

# UNITED TRIBES

## On-Campus News

VOL. 10, NO. 15

April 17, 2000

### Many are Called, Few are Chosen

As the former Director of the *Indian Fellowship Program* with the U.S. Department of Education. I had the opportunity to offer grant opportunities for many qualified Native Americans from 1990 to 1996. The Department allocated approximately \$1.5 million in fellowship grants on an annual basis. The selected fields of study included Business Administration, Engineering, and Natural Resources at both the undergraduate and graduate levels; Education, Law, Medicine, Psychology, and Clinical Psychology at the graduate level only. Annually, we received between 700-900 applications. The average grant award approximately \$15,000 to cover tuition/fees, room & board, and personal expenses. Thus, we were able to fund approximately 100 students with the fellowship grant award. The *Indian Fellowship* award was very competitive to say the least when you consider there are 557 federally recognized tribes and another 50 state recognized eligible to compete for these awards. The selection criteria were based upon merit including academic record (60 pt.), leadership (20 pt.), and commitment (20 pt.). Each application was read by a panel of field readers and given a rating score based upon the fellowship criteria. These scores were sent to the application control center and were ranked up the computer for all fields of study. Once I received this information I had to make a determination which applications would be chosen for the eight fields of study. The *Indian Fellowship* applicants were then notified as to their status if they were successful or unsuccessful based upon their final ranking. One of the most difficult aspects of my job as fellowship director was to answer the telephone and listen to many of the unsuccessful applicants, some disappointed parents, and even some congressional representatives. Those applicants who were successful naturally felt

otherwise and I was deemed to be one of the greatest federal employees in the Department. In this case, "many were called," however, less than 12 per cent were chosen.



Each fall, many 1st year college students start out with high hopes of going to school, getting a good education, having fun, meeting other people, and eventually getting their degree so they can get a high paying job in their chosen field of study. Our students attending United Tribes Technical College are no different. Unfortunately, many do not make it through the first year. During the past academic year 1999-2000, we have had 50 drops during the first semester and 32 drops for the second semester. Upon checking with our registrar, the four main reason for dropping out of school include; **1) personal, 2) health, 3) financial and 4) academic.** For the past 2 years our graduating class have been 75 in 1999 and a projected 71 in 2000. We are grateful that our graduates have obtained adequate funding, are in good health, and have attained home stability

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#### **ON THE INSIDE...**

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# Weekly Menu

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

## DINNER

### April 17 - 20

- Mon.- Chuckwagon Stew, Baking Powder Biscuit, Salad Bar, Fresh Fruit, Relish Tray
- Tue.- Ham Sandwich, Soup, Salad Bar, Dessert
- Wed.- Chicken Stir-Fry w/Oriental Noodles, Rice, Cranberry Sauce, Salad Bar, Pumpkin Bars
- Thu.- Bar-B-Que Beef on a Bun, Soup, Salad Bar, Assorted Fresh Fruit
- Fri.- **HAPPY EASTER HOLIDAY**

### April 24

- Mon.- **HAPPY EASTER HOLIDAY**

## SUPPER

### April 17 - 20

- Mon.- Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert
- Tue.- New England Dinner, Boiled Potatoes, Boiled Vegetables, Salad Bar, Dessert
- Wed.- Pepper Steak, Rice Pilaf, Salad Bar, Dessert
- Thu.- Turkey Roast Dinner, Tossed Salad

## ALL SPRING 2000 GRADUATES:

Exit TABE testing will take place at Skills Center Rm. 111 at the following times

**April 17, 2000: 4:00 - 5:00, 5:30 - 9:00**

**April 18, 2000: 4:00 - 5:00, 5:30 - 9:00**

You must attend one of the test dates in order to graduate. This is a timed test so it is important that you be on time. If you have any questions, call Karen Siegfried, Student Support Services at Ext. 234.

## REMINDER • REMINDER • REMINDER

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

## Job Opportunity

The Amoco Mandan Refinery is looking for a laborer to work in our summer casual work program over the summer. To qualify, you must be a United Tribes student who has completed one full year of school and intend to return to school full time in the fall. You must be available for work on Tuesday, May 30 and be able to work at least through August 4.

Applications can be picked up from Vince Schanandore and must be received no later than Friday, May 5, 2000 at the following address to be eligible for consideration:

BP Amoco  
PO Box 5000  
Mandan, ND 58554  
Attention: Marcy Blotsky

The summer casual work program is to provide summer employment for students attending college and planning to return to college.

## Graduates

Graduation Announcements are ready in Arrow Graphics.

If you have not turned in your form to your instructor for ordering these invites, please do so, ASAP.

Do not bring them over separate from the other graduates in your vocation. Turn them in to your instructor. The instructors are to turn them in to Arrow Graphics.

Once we receive your name from your instructor, you can stop by anytime to pick them up. It only takes a matter of a few minutes to make them up.

Cost: 50¢ invite (includes envelope)

Arrow Graphics is located in Bldg. 51.



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

Thursday, April 20.  
Attn: Wanda Swagger

**PLEASE FOLLOW DEADLINE !**

## Continued from front page . . .

to overcome any personal problems. Our enrollments for the past two years have been averaging approximately 315 students (330 in 1998 and 300 in 1999). Based upon these figures our retention rate is approximately 45 - 47 per cent. It may interest you to know that the retention rate for Native American students attending mainstream colleges and universities is approximately 4-8 per cent depending upon the institution. In your case, if you graduate from United Tribes then you are one of the 45-47 per cent who are chosen. In any case, those are still pretty good odds.

In Indian Country, the term "survivor" comes up frequently, meaning those who are able to overcome extreme adversity, hardship, loss of loved ones, divorce, poverty, and related events. To our 2000 graduating class, you are to be commended for your perseverance, keeping focused on your career goals, maintaining good health, living within your budgetary means, taking time to study, getting to class, and if the term fits being a "survivor." Certainly, the experiences you have learned here at United Tribes will enable you to face new challenges, more opportunities, and to build a better future for yourself and your family. In all probability, your "survival kit" will always come in handy.

Again, congratulation to our 1999-2000 graduates!

John Derby  
Academic Dean

## United Tribes Indian Club

The United Tribes Indian Club is in the planning stages of the Honoring Powwow for the 2000 Graduation year. This Powwow will be held on Thursday, May 4, 2000 in the Small Gym, from 1:00 pm to 5:00 pm.

We are asking all students to attend this powwow as Awards will be given out at this time for those who are not graduating.

We are also asking those who are graduating to please attend to be in on the Grand Entry. If any of the graduating intend to honor any Instructors please do so at this time. PLEASE contact Harriet Broken Nose by May 1, 2000, so you can be included in the Program for the Powwow.

For more information you may contact: David Strange Owl, Harriet Broken Nose, Mary Eagle Shield, Letitia Stewart

# Hospitality Management On-the-Job Training Experience



*Audra Wilkenson*

Students in Hospitality Management participated in a one semester unpaid on-the-job training experience in a either a restaurant, hotel, or other food service setting in Bismarck as part of their training Spring Semester.

Reactions from the employers included:

"Audra has been a great person to have around! Everyone here enjoys working with her, and she has become a real asset." Kristin Sande, Head Chef, Meriwether's Restaurant, Bismarck

"When the students (Julie & Lisa) are here working in the Cafeteria, they are really friendly, hard workers, and great help to our staff. They are able to cover all the positions." Dave Kirkaldie, UTTC Cafeteria Supervisor

"I feel Shari has a good work ethic. She learns tasks easily and does a good job. Her products look appealing. I fell she has a future in this business." John Weiser, Head Chef, Holiday Inn, Bismarck

Student reactions to their on-the-job training included:

Audra Wilkinson: "I had lots of fun working at Meriwether's. I learned a lot from Kristen and her crew. They even shared a few of their recipes with me."

Julie Hopkins: "I thought the co-op was pretty interesting.

I learned a lot, and got to meet and work with all the UTTC cafeteria staff."

Lisa Chase: "I got a lot of experience through the co-op. It was interesting. "I enjoyed working with all the cafeteria staff at UTTC."

Shari Armell: "I really enjoyed my field experience and learned a lot from this crew!"



*Shari Armell*



*L to R: Julie Hopkins and Lisa Chase*

Looking for someone who can translate a prayer into Hidatsa. Please call or write:  
Karen Pulkrabek, 1102 2nd Ave. NW, Mandan, ND.  
[Kpulk1@hotmail.com](mailto:Kpulk1@hotmail.com)  
663-8288 or 663-2259

## Student Senate Activity Day April 28 at 1:00 pm

Due to inclement weather the Student Senate Activity Day has been rescheduled for April 28. The activity that was planned for the day will remain the same. It has just been moved to another day.

Thank you for your patience.

Student Senate

### Notice to Campus, Student and Staff:

The UTTC Bookstore is selling the New Dakota Sun. A Standing Rock Tribal Newspaper with reservation, regional, State and National news around Indian Country.

Powwow news is included for all powwow people. Go ahead and buy one and support a Tribally independent newspaper.

### HEPD Training School

Opportunity for Training School in Canada (Heavy Equipment, Highway Professional Driver, please write or call: HEPD Training School, 2nd Floor, 1248 Pembina Highway, Winnipeg, Manitoba, R3T 2B1. Phone: 204-284-6949, Fax: 204-284-6899

### LEAP (Lakota/English Acquisition Project) News

The LEAP department sponsored the Graduate Powwow for the Child Development Center on April 13, 2000, at the big gym following the supper break at the cafeteria. The LEAP department extends a warm thank you to the UTTC cafeteria for preparing the delicious fry bread and soup meal. Lila, wopila tonka! The powwow had 13 drawings through-out the program. The LEAP department thanks the following departments for their contributions: Chemical Health, Arrow Graphics, Recreation, Sacred Child, UTTC Bookstore, Early Childhood Education, Student Health, Tom/Doris Red Bird, John Beheler, M.C.

There was also a LEAP Meeting at the Child Development Center on Tuesday, April 11, 2000 at 4:00 pm. There was a good turn out, the Logo for the project was selected by the present staff and parents, Jared Uses Manys' entry won and he was awarded the \$100.00 to purchase supplies at the bookstore. We thank all who entered. The display at the gym for the graduation and the week of the young child, was very nice. The staff at the two centers did an exceptional job at displaying their departments. Our children being cared for at the centers are in the best of hands.

The LEAP department has only two more meetings left, they're every Tuesday, 4:00 pm at the Child Development Center.

A light lunch/snack is served during the meeting, so all **Parents, Early Childhood Students, Community Members and Cadres** are encouraged to attend. This project has to have parent and community support and input to achieve it's purpose. **Let's get together and develop some activities for our children at the care centers.**

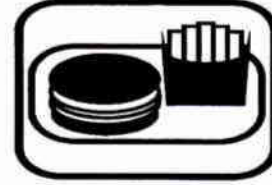
by Marie Brown, LEAP Coordinator  
Doris Red Bird, Support Teacher

### Thought For The Day . . .

- Mon:** • After eating, do amphibians have to wait one hour before getting out of the water?
- Tue:** • How can there be self-help groups?
- Wed:** • If a mute swears, does his mother make him wash his hands with soup?
- Thu:** • Why isn't there mouse-flavored cat food?
- Fri:** • Editing is a rewording activity.
- Sat:** • what if there were no hypothetical questions?
- Sun:** • 186,000 miles/sec: Not just a good idea, it's the LAW!

## Healthy Fast Food Choices

(Source: Washington State Dairy Council, June 1998)



Americans are eating more and more of their meals on the go. A recent Gallup survey indicated that Americans eat out an average of 4 times per week.

We all depend on fast food from time to time whether for convenience or out of necessity. These “fast foods” that have become a mainstay in our diet are fairly high in calories, sodium, and fat and are often lacking in fiber, vitamins, and minerals.

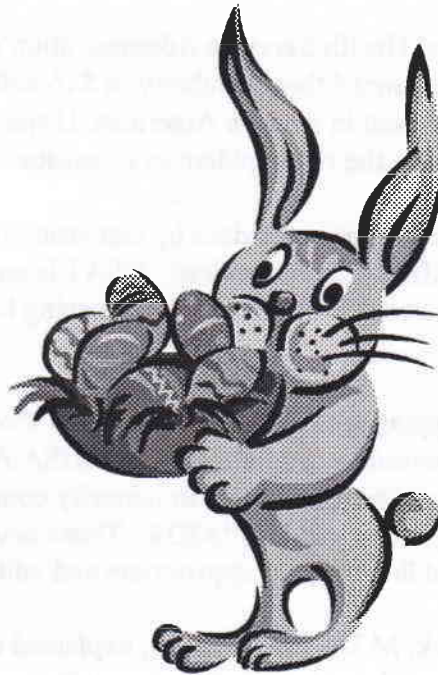
To learn tips on how to make healthy fast food choices the next time you are at your favorite fast food restaurant, come to the cafeteria on Wednesday, April 19 from 12-1 PM. The UTTC Student Food and Fitness Program along with the NDSU Extension Service’s Family Nutrition Program will have their final nutrition education table with information and prizes. Come and learn how to enjoy fast food again!

Submitted by: Kim Hinnenkamp, UTTC Food and Nutrition Program

### **Exercise Program Participants**

**Remember if you haven’t turned your exercise cards in, you may turn them in Wednesday, April 19 at the Healthy Fast Food Choices nutrition table in the cafeteria from 12-1 PM.**

**WOULD YOU LIKE AN EASTER  
CAKE TO TAKE HOME FOR YOUR  
EASTER VACATION?**



**8 INCH OVAL EASTER CAKES FOR SALE - \$6.00  
PROCEEDS WOULD BE USED TO COVER CAKE DECORATING  
CLASS III (TUITION + SUPPLY COSTS).**



**CAKES CAN BE PICKED UP AT THE U.T.T.C.  
CAFETERIA 12:00PM-1:00PM. THURSDAY, APRIL 20<sup>TH</sup>**

***WE ARE ONLY MAKING 20 CAKES.  
TO RESERVE A CAKE CALL PH.# 323-9633***

**SPONSORED BY HOSPITALITY STUDENTS:**

**Ethel Hall & Gary Standing Crow**

**FOR IMMEDIATE RELEASE**

Date: March 1, 2000

Media Contact: Leah R. Young 301-443-5052

Program Contact: Lisa A. Manley 301-443-2297

## **\$16 Million in Substance Abuse Treatment Funds Available to Treat Minority Communities Affected by HIV/AIDS**

The Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Treatment today announced the availability of \$16 million dollars to support 30-40 grants to expand substance abuse treatment in African American, Hispanic/Latino and other racial or ethnic minority communities impacted by the twin epidemics of substance abuse and HIV/AIDS.

The grants are designed to address gaps in services by increasing the accessibility and availability of substance abuse treatment and HIV/AIDS-related services. CSAT is encouraging applications from treatment programs that have a proven record of reaching and serving hardcore, chronic drug users and their sex or needle-sharing partners.

"SAMHSA is committed to stopping the spread of HIV/AIDS through injection drug use and risky behaviors related to alcohol and non-injection drug abuse," SAMHSA Administrator Nelba Chavez, Ph.D., said. "This program will give additional support to minority communities that have been combating the twin epidemics of drug abuse and HIV/AIDS. These new funds will help reach people in need of substance abuse treatment and link them to appropriate and culturally relevant services."

CSAT Director H. Westley Clark, M.D., J.D., M.P.H., explained that "for too long the AIDS treatment community and the substance abuse treatment community have looked upon each other as addressing separate problems. The goal of this initiative is to demonstrate that outreach to substance abusers, particularly injecting drug users, can reduce their risk for acquiring or transmitting HIV."

Applications are encouraged from public and private nonprofit and for-profit entities such as units of state or local government and community-based organizations located in metropolitan statistical areas with an annual AIDS case rate of 15 per 100,000 population or in a state with an annual AIDS case rate of greater than 10 per 100,000. Applications for grants of \$100,000-\$500,000 will be accepted until June 13, 2000.

Applications are available on SAMHSA's web site, [www.samhsa.gov](http://www.samhsa.gov), as well as by calling 1-800-729-6686. Refer to GFA Number TI 00-005. Questions on program issues should be directed to Lisa Manley, project officer, at 301-443-2297. Grants management questions should be directed to Christine Chen at 301-443-8926.

*The Center for Substance Abuse Treatment (CSAT) is a component of the Substance Abuse and Mental Health Services Administration (SAMHSA). SAMHSA, a public health agency within the U.S. Department of Health and Human Services, is the lead federal agency for improving the quality and availability of substance abuse prevention, addiction treatment and mental health services in the U.S. News media requests for information on SAMHSA's programs should call News Media Services at 1-800-487-4890.*

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# CHEMICAL HEALTH CENTER

## TOP TEN MYTHS ABOUT ALCOHOL

**1 MYTH:** Alcohol improves my sexual performance.  
**FACT:** Although you may think that drinking makes you better in bed, physiologically alcohol reduces your performance.

**2 MYTH:** I can drink and still be in control.  
**FACT:** Drinking impairs your judgment, which increases the likelihood that you will do something you'll later regret such as having unprotected sex, being involved in date rape, damaging property, or being victimized by others.

**3 MYTH:** Drinking isn't all that dangerous.  
**FACT:** One in three 18- to 24-year-olds admitted to emergency rooms for serious injuries are intoxicated. And alcohol is also associated with homicides, suicides, and drownings.

**4 MYTH:** I can sober up quickly if I have to.  
**FACT:** It takes about 3 hours to eliminate the alcohol content of two drinks, depending on your weight. Nothing can speed up this process—not even coffee or cold showers.

**5 MYTH:** It's ok for me to drink to keep up with my boyfriend.  
**FACT:** Women process alcohol differently. No matter how much he drinks, if you drink the same amount as your boyfriend, you will be more intoxicated and more impaired.

**6 MYTH:** There is no point in postponing drinking until I'm over 21.  
**FACT:** Research shows that the longer you postpone drinking, the less likely you are to ever experience alcohol-related problems.

**7 MYTH:** I can manage to drive well enough after a few drinks.

**FACT:** About one-half of all fatal traffic crashes among 18- to 24-year-olds involve alcohol. Your impairment is related to your blood alcohol concentration (BAC). Depending on your weight, you can have a BAC of 0.02% after only one drink, which can slow your reaction time and make it difficult to concentrate on two things simultaneously. A BAC of 0.03% can significantly impair your steering. At 0.04% your vision begins to focus on the center of the road and you cannot respond as well to street signs, traffic signals, and pedestrians. By 0.05% your driving will be noticeably erratic, especially to the police.

**8 MYTH:** I'd be better off if I learn to "hold my liquor."

**FACT:** If you have to drink increasingly larger amounts of alcohol to get a "buzz" or get "high," you are developing tolerance. This increases your vulnerability to many serious problems, including alcoholism.

**9 MYTH:** I have to drink to fit in.

**FACT:** Your peers don't drink as much as you think they do. A recent survey of more than 44,000 college students shows that most students drink little or no alcohol on a weekly basis.

**10 MYTH:** Beer doesn't have as much alcohol as hard liquor.

**FACT:** A 12-ounce bottle of beer has the same amount of alcohol as a standard shot of 80-proof liquor (either straight or in a mixed drink) or 5 ounces of wine.

## **A CASE FOR BUCKLING UP**

### **Seat Belts Save Lives**

*Carolyn Hanig is an Oklahoma life flight nurse who was called to a mass-casualty incident involving several motor vehicles. As the helicopter flew over the crash scene, the flight crew could see several victims lying about, already receiving medical attention. Carolyn and her partner went to assist a badly injured young man who was receiving CPR in an ambulance. As she moved in to help, Carolyn froze as she recognized the young man's shoes. They belonged to her 17-year-old son, Nik, who was an unbelted back seat passenger in one of the vehicles. His injuries were grave and he did not survive.*

Based on her firsthand experience at the site of many terrible crashes, Carolyn had done everything she could think of to teach Nik the importance of wearing a seat belt-she had even made him visit the hospital room of a young man who became a paraplegic after a crash in which he wasn't wearing a belt. With all that knowledge, however, Nik still wasn't wearing his seat belt on that day. A front-seat passenger who was buckled in walked away with only minor cuts and bruises.

Carolyn joined with the local coalition supporting a standard enforcement bill that faced vocal opposition. She took her story to lawmakers and to Governor Frank Keating, who promised Carolyn she would make a difference. At the end of Oklahoma's 1997 legislative session, the legislature sent the Governor a standard enforcement bill. When he signed it, Oklahoma became the 13<sup>th</sup> state, plus the District of Columbia, to have a standard enforcement seat belt use law.

This story is dedicated to all the Carolyn Hanigs of the world who turn their grief into triumph by telling their stories, no matter how painful, and working to make the highways of America safer for all of us.

**###**

**NOTE:** Information obtained from **Standard Enforcement Saves Lives: The Case for Strong Seat Belt Laws**, NHTSA January 1999.