

# UNITED TRIBES

## On-Campus News

Volume 14 No.14

April 23, 2001



*Shaylauna Roach, Chris Long Soldier Jr., Veronica Emery, Amira Gunn. Getting congratulated by friends and relatives.*

### United Tribes Technical College preschool graduates

The United Tribes preschool provided graduation ceremonies on April 19, 2001, at 3:00 p.m. in the James Henry Memorial Building. A Powwow was also scheduled to honor the children. The thirteen graduates are children of adult students attending United Tribes. The graduates are from the Standing Rock Sioux, Spirit Lake, Red Lake Band, Three Affiliated Tribes, Oglala Sioux Tribe, Sisseton - Wahpeton Sioux, and Turtle Mountain Band of Chippewa.

Presentations were made by Dr. John Derby, Dean of Academic Services, who shared a story about his son's achievements in education and the importance of education starting at an early age.

Mr. Sam Azure, Dean of Childhood Education, talked about the importance of families who

can support children in Elementary School by serving as role models who stress the importance of education.

Leah Woodke, Director of Early Childhood, shared the 10 commitments of parents, including respect for individuality, setting appropriate limits for children, and encouraging a healthy family environment. The Child Development Center and Early Childhood Education program play an integral role in providing hands-on practicum and classroom experience for the adult students enrolled in Early Childhood Education.

Guest Speakers for the graduation were Joe Howe, Donna Belgarde, both ECE graduates. Mr. Howe spoke on how important education is to the younger generation. Howe conveyed words of wisdom from a Crow Chief Plenty Coup that suggested, "With education we are the white man's equal, without it, we are his victim."

Ms. Belgarde spoke about the unique opportunity for parents and children of UTTC to learn together. Both Ms. Belgarde and her daughter, River Belgarde are graduating this year.

*Triston Young Bird, Hunter Karlson getting congratulated by Dean of Childhood Education, Mr. Sam Azure.*



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



**APRIL**

24th Kids/Moving Stress - Marie Brown, Doris Red Bird

## Financial aid workshop a success

The Financial Aid staff would like to thank the following people who made our financial aid workshop a success:

- Dennis and the Cafeteria staff for the wonderful treats at break.
- Ann and Harold for the constant attention they gave everyone.
- Manning, Roger, Jeff and Bill for all the computer support.
- Katy, Kim, and Wanda for the use of the lounge area.
- The faculty who let our groups use the computer lab at that time.

Last week we hosted a meeting with the U.S. Department of Education and the financial aid administrators from all of the tribal colleges in North and South Dakota. They all very much appreciated the warmth and hospitality they received while visiting the campus. Again, THANK YOU!

## 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 23 - 27**

- M** Pork Cutlets, Mashed Potatoes, Gravy
- T** Oriental Chicken Stir Fry, Rice
- W** Bar-B-Qued Ribs, Baked Potatoes
- T** Sloppy Joe On A Bun, Baked Tator Tots
- F** Chicken Nuggets, Macaroni & Cheese, Sweet and Sour Sauce

**April 30**

- M** Steak Sandwich, Baked Beans, Tossed Salad

### SUPPER

**April 23 - 27**

- M** Meat Loaf, Oven Baked Potatoes, Veg.
- T** Buffalo Beef Sausage, Baked Beans, Fried Potatoes
- W** Baked Chicken, American Fries
- T** Swiss Steak w/Gravy, Mashed Potatoes, Vegetables
- F** Fish Platter w/Lemon Wedge, and Tartar Sauce, Wild Rice

**April 30**

- M** Roast Pork, Mashed Potatoes w/Gravy, Veg.



Emmett Red Day New Student Body President.

# New Student Senate President

by John Beheler

Emmett Red Day, a Small Business Development student at United Tribes is the new Student Senate President. Red Day is an enrolled member of the Sisseton-Wahpeton Sioux Tribe and the father of two boys, Dion and Brandey Red Day. Some of his goals are to initiate a male, single-parent support group for the 10 single fathers in attendance at UTTC. He also wishes to emphasize culture throughout education and create an awareness of the importance that fathers play with regards to parenting.

Red Day began his student government tenure as a vocational representative, then was elected Student Senate Vice-President before being selected as President.

## Thank you from LPN student

by Roger Buechler

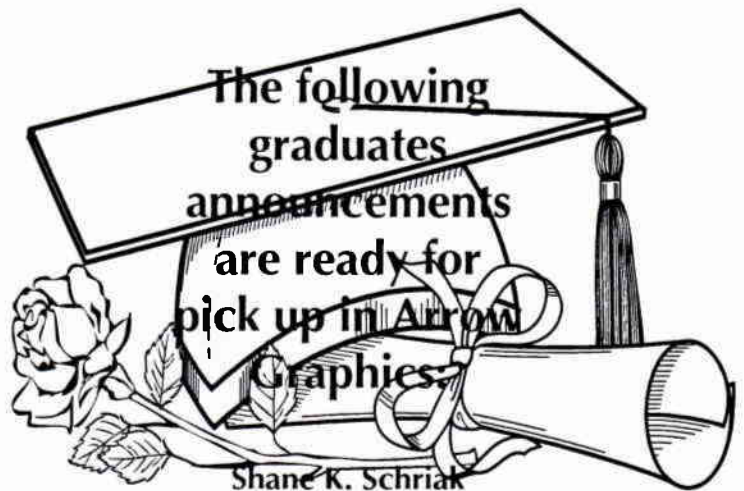
Greetings Everyone:

I will be graduating from the LPN program and will finish my education here at United Tribes Technical College. I would like to take this opportunity to publicly thank the Administration for allowing me to enroll at UTTC. I do not believe that I could have received this quality of training and atmosphere anywhere else.

Secondly, I would like to thank my instructors for their extreme patience with me. As a "MUCH" older than average student, I had to ask a lot of questions and I took a lot of extra time.

Thirdly, I would like to thank all of the student body for their hospitality. Sometimes when I tell people that I attend school at UTTC, I am asked, "What is it like to be in the minority?" My answer is always the same. "The people are friendly and most of them full of smiles and good humor," In the two years that I have attended school, not one time have I ever been discriminated against or heard one racial slur.

It is my wish that every Native American will be as well treated on the streets of Bismarck, as I have been here at United Tribes. Thanks for the memories.



- Shane K. Schriak
- Julie M. Bagola
- Adriana Brandis Hale
- LaVae N. High Elk
- Kelli E. Quick Bear
- Lisa Raylene Shaw
- Shannon Marissa
- Medicine Horse
- William Joseph
- Lawrence
- Ivan Brown Otter, Sr.
- Michelle M. Gunn
- Antoinette R. Lester
- Gale La Vallie
- Julie Hopkins
- Rhonda Rae Yankton

Please pick them up as soon as possible. They are 50¢ each. Please bring correct change.



## **"Housing news"**

### **Housing Inspection**

**April 26, 2001**

**Starting at**

**9:00 pm**

## **Interested in obtaining a Driver's License**

A study group is being planned to help students prepare for the written examination part of the North Dakota driver's test. The first meeting is scheduled for

MONDAY, APRIL 30TH FROM 4 P.M. TO 6 P.M. IN ROOM B-14 OF THE EDUCATION BUILDING. Depending upon turnout and interest, other late afternoon or evening sessions will be scheduled. Hope to see you there!

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## **UTTC offers new nutrition degree program**

*by: Wanda Agnew, LRD, Instructor*

UTTC's Food and Nutrition Degree has been changed and titled Nutrition and Dietary Management. The program provides theory and practice in wellness, food science, food safety, and community nutrition issues. The Associate of Applied Science Degree requires completing 65 credits, with a C or better average.

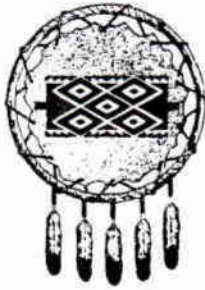
Application has been made to the National Dietary Managers Association to incorporate their pre-approved course plan during the first two semesters. The Summer session between the first and second year will allow students to receive 100 hours of hands-on experience in a nursing home dietary department focusing on employee supervision, food purchasing and production, kitchen sanitation and federally regulated procedures necessary to assess the nutritional status of the elderly or disabled resident. There will also be a 50-hour practicum focusing on therapeutic nutrition in a hospital setting or community nutrition settings such as WIC.

Fall semester, second year students will be enrolled in classes, while they prepare for and write the dietary managers credentialing exam. The last semester allows students to participate in core classes strongly emphasizing community nutrition and diabetes.

The degree plan includes several new classes. The first being Quantity Food Production. Students will prepare meals for 25 to 50 people. Learning will focus on menu planning, staff management, and marketing skills. Students will be required to work together as team members, follow time lines, and assess taste and appearance of the meals served. Another class offered in the degree plan is Community Nutrition where students learn to assess community nutritional needs, write grants and evaluate success of nutrition intervention programs.

UTTC Nutrition and Dietary Management staff are particularly excited about the class "Diabetes and Mother Earth." This class does not require prerequisites and will be open to any student on campus. Basic Type 2 Diabetes facts will be taught and the students will experience living as a person with diabetes for three days. There will be an unit emphasizing the exercise and nutritional benefits gained from gardening where students will design their own garden plot and have hands on gardening opportunities. The last component of the new class will focus on hunting and fishing with hand-on preparation techniques to prepare wild game, including buffalo, in healthful, attractive methods.

For information about the new degree plan contact Wanda Agnew at 255-3285, Ext. 420.



# PRESS RELEASE

UNITED TRIBES OFFICE OF ADMINISTRATION  
3315 University Drive • Bismarck, North Dakota 58504  
(701) 255-3285 EXT. 208 • TELEFAX: (701) 255-1844

## **Injury Prevention Awareness Day May 2, 2001**

The United Tribes Technical College Injury Prevention Program will be hosting their 2<sup>nd</sup> Annual Injury Prevention Awareness Day on Wednesday, May 2, 2001. The event will take place in the James Henry Community Center on the campus of United Tribes Technical College from 9:45 to 11:30 AM.

This year, Mikey Hoeven, North Dakota's First Lady will be the special guest. Mrs. Hoeven is an advocate for the prevention of under aged drinking. The theme for this year's event is "Summer Fun and Safety." The Injury Prevention students select a topic and give a three to five minute presentation to elementary students from United Tribes Technical College (Theodore Jamerson Elementary School), White Shield Elementary School, White Shield, North Dakota and Solheim Elementary School in Bismarck. Some of the presentations will include the following topics; Drowning Prevention, Fire Prevention, Alcohol Prevention for Youth, Car Seat Safety, Domestic Violence, Elderly Abuse, Preventing School Violence, Suicide Prevention, Diabetes Prevention, DUI's, Secondary Smoke, and Good Touch – Bad Touch.

There will be over twenty students giving presentations during this event to elementary students to increase the awareness of these students for a safe and fun summer vacation. The summer time presents the highest period of time for children regarding injuries and death rates. Therefore, the United Tribes Technical College Injury Prevention Program is being pro-active by giving various injury prevention presentations prior to the summer vacation time.

For more information on this event, please call Dennis Renville, Director of the Injury Prevention Program, or Jennifer Weber, Injury Prevention Instructor or Natosha No Heart, Injury Prevention Student Mentor at (701) 255-3285, extension 374.

### **Remember!**

**"Injury Prevention  
Is the  
Best Medicine".**

**UNITED TRIBES TECHNICAL COLLEGE**

# NEWSLETTER

By Rhonda Yankton  
Food & Nutrition Student

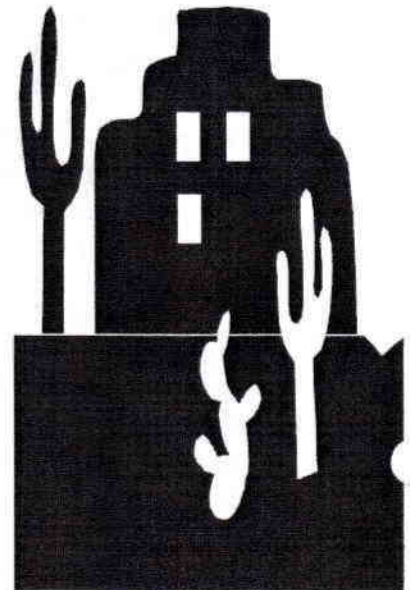
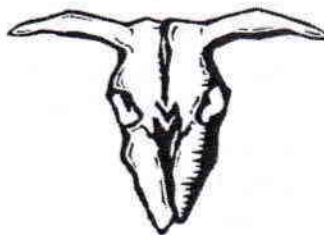
April 2001

## This is my personal journey to the WINS Program

On February 20 I sent my application. On March 19, I received a phone call from Wendy Perry who offered me an internship with The Department of Health and Human Services, which used to be known as The Agency for Health Care Policy and Research. It is now known as the Agency for Health Care Research and Quality. The work they do is to make sure patient safety standards are met by checking medical errors, trying to decrease disparities, and working with Access to care. I did not accept that position. On March 29, I made contact with Linda Ebert who also offered an internship to me. Linda works with the USDA Food and Nutrition Department, Food Distribution and Commodities Division. It is a small agency located 6 miles from Washington, D.C. in Alexandria, Virginia. My job assignments will be to write fact sheets about foods that are being placed on the commodity program. I would also be taking Technical phone calls from all of the Commodity Programs in the U.S., by interpreting regulations. I accepted the job offer and I will be leaving to Washington, D.C., on May 31.

The academic portion of the WINS program is designed to bring future Native leaders to the Nations Capital for an intense, hands-on summer learning experience. Through internships with both Selective Government Offices and Leading Private Organizations, I will gain practical professional skills and experience that will help me make valuable contributions both to my home community and to my own professional development, building upon my Summer 2001 experience. I will live in a modern residence hall on the American University Campus and will participate in additional summer activities, both on campus and within the metropolitan area. I will work forty hours per week, for ten weeks. The cost of the program to a sponsor for the summer will be \$9,500.00 per intern. This

will cover my cost of airfare to and from D.C., housing in the residence hall, books, tuition, metro-fare, some outside activities, and a \$200 per week stipend for food and other incidentals.



### WINS Program Information

Washington Internships for Native Students (WINS) offers American Indian and Alaska Native Students the opportunity to live, learn, and intern in the nation's capital for ten weeks in the summer of 2001. WINS interns are placed in eight government agencies

throughout the Washington area: The Departments of: Energy, Interior, Labor, Transportation, Treasury, Health and Human Services, Veterans Affairs and the Social Security Administration. Additional organizations (both Government and Non-Government)

have expressed an interest in sponsoring interns for Summer 2001. Thirty-thousand letters of invitation were sent to Native American Students. WINS Program accepted only 100 interns for the Summer 2001 Program. It runs from June 1 through August 10 and is open to students who are currently attending college full-time.

## Campus Speed Limits Survey

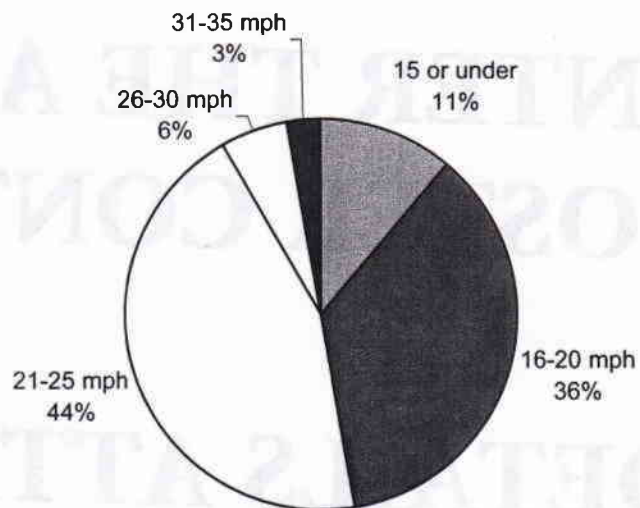
On Thursday, April 12, the IP103 class conducted a survey of vehicle speed on campus. The purpose of the activity was to assess whether excessive vehicle speed was a problem on UTTC campus.



Currently, the speed limit on campus is 15 mph. During the twenty minute period in which the survey was conducted, a radar gun was used to check the speed of 36 drivers. 32 drivers (89%) were observed to be driving in excess of the 15 mph speed limit, with the average speed of vehicles on campus to be 20.6 mph.

The range of vehicle speeds during this observation period ranged from 12 to 31 miles per hour. A majority of the drivers exceeded the speed limit by 6-10 mph.

**Speed of Vehicles  
observed April 12, 2001**







**Attention!  
Attention!**



**\$500**

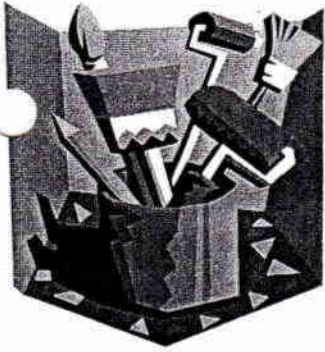
**\$500**

**\$500**

**ENTER THE AIHEC  
POSTER CONTEST!!!**

**DETAILS ATTACHED.**





# AIHEC PREVENTION POSTER CONTEST

## "Healthy People in Healthy Communities"

In accordance with National Public Health Week – April 2-8, 2001

### ELIGIBILITY & RULES:

- ✓ Posters must relate to community health prevention in ONE of two areas: HIV/AIDS and drugs & alcohol.
- ✓ Entry is open to ALL TCU students (part-time & full-time).
- ✓ Posters must be submitted on a poster board – no larger than 22" x 28". Posters may be illustrated vertically or horizontally.
- ✓ Entry form (below) **MUST** accompany the poster.
- ✓ All entries become the property of AIHEC and may be used for public display.
- ✓ Criteria for judging include creativity, originality and relevance to theme. Posters must be the *exclusive* work of the student. Poster designs may not incorporate any copyrighted characters (i.e., comic and/or television characters).
- ✓ A \$500 prize will be given to one winner in each category.

Entries must be received by **Monday, April 30, 2001.**

Mail to:  
Keia Neal, Grants Manager  
American Indian Higher Education Consortium  
121 Oronoco Street  
Alexandria, VA 22314  
703/838-0400



Winners will be contacted directly, announced in the Tribal College Journal, and posted on the AIHEC and Student Congress websites.

 **ENTRY FORM - 2001 POSTER CONTEST** - "Healthy People in Healthy Communities"

Name \_\_\_\_\_

School \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_