

# UNITED TRIBES

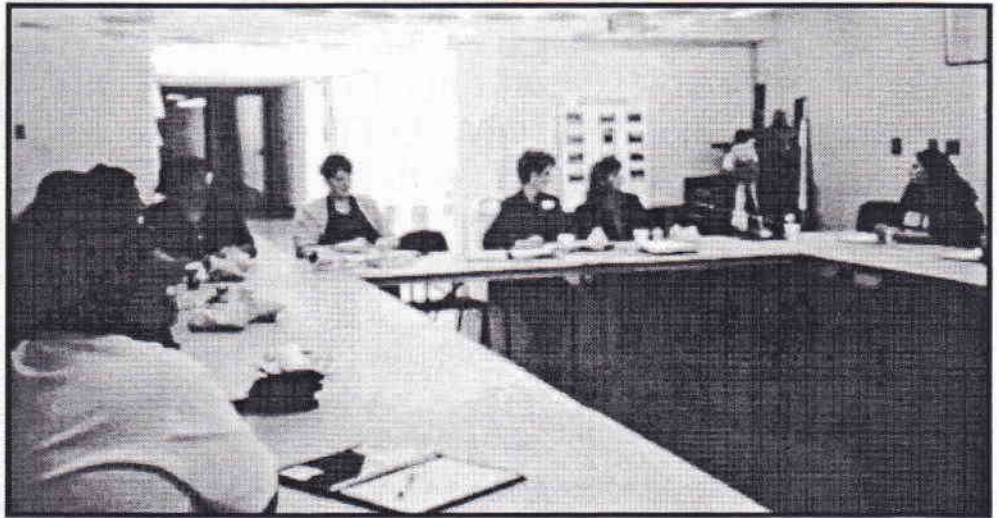
## On-Campus News

Volume 15 No.15

April 30, 2001

### NCA accreditation visit – a success!!!

The “unofficial” preliminary findings of the North Central Association of Colleges and Schools team **recommends ten years of continued accreditation.** The NCA evaluation team visited the UTTC campus on April 23-25, 2001. The visiting team met with practically every individual on campus, including the UTTC Board of Directors, administration, faculty, students and staff. Official actions regarding accreditation will be published in late summer or early fall.



*NCA Evaluation Team Visits with UTTC Students: Team members were Ms. Judith Jane Shultz, Dr. Mary I. Vanis, Dr. Diana M. Doyle (NCA Team Chair) and Dr. Adrian J. Lorbetske.*

NCA chair, Dr. Diana Doyle, suggested that “[the College] will now have greater flexibility to grow and address suggestions and challenges.” The NCA Team was comprised of professional staff from three community colleges located in Mesa, AZ; Scottsbluff, NE; and Cloquet, MN, and one Technical College in Rhinelander, WI.

On behalf of Dr. David M. Gipp, UTTC President, **a thank you goes to all the staff, faculty and students, the UTTC Board and others** for the diligent commitment and hard work that has led to a successful comprehensive site visit.



*TJES Dancers Performed at the NCA Student Luncheon: (L to R): Alex Cadotte, Tyler Cadotte, Sundae Red Bird, Whitney Pretty On Top.*

**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 BESIDE 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.

*- Quotes For The Day -*

**"The ideal never comes. Today is ideal for him who make it so."  
- Horatio W. Dresser**

**"However much we guard against it, we tend to shape ourselves in the image others have of us."  
- Eric Hoffer**

**"The brighter you are, the more you have to learn."  
- Don Herold**

**"One thing at a time, all things in succession. That which grows slowly endures."  
- J.G. Hubbard**

*- Thought For The Day -*

**Brain cells come and go – but fat cells live forever!**

# 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 30 - May 4

- M Steak Sandwich, Baked Beans
- T Chicken Noodle Soup, Ham Salad Sandwich
- W Hamburger On A Bun, Baked Fries
- T House Special Pizza
- F Pork Chow Mein, Rice, Chow Mein Noodle

### May 7

- M Goulash

## SUPPER

### April 30 - May 4

- M Roast Pork, Mashed Potatoes w/Gravy
- T Bar-B-Que, Baked Potato
- W Pork Chops, Rice
- T Grilled Steak, Baked Potato
- F Tater Tot Hotdish

### May 7

- M Hamburger On A Bun, Oven Fries





Just For You ...

# News From Chemical Health

## CHOOSING ROLE MODELS

A role model is a person whom you want to be like. Role models are a very important part of your development. It is choosing a person or people that you admire and want to be like. Usually, these are people whom you are with every day. These people could be your parents, instructors, friends, tribal leaders, or other famous persons.

You may admire your parents and friends, but you have the right to make choices about people you want to be like. You can pick certain qualities from one person that you admire and choose different qualities from another person. These qualities develop your personal growth.

Sometimes the people that you want to be like have problems that involve alcohol/drugs. These are characteristics that you don't want to emulate. Every day you have to make choices about what you are going to choose, and to do this, you need to learn about alcohol/drugs.

Having good role models and alcohol/drugs education will help you in making the right choices.

You are all welcome to come the Chemical Health Center to learn more about alcohol and drugs. The coffee pot is always on.

**The following graduation announcements are ready for pick up in Arrow Graphics for the following students:**

Shane K. Schriok

Julie M. Bagola

Adriana Brandis Hale

Kelli E. Quick Bear

Shannon Marissa Medicine Horse

William Joseph Lawrence

Ivan Brown Otter, Sr.

Michelle M. Gunn

Antoinette R. Lester

Rhonda Rae Yankton

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

**(The above announcements were "ordered" and have already been printed.**

**Anyone failing to pick them up will be billed and all charges taken from pending stipends.)**

## Chemical Health Center Self Evaluation on Chemical Abuse

1. Do you lose time from school due to drinking?

Yes / No

2. Is drinking making your home life unhappy?

Yes / No

3. Do you drink because you are shy with other people?

Yes / No

4. Is drinking affecting your reputation?

Yes / No

5. Have you ever felt remorse after drinking?

Yes / No

6. Have you gotten into financial difficulties through drinking?

Yes / No

7. Do you turn to lower companions and inferior environment when drinking?

Yes / No

8. Does your drinking make you careless of your family's welfare?

Yes / No

9. Has your ambition decreased since drinking?

Yes / No

10. Do you crave a drink at a definite time daily?

Yes / No

11. Do you want a drinking the next morning?

Yes / No

12. Does drinking cause you to have difficulty in sleeping?

Yes / No

*continued on page 4.*

# “What a surprise”

*by Sister Kathryn Zimmer*

13. Has your efficiency decreased since drinking?  
Yes / No

14. Is drinking jeopardizing your job or business?  
Yes / No

15. Do you drink to escape from worries or trouble?  
Yes./ No

16. Do you drink alone?  
Yes / No

17. Have you ever had a complete loss of memory as a result of drinking?  
Yes / No

18. Has your physician ever treated you for drinking?  
Yes / No

19. Do you drink to build up your self-confidence?  
Yes / No

20. Have you ever been in a hospital or in a institution on account of drinking?  
Yes / No

If you have answered **Yes** to any one of the questions, there is a definite warning that you may be an alcoholic.

Come to the Chemical Health Center to get your questions answered. All services are confidential.



Thank sto “You All,” the UTTC Retention Committee in particular, for the wonderful Pot Luck Retirement Party that came my way last week. I had no idea this was happening.

Such wonderful food to eat, even the decorations were wonderful. The four Sisters who came from my Monastery, were a very good surprise and I appreciate it. It continues to be unbelievable. Besides the lovely gifts and flowers.

A special “Thanks” to Dr. Derby for his kind words. I appreciate his referring to me as a “Committed” person.

There were references to the many accomplishments over the nine years, I served as administrator in the UTTC Nursing department. The competent nursing faculty who worked with me over these years was a large factor in the successes experienced.

## NCA SELF - STUDY

*by Sister Kathryn Zimmer*

The North Central Evaluators found their UTTC visit pleasant. Their talks with faculty, staff, and students were fruitful. At their exit report ,they listed the strengths they observed; challenges areas that call for further effort were also given.

Fortunately, President Gipp was well enough to join in the exit interview. Now we wait for the fall report that will give more of the details.

Thanks to all who assisted in any way to make this a positive experience for all at UTTC.

## 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 30, 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!



## Tae Kwon Do presentation

by Lori Pemberton,  
Assistant Dean of Student & Campus Services

On March 29, 2001, the ATA Academy Tae Kwon Do Demonstration Team put on a demonstration for UTTC. Mr. Mike Beyer and his students put on an awesome show that included kicks, board breaks, num-chuckus and a bow staff presentation. This

demonstration team is incredible and does a variety of performances that include halftime shows, specialty events and mall presentations. The students in the demo team range from camouflage belts to third degree black belts and are from 4 years of age up to 14 years of age. Mr. Beyer is a 4th degree black belt and has been training 16 years in Tae Kwon Do. Mr. Beyer also owns the ATA Black Belt Academy located at 1830 E. Century Avenue in Bismarck, ND.

During the presentation, Mr. Beyer included the audience for demonstrations in the Forms/Weapons/Board Breaks and One Steps. Many of our elementary students participated in the demonstration and did very well.

If anyone is interested in signing their children up for Tae Kwon Do, there will be classes starting next fall. These classes will be held Thursday evenings at 6:00 p.m. for the smaller children and at 7:00 p.m. for older individuals. Please contact Lori Pemberton at ext. 314 for more details.



Pictured above from left to right: Julie Cain, Secretary, Chemical Health Center; Lawrence Dovian, Cody Crutcher, Cricket Peyon, Jesse Clairmont, Cleo Medicine Horse III, Terry Anderson, Instructor; Jerome Crazy Thunder, Lori Pemberton, Assistant Dean of Student & Campus Services, and Clinton Youngbear.

## Student attendance initiative

by Lori Pemberton,  
Assisted Dean of Student & Campus Services

The winner of our first Student Attendance Initiative Award is: **Construction Technology.**

They receive a \$50 award for having the best attendance in their vocation for the first 2-week period. This award can be used by the vocation to purchase something for their department such as pizza, etc.

Congratulations, Construction Technology students. Keep up the good attendance record!

# Nutrition and dietary management students finalize practicum experiences

by Wanda Agnew, Instructor

The Nutrition and Dietary Management degree plan includes a hands-on experience practicum. Students complete 109 hours of work focusing on normal, community, and therapeutic nutrition as well as food service operation and systems management. The three students planning to graduate from the program received a variety of experiences this semester.

**Gale Vallie's** first experience was at Missouri Slope Lutheran Care Center where she worked with a dietician who developed nutritional care plans for residents. Gale learned interview techniques necessary to gather food likes and dislikes and used assessment tools required by Federal law. Gale's second experience was with The Waterford. This facility is a very upscale assisted living complex designed for elderly who function independently. The elderly order their food from a menu and served on fine china and linen table covers. Gale's third experience was with Burleigh County Senior Meals. The facility prepares food for 300 to 400 elderly every day. As many as 200 of the meals are delivered by volunteers to the homes of the elderly. Most of Gale's experience at this site was with food production. Her last experience was with the Bismarck Public Schools system. She joined staff at Simle Junior High as they prepared about 800 meals each day. Gale worked with the supervisor learning organizational skills, food inventory methods, and purchasing procedures.

**Madonna Knife's** practicum experience was with UTTC's Child Development Centers. Madonna learned to recognize the eating abilities of children at various ages and developmental levels. She developed and presented a nutrition lesson plan for very young children. Madonna researched the nutritional needs of children and identified a concern regarding calcium intake of children who are lactose intolerant and cannot drink milk. Part of Madonna's duties included assisting staff in preparing food, serving and interacting with the children as they ate, and cleaning up after the meals.

**Rhonda Yankton's** practicum focused heavily on diabetes education. Rhonda's first experience was with UTTC Extension Program. Rhonda developed a newsletter article and completed an Internet search for traditional foods and uses and nutritional value of buffalo. Rhonda attended a nutrition seminar for elementary teachers and participated in assessing nutritional content of meals served on campus. Rhonda's second experience allowed her to attend a one-day seminar on Type 2 diabetes at MedCenter 1. Using information she gained there, she developed a brochure about the necessity for Native Americans to request blood sugar screening. Rhonda's other projects included completing a Type 2 diabetes knowledge survey with UTTC students, designing an informational bulletin board, and assessing a video series focusing on diabetes on the Standing Rock Reservation.



*Gale Vallie*



*Madonna Knife*



*Rhonda Yankton*



Dr. John Derby, Academic Dean

# United Tribes awarded teacher training grant

by Dr. John Derby  
Academic Dean

Last month, United Tribes Technical College was notified by the U.S. Department of Education that the **United Tribes Community Educators Program** (UT/CEP) was awarded a 3-year grant in the amount of \$1,007,894 to train 22 Native American teachers over the next 3 years. United Tribes Technical College, in partnership with the University of North Dakota's Center for Teaching and Learning, will collaborate on the American Indian teacher training project for 3rd and 4th year undergraduate students leading to a bachelor's degree in the teaching field. United Tribes Technical College will subcontract with the University of North Dakota to pro-

vide the necessary supervision, training, and support services to the 22 selected applicants. The project coordinator will be Melvin Monett, recent UND elementary education graduate the past academic year. Mr. Monett will take care of the day-to-day project administration and work with the Center for Teaching and Learning faculty and staff. Dr. John Derby, Academic Dean of United Tribes Technical College, was designated as the Principal Investigator to oversee the project administration, budget, and annual reports required by the U.S. Department of Education. Applications for the UT/CEP will be accepted from May 1, 2001, with a June 1, 2001, closing deadline. For more information and application package please contact:

Melvin Monett  
United Tribes Community Educator Program  
P.O. Box 8274  
Grand Forks, ND 58502-8274  
Telephone: (701) 777-4292

The UT/CEP is scheduled to begin at the University of North Dakota in August 2001 for the 22 selected students. E-mail: [melvin\\_monett@und.nodak.edu](mailto:melvin_monett@und.nodak.edu).

## Buffalo nickel, UTTC team up on tribal health

**BISMARCK, ND** – The efforts of two organizations involved with the bison world crossed paths recently, reaching for one goal to improve the health of Tribal families and communities.

The Buffalo Nickel College and University Bison Promotion Program donated bison ground meat and hot dogs for a special campus meal at United Tribes Technical College (UTTC) last week. The dinner event was part of the college's on-going efforts to promote student wellness, diabetes prevention, and Tribal college son education programs.

"We've been working hard toward reintroducing bison meat into the diets of our Indian people," said Phil Baird, UTTC Dean of Institutional

Development and interTribal Services. "The donation by Buffalo Nickel supports the objectives of our college's Tribal diabetes education and nutrition programs, and we're thankful."

Buffalo Nickel, the marketing arm for North Dakota's bison industry, was designed specifically to introduce bison to students. "College and university students are the next generation of consumers," said Nancy Allen, marketing director. "We want to provide free bison products so that students are aware of the nutritional benefits of bison being low in fat, calories, and cholesterol."

Throughout the academic year, UTTC students have been introduced to several bison meals through the

college's food services and nutrition departments. This is an important strategy in addressing today's critical health problems including Type II diabetes, obesity, and heart disease among American Indian populations.

"Native people were once connected very closely to the Buffalo Nation," said Baird, who also serves as project director of the Northern Plains Bison Education and Research Network for Tribal colleges in North and South Dakota.

"We want to build up that relationship again with the bison world," Baird said. "The future health and well-being of native people and their families depends on it."



# PRESS RELEASE

UNITED TRIBES OFFICE OF ADMINISTRATION  
3315 University Drive • Bismarck, North Dakota 58504  
(701) 255-3285 Ext. 208 • TELEFAX: (701) 530-0605

## FOR IMMEDIATE RELEASE

April 27, 2001

Page 1 of 1

### UTTC RECOGNIZES EMPLOYEE DEDICATION

**Bismarck, ND**—United Tribes Technical College will conduct their annual employee recognition banquet at the Bismarck Radisson Inn, Friday, April 27, 2001. The UTTC Board of Directors, President David M. Gipp and the Executive Council of Deans will acknowledge the commitment of the following employees for their dedicated years of service.

#### 30 Years

John Thunderhawk

#### 25 Years

Albert Eckroth

Linda M. Anderson

#### 20 Years

Peggy Kauffmann

Barbara Juhala Frey

#### 15 Years

Rose Marie Grant

#### 10 Years

Wanda Swagger

Sandra Erickson

Rhonda K. Cloud

Dennis W. Lucier

Carol A. Anderson

Robert Parisien

Nagalingam Balakrishnan

Jennifer K. Weber

Francis A. Azure

Tami Georgeson

Terrance F. Moericke

#### 5 Years

Letitia M. Stewart

Jeffery K. Luger

Joseph J. McGillis

Julie M. Cain

Dennis A. Renville

Gloria Dwelle





# REPORT TO PARENTS

## The Importance of Sleep

**H**ow many hours of sleep do children need each night? If you answered "seven or eight," your kids may be among millions of sleep-deprived American youngsters. Actually, the ideal amount of sleep for children in elementary school is nine to ten hours per night. Like adults, they suffer when they don't get enough sleep. They can't concentrate on their schoolwork, they have trouble remembering things, they may become irritable and fidgety, and they may be vulnerable to colds and flu. Clearly, it's in your and their best interests to make sure they sleep well—and long—every night.

- **Make time.** Don't allow their lives to get so full of sports, hobbies, and other activities that they can't get everything done without shorting themselves on sleep.

- **Calm down.** Regular exercise is good for children, but exercise too close to bedtime can interfere with sleep.

- **Set a schedule.** It's a good idea to have them keep the same bedtime and wake-up time every day—weekends and vacations included—because the human body functions best on a regular timetable.

- **Say "good night" at 9.** By tucking young children in by 9 o'clock every night, you'll ensure that they get enough sleep, especially if they have to get up for school around 6:30.

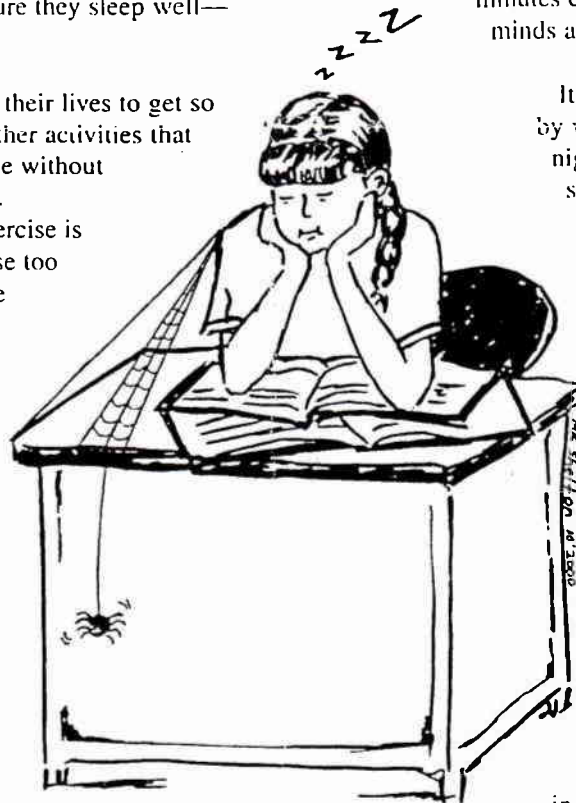
- **Be firm.** Make sure they understand that complaining about bedtime isn't going to get them anywhere. This is one time when you can use that old parental saw, "It's for your own good"—and really mean it!

- **Beware of caffeine.** Many popular drinks, including colas, are loaded with caffeine, a stimulant

that can affect sleep. Check the labels. If they want a drink before bedtime, give them caffeine-free sodas or, better yet, milk, fruit juice, or water.

- **Promote bedtime reading.** Reading is a great way to help children drift into sleep. If they're reading to themselves, be sure to tiptoe in later to turn off lights because a lighted bedroom can disrupt sleep.

- **Soaking can help.** If your children are too wound up to go to sleep, try having them take a warm bath before bedtime. Soaking for even 15 minutes can do wonders in relaxing their minds and bodies.



It's hard enough for a child to get by with too little sleep for one or two nights, but it's ever harder when sleep deprivation becomes a nightly habit. That's because the effect accumulates. Children who get eight hours of sleep each night when their bodies need nine or ten hours wind up losing an entire night's sleep every five days!

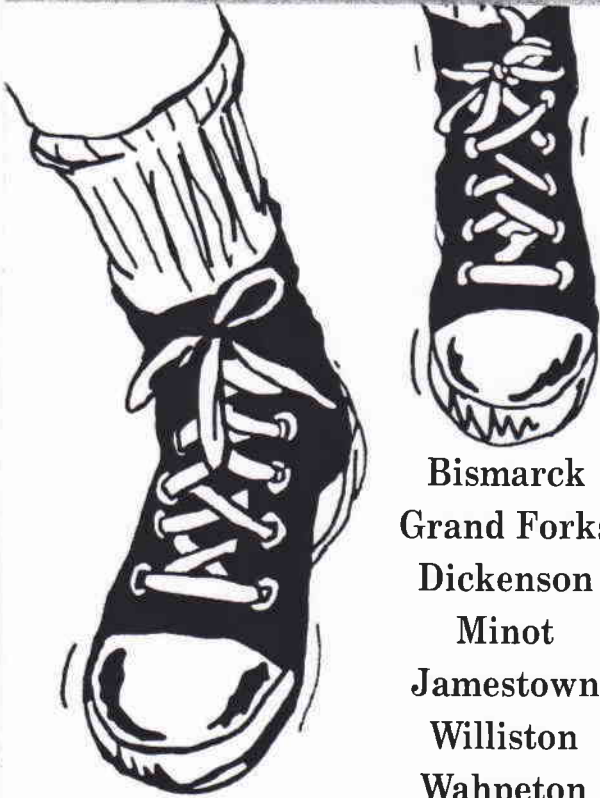
Children who have persistent sleep problems, such as daytime drowsiness, loud snoring, or breathing pauses during sleep, may have a sleep disorder. If your child shows these symptoms, you should discuss them with your family doctor or pediatrician.

Here's another thing to keep in mind: The earlier your children go to bed, the more time you and the

adults in your family have to relax and enjoy the evening. Maybe you can even catch up on your own sleep. Pleasant dreams!

For more information, visit the National Center on Sleep Disorders Web site, [www.nhlbi.nih.gov/about/ncsdr](http://www.nhlbi.nih.gov/about/ncsdr)

# THE MS WALK®



Bismarck  
Grand Forks  
Dickenson  
Minot  
Jamestown  
Williston  
Wahpeton

## Research Update

Currently, between 250,000 and 350,000 people in the United States and over 2 million people worldwide have multiple sclerosis. The Society supports research to help end the devastating effects of MS, to gain information about the disease and its impact, to facilitate development of new treatments, and to speed development of a prevention and cure for MS. The Society funds more MS research than any other voluntary agency in the world, and sponsors MS-related workshops for the worldwide research community.

## ATTENTION UTTC Students, Staff & Faculty.....

**We have a UTTC MS Walk Team this year and are inviting anyone that wants to walk with us to come along. The Walk is scheduled for Sunday, May 6, 2001 at 1:00 pm with the start place of Pioneer Park.**

**Anyone interested in joining our team, please contact Lori Pemberton at ext. 314 for their packet and registration form.**

**This is a good cause and we could all use a nice break from studying - See you there!**



NATIONAL  
MULTIPLE SCLEROSIS  
SOCIETY

DAKOTA CHAPTER

Student Senate Presents

# Family Fun Day



Drum Group  
Musical Chairs



## May 1, 2001

Ring Toss

### 1:00 pm to 3:00 pm

(In front of Education Bldg.)

Outdoor Picnic to Follow

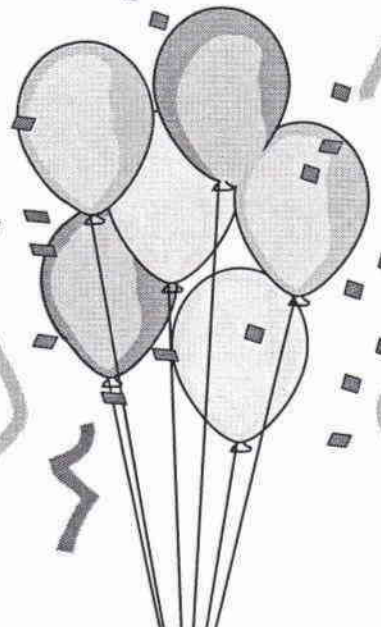
Duck Pond

by Cafeteria



Face Painting

Fish Pond



Cake Walk

Dunking Booth