

UNITED TRIBES

On-Campus News

VOL. 11, NO. 12

December 11, 2000

Friday, December 15th - a day remembered



Sitting Bull, a Hunkpapa, was an influential and respected man. Not only did he serve as a spiritual leader, he was also the last known leader of the "Cante Tinza," an elite warrior society. Sitting Bull helped defeat Custer at the Battle of the Little Horn. He traveled with Buffalo Bill Cody's "Wild West Show" for a time. Sitting Bull was killed by Indian police 110 years ago this Friday, on December 15, 1890.

Injury Prevention Program to expand



UTTC's Injury Prevention Program has a five-year plan for expansion.

That plan includes buying land and constructing a 25,000-square-foot building raising enrollment from 325 students to between 600 and 1,000, and extending its Injury Prevention Program, all within five years.

"We hope to have the additional land space available to us before the year is out," said UTTC President David Gipp. The new building will be possible, he said, once land is available. But, "obviously, the sooner, the better.

The new building plan, still in its infancy stages, includes space for possible expansion of the Injury Prevention Program to a four-year degree, along with an auditorium with teleconferencing capabilities.

The Injury Prevention Program

was started to counter high rates of automobile fatalities, suicides and other preventable deaths among American Indians. The program began with seven students in the fall of 1998, grew to 33 in 1999 and had 25 in the fall of 2000. Program administrators are searching for money to fund a collaboration between the Centers for Disease Control, Department of Transportation, Federal Emergency Management Agency and United Tribes to produce a national emergency response program to be housed in Bismarck, along with the injury program.

"Native Americans are being killed in motor vehicle crashes at an epidemic rate," said program director Dennis Renville.

Two things that would decrease automobile deaths, he said, are a decrease in alcohol consumption

and an increase in seat belt use, "We could cut those rates in half with those interventions right there," he said, "Eighty-six percent of Native Americans killed in car accidents were not wearing a seat belt."

To change those numbers, Renville said injury prevention students must take an active part in making people aware.

"Who better to go out and work with the tribes than Native people?" he said, The program has been notified that Indian Health Service will provide a scholarship program, listing injury prevention specialist as a priority health profession for the year 2001-02.

Injury prevention, Renville said, includes such topics as domestic violence, fires, falls of the

Continued on Page 3

HIT student sings out



Rose White Buffalo is a student in Health Information Technology. She is also a very talented singer. Anyone who attended the basketball game last Wednesday can attest to that fact. Rose was asked to sing the national anthem and did a spectacular job at it!

Rose is from the Standing Rock Reservation. She comes from a very musical background. She and her family are gospel singers. Her parents, Jr. and Verdellia American Horse both sing. Rose and her three sisters sing to the accompaniment of her four brothers who sing and play various instruments such as the bass guitar, rhythm guitar, and drums.

Rose has been singing since she was four years old. She has sung the national anthem at her brother's home games in Solen, ND. She and her family have performed in all the provinces in Canada and various places here in the U.S. Her family has made several recordings, which are for sale. Rose says her favorite singers are Whitney Houston and her mother. The HIT Department is very proud of Rose and we hope to hear more of her beautiful voice!

Memo from Registrar's Office on semester testing

TESTING WILL BE AS FOLLOWS

Regular scheduled classes beginning at:

MONDAY, DEC. 18

8:00 - 9:30 am
10:00 - 11:30 am
1:00 - 2:30 pm
3:00 - 4:30 pm

TUESDAY, DEC. 19

8:00 - 9:30 am
10:00 - 11:30 am
1:00 - 2:30 pm
3:00 - 4:30 pm

WEDNESDAY, DEC. 20

9:00 - 10:30 am
11:00 am
2:00 - 3:30 pm
4:00 pm

THURSDAY, December 21, 2000 – All grades must be turned into the Registrar's Office by 12:00 pm.

ANY GRADES THAT ARE **INCOMPLETE** MUST BE IN THE REGISTRAR'S OFFICE BY JANUARY 12, 2001. If you have any questions, please give Joey a call at Ext. 216.



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

December 11-15

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

December 18

- M** Hulipsa Hotdish, Dinner Bun

SUPPER

December 11-15

- M** Baked Ham, Au-Gratin Potatoes
- T** New England Dinner, Boiled Potatoes
- W** Salisbury Steak, Hash Browned Potatoes
- T** Shish-ka-bob Casserole, Wild Rice
- F** Fish Platter, Oven Baked Potato Wedges

December 18

- M** Braised Beef over Noodles

Thought
for the Day



Eggs are a days
commitment for a
chicken, but a lifetime
for a pig!

Injury Prevention Program to expand (continued from front page)

elderly and drownings.

"The youth and the elderly are the people we need to take care of, because the elderly took care of us and the youth will take care of us," he said. Getting people involved, he said, makes role models out of the students.

Student Peggy Morgan, a senior from the Pine Ridge Reservation, said she is constantly reminded of her status as a role model and the need to wear her seat belt, avoid drinking and driving and to remind young people to be proud of them-

selves.

"I think if you have pride in yourself," you're not going to want to go out and drink and drive," she said. "When (advice) is coming from someone that it has happened to or some that you know, then it's going to be more effective."

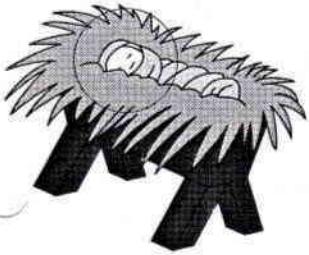
She said Indians need to recognize problems that lead to injury and admit they exist. Families are often reluctant to admit there is a need to heal. "There so much child abuse, domestic violence. It has to come out -suicides- it's all

family oriented," she said, "We're in a big pot of denial.

Morgan, who will graduate this spring, said making people aware saves lives. Seat belts use, have designated driver and securing weapons all can make a difference. She said the Injury Prevention Program will help both students and the people they interact with because young people will be reminded of their own strength.

"It's good to be a positive role model," she said.

~ Chemical Health Center Christmas Message ~



Christmas is the time to celebrate the birth of Our Lord and Savior Jesus Christ. His birth is to save people from their sins.

Today, we celebrate Christmas using and abusing chemicals. This abuse creates, domestic violence, car wrecks, and all other negative behaviors, associated with using chemicals.

A simple solution to chemical abuse is listed in the following Twelve Steps:

THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1 –We admitted we were powerless over alcohol – that our lives had become unmanageable.

2 –Came to believe that a Power greater than ourselves could restore us to sanity.

3 –Made a decision to turn our will and our lives over to the care of God *as we understood him*.

4 –Made a searching and fearless moral inventory of ourselves.

5 –Admitted to God, to ourselves another human being the exact nature of our wrongs.

6 –Were entirely ready to have God remove all these defects of character.

7 –Humbly asked Him to remove our shortcomings.

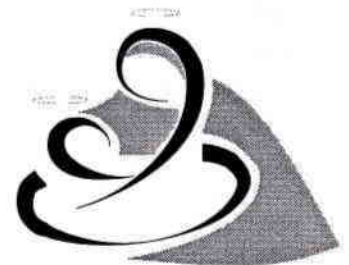
8 –Made a list of all persons we had harmed, and became willing to make amends to them all.

9 –Made direct amends to such people wherever possible, except when to do so would injure them or others.

10 – Continued to take personal inventory and when we were promptly admitted it.

11 – Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

12 – Having had a spiritual awakening as the result of these steps, we tried to carry to message to alcoholics, and to practice these principles in all our affairs.





Health Information Technology News



Front Row (L to R): Rondeena Hamilton, Faculty Support; Eileen Ereth, HIT Instructor; Georgiana Cross; Maureen Marshall. 2nd Row (L to R): Rose White Buffalo; Vernon Torralba and son; Tom Keller; Lani Power. 3rd Row (L to R): Stan Long Tree, Clarice Fox, Melanie Wilson, Addy Baker, and Karla Baxter, HIT Program Director.

The HIT Department's staff and students recently got together for this photo to promote Health Information Week. We will also be using the picture for recruitment purposes, along with our new HIT logo. We would like to give a big thanks to Ruth Snider from Art/Art Marketing for taking this time to do our mug shot! Ruth does wonders with a camera!



The HIT Student Club will be having a bake sale on December 19, 2000. Anyone with a sweet tooth should stop by and buy some of our goodies! And, if you don't have time to bake, our baked goods would make great Christmas present also!

Criminal Justice News

It has been a very busy semester for 32 Criminal Justice students.

First year students have been learning the techniques of investigation by participating in diagramming crime scenes, fingerprinting, and evidence collection. Their other coursework this semester has included: Intro to Law, Criminal Law, and Corrections.

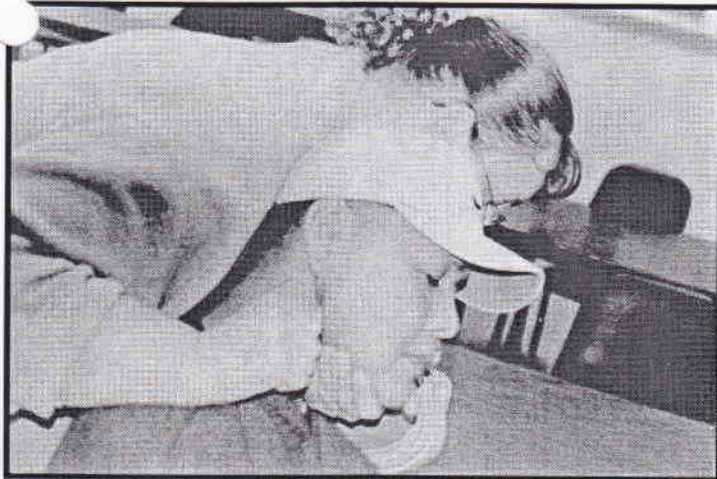
Second year students are studying Juvenile Justice, and working on Field Experience, and Police Photography. Photos of activities are compliments of second year students.



Fingerprinting. Dereck Bartlett and Tosha Beartail's Hand.



Photography. Ann Two Bulls.



Pressure points. Sandra Boggs and Fred Gunn.



Handcuffing. Derek Bartlett and Fred Gunn.



Roasted Chestnuts



Serves about 4
24 large chestnuts

Pre-heat the oven to 400°. Carefully cut an "X" through the flat side of the shell of the chestnut. Place the "X" side up on a cookie sheet. Roast for 18-25 minutes. Allow to cool slightly. Remove the shells and eat them while they are still warm.

IF ...

If you can start the day without caffeine,
If you can get going without pep pills,
If you can always be cheerful and ignore aches and pains,
If you can resist complaining and boring people with your troubles,
If you can eat the same food everyday and be grateful for it,
If you can understand when your loved ones are too busy to give you any time,
If you can overlook it when those you love take it out on you when, through no fault of yours, something goes wrong,
If you can take criticism and blame without resentment,
If you can ignore a friend's limited education and never correct him,
If you can resist treating a rich friend better than a poor friend,
If you can face the world without lies and deceit,
If you can conquer tension without medical help,
If you can relax without liquor,
If you can sleep without the aid of drugs,
If you can say honestly that deep in your heart you have no prejudice against creed, color, religion or politics,
Then, my friend, you are almost as good as your dog.



QUOTES OF THE DAY ...

"It's pretty hard to tell what does bring happiness; poverty and wealth have both failed.

– Kin Hubbard

"It is neither wealth nor splendor, but tranquility and occupation, which give happiness."

– Thomas Jefferson

"It isn't until you come to a spiritual understanding of who you are - not necessarily a religious feeling, but deep down, the spirit within you, that you can begin to take control."

– Oprah Winfrey

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 On
Campus Newsletter
must be submitted to
Arrow Graphics

no later than

12:00 NOON

THURSDAY'S.

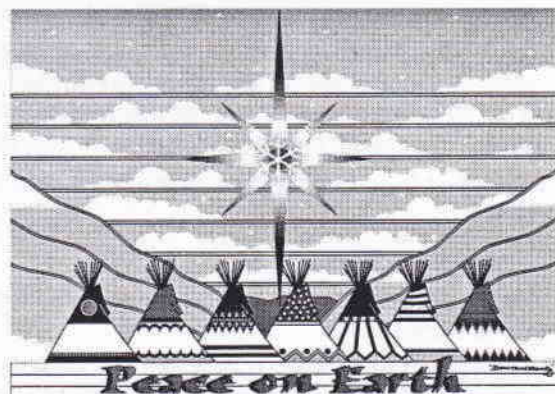
THE CHRISTMAS
SALE OF POWWOW
SOUVENIRS AND
CLOTHING ITEMS
WILL BE HELD
IN
ARROW GRAPHICS
THIS
THURSDAY AND
FRIDAY
1:00 PM TO 5:00 PM

(Sale will last until all
clothing items are sold!)

DON'T MISS IT -
(NO EARLY SALES.)

Windshirts
T-Shirts
Sweatshirts
Cups
Magnets
Note Cards
Transfers of Powwows
1993 thru 2000.

FOR SALE
Annual
Christmas Cards
for
United Tribes
are available for sale in
Arrow Graphics **NOW.**



Artwork by
Butch Thunderhawk

50¢ each
(includes envelope)

They may be purchased by staff,
students or departments.
**PICK THEM UP NOW IN
ARROW GRAPHICS WHILE
THEY LAST!!!**

December 2000

Written by: Kim Hinnenkamp

NutriNews

15 Steps to Holiday Party Success

We are just starting the holiday season of parties, gift giving, and especially eating. Most of us will be attending some type of Christmas party that will involve food where you will either be bringing food or eating it! Food safety can be a big issue at these parties because of the amount of time that the food sits out at room temperature either before you eat it or after the meal has already begun.

Here are some suggestions for keeping your holiday party free of foodborne illness.

1. Keep the menu simple; avoid elaborate varieties of foods.
2. Stress that foods must be thoroughly cooked.
3. Keep time between cooking (preparing) and serving food to a minimum; prepare the same day as the affair, preferably within several hours of the scheduled time for dinner. It is desirable that foods containing eggs, dairy products, meats and poultry be served within three hours following preparation.
4. Keep hot foods hot (above 140°F) and cold foods cold (below 40°F) prior to and during serving periods; this can be an extremely difficult task for a potluck dinner.
5. When practical, use chilled ingredients in the preparation of foods which are to be served cold.
6. Leftovers-At most functions serving occurs in a casual manner and by the time the affair is concluded the foods left must be considered somewhat "contaminated". It is recommended that these leftovers be discarded as garbage.

Source: 15 Steps To Potluck Success, North Dakota Department of Health: Division of Food and Lodging.

TEMPERATURE RULES!

● Ground Meat & Meat Mixtures

Beef, Pork, Veal, Lamb-160°F/Turkey, Chicken-165°F

● Fresh Beef, Veal, Lamb

Medium Rare-145°F, Medium-160°F, Well Done-170°F

● Poultry

Chicken & Turkey, whole-180°F, Poultry breasts, roast-170°F, Poultry thighs, wings-180°F, Duck & Goose-180°F, Stuffing (cooked alone or in bird)-165°F

● Fresh Pork

Medium-160°F, Well Done-170°F; Ham, fresh (raw)-160°F, Pre-cooked, (to re-heat)-140°F

● Leftovers & Casseroles-165°F



Food Safety Facts

- Millions of people get sick from dangerous bacteria in food every year.
- Public health data in 2000 show that there are more than 5 times the number of dangerous bacteria in our food than we were aware of in 1942.
- Many people don't link their illness to foodborne bacteria. They think they have a case of the flu.
- You can become sick anytime from 20 minutes to 6 weeks after eating food with some types of harmful bacteria.
- For some people who are at high risk-young children, pregnant women, people over 65, and people with chronic illnesses-getting sick from foodborne bacteria can cause serious health problems.
- Source: Use a Food Thermometer, USDA Food Safety and Inspection Service, <http://www.fsis.usda.gov/thermy>, April 2000.

We all have a story to tell...

North Dakota facts for 1999...

...87% of fatal crashes in North Dakota occurred in rural areas...

...51% of all fatal crashes occurred during July through November...

...35% of all fatal crashes occurred on Saturday and Sunday...

...37% of all fatal crashes occurred between 10:00 PM and 5:00 AM ...



Reminder

By Natosha No Heart

I thought that since winter is here I would share with you an incident that happened to another United Tribes student. It serves as a REMINDER to **always buckle up** and plan ahead.

Nicole Jacobs, a member of the Oglala Sioux tribe, and current student with the Injury Prevention Program, was driving from Mandan to Fort Yates in December 1998. It was 10:30 p.m. and she had her son Devin, who was three years old at the time, along with her.

The weather was clear as she headed south. By the time she reached Cannon Ball the roads were icy and it was drizzling. As she approached a small hill she slowed her speed to 45 m.p.h. She could feel her truck starting to fishtail as she tried to slow down further. By now the truck was on the shoulder of the road and she was unable to control it.

They rolled four times and ended in the ditch at the bottom of the hill. They waited for a car to go by. When one finally did, it did not stop. The second car that came by stopped and drove them to her mom's, who drove them both to the hospital. After being checked out, nothing was seriously wrong with either of them. Devin was seat belted in and only suffered a scratch on the forehead. Nicole was pregnant at the time and did not have a seatbelt on because it was "uncomfortable". Luckily, she only suffered a few big bruises and scratches. Her truck, on the other hand, was totaled. Nicole and Devin's accident serves as a **REMINDER** of how important safety belts are.

Theodore Jamerson School Presents

COOKIN' UP CHRISTMAS



Date: Thursday, December 14th

Time: 2 PM

Place: UTTC Gym

CDC NEWS

A Weekly Newsletter for Families

December 8, 2000



For Your Information

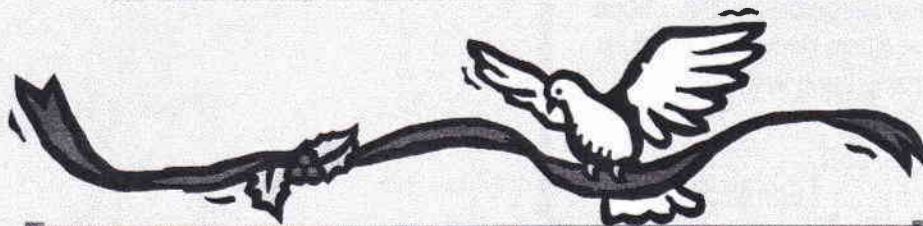
- CLTF (Community Literacy Task Force) Meeting - Monday Dec. 11th, 4 PM at the Preschool.
- Agenda:
 - Re-check out laptop computers (iBooks)
 - 3 iBooks still available for you to check out
 - Cameras for you to take home to take pictures of your families to enter into portfolios

PLEASE PLAN TO ATTEND! IF YOU HAVE AN IBOOK, YOU NEED TO BE THERE!!!

Let Me Introduce Myself:

Hi! My name is Erin Slides Off and I am the teacher of the four year old group. I am from Eagle Butte, South Dakota, and a member of the Cheyenne River Sioux Tribe. I am a full Lakota Sioux. I come from a large family so it is hard to find out who I am NOT related to on the reservation, but we are all related anyway, right? Isn't that where Mitakuye Oyasin comes in? I graduated from here with much success in the Early Childhood Education field. I enjoy working with the kids and what makes my day is when I receive hugs from them, even those who aren't in my group. If anyone has any comments, questions feel free to email me at eslides_off@hotmail.com.

Erin Slides Off



Head Start News

Hello once again from the Head Start classroom. These are the students currently enrolled in our class:

Heather Belgarde	Shaylauna Roach
Chelsey Quick Bear	Keenan Stiffarm
Kianna Bird	Kenneth Thunderhawk
Destinee Clark	Triston Youngbird
Veronica Emery	Shaylee Zahn
Kennedy Foote	Chris Long Soldier
Ashley Frisbee	Lariah Quick Bear
River Gillis	Amira Gunn

Denise Zenker is our head teacher. The teacher aides are Heidi Everett and Tasha Shields.

CDC NEWS

2-Year Old Group:

Hello Parents! Just want to let you all know that our Rainforest is coming along just fine. The children have really enjoyed the activities. Stop in some time to see what they have done! Please remember to send snowpants, caps, mittens, boots and warm jackets as we go to the gym every day for our gross motor activities. Stay warm and study hard! Thank you!

Cathy Still Day and Juanita Reiner

3-Year Old Group

Parents! Hello from the 3 year old area! We are having fun with the Rainforest! The children made banana bread and cheetah cookies. They love to cook! They also painted a rainforest house. We have one more week to do Rainforest then we will be doing Christmas projects. Hope you are all studying hard; finals are a week away! Until next week, don't litter - take care of Mother Earth!

So until then...take care!

Jody Pepion & Roberta Hand Boy

4-Year Old Group

Hello everyone! Happy Holidays! How was your week? This week we are continuing our snow unit. We have been busy with the glitter, as you can tell by just looking at our area. Next week we will be doing the Gingerbread Unit. I hope that you all are doing well in your studies and hang in there.

Erin Slides Off



5-Year Old Group: I hope everyone had a great week! In the 5 year old area we talked about what snow is and how it forms. (Remember the Lakota word for snow is 'wa'.) At Circle Time, we listened to snow poems and stories. We made many types of snowmen and snowflakes. We hope to have everyone bring proper clothing so we can go out doors to make a real snowman. Thank you to the ECE students who were visiting in our classroom this week. A few extra hands to help were great!

Barb West

