfast Club



## Activity Pictures



Saturday,  
February 26,  
2000



# Family Pictures



# Individual Pictures



## The Worst Cutting Board Contest



The Bismarck/Mandan Dietetic Association is sponsoring a "Worst Cutting Board" contest in March for National Nutrition Month. The person who brings in the most knife-scarred, chipped, gouged cutting board will win a prize package consisting of 2 cutting boards, color-coded red and white to prevent cross-contamination, 1 chef's knife and a package of paring knives.

Contestants can drop off their cutting boards between March 1 and March 25 at Capitol City Restaurant Supply, 321 S. 1<sup>st</sup> ST (corner of 1<sup>st</sup> St and Bowen). The public is always welcome to shop there. They are offering a 33% discount off cutting boards and thermometers during March. Judging for the worst cutting board will take place the last week of March.

Submitted by: Kim Hinnenkamp, LRD, UTTC Food and Nutrition Program

# SAVE THE DATE

## North Dakota Tribal Diabetes Conference

*June 14 ~ 15, 2000 • Holiday Inn • Bismarck, North Dakota*



### Featured Speakers:

Yvette Roubideaux, Deputy Director  
Center for Native American Health  
Tucson, Arizona

Sally Davis, Project Investigator  
National Diabetes Prevention Center  
Albuquerque, New Mexico

Billy Rogers, Director  
Health Promotions Program  
Norman, Oklahoma

*~ Watch for Conference Flyer and Registration ~*

*Sponsored by the United Tribes Diabetes Education Center*

**For Further Information Contact: Marsha Azure 701.255.3285 Ext. 327**

## ***NATIVE AMERICAN YOUTH***

### ***IN BISMARCK COULD USE YOUR HELP***

We are interested in starting a 4-H group for our Native Youth. So if you have some time to invest in our youth and have a special interest to share, please consider volunteering to become a 4-H leader.

4-H covers a number of areas for children to participate in. Do you have any of these skills or interests that you can share?

Photography  
Mechanics  
Food & Nutrition  
Sewing  
Public Speaking  
Dance  
Carpentry  
Computer & Technology  
Drawing & Painting  
Other Skills?



Adult volunteers can make a difference in our children's future.  
Help develop our greatest resource ---- Our Youth!!

If you are interested in volunteering contact:

Sue Kramer  
Office of Indian Education  
Bismarck Public Schools  
221-3746

Marsha Azure  
USDA Extension Program  
United Tribes Technical College  
255- 3285 Ext. 327

# NutriNews

## March is National Nutrition Month®. How are you celebrating?

National Nutrition Month® is a nutrition education campaign sponsored every March by the American Dietetic Association and its Foundation. This year's slogan is "Food & Fitness: Health for a Lifetime".

How can you incorporate healthy eating and physical activity into your daily lifestyle? To get your mind rolling, think about these key messages.

- Healthful eating fuels physical activities at every stage of life.
- Food and physical activity choices are personal.
- Food is a source of pleasure and good taste. Remember all foods can fit into your eating plan.
- Staying fit means you have a better chance for a higher quality of life, and perhaps a longer one, too.
- When you are fit, you: improve your mood, reduce your stress, and increase your energy; reduce your risk for heart disease, cancer, and diabetes; can look and feel your best; and have the physical strength and endurance to do the things you want to do.

I hope that you can use these suggestions to begin to incorporate a balance between food and fitness in your lives. It is your key to good health for a lifetime.

Source: ADA: National Nutrition Month 2000--Key Messages.  
<http://www.eatright.org/nnm/nnm00key.html>

Submitted by: Kim Hinnenkamp, UTTC Food and Nutrition Program

### **Attention: Participants of the UTTC Food and Fitness Exercise Program**

**Congratulations! You've made it five weeks. Only six weeks to go! Keep up the good work and be proud of yourself. Your body, mind, and spirit thank you. If you have any questions about the program, call Kim Hinnenkamp at Ext. 397.**







United States  
**Census**  
**2000**

**March 1, 2000**  
**FOR IMMEDIATE RELEASE**  
**CONTACT: Media Specialist**  
**303-231-5025**

**CB00-Denver Region U/L**

## **CENSUS 2000 IS HERE**

### **Census Questionnaires to Begin Arriving on Doorsteps and in Mailboxes**

It is time for all residents of the United States to be counted.

To ensure that a complete census questionnaire is obtained from every housing unit in the nation, the Census Bureau first must make sure that every housing unit receives a census questionnaire. Three methods will be used to achieve this goal:

**March 3 -March 30 Update Leave:** In areas where the addresses used for mail delivery are predominantly noncity-style (i.e., rural routes, post office boxes, etc.), census takers will leave self-addressed and postage-paid census questionnaires at each housing unit for the householder to complete and mail back. As census takers deliver these questionnaires, they also will make any necessary corrections to census maps and address lists. This operation will begin March 3, 2000.

**March 13-April List Enumerate:** In sparsely settled or remote areas, census workers will conduct interviews, fill out a questionnaire for each housing unit, add the unit to an address list and spot it on a census map. This operation will take place beginning March 13th through April and involves a much smaller percentage of the population.

**March 13-March 15 Mailout/Mail Back:** In mid-March the U. S. Postal Service will deliver census questionnaires by regular mail to more than 80 percent of all households. Households are asked to mail their forms back promptly.

Census takers can be identified by their red, white and blue badges, which read "Census Enumerator." The badges, which should be displayed prominently, contain the census worker's name and the seal of the United States Department of Commerce-Bureau of the Census.

"Under these methods, we'll have census takers from every local community doing the kind of detail work needed to ensure that Census 2000 is the most accurate and fairest count ever," said Susan Lavin, Denver Regional Census Director. "We encourage all persons to fill out their questionnaires and to cooperate fully with the census worker who comes to their door."

**-X-**

News media cannot follow census takers with cameras due to confidentiality laws. Video B-Roll is available for use on television programs. Please call (media Specialist), at the number listed above, for a copy of B-Roll.

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.

