

UNITED TRIBES



On-Campus News

VOL. 11, NO. 7

October 30, 2000

Your vote counts in the national election

DON'T FORGET ABOUT EARLY VOTING!

You may go to your County Auditor, located in your county courthouse, and vote any weekday between now and election day.

Traditionally, the College has provided transportation for **on campus** students to vote in national elections.

There will be two times available on November 7, 2000. They are **10:00 am** and **1:30 pm**. The bus will leave from in front of the Cafeteria. If you live on campus and drive yourself, it is Prairie Rose Elementary School.

If you live **off campus**, call the Burleigh County Auditor's Office with your street address and the secretary will tell you where to vote.

North Dakota is the only state in the United States that does not require voter registration. The only requirement is thirty days residence. When punching in your ballot, you may choose to complete all categories, or only the ones you want, and the ballot will be valid.

REMEMBER . . . YOUR VOTE COUNTS!

2000 Homecoming festivities at Tribes

Festivities began with a parade and floats were decorated by the vocations along with a couple of programs. The Student Senate sponsored the prize money for first, second and third place winners. Homecoming royalty was voted on by students and staff. The Lady T-Birds played a game with Sitting Bull College women and the T-Birds played against Sitting Bull College men from Ft. Yates. The afternoon ended with a chili supper served by the Cafeteria.

CONGRATULATIONS to the New UTTC Homecoming King and Queen:

Homecoming King: Winston Sam "POOH"

Homecoming Queen: Fahtima Finley "TIMA"

FLOAT Winners were:

1st Place: Construction Technology

2nd Place: Hospitality Management

3rd Place: Injury Prevention



(L to R): Queen Fahtima and King Winston.

All vocations did a great job with their floats and the judges had a hard time making a decision. Thank you vocations and judges for your participation! (See more photos on Page 2)

Homecoming continued . . .



Second Place Float Winner, "Children of the Corn" by Hospitality Management and Food and Nutrition vocation.



(Left): The float made by the Criminal Justice students. Our "Future FBI Agents."

(Right): Parade Marshall, "Godzilla", operated by Rod Powera and Jeff Watson.

(This entry was so popular it made the Bismarck Tribune!)



(Left): The "Jolly Green Giant's Pumpkin Patch."

The first place winner goes to Construction Technology!



WEEKLY MENU

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

October 30-November 3

DINNER

- M** Goulash, Vegetable, Dinner Bun, Salad Bar, Assorted Fresh Fruit & Vegetable Trays
- T** Bean Soup, Ham Sandwich, Assorted Fresh Fruit & Vegetable Trays
- W** Roast Beef, Mashed Potatoes, Natural Gravy, Vegetable, Dinner Roll, Assorted Fresh Fruit
- T** German Style Sausage w/Beans and Kraut, Salad Bar, Dinner Bun, Dessert
- F** Fishwich and Chips, Lettuce, Cheese, Tomatoes, Dessert

November 6

- M** Spaghetti w/Meat Sauce, Garlic Toast, Assorted Fruit & Vegetable Trays

SUPPER

October 30-November 3

- M** Hamburger On A Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies
- T** Pork Chops, Rice, Vegetable, Salad Bar, Dessert
- W** Swedish Meatballs over Noodles, Vegetable, Salad Bar, Dessert
- T** Grilled Steak, Baked Potato, Garlic Toast, Tossed Salad, Sour Cream, Fresh Fruit
- F** Lasagna, Garlic Toast, Vegetable, Salad Bar, Dessert

November 6

- M** Baked Ham, Au-Gratin Potatoes, Vegetable, Salad Bar

THOUGHT FOR THE DAY!

What is the correct answer to, "Are you asleep?"

Final College Success/Home Group meeting held

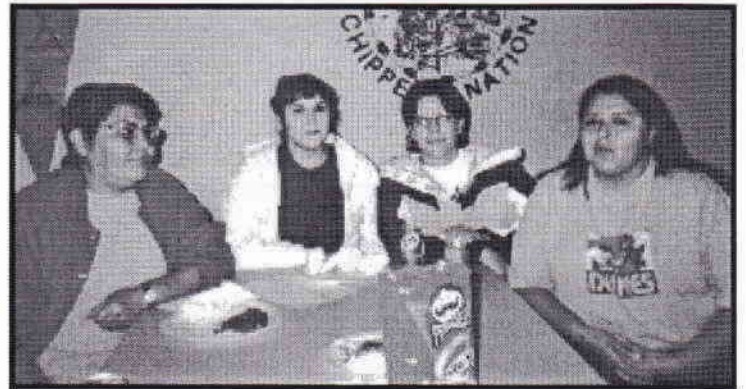
The final College Success/Home Group meeting for students who completed orientation week was held October 24, 2000. Most of the groups had great participation and were viewed as successful as per the student evaluation forms. This was the first group of students to be given credit for the combination orientation, home group and the GFO-107 College Success class.

The group winner of the picture game was Kaye Bell's group. Participants drew various phrases while their teammates guessed what they were drawing. They each received \$20.00 gift certificates to a local store. Group members were: Misty Begay, Frank Iron Heart, Anita Kirkaldie-Green, Clifford Metcalf, and Chris Zahn.



A human scavenger hunt was held at the last class session. The first three students to complete the list of needed items were also given \$20.00 gift certificates. Many door prizes were given away and pizza was served. Winners of the hunt were: Anita Kirkaldie-Green, Michelle Crazy Thunder, and Emmett Redday.

Congratulations to the students who were successful in completing their first college credit at United Tribes!



Continued on next page

College Success continued . . .



NOTICE: Mid-Term Grades

Students can pick up their mid-term grades with their vocational advisor on Wednesday.



"Freezin for a Reason"

- WHO:** Ruth Meiers Hospitality House Staff
- WHAT:** Food Drive and Sleep Over
- WHEN:** Noon, Nov. 9 - Noon, Nov. 10
- WHERE:** McCabe United Methodist Church Parking Lot (1030 N. 6th St. S of the capital)
- WHY:** To gather much needed food for the Stone Soup Küchen and the RMHH Food Pantry

*In recognition of National Homeless Awareness Week (Nov. 12 - Nov. 18), the RMHH staff is "Chumpin' for Chump". Help them fill a semi-truck full of much needed food for the Stone Soup Küchen and the RMHH Food Pantry. Mark your calenders and bring donations to McCabe on Nov. 9th.
*No canned vegetables are needed at this time.

Thought For The Day!



Why don't sheep shrink when it rains?

UTTC web page needs corrections

FACULTY AND STAFF:

CHECK OUT THE UTTC WEB PAGE AT

www.united-tribes.tec.nd.us

As you will see many areas are in desperate need of completion or upgrading. Please send your updates or changes to Manning Dollinger, Skills Center, ASAP.

Thanks! UTTC Technology Committee

Chemical Health Center gives thanks

The Chemical Health Center staff would like to thank all students and staff who came to the Open House held for Red Ribbon Week, October 23, 2000. This event was a great success. We had over a hundred students and staff that took the Red Ribbon Pledge to be drug and alcohol free. We would like to thank the Cafeteria staff for all the goodies.

Have a happy, safe, alcohol and drug-free Halloween. We will be giving out Trick or Treat bags of candy for all the children who come over to the Chemical Health Center on Tuesday.



*Thought
For The
Day!*

You know that indestructible black box that is used on airplanes?

Why don't they make the whole airplane out of that stuff?

United Tribes Episcopal Ministries Services

Sunday:

12:30 PM

POTLUCK

after every service

Location:

United Tribes
Technical
College Chapel

*Carol DeWall,
Lay Pastor*

United Tribes Catholic Services

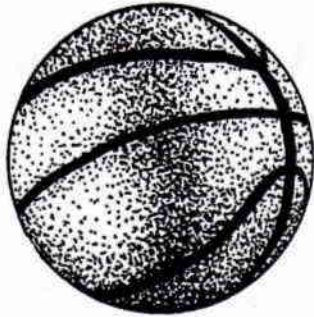
Sunday:

10:00 AM

Location:

United Tribes
Technical College Chapel

Information for the
Next Newsletter
must be submitted
to Arrow Graphics
no later than
12:00 NOON!
Friday, November 3rd.



2000-2001 T-Bird Schedule

THUNDERBIRDS HOOPS.....

2000-01 MEN'S AND WOMAN'S BASKETBALL SCHEDULE.

NOV. 4-5	LADY T-BIRDS CLASSIC BISMARCK, ND	W	TBA
Nov. 6	Jamestown State Univ. Jamestown, ND	M	7:00
Nov. 9-11	Mon-Dak Tourney W @ Bis. St.	M @ MSU-Bottineau, ND	TBA
Nov. 19	Lake Region State College, Devils Lake, ND	W & M	5:30-7:30
Nov. 20	Valley City State University, Valley City, ND	M	8:00
Nov. 24-25	Huron Univ. Classic Huron SD	W 1:00 Fri.	M 24 & 25 TBA
NOV. 15	UNIVERSITY OF MARY JV	W & M	5:30-7:30
DEC. 2-3	T-BIRDS CLASSIC W VS MOORHEAD 3:00 PM SAT.	M	TBA
DEC. 7	VALLEY CITY STATE UNIVERSITY JV	M	7:30
Dec. 13	MSU-Bottineau, Bottineau, ND	W & M	5:30-7:30
Dec. 16	Miles Community College, Miles City, MT	W & M	7:00-9:00
Dec. 17	Dawson Community College, Glendive, MT	W & M	2:00-4:00
Jan. 4-6	1st Bank Classic, WNCC Scottsbluff, NE	M	TBA
JAN. 10	LAKE REGION STATE COLLEGE	W & M	5:30-7:30
JAN. 12	DAWSON COMMUNITY COLLEGE	W & M	5:30-7:30
JAN. 14	JAMESTOWN STATE UNIVERSITY JV	M	3:00
JAN. 16	TRINITY BIBLE COLLEGE	W	7:00
JAN. 18	UNIVERSITY OF MARY JV	W	7:30
JAN. 21	MILES COMMUNITY COLLEGE	W & M	5:30 7:30
JAN. 26	WILLISTON STATE COLLEGE	W & M	5:30-7:30
JAN. 28	North Dakota State College of Science	W & M	5:30-7:30
Jan. 30	Trinity Bible College, Ellendale, ND	W	5:30
Feb. 5	Bismarck State College, Bismarck, ND	W & M	5:30-7:30
Feb. 9	Concordia College JV, Moorhead, MN	W	5:30
Feb. 10	Moorhead State University JV Moorhead, MN	W	2:00
Feb. 17	NDSCS, Wahpeton, ND	W & M	5:30-7:30
FEB. 7	MSU-BOTTINEAU	W & M	5:30-7:30
FEB. 22	BISMARCK STATE COLLEGE	W & M	5:30-7:30
MARCH	REGION 13 PLAY-OFFS	W & M	TBA

****HOME GAMES IN BOLD****

It's played at full speed!!!!



NutriNews

Sugar Myths—A Trick or Treat?

Does sugar...

- ◆ Cause diabetes?
- ◆ Trigger hypoglycemia (low blood sugar)?
- ◆ Make you fat?
- ◆ Cause hyperactivity?

If you thought yes, think again!

Sugars really have no direct relationship to any health problem except for their role in tooth decay. After careful review of scientific studies, that's the conclusion of nutrition and health experts. However, sugar myths are still widespread.

Here's the real scoop on four common misconceptions about

sugar.

Causes Diabetes

About 20 years ago, scientists debunked this myth. But, many still believe sugar causes diabetes. In diabetes, the body can't use sugar normally. And the causes are complex and are yet to be fully known. Genetics plays a role, but illness, obesity, or simply getting older also may trigger diabetes. Moderate amounts of sugar can be a part of a well-balanced diet for people with diabetes, according to the American Diabetes Association.

Makes you fat

Eating too many calories causes your body to produce extra pounds of body fat—not sugar!

Over time, too many calories from any source, whether it's carbohydrate (Sugar is a carbohydrate.), fat or protein, can lead to weight gain.

Linked to hyperactivity

Kids may be "wired up" after an afternoon of sweet snacks, friends, and active play, but don't blame the candy, cakes or sweet drinks! There is no scientific evidence to support a link between sugar intake and hyperactivity or attention deficit-hyperactive disorder. Pay attention to your child's overall environment. The excitement of a party or special event may be the reason for the unruly behavior.

Does "sugar-free" mean "calorie-free"?

Not necessarily. A sugar free-food may not contain sugar, but many contain calories from other carbohydrates, fat and protein. Read the Nutrition Facts panel on the food label to find the amount of calories and total sugars in

one serving of any packaged food.

The Final Say on Sugar

Sugars, starches, and fiber are in the nutrient energy category called carbohydrates and are your body's main source of fuel. Some sugars occur in food naturally, while others are added.

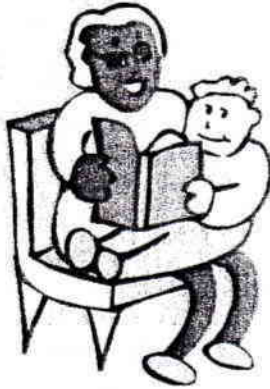
Regardless of the source, your body can't tell the difference. Sugars, in moderation, are part of a healthful diet. Naturally-occurring or added sugars can make nutritious food more appealing by adding taste, aroma, texture and color.

Trick or Low-Fat Treats

Try something different this year—
Hand out low-fat goodies!

- ◆ Cereal Boxes (single serving)
- ◆ Pretzels or Baked Chips
- ◆ Dried Fruit
- ◆ Sugar-free Gum
- ◆ Lifesavers or Lollipops
- ◆ Fortune Cookies
- ◆ Licorice
- ◆ Jelly Beans
- ◆ Gum Drops or Jelly Candies
- ◆ Low-fat Cookies (single servings)
- ◆ Low-fat Granola or Cereal Bars





CDC NEWS

A Weekly Newsletter for Families

October 27, 2000

For Your Information

MASQUERADE POWWOW:

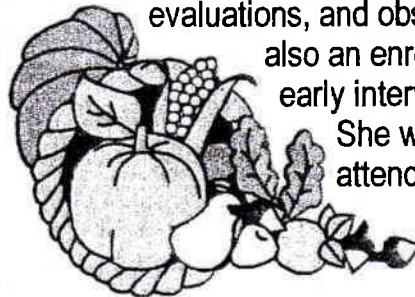
Theodore Jamerson Elementary School & L.E.A.P. are going to be sponsoring a Masquerade PowWow October 27th at the gym from 7 PM - 10 PM. Both adult and children prizes will be awarded. Candy bags will be handed out. All families are invited to attend!

• **NATIVE SINGING & DANCING:** As a community resource, Andy Demarce, a student here at UTTC, is teaching the 2 - 5 year old children at the Preschool how to drum and sing in the Native language. **Thank you Andy for providing our children with this 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.)

Let Me Introduce Myself:

Hi! My name is Allison Hertel. I am an enrolled member of the Standing Rock Nation, more commonly known as "God's Country" (right, Doris?). I work for the Standing Rock Early Childhood Tracking Program as an Early Intervention Paraprofessional. My job is to help and assist the parents' monitor their children's growth and development. We do that through screenings, referrals, evaluations, and observation tools. Crystal Black Cloud, also an enrolled member of Standing Rock, is the early interventionist at the Infant/Toddler Center. She works with the children and families that attend that center. My office is located in the Preschool building. Please stop by if you have any questions or call ext. 624. Thank you!

Allison Hertel



The children at the Preschool will be trick-or-treating to the different offices/departments on Tuesday, Oct. 31st. We will begin at 10 AM. Please send costumes or face paint with your children for that day. If your child is in Head Start, they will provide the face paint (don't send costumes!). Thanks!

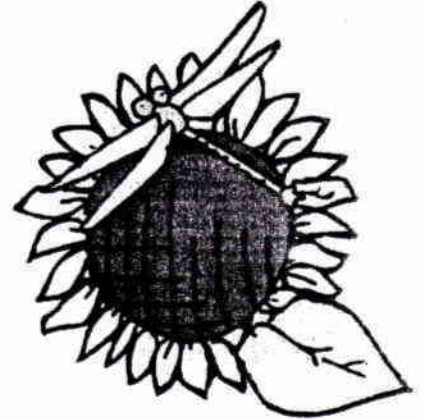
CDC NEWS

3-Year Old Group

Helloooooo Parents! Happy Halloween! I hope you all have a great one! As for your little "ghosts and goblins", they are excited! We have been working on farm animals galore! We made paint horse puppets, baby chicks, pink pigs as well as other activities. We are going to be working on Halloween stuff next!

Until next week, hope you all have a great week-end and did well on your mid-terms!

Teachers Jodie Pepion & Roberta Hand Boy



4-Year Old Group

Hi everyone! How was your week? Our theme this week was "Pumpkins". We used A LOT of the color orange. We sang some Halloween songs and read Halloween stories. Next week, we will be learning about our "Hands and Feet".

See you next week!

Erin Slides Off
and Maria Gonzalez

5-Year Old Group:

Hello! This week we learned about "wagmu" (the Lakota word for pumpkin). We read stories about pumpkins and learned a new song "The 10 Little Pumpkins". We also learned about the color orange and each made a Pumpkin Smoothie too. Mmmmmm, very tasty!

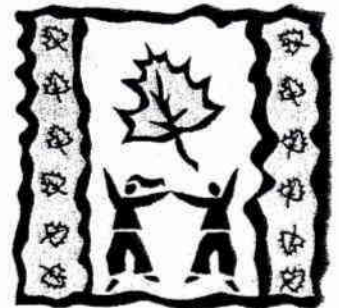
Remember to send your children dressed appropriately (warm coat, hat, gloves, etc.). We do go outdoors daily and it goes get "chilly". Thank you to the Kindergarten parents who attended the C.T.L.F. meeting (see the back page of this newsletter for more info on C.T.L.F.). I would like to encourage all parents to attend the next time on Nov. 6th at the Preschool.

Barb West

Hello from Head Start:

This week in Head Start we have been learning about the color black, the triangle shape and the letter "H" for Halloween. We will have a "Halloween Safety" class presented to us on Friday by students from Century High School here in Bismarck.

Next week, we will be trick-or-treating on Tuesday. We will NOT wear costumes - we will paint our faces in the classroom. Don't forget to ask your child about their day. Boost their memory skills by asking them questions! And remember..."A smile is worth a thousand words!"



Denise Zenker & Heidi Everett

CDC NEWS

Infant/Toddler Center



Halloween Party!

WHERE: Infant/Toddler Center

WHEN: Oct. 30, 2000

TIME: 2:30 PM

THERE WILL BE TREATS!

Parents, children and staff- dress up for
the party!

Trick or Treat,

Smell my feet,

Give me something good to eat!

Caregivers: Lois & Evelyn

Our group of children are ages 4 months - 1 year old. The month is quickly coming to an end. Our Halloween party is planned for October 30th. The babies are all well and healthy; growing every day!

2-Year Old Group (Preschool)

Hello Parents & Families! Happy Halloween! As you know, Halloween is just a couple of days away. We are going to be having a Halloween party on Tuesday. You can either send a costume or face paint for your child to dress up in. Have a safe and fun Halloween!

Cathy Still Day & Juanita Reiner

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 next scheduled meeting for CLTF:

Nov. 6th - CLTF Meeting 4 PM @ Preschool

Plan to be at the meeting for a couple of hours. We are going to be training the parents who attend to use the iBooks, the lap-top computers. In order to check one out, you must have had the training!

Please plan to attend this meeting! Any questions, contact Marie Brown @ ext. 406 or Mechelle Crazy Thunder.

(The classroom at the Preschool that has the most parents attending this meeting, will get a treat!!!)

L.E.A.P. News

"PILAMAYA"

The Lakota/English Acquisition Project, as well as the 4 and 5 year old children at the Preschool, would like to thank the following:

- the Transportation Dept. for letting us use their flat bed and truck during the Homecoming Parade*
 - Bernard Shoots the Enemy for driving the truck*
- Terry Anderson, Construction Tech., for making us beading looms &*
- Dennis Lucier, Cafeteria, for donating popcorn & bags for the PowWow*

Strong in Body and Spirit Classes

Strong in Body and Spirit diabetes education classes are now being offered by the United Tribes Extension and Diabetes Education Center.

These classes are for staff with diabetes. Topics include exercise, fat and sugar intake, support and goal setting. The informal class will be on Tuesday's starting November 7 from 1-3 PM for five weeks. Class size is limited to the first 10 staff members. Please contact Kim Hinnenkamp at Ext. 397 to enroll.

