

# UNITED TRIBES

## On-Campus News 16

VOL. 11, NO. 4 No. 5

October 8, 2000



### Practical Nursing students volunteer for Women's Way Clinic

On October 10 and 11, the second year practical nursing students traveled to Fort Yates to assist with the Women's Way health screening event. The Women's Way program is a free breast and cervical cancer early detection program funded by the Centers for Disease Control and Prevention. Mammography, breast and cervical assessments, depression screening, education related to women's health, as well as diabetes education were all part of the event.

The UTTC female students were assigned to assist the primary health care providers in performing breast and pelvic examinations. Each day the students assisted with approximately 30 exams. The students also administered influenza shots to women requesting to be immunized. Male students were involved with diabetes education and body mass index evaluations. They also traveled to McLaughlin, SD to participate in a diabetes clinic there. Tours of the dialysis unit and Diabetes Program center were other activities the male students took part in.

This was a wonderful opportunity to be part of a significant event promoting women's health and diabetes care on the Standing Rock Sioux Reservation. It was also an excellent opportunity to experience first-hand the challenges and flow of working as a nurse in a clinic setting. Although the days were long, students had a very positive experience. "I would like to do this again!" "I learned a lot..I'm not afraid of giving shots anymore..." and "I think I would like working in that setting" were some of the comments students made after completing the experience.

The students and faculty would like to thank the Women's Way organizers for the invitation to participate in the screening and the clinic nurses and providers for being excellent mentors and for making us "part of the team." The men would like to thank Colleen Buckley and Frank White Bull for the opportunity to take part in the Diabetes Education activities. Also thank you to Elaine Keeps Eagle for the gifts for the students. Faculty would like to express the appreciation to members of transportation

staff and to other faculty on campus that allowed students to miss class to participate in this experience.

### Chemical Health Center red ribbon campaign history

In 1985 a United States Drug enforcement agent was kidnapped and murdered in Mexico. This was done by those involved in supplying illegal drugs to the United States.

In his memory on March 9, 1985 Law Enforcement officers gathered in Calexico, California to pay their last respects to a fellow officer.

*Continued on page 2.*

**Red Ribbon**  
*continued from page 1*

Students at his former High School were outraged over the murder of Camerenas, in his memory they displayed Red Ribbons in honor of his dedication and courage.

It was shortly after the first parent groups began to display Red Ribbons annually in his honor and as a sign of parents intolerance to drugs.

October 1988 the first Red Ribbon campaign was held in North Dakota, 200,000 ribbons were distributed throughout the state in

1995 and over 290,000 were given out during the Red Ribbon week.

Why the increased participation at United Tribes Technical College?

The United Tribes Technical College family is demonstrating their support for a Drug Free College. From this day, when ever a student and staff wears a Red Ribbon it is a symbol of unity. To unite and have a Drug Free College.

Let us not forget that Drug Abuse was foreign to the Native American Culture.

Let us begin today by taking Drugs out of our life and return back to a Drug Free Life Style.



## WEEKLY MENU

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

**October 16-20**

### DINNER

- M Pork Cutlet, Mashed Potatoes, Cream Gravy, Vegetable/Salad Bar
- T Oriental Chicken Stir Fry, Rice, Salad Bar
- W Bar-B-Que Ribs, Baked Potatoes, Vegetable, Salad, Dessert
- T Sloppy Joe On A Bun, French Fries, Salad Bar, Dessert, Fresh Fruit
- F Chicken Nuggets, Macaroni & Cheese, Sweet and Sour Sauce, Dinner Bun

**October 23**

- M Steak Sandwich, French Fries, Garlic Toast, Tossed Salad

### SUPPER

**October 16-20**

- M Meat Loaf, Oven Browned Potatoes, Vegetable/Salad Bar
- T Buffalo Beef Sausage, Baked Beans, Fried Potatoes, Salad Bar
- W Salisbury Steak, American Fries, Salad Bar, Hello Dolly Bars
- T Swiss Steak, Mashed Potatoes, Vegetable, Salad, Dessert
- F Fish Platter w/Lemon Wedge and Tartar Sauce, Wild Rice, California Blend Vegetables, Salad Bar, Lemon Bars

**October 23**

- M Roast Pork, Mashed Potatoes w/Gravy, Vegetable, Salad Bar, Dessert

*Thought  
For The Day!*

Why is the person who invests all your money called a broker?

## OPEN HOUSE

CHEMICAL HEALTH CENTER  
(BUILDING 68)

OCTOBER 23, 2000  
MONDAY

9:00 A.M. TO 4:00 P.M.

Come pickup your red ribbons for  
**Red Ribbon Week**  
October 23-27, 2000  
(Stop Drug and Alcohol Abuse Across the Land)

Door Prizes!  
Goodies!  
Fun!





# Injury Prevention Program conducts seat belt survey



The Injury Prevention Program conducted a seat belt survey on October 12, 2000. Overall, 70 percent of the drivers were wearing their seat belts and 68 percent of the passengers were buckled up.

## Vehicles Surveyed: 189

115 were cars  
40 were pickups  
34 were vans

## Drivers (Males):

37% were NOT belted  
63% were belted

## Drivers (Females):

26% were NOT belted  
74% were belted

## Passengers (Males):

18% were NOT belted  
82% were belted

## Passengers (Females):

41% were NOT belted  
59% were belted

The Injury Prevention Program would like to thank the Injury Prevention students for their outstanding assistance in conducting this seat belt survey. Students include: Lori Finley, Nicole Jacobs, Raybert Littlewind, Carrie Bull Bear, Mary Jo Packineau, Tamara Patneaud, and Natosha No Heart.

**REMEMBER:** Seat belts can save lives and prevent injuries. Also, it's the North Dakota State law that you wear your seat belt.

## United Tribes Episcopal Ministries Services

**Sunday:**

**12:30 PM**

**POTLUCK**

after every service

**Location:**

**United Tribes  
Technical  
College Chapel**

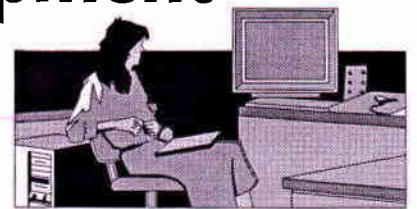
*Carol DeWall,  
Lay Pastor*

## Faculty Development Workshop

**October 20, 2000**

**1:30 - 5:00**

**Skills Center, United Tribes Technical College**



### *Topics on Agenda include:*

1. Retention
2. Constructivism Learning Theory
3. Culture and the Learning Process
4. Assessment and Native Americans
5. Four Strategies utilized to teach Native American Students

Dr. Sandra Fox is an enrolled member of the Oglala Lakota Nation of the Pine Ridge Reservation in South Dakota. She attended BIA schools from 1-12. She received a degree in English Education from Dickinson State College. She and her husband began working for the BIA at Cheyenne River, Eagle Butte. They attended the Education Leadership Program at Penn State where she received a M.A. and Ph.D. in curriculum instruction with an emphasis in teaching of reading. Dr. Fox became an education specialist for Aberdeen Area Office of the BIA. She and her husband transferred to Washington, DC where she was in charge of the Eisenhower Math and Science Program, and coordinated the Effective Schools Program. She retired from the BIA after working 24 years. In 1998 the National Indian Education Association named her Indian Educator of the Year. Dr. Fox resides in Albuquerque, New Mexico and is currently teaching part-time at the University of New Mexico.

# What is obesity?

Did you know that 25 % of the U.S. population is overweight? About 5 to 10 percent of children are obese. Between 13 and 30 percent of all adolescents are obese; 80% of obese teenagers are likely to grow into obese adults.

Obesity can cause several risks to your health such as high blood pressure, diabetes and heart failure.

To learn more on obesity, stop by the cafeteria on Thursday, October 19th, between 12 and 12:30. The UTTC Food and Nutrition class along with the NDSU Extension Service's Family Nutrition Program will have a table set up with information and some healthy recipes.

*Thought  
For The Day!*

Nobody ever said on their death bed, "Gee, If only I'd spent more time in the office."

## Washington Internships for Native Students

The Washington Internships for Native Students (WINS) program is your opportunity to live, study, and intern for a summer in Washington, DC. As its name suggests, WINS is a visionary effort founded on the notion that the people of the sovereign Native American nations are winners. Participants attend an intense academic program for nine weeks gaining skills and knowledge to take back to their communities. WINS gives you the opportunity to add impressive work experience in your resume, learn how a government agency works first-hand, and attend social events and classes with other Native students. The program is supervised and coordinated by an advisory council made up of Native Americans who represent many tribes throughout the United States.

The WINS program is administered by American University. You live in modern residence halls on campus with a group of approximately 10 other Native students from around the country. Your summer in DC is made up of four components: academic course work, research, an internship within a government agency, and cultural and social activities. These components are interwoven to insure the

traditional Native practices and values are emphasized. Students who successfully complete the program receive 6 academic credits to transfer back to their home school.

### **The program of study**

#### **Academic class**

You attend class once a week as part of your program. The course is designed specifically for Native students. You study issues important to Native communities through lectures, class discussions, relevant readings, research, and guest speakers. You hear from Native leaders about matters of concern to their people and visit sites where such leaders work on behalf of their community. Topics your class investigates include: tribal sovereignty, trust responsibilities, education, tribal language retention, health and social welfare in Indian communities, gaming issues, and economic development.

#### **Research project**

With guidance from the WINS professional staff, you gather information on a topic related to your community that interests you. Sources for your paper may include personal interviews, your internship, congressional proceedings, and the Library of Congress. You

become an expert in the topic you choose as you compile a comprehensive project.

#### **Internship**

A meaningful internship experience is at the heart of the WINS program. Your professional internship provides you with real-world work experience that gives you a competitive edge as you start your career or apply for graduate school. You intern several days each week within a government agency in a field that interests you. Possible internship placements include: Department of Agriculture, Bureau of Indian Affairs, Department of Labor, Department of Veterans Affairs, National Institutes of Health, Department of Health and Human Services, Office of Management and Budget, Social Security Administration, Federal Aviation Administration, General Services Administration, Department of Defense, Department of Energy, Public Health Services Commission, Department of Transportation.

#### **Cultural and social activities**

Throughout your nine weeks in DC, several WINS activities are scheduled including: Welcome reception and orientation, theatrical performance at the John F. Kennedy

*Continued on page 5.*



Center for Performing Arts, Powwow hosted by local Native American organizations, guided tour of the National Museum of the American Indian in New York City, tours of the Capitol, FBI, and other Federal buildings, farewell banquet to honor your class's completion of the WINS program.

... And other activities and events will be planned to enhance your experience.

### **WINS Advisory Council**

Members of the WINS Advisory Council provide advice and counsel to ensure that the traditional values and practices of the sovereign nations and tribes are maintained. WINS Advisory Council members are Native American professionals representing various private and government organizations. They are committed to providing a meaningful, high-quality, and well-maintained academic program to Native students.

### **Who is eligible for the WINS program?**

American Indian and Alaskan Native students who are enrolled in a college or university as a sophomore, junior, senior, or graduate student may apply. Students should be in good academic standing. The WINS program accommodates up to 40 students

each summer.

### **Program dates**

The WINS program is offered every summer. It is a nine-week program with approximate starting date the first week of June, and approximate ending date the first week of August. Contact the WINS program coordinator for exact dates.

### **Program funding**

All fees and costs for this program are paid through your internship sponsor and American University. These include your travel to and from Washington, DC, housing, program-sponsored activities and events, travel within DC, meals and tuition. You will also receive a stipend of \$200 each week for meals and personal expenses.

### **Administration**

#### **American University**

Administrative oversight of the WINS program is provided by the Washington Semester and World Capitals Programs at American University. Chartered by an Act of Congress in 1893, American University is a liberal arts school of approximately 5,000 undergraduate students and 5,000 graduate students. Its faculty includes award-winning and internationally recognized scholars and consultants.

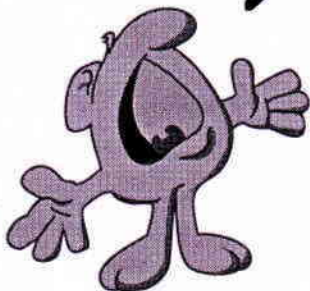
### **Housing**

WINS students live in modern residence halls on American University's Tenley Campus. These facilities have all the conveniences you would expect, plus in-room wiring for computers, Internet access, and cable TV. Located in a beautiful, tree-lined neighborhood in upper northwest Washington, the campus is next door to the homes of senators, ambassadors, and other dignitaries. Grocery stores, coffee shops, restaurants, and movie theaters are steps away. Best of all, the campus is only one block from the Metro (subway system), making travel to seminars, cultural activities, and your internship quick and easy. A free American University shuttle bus runs back and forth to the main campus, which is just one mile away.

American University has all the amenities of a major, modern university, and as a WINS program participant, you have access to them. These include the university library and media center, multiple computer labs, state-of-the-art fitness center, and an Olympic-size swimming pool.

**INTERESTED STUDENTS:**  
*Applications may be picked up in the Placement Office.*

*Thought For The Day!*



A yawn is an honest opinion openly expressed.

Information for the  
Next Newsletter  
must be submitted  
to Arrow Graphics  
no later than  
**12:00 NOON!**  
Friday, October 20.

# October 2000 TJES monthly calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 Common Sense Parenting Class 6-8pm Science Club 3:20 HomeworkCenter 3:15	2 Homework Center 3:15 C C of Pioneer Girl BB 4:00 H Solen/Cannonball	3 Bookmobile at TJES 12:30 TJES Staff Meeting 3:30	4 Home Center 3:15 Little Nation Dance Club at Fort Lincoln CC at Tom O'Leary at 4:00	5 Girl BB at Fort Yates 4:30	7	
	8 Common Sense Parenting Class 6-8pm Science Club 3:20 HomeworkCenter 3:15	9 Homework Center 3:15 Computer Club 3:20 Girl BB at Little Eagle 4:15	10 Parent Teacher Breakfast at Cafeteria 7:45 Family Club 4-6 going to Pumpkin Patch	11 Home Center 3:15 Computer Club 3:20 Girl BB H 2:30 Rock Creek	12	13 Family Club Bowling at Capital Lanes 1-3	
	15 Common Sense Parenting Class 6-8pm Science Club 3:20 HomeworkCenter 3:15	16 Homework Center 3:15 Girls BB (H) at 4:15	17 TJES Staff Meeting 3:30 Girls BB at Rock Creek 3:00	18 Home Center 3:15 Computer Club	19 End of First Nine Weeks Halloween Dance grade 6-8 7:30-10:30 NDIEA at Spirit Lake	20	
	22 Common Sense Parenting Class 6-8pm Science Club 3:20 HomeworkCenter 3:15	23 Homework Center 3:15 Computer Club at 3:20 Girls BB (H) Fort Yates 4:30	24	25 Home Center 3:15 Parent Teacher Conference 3:30-4:45 Computer Club Family Club Halloween Carnival	26 Girls BB (H) Twin Buttes 3:30	27	
	29 Common Sense Parenting Class 6-8pm Science Club 3:20 HomeworkCenter 3:15	30 No Computer Club P.T. Girls BB At Solen 4:00	31	NDIEA in Sioux Fall, SD October 28 - Nov 2			28

# November 2000 TJES monthly calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Bookmobile at TJES 12:00-3:00 Staff Meeting for TJES	2 Parent Teacher Conference 3:15 - 6:45	3	4
	5 Science Club 3:15 Homework Center 3:15	6 Homework Center 3:15 Family Club Swimming at Mandan Community Center 4-8	7 Parent Teacher Breakfast at UTTC Cafeteria 7:45 am	8 Homework Center 3:15	9 Veteran's Day NO SCHOOL	11
	12 Science Club 3:15 Homework Center 3:15	13 Homework Center 3:15	14 TJES Staff Meeting at 3:30	15 Homework Center 3:15	16 SCHOOL PICTURE DAY	17 Saturday Club for Parent & Children 10:30-12:30
	19 Science Club 3:15 Homework Center 3:15	20	21	22 Thanksgiving Break November 24 November 27 BE SAFE	23 No school on Friday. See you Monday morning	24
	26 Science Club 3:15 Homework Center 3:15	27 Homework Center 3:15	28	29 Homework Center 3:15	30	25





# CDC NEWS

A Weekly Newsletter for Families

October 13, 2000

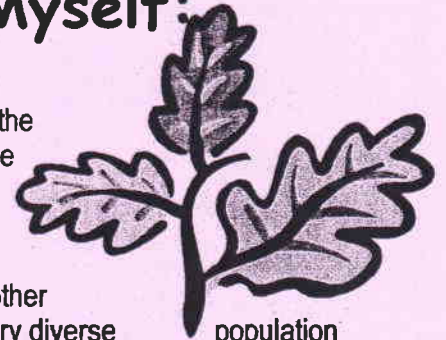
## For Your Information

- **NATIVE SINGING & DANCING:** As a community resource, Andy Demarce, a student here at UTTC, will be teaching the 2 - 5 year old children at the Preschool how to drum and sing in the Native language. He will meet with the children twice a week for an hour. This is a great opportunity! Ask your kids about it! (If you have a skill or talent you would like to share with the children, please contact Marie Brown, ext. 406.)

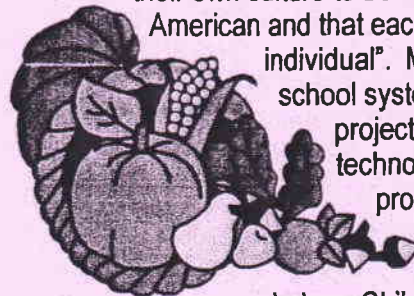
- **WANTED:** Parents who are interested in working together with the CDC teachers on a CDC Advisory Committee. Look for signs posted in the near future!

## Let Me Introduce Myself:

Hi! I'm Marie Brown and I'm the coordinator for the Lakota/English Acquisition Program (LEAP). The purpose of this project is to provide bilingual materials & training for the teachers at the childcare centers. This project is currently providing materials in Lakota, but in the future other languages can be added. This college has a very diverse and all dialects & cultures are of utmost importance. The children need to start early to know that their cultural language is a valuable tool and that they have their own culture to be very proud of; that it's great to be a Native



American and that each and every one of them is a "unique individual". Many of the minorities enter the academic school systems with limited vocabularies, thus this project promotes language acquisition and modern technology (computers & software). The soft-ware promotes literacy and technology. This will enable the children to enter school with more skills and with an increased



vocabulary. Children who are bilingual fair better in school because they have learned to make the bridges or connections when transferring from one language to another. They have an advantage in this aspect because they speak two or more languages.

I'm always open for suggestions and would appreciate them. I work with Doris Red Bird and we are in the LEAP office at the bottom of the steps, on your right-hand side, under the library in the Education Building. Stop in for coffee, sometimes snacks are here. Drink some coffee and visit our library in the office. We have books available for check-out, both children's books & Native American Literature.

Thank you! Marie Brown

## 2-Year Old Group

Greetings! This week, we had our trip to the Pumpkin Patch. We saw ghosts, scarecrows and a horse made of cornstalks. We all enjoyed ourselves. Next week, we will be starting our Farm and Ranch unit. We encourage all parents to come in and volunteer! Cathy Still Day & Juanita Reiner

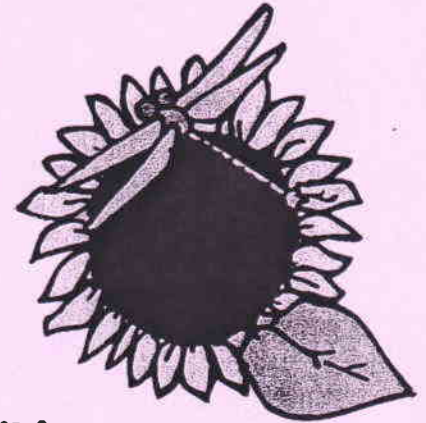
# CDC NEWS

## 3-Year Old Group

"Hola" from the three year old area! This week was so much fun for all of us! On Tuesday we visited Papa's Pumpkin Patch. They were so good to us. If you get a chance to go and visit the pumpkin patch, it's a MUST SEE! The children got to pick out their own pumpkin. We also studied, tasted, touched and listened to Mexico. We made ponchos and we learned the word "o la" spelled "hola", which means "hello"! We visited the library on Thursday for a great story. Well, as you can, we are busy working every day!

Take care and study hard!

Teachers Jodie Pepion & Roberta Hand Boy



## 4-Year Old Group

Hi everyone! How was your week? We had a busy one. We learned about bears. We went on a trip to Papa's Pumpkin Patch. The kids had SO much fun! It was my first time there also. Next week, we will learn about "Trees & Leaves". We will go on a nature walk to see the many changes. Please bring hats & gloves! I am glad to have your children in school so keep bringing them! Many thanks to all, see you!

Erin Slides Off

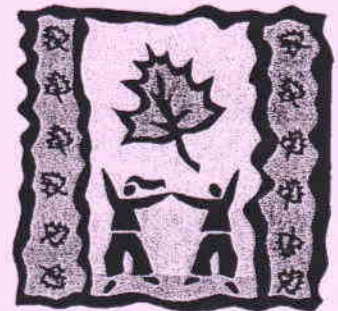
## 5-Year Old Group:

Hello! We are having fun learning about bears this week. During Circle Time, we sing songs and do finger plays and rhymes about bears. Ask your children to recite them for you. Thank you to those of you who sent "teddy bears" to our classroom. The children enjoy sitting and playing in our "bear cave" in the dramatic play area. Your bears will be returned on Friday. Remember to bring your child dressed appropriately for the weather (caps, gloves, warm coats, etc.) since we go outdoors daily. Also, please remember our group eats breakfast at 8:00 AM - send backpacks daily also. One more thing...we would like to have a float for our classroom during homecoming (Oct. 20), any ideas? Let me know ASAP! Thanks! Barb West

## Hello from Head Start:

"Everybody is Happy at Head Start!"

On Monday, October 9th, we took a field trip to the Pumpkin Patch. We saw pumpkins - orange and green ones. There were scarecrows everywhere! We picked out a pumpkin for our room and the lady gave us a treat! We have been learning about traffic safety too! Red means STOP - green GO - yellow means 'wait-go slow'. Please practice this finger play with your child and help your child pick out GREEN things. Check out the green paintings and the pumpkin patch pictures we drew that are displayed by our classroom. And remember...."Smiles are contagious!" Denise Zenker & Heidi Everett





# CDC NEWS

## Infant/Toddler Center



Hello Families! The Infant / Toddler Center has been very busy these past few weeks. We had the opportunity to send two of our groups to Papa's Pumpkin patch on Wednesday, October 11<sup>th</sup>. The children had a lot of fun picking out their pumpkin to bring home. The weather was perfect for walking amongst the picked pumpkins and autumn colored trees. We would like to send out a special thank you to Velma Goes Ahead, Vivian Hurkes, and Jarrod Grant for their parent involvement in joining us for on our field trip. We would love to have more parents join us in future trips. We highly recommend your family to take part at the activities at Papa's Pumpkin Patch. If you need directions please talk with Leah Hamann, she will be happy to assist you.

### Hello Parents & Readers!

My name is Janice Ramey and I am the cook at the preschool.  
This week was a lot of fun for the kids and teachers.  
They got to taste, cook and try different foods.  
They also made their own snacks.  
Just ask your children what they made this week!  
Once a week, each group of children gets to cook and make their own snacks. Help give your child/children ideas for recipes for school.  
Thank you!

If you have any suggestions or ideas for other information you would like to see in this newsletter, please contact Lisa Azure @ ext. 407.

## CDC NEWS

### Community Literacy Task Force (CLTF) News:

The task force met at the Preschool at 4 PM, Wednesday, Oct. 11th. The CLTF will operate as a club to raise funds and to plan for cultural activities for the childcare centers here on campus. We had a very good turn-out. Future plans are to enter a float for the homecoming parade on Oct. 20th at 1 PM. We will meet & decorate for the parade at 4 PM on Oct. 19th behind the Preschool. Here is the schedule of meetings for CLTF:

October 19 - Decorate float	4 PM @ Preschool
October 20 - Set up float	9 AM @ Preschool
October 23 - CLTF Meeting	4 PM @ Preschool

The CTLF is for anyone to join...just think of the word "community". You are a part of this community in Bismarck so to join, just come to a meeting! Hope to see you there!

### L.E.A.P. News

*We greatly appreciate your interest in our new library. For those of you who don't know, there are many good books to check out in the L.E.A.P. office. There are books for children, adults, resource, Native American, etc.; all available for check-out for 2 weeks.*

*These books are brand new; please take care of them. This is a good opportunity to teach children about taking care of books. Please supervise the younger children as they are looking at the books! New books are costly and once they're damaged, they cannot be repaired. We want to continue building our library!!!*