

UNITED TRIBES

On-Campus News

VOL. 12, NO. 5

February 12, 2001

UTTC commitment to Indian Business Development continues in 3 year award

by David M. Gipp

DALLAS, TX – A three year award for the ND/SD Native American Business Development Center (ND/SD NABDC) culminated in a conference between officials from the Minority Business Development Agency (MBDA), U.S. Department of Commerce, and the

United Tribes Technical College (UTTC), president and staff, here, February 8-9, 2001.

UTTC, which has operated a center funded by MBDA to assist American Indians since 1981, will continue a technical assistance center to help new and existing

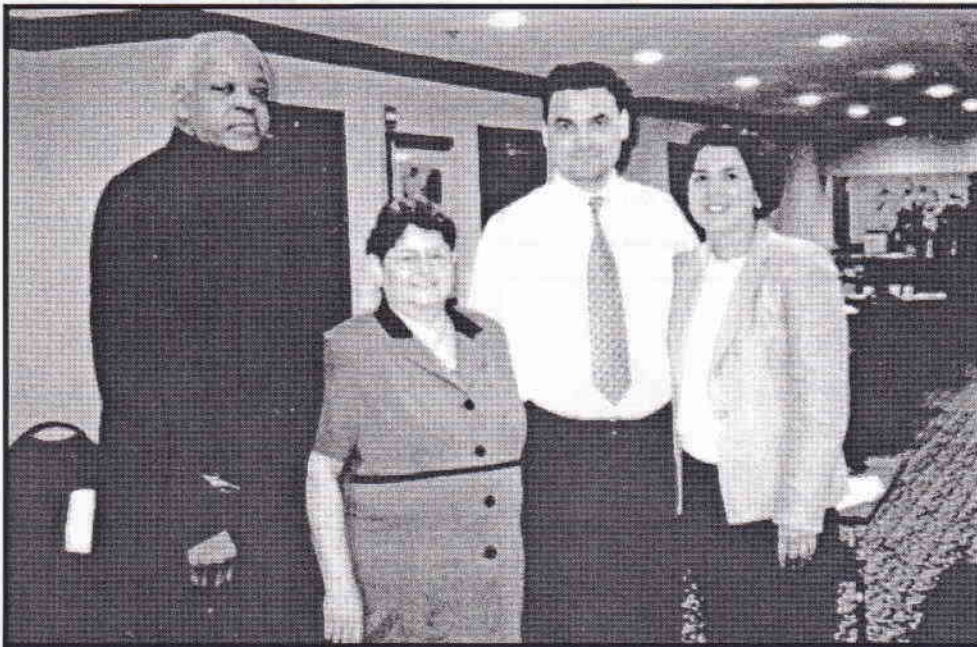
entrepreneurs and tribes throughout North and South Dakota.

According to Brek Maxon, the new director of the ND/SD NABDC, and a member of the Three Affiliated Tribes of Ft. Berthold, a four-member staff will provide assistance in business packaging, procurement, general business counseling and locating financing for clients.

Attending the award session at Dallas, TX, were Brek Maxon, Shirley Bordeaux, Dean of Finance and Business, and UTTC President David M. Gipp.

Brek Maxon and staff Rhonda Cloud, procurement specialist, and Janice Cadotte, administrative assistant, will participate in a tribal economic development planners conference scheduled at United Tribes, February 27-28, 2001. Dennis Huber, former director, continues on with the center as a business development specialist.

The Center will sponsor a series of business seminars and on-site visits with existing and new clients during Minority Enterprise Development Week (MED) in September 2001.



(L to R): John Igelhart, MBDA Dallas Regional Director, Rita Gonzalez, Business Development Specialist-Special Projects, Brek Maxon, new director of the UTTC North Dakota/South Dakota Native American Business Development Center and Raquel Nigra, MBDA Business Development Specialist, met February 8 and 9 about the new three-year funded program to assist new and existing businesses in North and South Dakota. The College has offered assistance through a relationship with the Minority Business Development Agency (MBDA), U.S. Dept. of Commerce, since 1980.

-UTTC Photo

PARENT EMPOWERMENT

Counseling Department

Noon to 1:00 pm
Education Building



FEBRUARY

- 13th ADHD - *Suzanne Cadotte*
- 20th Stress / Retention
- 27th Depression - *Karen Siegfried*

MARCH

- 20th LD, ED, AD - *Carol Johnson*
- 27th Discipline - *Darcy Blue Earth*

APRIL

- 3rd Nutrition / Easy Meals/Snacks - *Wanda Agnew*
- 10th Cycle of Violence - *Rosie Jacobson*
- 17th Things to Do For Free/Family Activities - *Helen Lindgren*
- 24th Kids/Moving Stress - *Marie Brown, Doris Red Bird*

Thought
For The Day

If Noah had been
wise, he would
have swatted
them two flies.



Quote
For
the Day

"NOTHING CAN BE DONE
EXCEPT LITTLE BY LITTLE.

TAKE MANY SMALL STEPS AND
EVENTUALLY REAP LOTS OF BIG
BENEFITS."

—CHARLES BAULDELAIRE



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

February 12-16

- M Steak Sandwich, French Fries
- T Ham Salad Sandwich, Assorted Fruit
- W Hamburger On A Bun, French Fries
- T House Special Pizzas
- F Pork Chow Mein, Rice, Chow Mein Noodles

February 19

- M Goulash, Vegetable, Dinner Bun

SUPPER

February 12-16

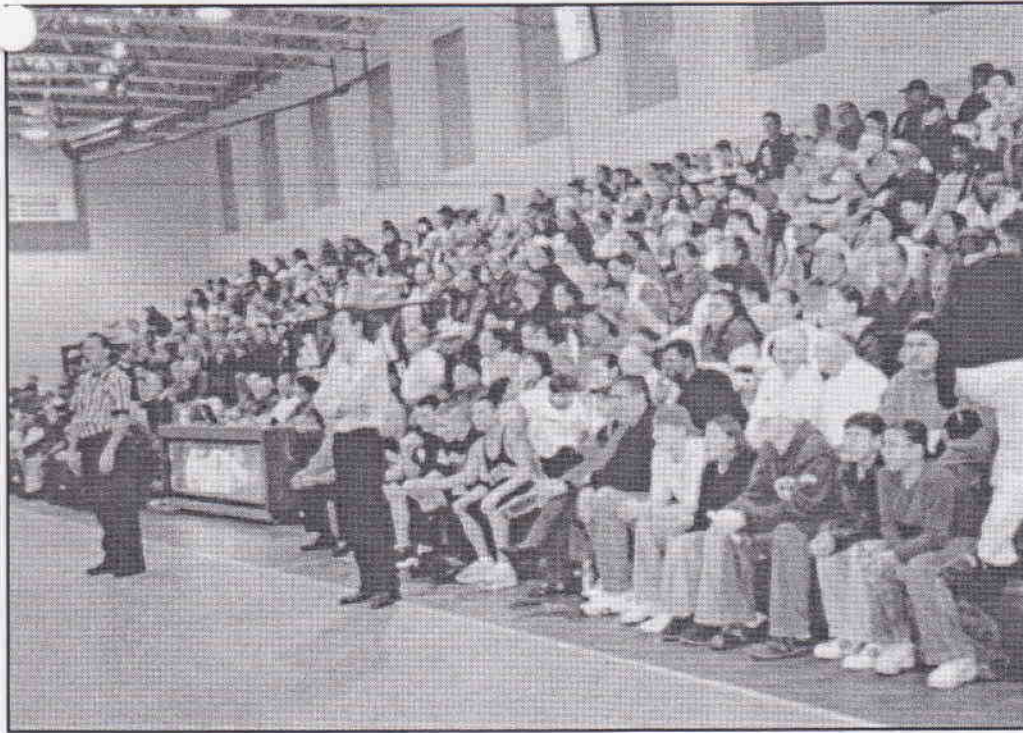
- M Roast Pork, Mashed Potatoes w/Gravy
- T Bar-B-Que Chicken, Baked Potatoe
- W Pork Chop, Rice
- T Grilled Chicken, Baked Potatoe, Garlic Toast
- F Tater Tot Hotdish,

February 19

- M Hamburger On A Bun, French Fries or Potatoe Chips

WHY DO CROUTONS
COME IN AN AIR TIGHT
BAG WHEN THEY ARE
ALREADY HARD
AND DRY?

T-Birds -vs- BSC game packs a full house



(LEFT) Everyone in a packed house focused on a hard played game between crosstown rivals United Tribes Technical College Thunderbirds and Bismarck State College Mystics on February 5, 2001.

Officials, T-Bird head coach, Rusty Gillette, players and fans on the sidelines watch in a tight contest which ended with the Mystics downing the Thunderbirds 118-111. The return game will be at United Tribes on February 22, 2001.

- UTTC Photo



(ABOVE) Thunderbird's Mel Four Bear makes the moves against BSC's Wylie Bearstail during a heavy duty game on the Bismarck State College basketball court.

- UTTC Photo



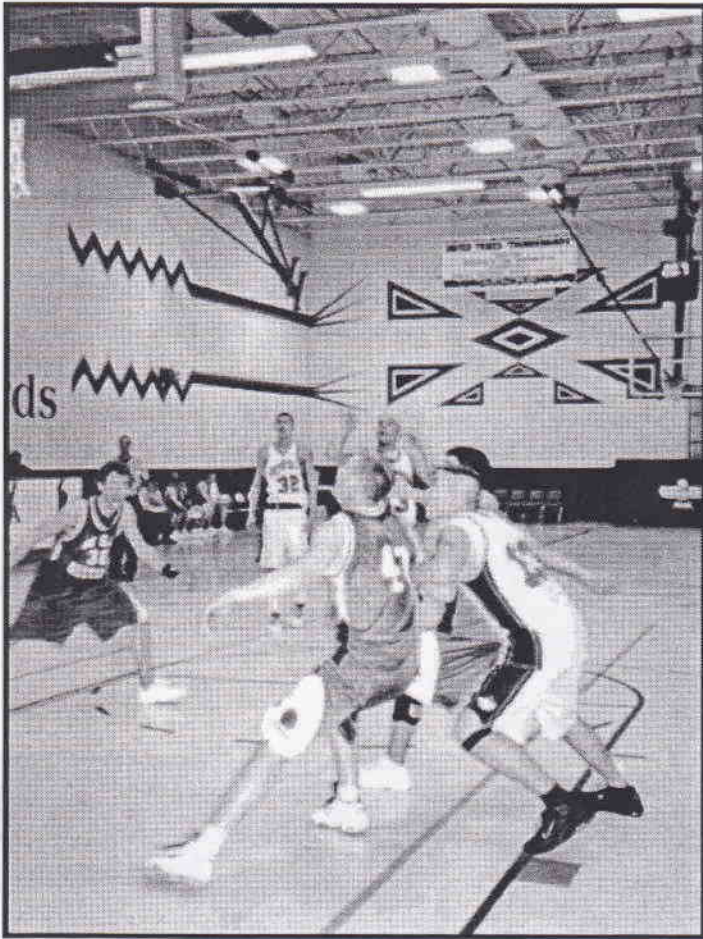
(ABOVE) D.J. Two Bears, Thunderbird guard, fires a three pointer from the side during the UTTC T-Birds -vs- BSC Mystics game on the Bismarck State College gym floor, February 5, 2001.

- UTTC Photo (DMG)

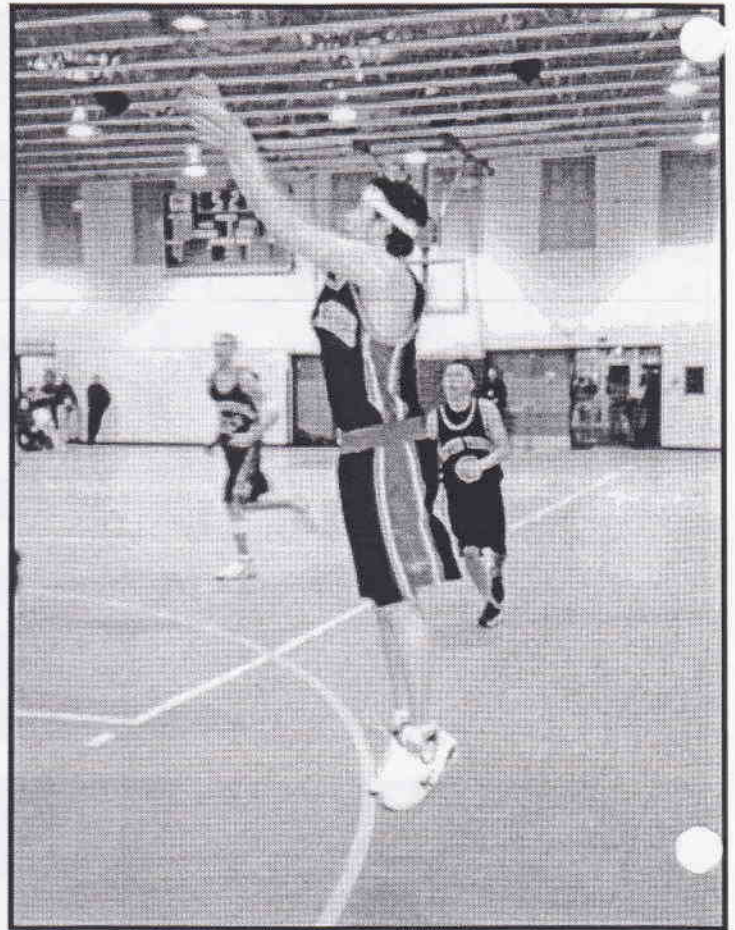


**MORE ON
NEXT PAGE**

T-Birds -vs- MSU Bottineau



The UTTC Thunderbirds played Minot State University Bottineau, defeating them 94 to 85. T-Birds John Nelson moves in for position as Charles Lasley releases a shot from the top.
- UTTC Photo



T-Bird John Lincoln (No. 32), Sisseton, SD, sends the ball to the basket during the MSU Bottineau game. February 7, 2001, with a score of 94 to 85 with 2:02 minutes remaining in the last half. Looking on is Thunderbird guard (No. 3) Mel Four Bear, Ft. Peck, MT.
- UTTC Photo

**THE ARTWORK WHICH WON
FOR THIS YEAR'S POWWOW
WAS #10. THE ARTWORK IS BY
LAURIE HOUSEMAN WHITE
HAWK
OF KANSAS.**

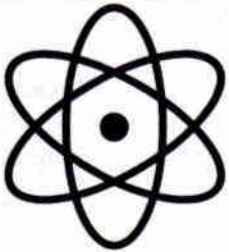
**Thank You to Everyone who voted!
Watch for the 2001 Poster!!!!**



NCA self-study count down:

by Sister Kathryn Zimmer

About a year ago the Self Study Steering Committee agreed that having values which UTTC could endorse might be helpful to the UTTC educational system. Four major values have been agreed upon, each has subdivisions. Campus groups are being approached for additional suggestions. Upon agreement by these groups a brochure listing agreed upon values will be prepared and distributed. RESPECT comes through loud and clear as the number one value to be emphasized.



**UTTC AIHEC Science Bowl, Poster and
Oral Showcase Meeting
TUESDAY, FEBRUARY 13th ~ 4:00 pm ~
Room 188, Skills Center**

**The Science competition is looking for participants interested in
science and research opportunities for the spring and summer.
Come and find out what the competition is all about!
For more information call Ext. 316.**

Naval research scholarship applicants wanted:

\$1,000 Scholarship Available

See Liz Miller for application and information.

Skill Center - Room #108 - Ext. 316



INTERNSHIP OPPORTUNITY:



COCA-COLA CORPORATE INTERN PROGRAM is offering 50 minority college juniors summer internships. This is an eight-week program in either Atlanta, Columbus, Maryland, Chicago, Dallas or Irvine, CA. Each student will receive \$5,000 stipend plus \$2,000 housing and transportation allowance and will be eligible for a \$10,000 scholarship upon completion. Application deadline is February 16th. For more information: www.coca-colaoncampus.com or call The College Fund at 800-331-2244.

Student king and queen announced:

The Chemical Health Center held voting for the UTTC Student King and Queen contest. We are proud to announce that the winners are Queen - Randi Cadotte and King - Brian LaRoche. They will be crowned at the UTTC Cafeteria on February 14, 2001 during noon hour. They will be receiving special gift at that time. Congratulations to the new King and Queen.

Don't forget to stop over to the Chemical Health Center on February 14th, 2001 for Open House from 9:00 a.m. to 4:00 p.m.. We will be serving rolls and coffee. Door prizes will be given. Come join the fun.



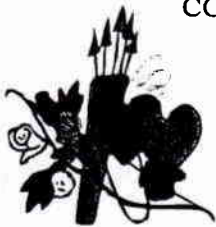
OPEN HOUSE
AT THE
CHEMICAL HEALTH CENTER
BUILDING 68

FEBRUARY 14, 2001
(Wednesday)

FROM

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

COME JOIN THE FUN
DOOR PRIZES
GOODIES
FUN



First communion classes begins:

First Communion classes at the UTTC Chapel will be starting on February 21, 2001 at 7:00 PM. Your child needs to be in second grade or older. If interested, please call Julie Cain at ext. 272 to register your child.

There will be Mass on Ash Wednesday at the UTTC Chapel at 7:00 PM on February 28th, 2001.

MSU next fall:

Minot State University Representative Wylie Hammond will be at the Skill Center on February 14th, 2001 at 10:00 a.m. to noon. The Native American tuition waivers are due for next fall on February 16th. If you are thinking about going on to Minot State next fall semester, go see Mr. Hammond.

~ OPEN HOUSE ~
MARY KAY PRODUCTS
Thursday, February 15th
from 5:00 to 6:30 pm
Russell Hawkins Building.
Any questions call Ext. 331.

STERLING SILVER
EARRINGS FOR SALE
by Paul Szabo
\$65.00
Contact Sandy Poitra Ext. 331
or stop in the Gallery!

Student senate news:



UTTC WINTER OLYMPICS GAMES

WEDNESDAY, FEBRUARY 14, 2001

1:00 P.M.

WEST SIDE OF POW WOW ARENA

All students interested, please see your Vocational Representatives to sign up as soon as possible.

Prizes for 1st, 2nd, and 3rd places

First Place \$200.00

Second Place \$175.00

Third Place \$125.00

Come participate and have fun, win money for your vocation.

Rules and Regulations will be presented at the time of Event.

There will be a point system for each event - scored by 3 Judges.

This event will follow the crowning of the

Valentine King and Queen.

Sponsored by the Student Senate



Recreation Department

SMOKE SIGNALS

STUDENTS THAT WANT A RIDE
TO THE DAKOTA WIZARDS
BASKETBALL GAME ON
FEBRUARY 21, 2001 PLEASE
SIGN UP AT THE RECREATION
DEPARTMENT A.S.A.P.

FROM STUDENT SERVICES DEPT.

Would you like us to start acknowledging people's birthdays? If you think this is something that you would like to see Student Services do, let us know. If you would like us to do this for you or somebody you know, fill out the form below and return it to Student Services in the Education Building. We will have a box set up specifically for this. Thank You. P.S. (No age necessary.)

Students Name _____

Students Vocation _____

Students Birthday _____

**Free
food and
prizes**

Is diabetes a concern in your family?

*Your invitation to a series of four
diabetes education
sessions.*



WHAT: FACTS ABOUT...

- *Exercise*
- *Eating Less Fat and Sugar*
- *Helping Persons with Diabetes*
- *Goal Setting*

WHO: STUDENTS, FACULTY, AND STAFF

(Limited to 10 participants. Administrative leave will be given for faculty and staff.)

WHEN:

MARCH 1, 6, 22, AND 29

1-3 PM

RUSSELL HAWKINS BUILDING



**United Tribes Technical College
Extension and Diabetes
Education Center**

**Call Kim Hinnenkamp
at Ext. 397 TODAY to
enroll!**

"A Strong in Body and Spirit Project"

Healthy Choices for Healthy Bodies

Did you know?

- People with diabetes have an increased risk of developing heart disease, which is the leading cause of death for American Indians.
- Studies show high fat, high calorie, and high sugar foods increase the risk for developing diabetes and heart disease.

We want to make our Cafeteria a healthier place to eat. Please support us in making some positive changes for the whole UTTC community.

Because we care,

- We are intentionally portioning foods to fit a healthy meal plan. If you need extra energy, please come back and get a second portion.
- Our salad bar will only include healthy food choices such as fresh fruits and vegetables.

Healthy Choices for Healthy Bodies

**2001 AIHEC Student Congress
Outstanding Student of the Year Award
Criteria**

The AIHEC Student Congress Outstanding Student of the Year Award is sponsored by the American Indian College Fund, 8333 Greenwood Blvd, Denver, CO 80221.

PURPOSE

- To recognize and award one outstanding student from each of the 30 U.S. tribal colleges.
- To create an initiative for student excellence.

USE OF THE AWARD

Money from the awards may be used to pay for tuition, fees, room and board, books or any other educational needs. The award check from the American Indian College Fund will be made out to the college for the school to disburse to the student.

CRITERIA FOR THE AWARD

- Each institution shall determine for itself how many credits a student must carry in order to be eligible for the award.
- Community service and volunteer work
- Minimum 3.0 GPA
- At two-year colleges, students must not have received an associate's degree. At four-year colleges, students must not have received a bachelor's degree.

QUALIFICATIONS

1. Student must complete the attached application.
2. Student must write a 250-word biography.
3. Two letters of recommendation must accompany the application.
4. Volunteer work and community service must include estimated hours per week, in addition to a brief description of the services.
5. Close relatives of those serving on the selection committees are ineligible for the award.

<p>If you have any questions regarding this application, please contact your college scholarship committee or Linda Sinclair, Assistant Director of Scholarships, at the American Indian College Fund, 303/426-8900, ext 338.</p>
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Application Procedure

Application forms must be submitted by March 15 and include the following:

- * A copy of the applicant's college transcript.
- * Three letters of recommendation; at least one must be from an educator.
- * An essay of 300 to 500 words on the applicant's personal goals, strengths and weaknesses.

Selection process

- The winner will be selected by the Board of Trustees of the Foundation and notified before April 30.
- The scholarship will be paid for the fall semester of the next academic year.

Requirements

Applicants for the NDEA Foundation Scholarships must:

- * Be a full-time student in teacher education programs.
- * Have maintained at least a 3.0 grade point average.
- * Maintain membership in the NEA Student Program.

NDEA Foundation
410 E Thayer Ave
PO Box 5005
Bismarck ND 58502
(223-0450 or 1-800-369-NDEA)
FAX: 701-224-8535

**NDEA
FOUNDATION
EDUCATION SCHOLARSHIP**



The North Dakota Education Association Foundation will award a \$500 scholarship to an outstanding student who is preparing for a career in education. The scholarship will be for the fall semester of the next academic year.

HISTORY

First awarded in 1988, the NDEA Minority Affairs Scholarship serves to encourage and assist minorities to enter the profession of teaching. Two \$500 scholarships are awarded annually upon the recommendation of NDEA's Minority Affairs Commission -- one to a University education student; one to a Tribal College education student.

CRITERIA

1. The applicant must be:
 - a minority undergraduate student in good standing.
 - enrolled in a North Dakota institution of higher education.
 - enrolled in a teacher preparation program.
2. Only two recipients will be named each year -- one from a University and one from a Tribal College.
3. The award will be forwarded to the institution of higher education in which the recipient is enrolled to defer usual and customary expenses for the semester following the award.

**APPLICATIONS MUST BE
RECEIVED AT THE NDEA OFFICE
BY MARCH 15**

ABOUT NDEA

Since 1887 - before statehood - the North Dakota Education Association has served North Dakota's teachers and school children.

NDEA's programs address numerous needs, among which include:

- ★ legal rights
- ★ professional development
- ★ government relations
- ★ negotiations support
- ★ education research
- ★ minority advancement
- ★ higher education

NDEA members total approximately 8,000. They are served by five UniServ directors, who are headquartered in the four regions of the state and in the Bismarck office.

NDEA
410 East Thayer Avenue
PO Box 5005
Bismarck, ND 58502
(223-0450 or 800-369-NDEA)
FAX: -224-8535

THE ANNUAL MINORITY AFFAIRS SCHOLARSHIPS



Sponsored by the North Dakota
Education Association and NDEA
Minority Affairs Commission

*"...to encourage and assist
minorities to enter the
profession of teaching."*

Application Procedure

Application forms must be submitted by March 15 and include the following:

- ✗ A copy of the applicant's college transcript.
- ✗ Three letters of recommendation; at least one must be from an educator.
- ✗ An essay of 300 to 500 words on the applicant's personal goals, strengths and weaknesses.
- ✗ The essay should include reference to the applicant's special education philosophy.

Selection Process

- ✗ The winner will be selected by the Board of Trustees of the Foundation and notified before April 30.
- ✗ The scholarship will be paid for the fall semester of the next academic year.

Requirements

Applicants for the Bill Oban Special Education Scholarship must:

- ✗ Be a full-time undergraduate student in a teacher education program, preparing for a career in Special Education.
- ✗ Have maintained at least a 3.0 grade point average.
- ✗ Maintain membership in the NEA Student Program.

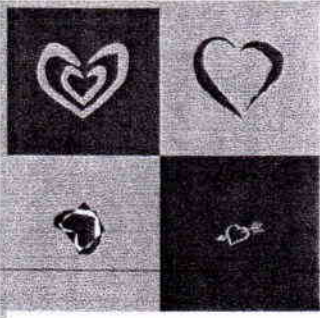


NDEA Foundation
410 E Thayer Avenue
PO Box 5005
Bismarck ND 58502
701-223-0450 or 1-800-369-NDEA
FAX: 701-224-8535
www.ndea.org

The Bill Oban Special Education Scholarship

The North Dakota Education Association Foundation will award a \$500 scholarship to an outstanding student who is preparing for a career in special education.

The initial funding for the Bill Oban Special Education Scholarship was made possible by a generous gift from the Oban family. Oban was an advocate for education of all children, injured workers and for people with the lowest incomes in our society. One of his most treasured honors was the 1991 Ruth Meier's Service to Children Award. He started his teaching career in Grafton. In 1976 he and his wife Alice moved to Bismarck, where he taught at Bismarck High School and later moved into Special Education Administration. Oban served in the legislature from 1984 to 1997.



NutriNews

The Key to a Happy and Healthy Heart!

With Valentine's Day just around the corner, the heart is on everyone's mind. Instead of thinking about your sweetheart, you should give your own heart some time and affection. Heart disease (also known as cardiovascular disease) is a very serious health problem in our society today. It is the leading cause of death for most Americans including Native Americans. This disease is also a big concern for people with diabetes because they have twice the chance of developing it compared to people without diabetes.

A diet high in saturated fat and cholesterol is one of the many risk factors of heart disease that can be reversed if some simple changes are made in the diet. These changes don't

have to be drastic.

By simply,

- ♥ Eating more foods lower in fat and cholesterol such as fruits and vegetables
- ♥ Increasing your intake of fiber especially soluble fiber found in oatmeal
- ♥ Eating out at fast food restaurants less
- ♥ Exercising to keep your heart healthy

you can reduce your risk of heart disease.

One suggestion that everyone can do to get on the right track to prevent heart disease is to have your cholesterol checked. People of all ages, especially if there is a history of heart disease, should know their own chole-

sterol levels. A cholesterol level of over 200 mg/dl is cause for concern and can greatly increase a person's chance of getting heart disease. Eating foods low in cholesterol and saturated fat, incorporating exercise daily, and controlling your weight can help to reduce this level.

So if you are trying to think of something special to do during this month centered around the "heart", go, even with your sweetheart, and get your cholesterol checked. It might not be a very romantic idea, but it will help you and your heart in the long run.

Have a heart-healthy and great Valentine's Day!

Source: Diet and the prevention of cardiovascular disease, www.jhu.edu/cardiology/rehab/diet.intro.html (January 1, 1997).

Risks for Heart Disease

- ♥ High level of low-density lipoprotein (LDL) cholesterol
- ♥ Male, 45 years or older
- ♥ Female, 55 years or older, or with premature menopause and not on estrogen replacement therapy
- ♥ Low level of high-density lipoprotein (HDL) cholesterol
- ♥ Hypertension (high blood pressure)
- ♥ Smoking
- ♥ Diabetes
- ♥ Family history of heart attacks or sudden death prior to age 55 in a male parent or sibling or prior to age 65 in a female parent or sibling

Source: *Understanding Nutrition*, Whitney and Rolfes, 1999.

Heart-Healthy Recipe: Fruit Fantasia*

- ♥ 2 Bananas, sliced
- ♥ 2 cups sliced fresh strawberries
- ♥ 1 20 oz. can pineapple tidbits in juices, drain and reserve juice
- ♥ 1 15 oz. can sliced peaches in juice, drain and reserve juice
- ♥ 1 tsp. sugar-free Tang drink mix
- ♥ 1 0.9 oz. Package

sugar-free vanilla instant pudding mix

1. In a large serving dish, combine bananas, strawberries, pineapple, and peaches; set aside.
2. In a separate bowl, combine reserved pineapple juice, Tang mix, and pudding mix. Mix well using a wire whisk—it will be thick.
3. Spoon pudding mix-

ture over fruit and toss gently to coat. May thin with reserved peach juice as desired. Chill 30 minutes before serving.

Serving Size 1/2 cup, Calories 69, Total Fat <1 g, Saturated Fat <1 g, Cholesterol 0 mg, Sodium 49 mg, Carbohydrates 15 grams (Dietary Fiber 2 g, Sugars 10 g) Protein 1 g, 1 Fruit Exchange, Preparation Time 15 minutes, Cost per serving \$.28

*ADA's Diabetes Meals on \$7 a Day or Less, Geil and Ross, 1999.