

UNITED TRIBES

On-Campus News

Volume 12 No. 9

March 5, 2001

Making leaps and bounds in student transportation

by Russell Swagger, Dean of Student and Campus Services



Students outside of the new 26-passenger bus which will transport them from the campus to Bismarck, ND. Pictured (L to R) are Geri Stewart, Emmett Redday, Melissa White Horse, Dusty Good Bird, Rhonda Yankton, Brenda Wounded Arrow, Ann Two Bulls. (UTTC Photo -David M. Gipp)

BISMARCK, ND – On February 23, 2001, students, staff, faculty and administrators of UTTC enjoyed a cruise in the School's new 24-passenger handicap accessible shuttle bus.

"The bus couldn't have arrived at a better time," according to Russell Swagger, Dean of Student and Campus Services. The buses we are currently using are 20+

years old and have in excess of 250,000 miles on the odometers. As well, the buses were not adequately equipped for harsh North Dakota winters and the extreme conditions we normally experience. "We can rest assured that our students will travel safely which is a very comforting feeling."

Warren "Red" Koch, transportation supervisor had this to say,

"Not only is this bus great for student safety, it is also handicap accessible which will open the door to those individuals that might not otherwise take advantage of an education at UTTC." It is also expected that the Transportation operating budget will be slightly relieved because minimal repairs will need to be made.

The bus was purchased from Harlow's Bus Service, located in Bismarck and funding was made available through Carl Perkins, which has been a major resource for vocational training programs at UTTC for several years. The funding continues to assist UTTC in building its capacity to provide a quality education.

If you have any questions please contact Warren Koch or Russell Swagger at extension #301 or #204.

**PARENT
EMPOWERMENT**
Counseling Department
Noon to 1:00 pm
Education Building



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*

**Housing Inspections will be held
on Wednesday, March 7, 2001
starting at 9:00 pm.**

Thank You!

Wenelle Veit, Housing Supervisor

Quote For The Day

"It's what you learn after you know it all that counts."

- *Jean Rostand*

"The first step to knowledge is to know that we are ignorant."

- *Lord David Cecil*

**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

March 5-March 9

- M Hulipsa Hotdish
T Taco Salad and Fixings
W Swedish Meatballs over Noodles
T French Dip with Au-Jus
F Knoeple Soup, Breaded Chicken Fillets

March 12

- M Pork Cutlet, Mashed Potatoes

SUPPER

March 5-March 9

- M Braised Beef over Noodles
T Bar-B-Que Chicken, Baked Potatoes
W Hamburger On A Bun, Soup
T Swiss Steak, Mashed Potatoes
F Burritos

March 12

- M Meat Loaf, Oven Browned Potatoes

Student & Campus Services welcomes Lori Pemberton

by Russell Swagger, Dean of Student and Campus Services



Student & Campus Services would like to welcome Lori Pemberton to the UTTC family. Lori comes to us from the White Earth Indian Reservation in Minnesota where she is a proud enrolled member.

Lori has a Master's Degree in Management from the University of Mary and has an extensive background in home mortgaging.

Lori has only been with us for a short time now but during that time she has been very constructive and has already begun to make progress. Her main role with the department will be to monitor student retention and ensure that students that enroll will graduate.

Just by visiting with Lori about departmental goals and objectives. I feel assured that we have selected the right person. She asks the right questions and is not afraid to get her hands dirty, so to speak.

Again, welcome to United Tribes and we wish you success.

Student and campus services implements comprehensive student services plan

by Russell Swagger, Dean of Student and Campus Services

In the early part of February 2001, Dr. David M. Gipp, President, authorized the implementation of the recently completed Comprehensive Student Services Plan. Funding for the plan was made possible via the Title III Grant.

The plan is designed to utilize UTTC's version of the Taylor Student Retention Model. The model is similar to the approach that the Sacred Child Project uses in that it provides our students with holistic services. The Model gives the College the capacity to provide quality services from pre-collegiate activities to alumni participation.

Faculty and staff are to be complimented on their participation and willingness to improve the current system. The planning process has opened lines of communication and has student success at the forefront of all decisions that will be made.

The plan will be implemented and monitored by the Student and Campus Services Office. Should you have any questions, please contact Russell Swagger or Lori Pemberton at ext. #204 or #314.

Student Life Center/Multi-Purpose Technology and Training Facility update

by Russell Swagger, Dean of Student and Campus Services

United Tribes is receiving funding for this project from two federal agencies, the Department of Education (DOE) and the Economic Development Administration (EDA) and one private source, the American Indian College Fund (AICF).

The project has not gone out for bids as of yet because the DOE and EDA are deciding which agency should take the lead on the project. Once the agencies have reached a decision about who shall lead, UTTC may then advertise the project, make its selec-

tion of the contractor and then construction can begin.

The architects and engineers for this project (Jiran Architects of Bismarck) anticipate that the project will take seven months to complete once it has been advertised. Therefore, if a decision is made within the coming month, UTTC anticipates a grand opening between September – November of 2001.

Should you have any questions regarding this project please call Phil Baird at ext. #238 or myself at ext. #204.

NCA self study countdown:

By Sister Kathryn Zimmer

The names of those attending the annual meeting of the North Central Association meeting in Chicago, the end of March have been finalized.

They are the following:

Brian Palacek
Karen Siegfried
Joe McGillis
Marge Palaniuk
Wanda Agnew

We will be waiting for your reports upon your return.

Property and Supply moved to building 51

By Verna K and Jackie C.

Property and Supply, Ext. 250 and 251, has moved to Building 51 next door to Arrow Graphics.

Mailroom, Ext. 343, has moved to Building 63, with Security it is no longer with Property and Supply.

Please, stop by and see our new locations.

***THE CIRCUS
IS COMING
TO TOWN...
AND WE NEED
YOUR HELP!!!***



UTTC Student & Campus Services is looking for a few good men and women to volunteer a couple hours of their time to help make cotton candy. That's right, make cotton candy for the Shriners to sell at the circus.

There are five (5) shows scheduled for this year beginning Friday March 30 and running through Sunday, April 1st. I will need to coordinate times so if you are interested please give Lori Pemberton a call at ext. 204 and let me know when you can work.

This is for a good cause and your time will be greatly appreciated. Besides, learning to make cotton candy is good experience, and, better yet, you can eat all of your mistakes!!!

Tamara Moore sends greetings from Washington, DC



My internship with the United States Department of Transportation National Highway Traffic Safety Administration (US DOT/NHTSA) has been very exciting and challenging. I am learning many things with the guidance of my supervisor Ann Mitchell.

These past weeks have included:

- Updating the list of child passenger safety technicians.
- Updating the tribal law summary
- Updating the Native American fact sheet.
- Contacting Native American youth groups for the youth diversity summit outreach committee for July 26-30, 2001 in Los Angeles, California.

During my internship I have had a chance to grow professionally by being prompt, attending research briefings, and meetings with my supervisor and with the NHTSA Outreach and Communications Office.

I will be going to the National Lifesavers Conference in Denver, March 24-27, 2001. I have also been invited to be a guest speaker at the Native American Prayer Breakfast at the Capitol, March 30, 2001.

I feel this internship has been very beneficial and is a great opportunity for Native American college students. It opens doors for employment and to be able to network with other professional organizations. I encourage more Native Americans to experience these kinds of opportunities. I would like to thank Dr. Dave Gipp and Mr. Andy Rendon for taking the time to meet with me while they were out here for meetings, and Dennis Renville, my advisor, for giving me this opportunity and for words of encouragement.

I would like to thank all the students and staff for the prayers and the e-mails and their words of encouragement, and most of all I thank God for making this all possible. I believe "I can do all things through Christ which strengthens me." Philippians 4:13.

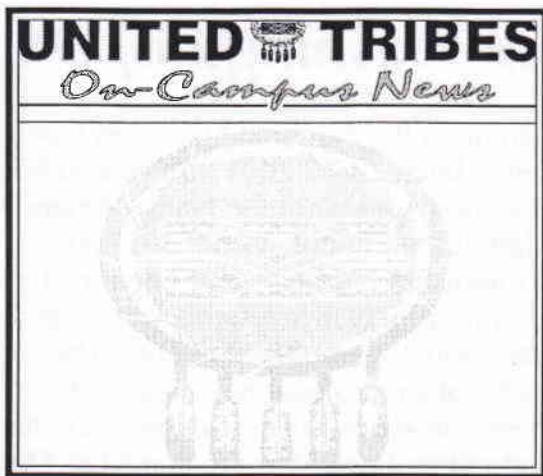
If you ever have any questions, comments or just want to say hello please feel free to call me or e-mail me anytime.

Pilamaya,
Tamara Moore
US Department of Transportation
Nat'l Highway Traffic Safety Administration
NHTSA
(202) 493-0435
E-mail: tmoore@nhtsa.dot.gov

Students deserving of recognition

by Russell Swagger

My wife and I are big basketball fans whether it is elementary, high school, college or professional. Often times, we are unable to attend Thunderbird Men's and Women's games because of family commitments. However, we did attend the last home game, which turned out to be a great experience. Not only did we get to see great basketball we also learned a lesson about our students. We sat near the Thunderbirds bench and got to slap hands with the players as they came out of the game and even if for a couple of seconds, we enjoyed conversation with them. Our positions at the College are such that we have limited access to students, which in our point of view is the only downside of our jobs. We realized on this evening that we need to play a larger role in our student's lives. The truly greatest reward is to hear our students laughing, to see them smiling and ultimately to see them walk through the line and receive the diploma that they worked so hard for. We also understood the importance of giving our students opportunities. We feel that it is important to provide them with the opportunity to improve themselves and then to reward them when they have achieved their goals. Though the Thunderbirds did not win that night, they played their hearts out. The Thunderbirds displayed humility, teamwork and a desire to win. None of us can ask for more than that. It is our belief that our students regardless of whether they are Thunderbirds possess these same qualities. We would like to take this opportunity to thank all students for their desire and commitment to their education. And if we do not say it enough keep up the good work. Thank you again to all students from Russell and Wanda Swagger.



The winner of the GUESS WHO & WHERE was . . .

Joseph Howe with the correct answers of (L to R): Walter Black Hoop, Misty Begay, Dianna Hindsley, Brian Palecek, Pete Ducheneaux who were at the State Capitol in Bismarck. Joseph won two gift certificates to the Royal Fork.

Final home group meeting held

by Karen Sigfried

The final home group meeting for the new spring semester was held on February 27, 2001. Students took part in a human scavenger hunt where they had to find people who did particular things on a list. Gift cards of \$20 were given to the first two students to finish their lists. The winners were Stephanie Yellow Hammer and Missy Skinner-Chapman. Gift cards were also given out as door prizes. The winners of those went to Stephanie Yellow Hammer, Olivia Poor Bear and Thomas Fox. We also enjoyed pizza and soda while socializing one last time.

Thank you to all of the new students who showed up, as without you, the groups would not have been a success. Also, a special thank you to the peer mentors, as your leadership is invaluable. Last, but not least, thank you to the staff leaders that made the new students feel welcome. Your willingness to be a part of the home groups doesn't go unnoticed!



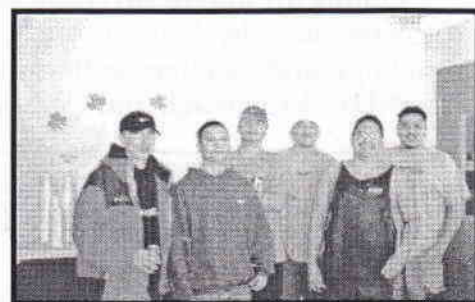
Peer Mentors (L to R): Emmett Redday, Anna Gopher, and Gerald Packineau. Not pictured is Mechelle Crazy Thunder.



Pete Ducheneaux and Jesse Clairmont relaxing after the final home group meeting.



New students Stephanie Yellow Hammer, Michael Green, Missy Skinner-Chapman, and Olivia Poor Bear giving each other their autographs.



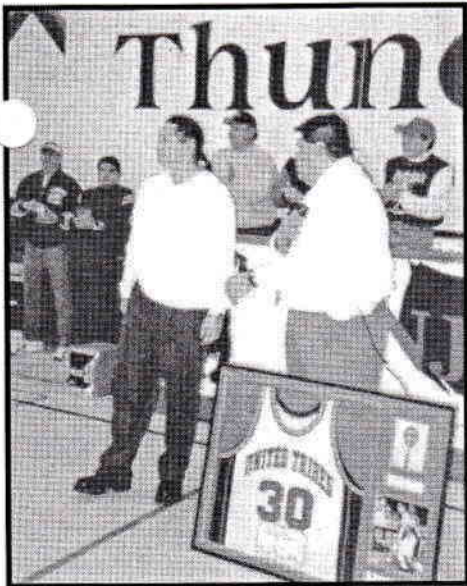
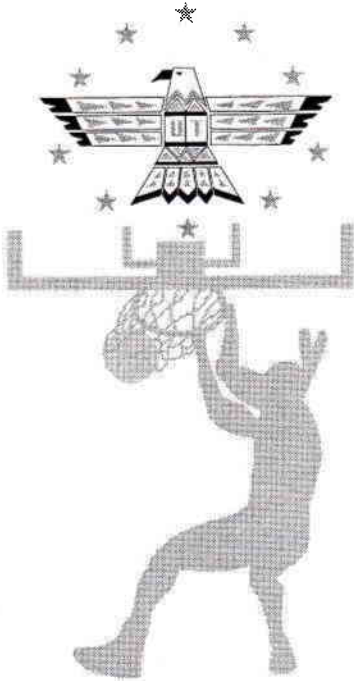
Mel Four Bear, Brian LaRoche, Anthony Quick Bear, John Lincoln, Amos Hinshaw, and Darrell Blackbird ate the left over pizzas!



Staff leaders: Rosie Jacobson, Helen Lindgren, Karen Siegfried, Julie Cain, and Carol Johnson.

Awesome basketball . . .

by Lori Pemberton, Assistant Dean of Student and Campus Services



Allan Spoonhunter being presented with honors by Activities Director Kevin Finley. Spoonhunter made a special trip back to UTTC when his Thunderbirds basketball jersey was retired in ceremonies for his outstanding play and contributions to athletics at UTTC. He has transferred to the University of Lethbridge, Lethbridge, Alberta, Canada. (UTTC photo-David M. Gipp)

Being the new employee on the block, I thought it would be a good idea to take in a Thunderbird basketball game. I am glad I did as I witnessed some awesome basketball playing last Thursday evening as UTTC and BSC, apparent rivals in the NJCAA, played at the James Henry Community Building. Both the women's and the men's games were very exciting. I enjoyed all the action and it was great to see such a large group of fans fill up the gym to show their support for the Thunderbirds.

The retirement of the jersey for Alan Spoonhunter #30 was also very interesting. I sat by some Mystic fans and they were very impressed with the ceremony that took place. It was good to see the BSC players come out and shake Mr. Spoonhunter's hand. It showed good sportsmanship as well as respect for our Native American culture. Perhaps our efforts to educate non-Indians to our ways is finally paying off - let's keep it up.

The Lady T-Birds played their hearts out but fell short of a win. The final score of the game was 101-79. In a very close and intense men's game, the T-Birds again came up short with a final score of 121-111. Revenge can be sweet however, as both T-Bird teams start out the NJCAA play-off against the BSC Mystics this week!

Good luck to the Lady T-Birds on Wednesday, February 28th in their play-off game on Sunday, March 4th at BSC at 2:00 P.M..



**Robert Knutson
Photography will be
taking graduation
pictures on
MARCH 22nd
from 3 PM to 5 PM
located at
405 E. Sweet Ave.
Bismarck, ND
(between KFC and
the Civic Center)**

**Cost is \$25.00
for
1- 8" x 10"
and
7 wallet-size.**

Thought for the Day

Why does your nose run and your feet smell? Shouldn't this be vise versa?

Special thanks for the encouragement

by Sandy Poitra

I would like to say thank you to Shirley Bordeaux and Dr. Tom Haukaas who both encouraged, and inspired me to continue my education several years ago. As of January 22, 2001 I completed my B.S. in Management through the University of Mary.

I will be graduating from the University of Mary with my sister Jeannie on April 28, 2001.

I have been accepted into the Masters program and will begin that new journey in September of 2001.

Again "Thank you" to Shirley Bordeaux and Dr. Tom Haukaas. It's people like you that make a difference in other people's lives.



7500 University Drive
Bismarck, ND 58504-9652
(701) 255-7500

February 2001

Sandra Poitra
1148 N 4TH ST
BISMARCK, ND 58501

Dear Sandra:

On behalf of the University of Mary faculty and administration, I congratulate you on your excellent academic performance during the Fall, 2000 semester. Your achievements qualify you for the University's Academic Honor Roll (Dean's List), an honor that we will note on your official transcript.

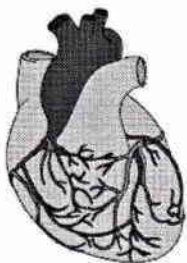
Students like you contribute a great deal to the environment at Mary, and we are delighted that you are a member of this community. Please accept my wishes for continued success.

Sincerely,

Randall Krieg, Ph.D.
Assistant Vice President for Academic Affairs

RK/cv

????? DID YOU KNOW ?????



HEART

- Your heart beats an average of 100,000 times a day – or more than **36 million times a year** – moving the 5 quarts of blood in your body

through 60,000 miles of blood vessels. Over the next 12 months, **your heart will pump 730,000 gallons of blood** – that's 28 swimming pools' worth. Your blood contains 25 trillion red blood cells. They live for 120 days, so this year you'll make 75 trillion.

FINGERNAILS

- Fingernails grow 1/8 inch a month – **15 inches a year for all 10 fingers**. Toenails take longer. If you lose one this January, it won't be replaced till around next June.

KIDNEYS

- Your kidneys filter **160 quarts of fluid a day**, and you excrete 1.5 quarts of urine, nearly 137 gallons a year.

PERSPIRATION

- You produce a pint of sweat a day just sitting around-**equal to 487 cans of coke a year**. During heavy exercise you can lose a quart of fluid an hour.

DIGESTION

- You'll eat 730,000 calories this year (2000 a day). That includes 154 pounds of sweeteners, 143 pounds of potatoes and 41 pounds of bread. As a by-product of eating all that food, **you'll pass gas about ten time a day**. If you've resolved to drop 20 pounds this year, you'd have to slash 70,000 calories from your diet (around 192 a day) to meet your goal by Christmas. You could also work it off: **In a half hour a 150-pound women burns 162 calories walking** and 111 calories raking the yard.

BRAIN

- You were born with about **100 billion brain cells**, but since age 20 you've been losing 50,000 of them a day-an 18.2 million deficit each year. Fortunately, the remaining cells

constantly make new neurological connections, and a healthy diet, regular exercise and good sleep habits keep the brain in peek condition.

SKIN

- In the course of a year, **you'll shed five to seven layers of skin**; your skin cells are replaced every 50 to 75 days.

HAIR

- Get your hair cut short on January 1 and it could be shoulder-length by 2001. **Hair grows about 6 inches a year**. You lose 50 to 100 hairs every day; each one stays on your head for about three years.

BREASTS

- A baby drinks 16 to 32 ounces of breast milk a day. Breast-feed for a year and ; **ll produce enough milk to full up the tank of the family SUV two to four times.**

~ HMMMMMMMM ~



NutriNews

By Rhonda Yankton
Food & Nutrition Student
Intern with the United Tribes
Extension and Diabetes
Education Center

It's a fact! Small changes in your food intake and activity level can make a big difference in your life!

As Native Americans today we tend to be more laid back and relaxed individuals. Our ancestors led fit and healthy lifestyles. So in order to keep our traditions alive, we need to follow a good path in life by taking care of ourselves. By doing this we must respect our bodies by eating right and exercising every day.

The following information will help our people live longer and healthier lives with each other. We need to work together through positive support by reaching out to others who want to live better lives.

March is National Nutrition Month® which is held every year and is sponsored by the American Dietetic Association. This year's theme focuses on using the USDA's Dietary Guidelines for Americans (September 2000) to "Build a Healthy Lifestyle."

By following these guidelines we can help to prevent heart disease, cancer, diabetes, stroke, and osteoporosis from threatening our lives.

For more information check out this website:
www.usda.gov/cnpp

The ABC's of nutrition are as easy to follow as counting 1-2-3. The ABC's of nutrition are important for your health. They are:

Aim for fitness

1. Aim for healthy weight
2. Be physically active

Build a healthy base

1. Use the Food Guide Pyramid
2. Keep food safe to eat

Choose sensibly

1. Choose foods with less salt
2. Choose a diet low in saturated fat and cholesterol



NHTSA Child Passenger Safety Week

Injury Prevention talks to T J Elementary School Students



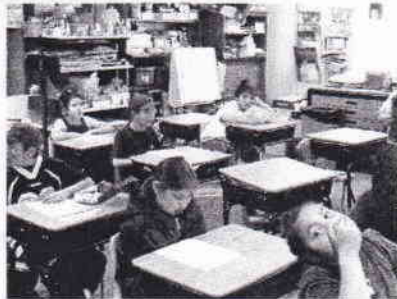
Carrie Bull Bear (Oglala Sioux) and **Stephanie Yellow Hammer** (Standing Rock Sioux) talked with the first grade class about the importance of buckling up.

-----Always Buckle Up!-----

Joe Knows Gun (Crow) and **June Renville** (Sisseton-Wahpeton Sioux) discussed seat belt laws with 4th graders.



-----Children Under 12 Should Ride in the Back Seat!-----

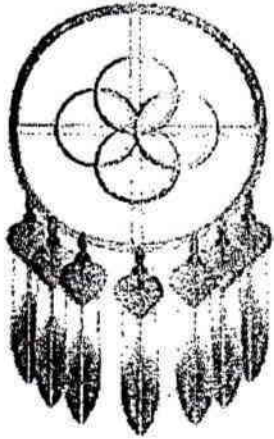


Derrick Molash (Cheyenne River Sioux) and **Natasha Pleets** (Standing Rock Sioux) told the third graders that they are their parents' most precious cargo, and that they should always ride in the back seat.

-----Don't Drink and Drive!-----



Mike Green talked to eighth grade students and shared some personal stories about the effects of not wearing seat belts.



WASHINGTON INTERNSHIPS FOR NATIVE STUDENTS

PROGRAM APPLICATION

Submit your completed application and all supporting documents to:
Washington Internships for Native Students • American University • 4400 Massachusetts Avenue, NW •
Washington, DC 20016-8083
Telephone: (800) 424-2600 or (202) 895-4900 • Fax: (202) 895-4960 • E-mail: wins@american.edu

ELIGIBILITY:

- Current enrollment in a college degree program
- Completion of the sophomore year of college before the internship begins
- Minimum 2.5 GPA
- Membership in a recognized tribe

Which semester are you interested in attending? Summer 20____ Fall 20____ Spring 20____

Name _____
First Middle Last

Social security # _____ / _____ / _____ Date of birth _____ Sex Male Female
mm/dd/yy

Current mailing address _____

City/Town _____ State _____ Zip _____

School e-mail _____

Permanent address _____

City/Town _____ State _____ Zip _____

Phone # daytime (____) _____ evening (____) _____

Emergency contact: Name _____

Phone # _____ Relationship to you _____

Permanent e-mail address _____

Are you a U.S. citizen? Yes No If not, indicate country of citizenship _____

City and country of birth _____

I am a member of the following recognized tribe _____

My enrollment/census # _____

College/University where you are currently enrolled _____

Current academic level Sophomore Junior Senior Graduate Student

Cumulative GPA _____ Major _____



AMERICAN UNIVERSITY

Washington Internships for Native Students

Learning
Agenda

WINS
Participation

Other
Information

Application

Contact WINS

Application Process

All application materials must be returned by February 1. Incomplete applications will not be considered by the WINS Native Advisory Council Selection Committee.

Application materials include:

- a completed WINS application form
- an essay (minimum 500 words) on why the applicant would like to participate in the WINS program
- a nomination letter from the member of the applicant's nation or tribal council or from an official of the applicant's nation or tribal education department.
- a recommendation letter from a faculty member at the applicant's college or university
- a resume detailing the applicant's work experience
- an official copy of the applicant's most recent transcript

Click the link below to download the current WINS applications. This document requires Adobe Acrobat Reader, which you can obtain by clicking on the Adobe link below. Please print and return your application to the address on the form.



WINS Application

You may call the WINS program directly at 202-896-4967 to request that an application be mailed to you, or you may submit your request via e-mail.



[Learning](#) | [Participation](#) | [Other Information](#) | [Application](#)
[Contact WINS](#) | [AU Home](#)

Maintained By: WINS Web Team
Updated: 04 April 2000

4400 Massachusetts Avenue, NW
Washington, D.C. 20016-8083
Tel: 202.895.4967
Fax: 202.895.4960

(APPLICATIONS AVAILABLE IN FINANCIAL AID OFFICE)

Indicate your top three areas of academic interest:

1. _____ 2. _____ 3. _____

Arts & Humanities: Art, Art History, Foreign Language, Literature, Performing Arts, Philosophy, Religion

Social Sciences: American Studies, Anthropology, Communications, Economics, Education, History, Political Science, Sociology

Science & Math: Biology, Chemistry, Computer Science, Information Systems, Mathematics, Physics, Psychology

ESSAY: Write an essay on the following topic that illustrates personal qualities and/or special skills that may not be evident from your transcripts, nomination letter, or faculty recommendations. The essay must be at least 500 words. Please attach additional typed sheets, if necessary, and include your name on each page.

Essay Topic: Why I want to be a participant in the WINS Program and the contributions I can offer a potential employer.

RÉSUMÉ: Attach a professional-level, typed résumé. Include education, honors, extracurricular activities, and employment history.

How did you learn about Washington Internships for Native Students?

- Conference
- Career counselor
- WINS campus visit
- Academic advisor
- Friend or family member
- WINS Web site
- WINS mailing
- WINS poster
- Former WINS intern

Have you participated in the WINS Program before? Yes No If so, what year? _____

Agency you interned in: _____

I hereby apply for admission to the WINS program of American University. If selected, I understand that failure to comply with all rules and regulations of American University as well as the rules and regulations of the WINS program, including remaining drug and alcohol free throughout the internship will result in immediate suspension from the WINS program. I certify that the foregoing information is true and complete to the best of my knowledge and fully understand that the omission or falsification of information will be sufficient reason for rejection of this application or for dismissal from the program.

Candidate signature _____ Date _____

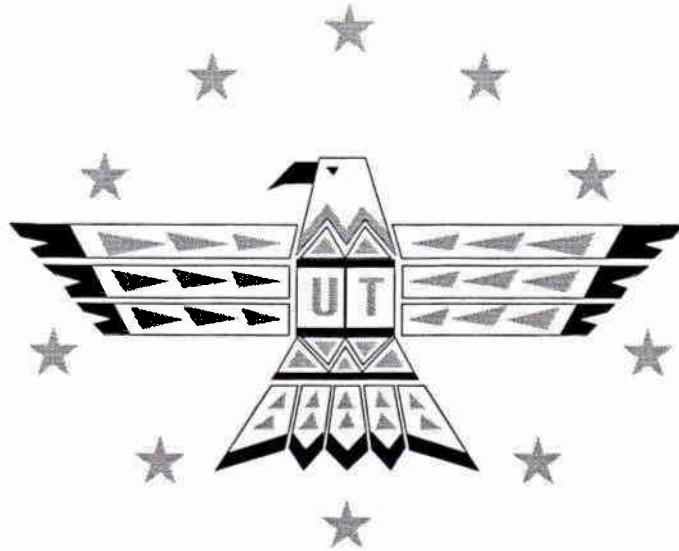
Please make sure you include all of the following with your application:

- Current transcript
- Letter of nomination from tribal official
- Letter of recommendation from faculty member
- 500 word essay
- Résumé
- Proof of tribal membership (BIA, CDIB, or Tribal Issued Card)

For additional information, contact:
 Georgia Gibson, Coordinator
 Washington Internships for Native Students
 American University, Tenley Campus
 4400 Massachusetts Avenue, NW
 Washington, DC 20016-8083
 Phone: (800) 424-2600 or (202) 895-4900
 Fax: (202) 895-4960
 E-mail: wins@american.edu
 Web: www.american.edu/wins



AMERICAN UNIVERSITY
WASHINGTON, DC



**A Special Thanks
to the Thunderbirds for a great
season and for representing
United Tribes in a professional
manner.**

**Thanks for the memories,
the moments, your efforts.**