

UNITED TRIBES

On-Campus News

VOL. 11, NO. 8

November 6, 2000

Nursing faculty participate in faculty development workshops

by Sister Kathryn Zimmer, Director, AASPN Program

Nursing faculty found Dr. Sandra Fox to be an outstanding speaker at UTTC on Friday, October 20. Her topics included retention; culture and the learning process; assessment and Native Ameri-

cans; and four strategies utilized to teach Native American students.

Dr. Fox is a doctorally prepared educator who resides in Albuquerque, New Mexico and is currently teaching part time at University of New Mexico.

On Monday, November 6,

Anne Heid and Sherry Messmer leave for a three-day meeting in Indianapolis for a workshop on student assessment. Both of these will provide help for the North Central Association visit scheduled for April 2000.

UTTC Assessment Committee pleased with workshop

The members of the UTTC Assessment Committee want to use this opportunity to express their appreciation for the workshop presented to the Faculty and Staff by Dr. Sandra Fox on Friday, October 20. Dr. Fox's presentation provided important information and ideas about the assessment of student learning and student success at a college with primarily Native American students. The committee wants to express their appreciation also to Instructor Sheri

Baker for initiating the process that lead to the workshop and also to Liz Miller, the Chair of the Faculty Development Committee, which provided funds for the workshop.

The members of the Research, Evaluation, and Assessment Committee (REA) are Sherri Toman, Wendell White Eyes, Dave Bruning, Marge Palaniuk, Kathy Aller, Leah Woodke, Anne Heid, Karla Baxter, Fred Poitra and Chair, Brian Palecek. Brian is also Assessment Coordinator at UTTC.



Your vote counts November 7th in the national election

Transportation will be provided for **on-campus** students at **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.

REMEMBER...YOUR VOTE COUNTS!

United Tribes Arts Festival

November 18, 2000 • 9am - 5pm

United Tribes

James Henry Community Building

Booth/Table Space Available to
All Interested Persons
Contact Sandy Poitra Ext. 331

Featured Artists Include: UTTC Art/Art Marketing Students,
Don, Julie and Sonja Cain,
Marvin Bald Eagle Young Man,
and Many Others

Items For Sale Include: Beaded Items, Quillwork, Flutes, and
Much, Much More.

Book Your Space Now! Open To Public! Invite Family & Friends!



Special Thank You!

I want to thank all of you for your prayers and thoughts during this trying time of losing a loved one. A time like this is a reminder of how much we care and are here for each other.

May the Great Spirit be with you.
Dorvin Froseth



DENNIS LUCIER'S ~ UTTC DINER ~ WEEKLY MENU

(Each meal served includes 2% or Skim
Milk, Coffee or Tea and Salad Bar or
Assorted Fresh Fruits/Vegetables)

DINNER

November 6-10

- M Spaghetti w/Meat Sauce, Garlic Toast
- T Steak Sandwich, Oven Browned Potatoes,
Garlic Toast
- W Oven Baked Chicken, Mashed Potatoes,
Gravy, Vegetable
- T Hamburger On A Bun + Fixings, French
Fries
- F Grilled Cheese Sandwich, Old Fashioned
Tomato Soup, Potato Chips

November 13

- M Hulipsa Hotdish, Dinner Bun

SUPPER

November 6-10

- M Baked Ham, Au-Gratin Potatoes, Veg-
etable, Salad Bar
- T New England Dinner, Boiled Potatoes,
Boiled Vegetables, Dessert
- W Salisbury Steak, Has Browned Potatoes
- T Shish-ka-bob Casserole, Wild Rice, Des-
sert
- F Fish Platter, Oven Baked Potato Wedges,
Dessert

November 13

- M Braised Beef over Noodles, Vegetable

THOUGHT FOR THE DAY!

What do chickens
think we taste like?





Student Health Center Notes



- A few bottles of insulin are available at the Student Health Center: Humulin R, Novolin R, Humulin N. If you are in need of a vial, see nursing staff.
- Custer Family Planning will be on campus November 14 from 1:00 pm to 5:30 pm. Contact Student Health Center to make an appointment.
- Monthly head checks for preschool and nursery will be held November 15. Head checks for TJES will be on November 16.
- Flu shots will not be available at this time at the Student Health Center. May be offered at a later date.

Excerpts from Vitality Magazine, October 2000

■ Keeping a plant or two in your work area can help keep you calm when your stress level climbs. They clean the air and add energy to your space when you need it.

■ Doubtful diet advice. Eleven percent of Americans rely on their doctors for nutrition information, compared with 48% who rely on television.



People who use electric toothbrushes do a good job of keeping their teeth well brushed, mainly because they spend more time brushing than most people who use regular brushes.

■ Order the cheapest main course on a restaurant menu, and you will generally eat more healthy. That is because vegetable-based items usually cost less than meat entrees.

What is diabetes?

Diabetes is a disease that affects the body's ability to produce or respond to insulin, a hormone that allows blood glucose to enter the cells of the body and be used for energy. Diabetes falls into two main categories: Type 1, which usually occurs during childhood or adolescence, and Type II, the most common form of the disease, usually occurring after the age of 45.

**DIABETES IS A
CHRONIC DISEASE
THAT HAS NO CURE.**

**~ Diabetes Among Native Americans ~
Today there are more than 2 million Native
Americans in the United States
who have diabetes.**

To learn more about diabetes and meal planning, stop by the Cafeteria on Tuesday, November 7 between 12 and 12:30 pm. The UTTC Food and Nutrition students along with the NDSU Extension Service's Family Nutrition Program will have a table set up with information and some healthy recipes.

What is codependency?

submitted by the Chemical Health Center

A codependent person is usually someone involved with a person suffering from alcohol or other drug abuse. Though the family member or friend may not be chemically dependent, his or her association with a chemically dependent person creates an unhealthy condition of mutual dependence. Codependency is a pattern of traits and behaviors that can result in physical, emotional, mental, or social dysfunction often as severe as that of the chemically dependent family member. It may seem strange to hear that family members who aren't alcoholic or otherwise drug dependent have an illness. Family members can become just as abnormal in their behavior, just as emotionally mixed up, and just as self-destructive as the chemically dependent person. Codependence is not restricted to individuals involved with a chemically dependent person, codependence can occur in anyone whose emotional needs were not met during childhood.

How can you tell if someone is codependent?

- Codependents feel trapped, depressed, and alone.
- Codependents feel embarrassed by the behavior of their chemically dependent family members - and feel that that be-

havior reflects on them.

- Codependents are easily influenced by what others say or do, and by what others might be thinking or feeling.
- Codependents let others tell them how to feel, dress, and behave.
- Codependents work hard to keep other people from being upset with them or disappointed in them. They may lie or distort the truth to avoid making others angry.
- Codependents can be afraid to leave home for fear that something will happen to someone they love.
- Codependents feel obligated to take care of people. They feel guilty when they ask for something for themselves. They give up their own wants and wishes to make other people happy. On the other hand, they try to control other people in order to get what they want without having to come right out and ask for it.

If this sounds confusing and complicated, that's because it is! The codependent person can be sicker than the person suffering from alcohol or other drug abuse. For help of more information, come to the Chemical Health Center. We have a support group on Thursday's at 4:00 p.m. Come join us. It does help.

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

Thought for the Day!



**When dog food is labeled,
"New & Improved,
Better Taste" -
who tests it?**

Scholarships available to students pursuing education in Natural Resources

The Intertribal Timber Council is pleased to invite all interested Native American/Alaskan Native students to apply to the Truman D. Picard Scholarship Program. We are dedicated to supporting students in pursuing a higher education in Natural Resources.

This year we will award fifteen (15) scholarships in the following categories: 2001 graduating senior high schools students seeking an education in Natural Resources (five scholarships at \$1,200 each) and students currently attending an institution of higher education and studying Natural Resources (ten scholarships at \$1,800 each).

Interested students must provide the following information by **close of business (5:00 pm - Pacific Standard Time) March 1, 2001** to the Intertribal Timber Council Education Committee:

- Letter of application demonstrating (1) interest in Natural Resources, (2) commitment to education, community/culture, and (3) academic merit and (4) financial need. The Education Committee reviews and ranks the application. All four points should be addressed in the letter. The letter may have up to two pages in length.

Resume

- Three letters of reference

- Validated enrollment in a federally recognized Tribe or Native Alaska Corporation, as established by the U.S. Government

- **2001 Graduating High School Seniors:** please provide documented proof of application to an institution of higher education to study in the area of Natural Resources along with school grades.

- **College Students:** If you are currently enrolled in a higher education program please provide documented proof of studying in the area of Natural Resources along with school grades.

All information requested **must be** provided by close of business March 1, 2001 in order for an application to be considered. This information can also be found at our website: www.itcnet.org

The Education Committee is eager to consider all qualified applications and hopes that interested students apply immediately. Inquiries and applications should be directed to the Intertribal Timber Council Office:

Intertribal Timber Council
Attn: Education Committee
1112 N.E. 21st Avenue
Portland, OR 97232-2114
(503) 282-4296

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 10th.

Bismarck-Mandan Area Parent Education Programs

Several education programs are available to parents in the Bismarck-Mandan area. If you are interested in any of the following, please contact the persons as listed for the specific program.

- **Bismarck-Mandan Learning Disabilities Association.** *Helping bridge the gap between parents and educators.*

Call Mary Ann Anderson 663-1949.

- **Parent Rock.** Bismarck Public Library, downstairs, 515 N. 5th St., Bismarck. *Provides support and education to parents whose children are experiencing difficulty making good choices. Meets most Tuesdays at 7:00 pm.*

Contact Ruth Wessner 258-5992

- **Pervasive Development Disorders/Autism Support Group.** *Provides support, resources and education for families of children with autism spectrum disorders. No meetings are held at this time, but support is available.*

Contact Jean King at 258-7579

- **Family to Family Support Network.** *Provides informational and emotional support to parents of children with special needs. Trained and experienced veteran families are carefully matched in one-on-one relationships with families who are new to the program.*

Contact Pat or Kurt Weinberg 222-0854 or call Family to Family Support Network 1-888-434-7436

- **Federation of Families for Children's Mental Health** Pride Office in Northbrook Mall, Bismarck (use Pride door on outside of building).

Provides support, advocacy and information on resources/services for children with mental health issues and their families.

Meets Thursdays at 7:00 pm, 2nd Thursday of the month, there is a potluck dinner beginning at 6:00 pm (same location).

Contact Carlotta McLeary 222-3310

- **Designer Genes.** *Provides support, resources and information for families of children with Down Syndrome. No meetings are held at this time, but support is available.*

Contact Sharon Goodman 221-9157 or Roxanne Romanick 258-7421

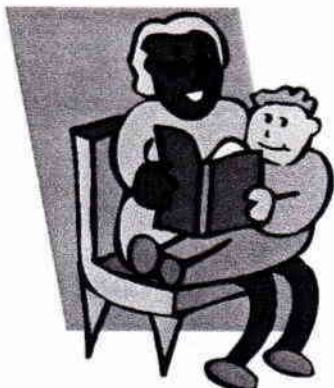
~~~ THIS WEEK'S PROGRAMS ~~~

- **NOVEMBER 6th: 10:00 am to 11:00 am Brain Development Research.** Free to Public. Parent Place, 1223 S. 12th St., Bismarck. Sponsor/Instructor: Betty Neigum, Partners in Parenting. Call 221-6882
- **NOVEMBER 6 & 7 and 13 & 14: Optimal Pregnancy Outcome Program.** Bismarck-Burleigh Nursing Service, 221 N. 5th St., Bismarck. Call 222-6512 for appointment, no charge. Sponsor: ND Dept. of Health, Div. of Maternal and Child Health
- **NOVEMBER 7, 10:00 am Mountain Time How to Cook a Perfect Turkey.** New Salem Head Start, New Salem. Instructor: Peggy Grosz, FNP, NDSU Extension Service/Morton, FREE, but call 667-3340 to register.
- **November 8 & 22, 6:30 to 8:00 pm Single Parents Support Group.** The Village Family Service Center, 411 N. 4th St., Suite 10, Bismarck. Sponsor: Village Family Service Center/ND Children's Trust Fund, Childcare provided to group members. Call Shannon Hilfer for information, 255-1165.
- **NOVEMBER 16, 1:30 pm Central Time How to Cook a Perfect Turkey.** Morton County Courthouse, Commissioner's Room, 210 2nd Avenue NW, Mandan. Peggy Grosz, FNP, NDSU Extension Service/Morton, FREE, but call 667-3340 to register.
- **NOVEMBER 9, 8:30 to 9:30 am How to Enhance Your Child's Brain Development.** Adult Learning Center, 214 N. Bowen Ave., Bismarck. FREE TO PUBLIC. Sponsor/Instructor: Betty Neigum, Partners in Parenting. Call 221-6882 or 221-3791.
- **NOVEMBER 9, 7:00 to 8:30 pm Infant and Childhood Brain Development.** Morton County Courthouse, 210 2nd Ave. NW, Mandan. Please call 667-3342 to preregister. FREE to PUBLIC. Sponsor: Region VII Family Resource Center. Instructor: Verona Lechler, Coordinator.
- **NOVEMBER 9, 7:00 to 9:00 pm ADHD Support Group.** Parent Place, located in Central Nodak Building, 1223 S. 12th St., next to Jack's Steakhouse. Sponsor: Bismarck/Mandan ADHD Task Force. Call Verona Lechler 667-3342 for information. *(Meets second Thursday of each month.)*
- **NOVEMBER 9, 6:30 to 8:15 pm MOPS (Mothers of Preschoolers), and MOPPETS.** Mandan 1st Church of the Nazarene, 4209 Old Red Trail, Mandan. Call 663-8975 or Nola at 223-5219. \$5/session, \$15/year. *(Meets 2nd Thursday of each month.)*

CDC NEWS

A Weekly Newsletter for Families

November 3, 2000



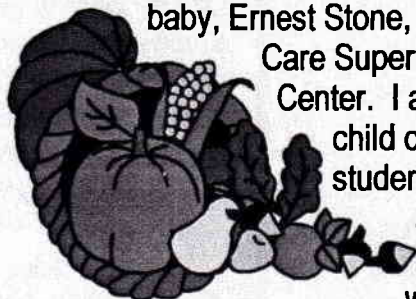
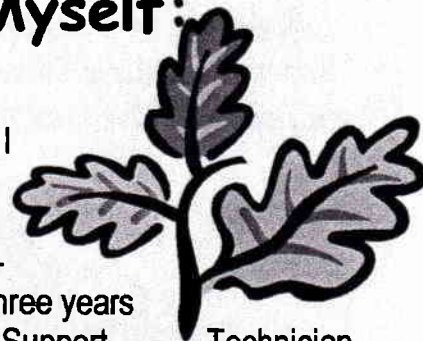
For Your Information

Last week, we thanked Bernard Strikes the Enemy for driving our float for the parade. We made a mistake on his last name. Sorry Bernard, and thanks again!

Our newsletter is brief this week with numerous staff people at workshops, training and sick leave. They'll all be back next week!

Let Me Introduce Myself:

Greetings! My name is Vivian Hurkes and I am an enrolled member of the Three Affiliated Tribes, Fort Berthold, North Dakota. I am NuEta/Hidatsa and Sisseton-Wahpeton Sioux. I have worked here for three years and am currently enrolled in the Computer Support Technician program. I am the mother of three children. My daughter, Breyana, is seven years old. I have two sons, Dallas, who is nine and my baby, Ernest Stone, two years old. I am the Extended Care Supervisor at the Child Development Center. I am here to accommodate with your child care after 4:00 PM. Being a full time student and parent myself, I understand you and your children's needs while attending school. I look forward to working with all of you and wish you a happy and safe school year. If you should have any questions or concerns, please contact me at ext. 248. GO WITS!!!

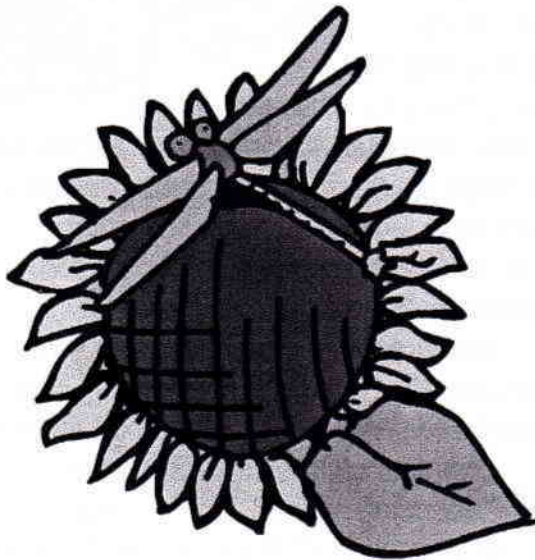


Thank you to all of the UTTC staff for "treating" our children on Halloween. All of the children from the Child Development Center, as well as the elementary school, walked the campus trick-or-treating. They received many goodies! Thank you!

CDC NEWS

Infant/Toddler Center

The month of October ended with a Halloween party at the Infant/Toddler Center on October 30th and trick-or-treating on campus on October 31st. We had over 20 parents attend the Halloween party at the ITC. Many of the children were dressed up for the occasion. Winners of the "Time To Grow" books were Melanie Bald Eagle, mother of Ryleigh and Reanna Bald Eagle and Verna Medicine Bull, mother of Tameron Kaline (Medicine Bull). We encourage parents to continue supporting the center and attending these gatherings!



4-Year Old Group

Hello parents! How was your week? This week, we learned how to say 'hand' and 'foot' in Lakota. Hand is 'nape' and foot is 'si'. We sang songs about our hands and feet as well as painting with our hands and feet! As it is getting colder out, please bring appropriate clothing as we do walk to and from music. I wish you the best in your academic year! See you all soon!

Erin Slides Off
and Maria Gonzalez

5-Year Old Group: We finished up our Halloween activities on Tuesday. Hope everyone had fun trick-or-treating! We started our 'nape' (hands) and 'si' (feet) unit. We are learning to say these words in Lakota. The children enjoy learning Lakota words, which we do at Circle Time at 9 AM every morning. Please REMEMBER to send warm coats, hats, gloves and backpacks daily. Also, make sure we have your emergency phone number in case we need to contact you. Thank you!

Barb West



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

Marie Brown, LEAP Coordinator, Barb Archambault, Preschool Director, and Cathy StillDay, Preschool Teacher are in Sioux Falls, South Dakota this week at the National Indian Education Association conference.

They are presenting the new curriculum and assessment tool that was developed this past summer, as well as the many activities LEAP has developed. Way to go, ladies!!!



TJES Shirts!



Preparing for the Red Ribbon Walk/Run on October 27, 2000





TJES



When you look at me,
 What do you see?
 A DRUG FREEME!

Drug Free -
 Drug Free Me!

Clear head! Clear Mind!
 Drug Free! I'm fine!



October 27,
2000

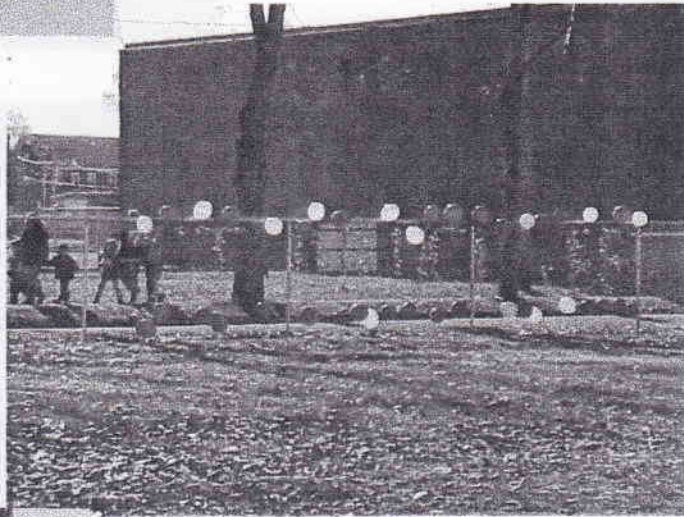


Red Ribbon Walk/Run





**TJES
DRUG FREE!**



Oct 27, 2000



**Grades
1, 7,
& 8**





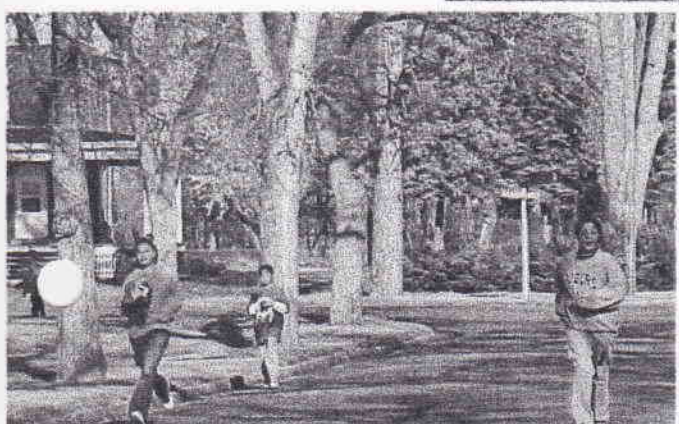
TJES students



Red Ribbon Walk/Run



October 27,
2000



TJES' Red Ribbon Week

"I PLEDGE TO LEAD A HEALTHY DRUG FREE LIFESTYLE"

(No use of illegal drugs. No illegal use of legal drugs)

TJ Activities included:

Flag Raising Ceremony (Kick-off)

Wear Red Ribbons (*Blow Pops* for those wearing Ribbons at end of week)

"Drug Free Pledge" signed by students, Gr. 5 & 6

"Drug Free Me" Song learned in music class

Drug Free Posters for Campus by Gr. 2 & 4

"TJ Drug Free" Ribbons & Balloons on school fence by Gr 1, 7 & 8

Drug Free Pencils to students

Drug Free Stickers

Drug Free Activity Books

Drug Free Pamphlets for Gr. 5-8

Drug Free Information Table at Parent conferences

Red Ribbon Carnival @ National Guard Armory, Family Club

"Chew gum, not Chew" Gum ball activities by RMC & Blue Bldg.

Drug Free *Walk/Run* (Special Guests: Chemical Health Staff)

Guest Speaker: Robert Chasing Hawk on Native Traditions

Halloween - SCARE AWAY DRUGS