

# UNITED TRIBES

## On-Campus News

Volume 12 No.11

April 2, 2001

### TJES students going to Washington, D.C.



**BISMARCK, ND** – Four 7th and 8th grade students from Theodore Jamerson Elementary will be headed for Washington, D.C. on April 7. The students attending the Washington Workshop are (pictured above: left to right) **Delmer Ponga, Jr., Adrian Eagle, Jennifer Long Tree** and **Molly Strait**. While in our Nation's capital, they will be seeing all the memorials and monuments, touring the White House and Capitol building, attending a musical at Ford's Theatre, browsing through the Smithsonian Museums, and visiting the Arlington Cemetery

and Mount Vernon.

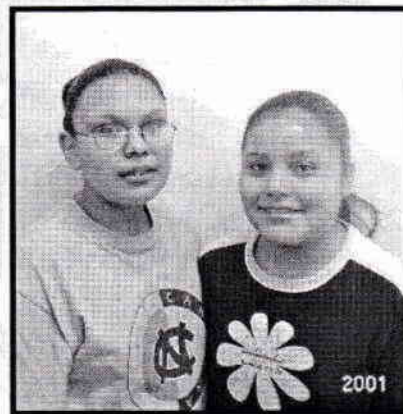
While attending the workshop they are responsible for debating issues with the other students on debate night. They will also be doing a geography presentation on one evening to the other students attending the workshop. The presentation is focused on Theodore Jamerson, the United Tribes International Powwow, the Lakota language and Native American art. Thanks to much help from Mark Anderson, Butch Thunderhawk and Sandra Poitra.

The students had to meet specific criteria re-

quired for selection for the trip including academic success, appropriate behavior, writing a persuasive essay and a personal interview. They have spent many hours learning more about Washington, D.C., preparing their slide show presentations and fund-raising.

Fund-raising projects have included a Valentine's flower and card sale, student-staff basketball game, hat day on Friday's, candy sales, a bake sale, raffle tickets and bingo. All the students in the 7th and 8th grade helped with the fund-raising efforts. Thanks! Thanks also to all the people who helped support us in our fund-raising events and sales so that this will be a successful trip for our awesome students at TJES.

### Two students attending National Science Fair



**BISMARCK, ND** – The American Indian Science and Engineering Fair is in St. Paul, MN this year on April 6 and 7. Two TJES students, Sophie Spotted Wolf and Jennifer Long Tree (pictured at left: left to right) will be attending after being

awarded first place in their categories at the State level. Sophie's project is on "The Blue Sky" in the category Earth and Space Science. Jennifer's project is in the Engineering category and is on the "Crystal Radio." They will be competing against other Native American students from across the United States.

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



**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

~ A Special Thank You ~

The family of Joey McLeod would like to thank everyone for the flowers, cards and gifts of money. Your prayers and thoughtful kindness during the loss of our loved one are greatly appreciated. Thank You and God Bless you all.

- The McLeod Family (Decoteau)

**RE: CAMPUS NEWSLETTER  
PLEASE NOTE!**

EVERY WEEK ARROW GRAPHICS TRIES TO PUT THE NEWSLETTER OUT ON MONDAY MORNING. YOU HAVE PROBABLY NOTICED THAT IT HAS NOT COME OUT SOME WEEKS UNTIL WEDNESDAY. WE APOLOGIZE FOR THIS, BUT AT TIMES IT IS LATE DUE TO REASONS BEYOND OUR CONTROL. IT WOULD BE GREATLY APPRECIATED IF ALL ARTICLES WERE SUBMITTED ON TIME, WHICH IS BY **5:00 PM EVERY WEDNESDAY**. IF YOU ALL DO YOUR JOB ON TIME, IT ALLOWS US TO BE ABLE TO DO OUR JOB ON TIME. SO, PLEASE, TRY TO ABIDE BY THIS DEADLINE AS WE HAVE MANY OTHER PROJECTS WE ARE WORKING ON BESIDES THE NEWSLETTER.

ALSO - PLEASE EDIT YOUR COPY BEFORE SENDING IT OVER FOR PRINT. TRY TO LIMIT YOUR TYPED COPY TO NO MORE THAN ONE PAGE, UNLESS IT IS A NEWS STORY. IF YOU ARE ADVERTISING AN EVENT, WORKSHOP, ETC., PLEASE ALSO LIMIT THIS TO A HALF OR QUARTER PAGE.

**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**

**April 2 - 6**

- M Goulash, Hot Vegetable, Dinner Bun
- T Bean Soup, Ham Sandwich
- W Roast Beef, Mashed Potatoes, Natural Gravy, Hot Vegetable
- T German Style Sausage and Beans or Kraut
- F Fishwich and Chips

**April 9**

- M Spaghetti w/Meat Sauce, Garlic Toast

**SUPPER**

**April 2-6**

- M Hamburger On A Bun, French Fries or Potato Chips
- T Pork Chops, Rice
- W Swedish Meatballs over Noodles
- T Grilled Steak, Baked Potato
- F Lasagna, Garlic Toast

**April 9**

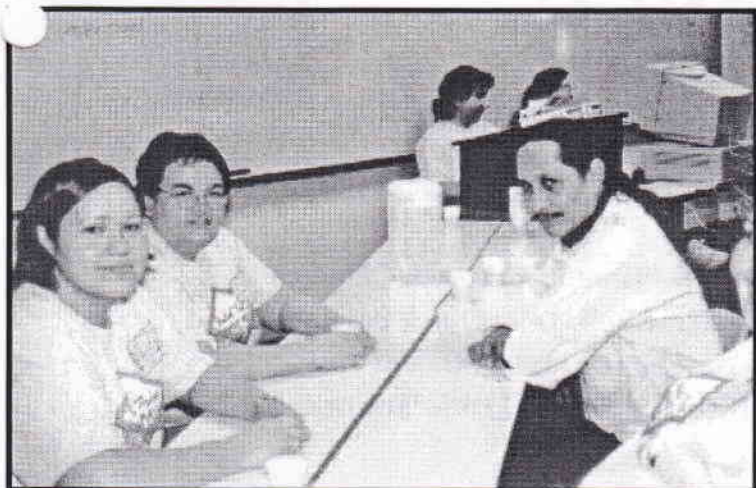
- M Baked Ham, Au-Gratin Potatoes, Hot Vegetable



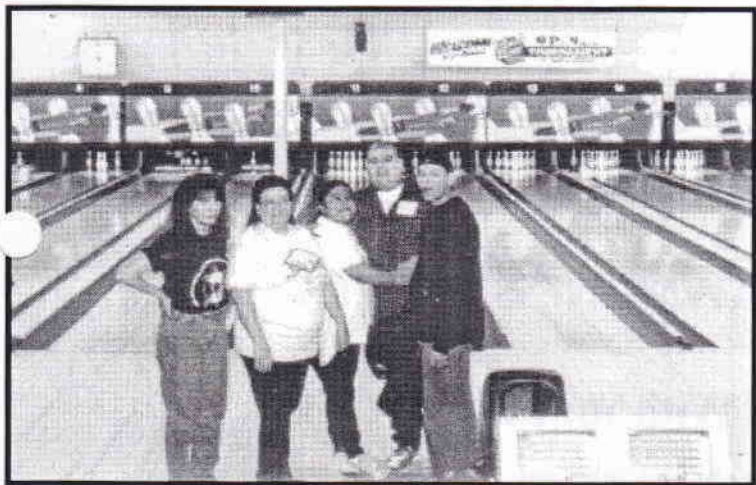
# UTTC students fair well in AIHEC competition

by Katie Beheler

UTTC students attended the 20th Annual American Indian Higher Education Consortium (AIHEC) Conference held in Cloquet, MN. The AIHEC Conference was sponsored by Fon Du Lac Community College and invited participation from 32 Tribal Colleges. The theme of the conference was "Revolution of Ideals – Honoring the Past and Present Through Education."



(L to R): Anna Gopher, Diana Hinsley, Frank Iron Heart and Katie Beheler competed in the Knowledge Bowl.



(L to R): Lucy Peters, Katie Beheler, Winston and Brenda Sam and Shaun St. John were a part of the Bowling Team. They placed 10th in the Conference.

UTTC students participated in the art competition where James Jetty, a UTTC Art/Art Marketing student placed first in the miscellaneous category, second place in the leatherwork category and "Best of Show" for his painted buffalo hide. Other entries were submitted by Katie Beheler, Walter Blackhoop, Joran Fox, Mark McBride, Malerie Serawop and Quentin Stands Alone. Students participated in speech competition, where Gerald Packineau placed first with a speech about "Paranormal Phenomena." Packineau, a UTTC Tribal Management student, was presented with a hand-held computer and \$300 award for his efforts.

Students also participated in competitive events such as Bowling, Knowledge Bowl, Hand Games, Mr./Mrs. AIHEC, Student Congress representation, and other events. Congratulations to the students that participated and thank you chaperones for accompanying the students.



**Mechelle Crazy Thunder**  
Mechelle was one of the candidates for ran for AIHEC Congress Historian. She is the new 2001 AIHEC Student Congress Historian.



**Deb LaVallie**  
AIHEC Student of the Year from UTTC.

**"One of the sources of pride in being a human being is the ability to bear present frustrations in the interests of longer purposes."**

*– Helen Merrell Lynd*



# *Student Health Center* **NEWS**



**OFFICE HOURS:** 8:00 am to 4:00 pm ~ Monday through Friday  
Call Security after hours or weekends for medical referral.

**Emergency room visits must be reported to SHC within 72 hours for bills to be covered.**

Door prize winners for Custer Family Planning Outreach Clinic on Tuesday are Katie Beheler, Verna Medicine Bull, Kelly Quick Bear and Shannon Medicine Horse. Pick up your basket at the Student Health Center. April's Outreach Clinic is scheduled for April 10th. See or call SHC to sign up.

Monthly head checks for the elementary are scheduled for Thursday, April 5th and for the Child Development areas on Friday, April 6th.

Weekly transport to Ft. Yates Public Health Service is scheduled for April 2nd. If you would like to be seen for medical, dental, etc., see Student Health Center to make arrangements.

## **April is CHILD ABUSE AWARENESS MONTH**

### **Keep Your Cool With Your Kids**

**Know your limits. Accept what you can't change for now.**

**Ease your tension. Take a walk; listen to music, splash cold water on your face.**

**Encourage your children's positive qualities and constructive behavior.**

**Phone a friend. It helps to share your concerns and talk things out.**

**Your example helps your children learn to handle anger. Be a good role model.**

**Opt for the counting cure if needed. Count to 10 .... 20 .... or 100.**

**Use your kitchen timer for "time out" before disciplining.**

**Remember that everyone slips up at times, including your children.**

**Count your blessings; these include the children that you love.**

**Organize time away from your children so you enjoy your times together.**

**Out of ideas to handle anger? Consider parenting classes or professional counseling.**

**Learn which "cool down" methods work for you and use them.**

# Dr. Ramona Klein presents workshop

On Friday, March 23, Dr. Ramona Klein, Chair of the Education Department at the University of Mary and expert in the field of learning disabilities presented an informative workshop on the characteristics of people with learning disabilities.

The two-hour workshop was held in the Exhibit Center of the Skills Center on the UTTC Campus and was attended by approximately 25 UTTC faculty members and staff. The attendees not only learned how to identify students that may have learning disabilities, but also were made keenly aware of how difficult learning can be for someone with a learning disability.

Based on the results of a survey, the participants in the workshop indicated that they gained a new understanding of what constitutes a learning disability and most stated that they were more comfortable in referring for services a student whom they suspected might have a learning disability. A majority of the participants also checked that they would like to learn more about the area of learning disabilities in the future.

The workshop was sponsored by the Academic Services Center and Student Support Services with funding from the Bush Grant for Faculty and Professional Development. The staff of the Academic Service Center and Student Support Services would like to thank all of the people who attended the workshop as well as the people who helped to make the workshop a success. With faculty and staff working cooperatively, we can optimize the learning experience for *all* students who attend United Tribes.



## Office Technology/UTTC receive special thanks

*This is a Thank You going out to the entire faculty and staff for all the time and effort everyone spent with me while in attendance at UTTC. I would like to especially thank the instructors of the Office Technology Department. A lot of the things I have learned, both personal and educational has improved my life dramatically. I feel that without the education I received at UTTC I would not have been able to improve my life as I have within the last year. One of the biggest accomplishments that I have found out is that I can now afford just some of the pleasures in life that I only dreamed of before, such as a brand new 2001 vehicle.*

*I have recently been elected Secretary of the American Indian/Alaskan Native Advisory Committee (AIANAC) of the Denver Region for Social Security. One purpose of the committee is provide better service and delivery to the Indian people. I felt that while in attendance at UTTC, I learned the importance of keeping our Heritage alive. Being a part of this committee gives me the chance to do my part in helping our people by serving our Indian community. One way of providing that service is to educate our community in the many available services that SSA provides and making those services more available to our people. I look forward to working with UTTC on just some of the projects that we have in mind for the future.*

*I am also a member of the Toastmasters of America. This is truly a learning experience in becoming a great speaker. UTTC also gave me the chance to experience speaking to the public and I am working to improve that valuable skill. I hope to one day be able to show you all that ability by speaking to your community.*

*I would also like to thank UTTC for the Ray Dwelle Scholarship Award that I did receive during the 2000 graduation ceremony. It was greatly appreciated by my family and me. I will always encourage others to not only attend UTTC but any Tribal College because it can not only help one personally, but it can effect ones whole life for the better.*

*Thank You Again!*

*Mary Eagle Shield*



## JOB ANNOUNCEMENTS Local and National

\* The National Park Service (NPS) is seeking approximately 300 permanent and seasonal employees to meet its firefighting responsibilities. Employment Network, Inc., 8501 Candelaria NE, Suite E-17, Albuquerque, NM 87112, Phone: 505-298-1831 Fax: 505-298-2535, [www.nps.gov/fire/jobs](http://www.nps.gov/fire/jobs) 1-866-NPS-FIRE

\* City of Rapid City-Police Officer, Salary - Fraternal Order of Police Union, \$13.45/hr. Effective July 1, 2001. Period of Announcement: Until April 20, 2001, 4 PM. Test Date: Monday, May 14, 2001. How To Apply: City of Rapid City Personnel Dept., 300 Sixth Street, Rapid City, SD 57701, 605-394-4136. Police Department Website: <http://ci.rapid-city.sd.us/city/govt/police/default.htm> Application Deadline: Friday, April 20, 2001- 4 PM. Application must be received by the Personnel Department by closing date and time stated above.

## HIGHER EDUCATION OPPORTUNITIES

\* Native Systems, Inc. (NAS) is offering a total of four students internships for the summer of 2001. The internships will be 8 weeks in duration, from June 1st through August 1st and are being offered at:

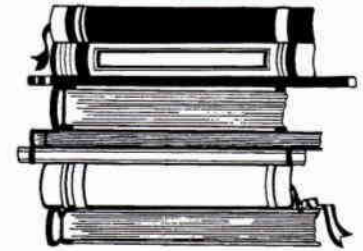
- Our corporate office, located at 5400 Syracuse Street, Englewood, Colorado, or
- Our office located at 5600 Wyoming Boulevard NE, Suite 30, Albuquerque, New Mexico.

WAGES: Interns will be paid \$12.50 per hour. The internships are non-exempt. Thus, any hours worked in excess of 40 per week will be paid at time and a half. The interns will be required to submit a weekly time card to their immediate supervisor. The interns, like NAS employees, are paid on a bi-weekly pay schedule. Paychecks are issued every other Friday.

HOUSING: Housing will be provided by NAS.

Interns will be responsible for any other personal expenses.

## New Books Available at the Library



### NONFICTION

- Interviewing and Salary Negotiation *by Kate Wendleton*
- Nostradamus and His Prophecies *by Edgar Leoni*
- Epidemics *by Lisa Yount*
- The Art of Aromatherapy *by Pamela Allardice*
- Police Under Fire *by Ted Gottfried*
- Cherokee Nation v. Georgia: the Forced Removal of a People *by Nathan Aaseng*

### FICTION

- Ransom *by Julie Garwood*
- Rebellion *by Nora Roberts*
- "M" is for Malice *by Sue Grafton*
- Message in a Bottle *by Nicholas Sparks*

UTTC Library catalog is available from any computer with Internet access at:  
[www.infolynx.org](http://www.infolynx.org)

Just For You ...

## News From Chemical Health

### Effects of Alcohol on The Body

- I. Brain and Nervous System:
  - Impaired memory, judgement and concentration
  - Lying to full of gaps of memory (blackouts)
  - Lack of coordination when walking
  - Numbness, tingling in hands and feet
  - Malnutrition, fatigue
  - Biological urges to ingest alcohol
- II. Liver:
  - Abdominal pain
  - Jaundice
  - Fluid buildup in abdomen
  - Blood vessels break or swell
  - Red face, and palms
  - Bruising
- III. Gastrointestinal System:
  - Poor eating habits
  - Heartburn, nausea, vomiting, gastric pain
  - Mouth, throat, stomach irritation
  - Diarrhea or constipation
  - Weight loss or gain
  - Malnutrition
- IV. Respiratory System:
  - Diminished cough reflex
  - Difficulty in exporting air
- V. Cardiovascular System:
  - Elevated pulse
  - Shortness of breath
  - Decreased exercise tolerance
  - Shortness of breath
  - Gasping for breath when sleeping
- VI. Skeletal System:
  - Generalized weakness
  - Muscle wasting
  - Cramps in calves, and feet
  - Muscle tension in jaw, neck and shoulder
- V. Skin:
  - Wrinkles and lines consistent with older person
  - Dryness and itching
  - Enlarging of nose (bulb nose)
  - Skin blisters (purple, red)



### RECREATION DEPARTMENT SMOKE SIGNALS



Students interested in playing horseshoes please sign up at the Recreation Office.



The Athletic Department will be sponsoring an exhibition basketball game on Tuesday, April 10, 2001. We welcome everyone to come and participate. The game will feature the UTTC Thunderbirds against UTTC basketball league All Stars. This should be a very exciting game.



The Recreation Department is looking for students who wish to participate in a mens and womens softball tournament to be held on Saturday, April 21, 2001. Please call or sign up at the Recreation Office. Ext. 377 or 261. The teams participating will be from the University of Mary, Bismarck State College and United Tribes Technical College.



The Championship Game for the UTTC Basketball Winter League will be held on Tuesday, April 3, 2001. The game will feature "The Old School" and Fort Yates. Game time is 7:00 p.m. at the James Henry Community Building.

**In the back of this Newsletter you will find a Questionnaire for the Recreation Department. PLEASE COMPLETE THE QUESTIONNAIRE AND RETURN IT TO THE RECREATION DEPARTMENT.**

*Thought For the Day ...*

*Time may be  
a great healer,  
but its a lousy  
beautician.*



## *Notice for Tribes Employees from the Admissions Department*

Any UTTC employee that plans to attend our college for the Summer Semester and/or Fall Semester **MUST** have all the requirements in to the Admissions Office prior to registration.

### GENERAL ADMISSIONS REQUIREMENTS

All applicants seeking admissions to UTTC must send each of the following items listed below BEFORE our Admissions Office can process your application. IT IS YOUR RESPONSIBILITY TO GET COPIES TO THE ADMISSIONS OFFICE.

1. APPLICATION (Complete)
2. GED, HIGH SCHOOL TRANSCRIPT, OR DIPLOMA (Mandatory)
3. VOCATION (Must have 1st and 2nd Choice on Application)
4. VERIFICATION OF INDIAN BLOOD (Native American)
5. BIRTH CERTIFICATES (Students and all Children)
6. SOCIAL SECURITY NUMBERS - COPY OF CARDS
7. TRAINING AGREEMENT (Must be signed)
8. TRANSFER STUDENTS MUST SEND OFFICIAL COLLEGE TRANSCRIPTS

Deadline date for completion of Students Files in our Office is:

Fall Semester: August 1  
Spring Semester: December 17  
Summer Program: May 7

ALL OF THE ABOVE WILL BE REQUIRED FOR COMPLETION OF FILE BEFORE PRESENTING TO THE ADMISSIONS COMMITTEE FOR REVIEW.



## Graduation Announcements

Arrow Graphics is currently working on the Graduation Announcements for all students. They should be ready soon.

Before you call our office, please ... make sure you have completed the graduation announcement form with your instructor. Once completed, turn it in to your vocational instructor. Your instructors must then turn them into Arrow Graphics once all graduating students in their class have completed the form.

We will announce in the NEWSLETTER when the announcements are ready for pick up and what the cost will be.

Thank You.  
Arrow Graphics

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### THE FORMS TO BE COMPLETED SHOULD READ AS FOLLOWS:

Your Name exactly as you would like it to appear on your announcement:  
(Please print legibly)

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Vocation:

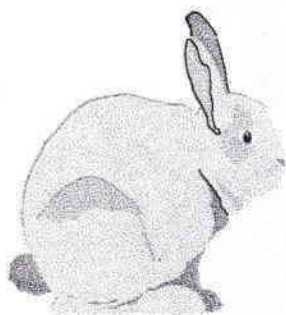
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How Many? \_\_\_\_\_

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# **OPEN HOUSE**



**The Month of APRIL Is Alcohol  
Awareness Month at the  
CHEMICAL HEALTH CENTER  
BUILDING #68**

**APRIL 11, 2001  
9:00 A.M. TO 4:00 P.M.**

**COME JOIN THE FUN  
DOOR PRIZES/GOODIES**



# Book Fair

**“Week of the Young Child”**

**April 2nd-April 6th (Mon. thru Friday)**

**Located in basement of Education Building Rm B01**

**1 PM to 4:30 PM Daily**

**Will do Payroll Deductions!**

**Sponsored by the Early Childhood V.S.O.**



# Exit TABE Testing for Spring Graduates

May 1, 2001-5:30 p.m.

Ed.Bldg. Rm. B14

May 3, 2001-8:30 a.m.

SC Rm. 113

May 4, 2001-8:30 a.m.

SC Rm. 113

The test will take approximately three hours. All graduates must attend one of the sessions in order to complete requirements for graduation. Please sign up with Karen Siegfried at Ext. 234 or Carol Johnson at Ext. 342. Please be punctual as this is a timed test. Anyone showing up late will be asked to take the test at a later time.

# HOW CAN WE BE OF BETTER SERVICE?

Honest and sincere answers only please.

ARE OUR 8:00 AM THROUGH 10:00 PM HOURS ADEQUATE? YES( ) NO( )

WHAT ACTIVITY DO YOU FEEL THERE IS TOO MUCH OF? \_\_\_\_\_

\_\_\_\_\_

WHAT IS THERE NOT ENOUGH OF? \_\_\_\_\_

\_\_\_\_\_

WHAT WOULD YOU LIKE TO SEE OFFERED?

\_\_\_\_\_

WHEN?

\_\_\_\_\_

PLEASE RETURN THIS FORM TO THE RECREATION DEPARTMENT.

*Thank you!!!*