



UNITED TRIBES

on-Campus News



Volume 17 No. 3

UNITED TRIBES TECHNICAL COLLEGE • BISMARCK, ND

October 1, 2001

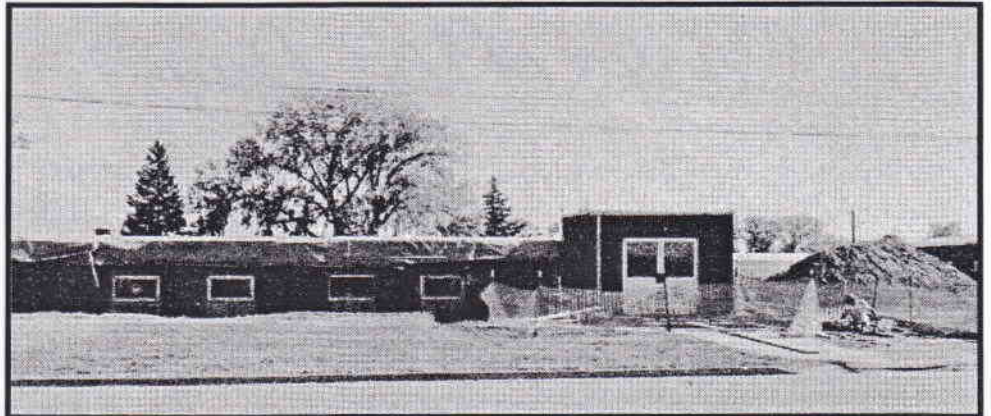
UTTC's student life center

Lori Pemberton

There's a lot of commotion going on campus, in case you haven't heard or seen. Construction began on the new Student Life Center to be located in the old swimming pool area. Associated Builders, Inc., the general contractor for this project, expects to have Center completed in the Spring of 2002.

The Student Life Center will be the technological heart of the UTTC Campus. The second floor will house the Academic Support Services under the direction of Mr. Royce Irwin. There will be numerous computer stations with Internet capability for students to use. A total of two (2) classrooms that will hold up to 20 people have been designed. These classrooms will be equipped with high-end technological equipment for on-campus training sessions. There will also be a study/lounge area on this level for students to study and relax in peace and quiet.

The main level of the Student Life Center will house the new UTTC Bookstore, a student canteen and a couple of meeting rooms. This area will be more for general purpose such as scheduling group



New Student Life Center underway at old swimming pool.

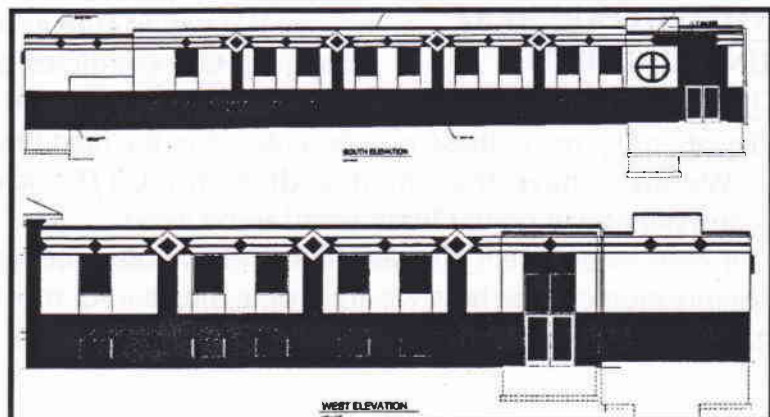
meetings or functions, grabbing a bite to eat at the canteen after the cafeteria is closed, and for meeting old friends and making new ones.

Please bear with us through the construction season - and remember to stay away from the heavy equipment and materials, they can be dangerous.

And, after the Fall and Winter

seasons have passed us by, Spring 2002 will arrive and Mother Earth will provide a new beginning for all her wonderful children. It is at this time that UTTC will see the new Student Life Center open up on our Campus.

For additional information on this project, please contact Russell Swagger at Ext. 204 or Phil Baird at Ext. 238.



Blue prints of the new Students Life Center.

Lost and Found
Lost in a gray case a brown
Hearing Aid with clear mold
which inserts into ear area.
Return to Heidi Everett at
Preschool or call ext. 248

Quotes of the Day

"There are three different types of people in the world, the people that make things happen, the people that watch things happen, and the people who wonder what happened."

-- UNKNOWN--

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

Oct. 1 - Oct. 5

- M** Spaghetti w/Meat Sauce, Garlic Toast
- T** Steak Sandwich, Oven Browned Potatoes
- W** Oven Baked Chicken, Mashed Potatoes, Gravy
- T** Hamburger On A Bun, Oven Fries
- F** Grilled Cheese Sandwich, Tomato Soup

Oct. 8

- M** Huplipsa Hotdish

SUPPER

Oct. 1 - Oct. 5

- M** Baked Ham, Au-Gratin Potatoes
- T** New England Dinner, Bread Sticks
- W** Salisbury Steak, Boiled Potatoes
- T** Shish-ka-bob Casserole, Wild Rice
- F** Fish Platter, Oven Baked Potatoes Wedges

Oct. 8

- M** Braised Beef w/White Gravy over Noodles



Arrow Graphics Department

We are underway with the third newsletter and seem to be having a problem with finding articles and/or pictures of any or all activities that are happening around campus.

Our newsletter will not survive if the news isn't reported. Please turn in all events upcoming and past results of events. We would sure appreciate this. Have all articles, pictures with captions to me by

Monday at 5:00 p.m. So these may be entered in the next newsletter. We also have the email address for UTTC news. nduttcnews@hotmail.com; Please email some news.

Our newsletter is sent all over the nation, so other colleges and organization can see how we are progressing and/or moving along. Let's show our UTTC Spirit with great news articles.



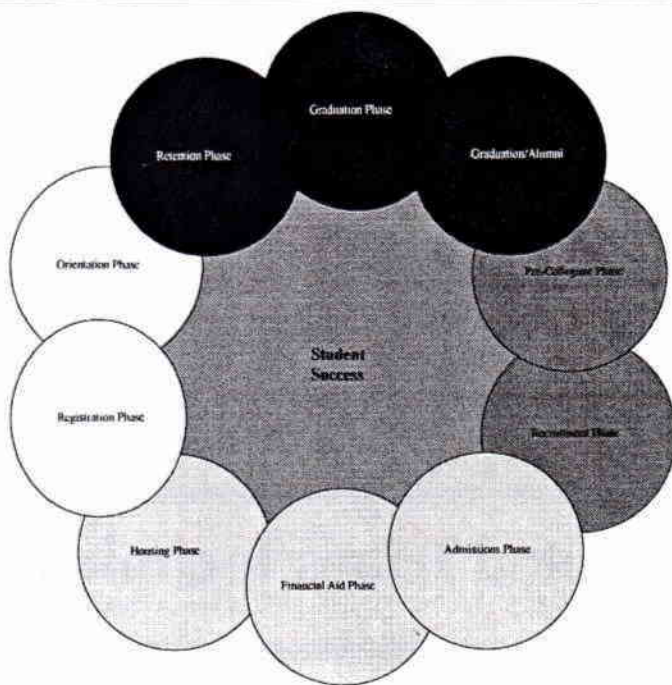
Student Success...it's everyone responsibility

by Lori Pemberton
Asst. Dean of Student & Campus Services

This year we have started a campaign for our students simply entitled, "Student Success...It's Everyone's Responsibility." We believe that everyone at United Tribes plays a role in our students' lives and that role is to ensure our students are getting the education and services they deserve while attending our school. This campaign also call on the students themselves to be responsible for their own success by participating in their education and life on campus. Working together toward student success will make your stay at United Tribes Technical College more meaningful for you and the college itself.

Beginning next week, I will be portraying a student, staff or faculty member that has a success story in a "Portraits of Success" article. I encourage all of you to submit relevant stories to me and each week, we will showcase one story along with a photo of that successful person.

Please note that success is measured individually and may have a different meaning to each of you. If I do not receive stories from anyone, I will have to dig up some success stories of my own and you just might be in the paper and not even know it! So, please send me as many stories as you can!!!



Library News

by Charlene Weis

New books available at the UTTC Library :

NONFICTION:

- #61607; Fat to Firm at any age - Alice Bauman
- #61607; Spontaneous healing - Andrew Weil
- #61607; Every Man a Tiger - Tom Clancy

FICTION:

- #61607; The Pilot's Wife - Anita Shreve
- #61607; The Burning Man - Philip Margolin
- #61607; Blood Lure - Nevada Barr

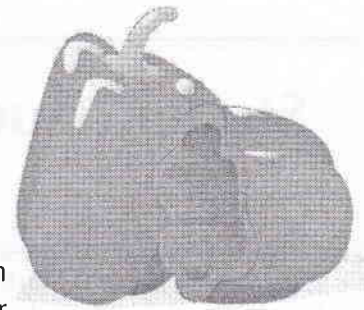
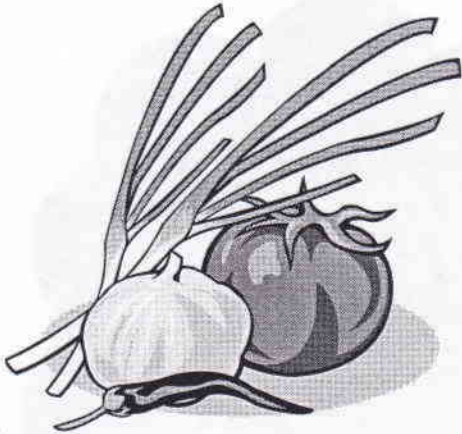


Salsa classes were a hit!

by Kim Hinnenkamp

The UTTC Extension Program offered two classes on how to make salsa in September. The first class included students from the Hospitality Management and Nutrition, and Dietary Management Programs. Information was presented on each of the main ingredients of salsa, basic tips to consider when making it, and gardening pointers. Most of the produce, which included the tomatoes, onions, cilantro, and habanero peppers, used for the classes was grown this summer in our campus gardens. Participants made and tasted a fresh salsa, a fruit salsa, and a canned salsa.

If anyone would like a copy of recipes for the different salsas, call Kim Hinnenkamp at Ext. 397.



United Tribes Technical College Extension Program

Diabetes in Indian Country Workshop

WHAT: Basic Facts About: Epidemic in Indian Country, Risk Factors, Complications, and Preventions

WHO: Students, Faculty, and Staff

WHEN: October 11, 2001 from 2:30 to 4:00 p.m.

WHERE: IVN Classroom, Skills Center, Room 112

FOR MORE INFORMATION: Contact Kim Hinnenkamp, Ext. 397





Student senate news

by Clarice Fox



October 5, 2001 is our Bingo Night at 7:00 p.m. at the small gym. Prize cash will be awarded to the winners. Pop, popcorn, hotdogs, nachos and candy for sale. Black out for \$100.00, all other games \$10.00 gift cards to Wal-mart and \$20.00 in cash.

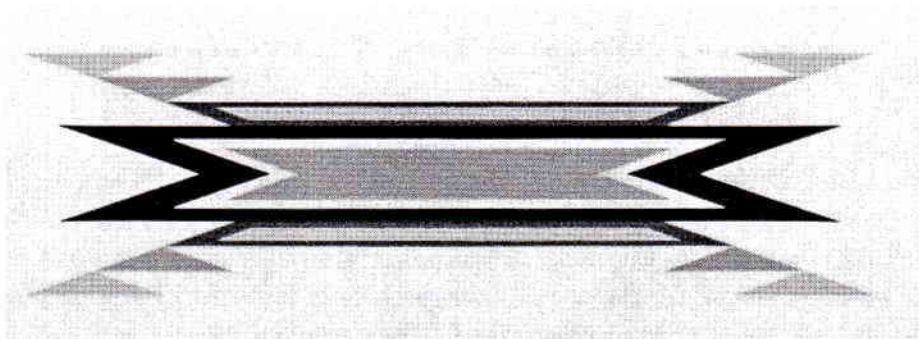
The next scheduled student senate meeting will be held on October 2, 2001, at 7:00 p.m. at the Education Building in room B-01; everyone is welcome.

The schedule for all the following Bingo game nights will be posted through the newsletter.

Tentative schedule for upcoming student senate meetings:

October 2, 2001	7:00 p.m. Student Senate General Meeting
October 9, 2001	7:00 p.m. Student Senate Executive Officer Meeting CLOSED
November 6, 2001	7:00 p.m. Student Senate General Meeting
November 13, 2001	7:00 p.m. Student Senate Executive Officer Meeting CLOSED
December 4, 2001	7:00 p.m. Student Senate General Meeting
December 11, 2001	7:00 p.m. Student Senate Executive Officer Meeting CLOSED
2002	
January 8, 2002	7:00 p.m. Student Senate General Meeting
January 15, 2002	7:00 p.m. Student Senate Executive Officer Meeting CLOSED
February 8, 2002	7:00 p.m. Student Senate General Meeting
February 12, 2002	7:00 p.m. Student Senate Executive Officer Meeting CLOSED
March 5, 2002	7:00 p.m. Student Senate General Meeting
March 12, 2002	7:00 p.m. Student Senate Executive Officer Meeting CLOSED
April 2, 2002	7:00 p.m. Student Senate General Meeting
April 9, 2002	7:00 p.m. Student Senate Executive Officer Meeting CLOSED
May 14, 2002	7:00 p.m. Student Senate Executive Officer Meeting And General Meeting
June 4, 2001	7:00 p.m. Student Senate Executive Officer Meeting And General Meeting
July 9, 2001	7:00 p.m. Student Senate Executive Officer Meeting And General Meeting

CLOSED FOR THE SCHOOL YEAR, THANK YOU!



United Tribes Technical College Extension Program Announces

Strong In Body and Spirit Training

October 16 -18, 2001

North Dakota Heritage Center, Bismarck, N.D.

UTTC students, staff and faculty are invited to attend a three - day training of how to use the Strong in Body and Spirit curriculum. The UTTC Extension Program will cover the registration fee for students, staff, and faculty interested in attending this workshop.

The goal of Strong in Body and Spirit is to encourage healthy lifestyle changes for people with diabetes, their families, and the community.

The three - day training will include:

- * how to teach the curriculum
- * how to start the program in the community
- * how to evaluate the program

Team members will:

- * be community members
- * have time to commit to doing the program in their community
- * have the desire to help their community deal with diabetes
- * not necessarily be trained in the health care field.



This training is co-sponsored by:

United Tribes Technical College Extension Program

The American Diabetes Association

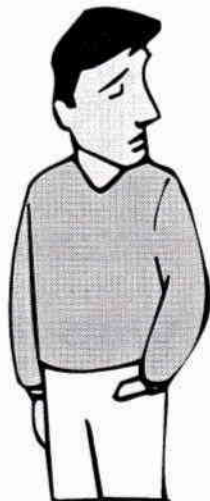
The North Dakota Diabetes Control Program

For Information contact: Marsha Azure, UTTC Extension Director, 255-3285 Ext. 327.

Counseling news

GRIEF:

Our country has experienced great tragedy due to terrorist attacks in New York, Pentagon, and Pennsylvania. Our country, and many families were affected by the tragedy. Some of our students and families, on our campus have suffered a loss of love one, through death or departure, and are grieving their loss.



Grief is a natural and inevitable part of life. We encounter it whenever some important part of our life is lost or taken away. It is especially powerful when someone we love dies.

In addition to the death of a loved one, grief can be caused by the loss of anything that we value highly- our health, a personal relationship, or our job. Even the sense of loss experienced at times of transition- graduating from college, moving to a new town, retiring from a job - can cause grief. However, grief is universally and most deeply experienced following the death of a loved one.

Enduring and emerging from grief is a voyage that takes the griever through various passages or stages on the way to emotional stability and wholeness.

Initial Shock: Numbness, unreality, a feeling that you are watching a movie that will end and everything will be okay... these are common sensations in the day and weeks immediately following a devastating loss.

Reality: As the fact of the loss take hold, deep sorrow sets in accompanied by weeping and other forms of emotional release. Loneliness and depression can also occur in this phase.

Reaction: Anger brought on by feeling of abandonment and helplessness may be directed toward the one who has died or departed, family and friends, doctors and even God. Guilt over perceived failures or unresolved personal issues, listlessness and apathy are all typical reactions.

Recovery: Finally, there comes a point at which the griever begins a gradual return to normalcy.

This is a time of adjustment to the new circumstances of life.

Recovering from grief encompasses three simultaneous behavior:

Grief: Grief is a cup of sorrow. Through it is bitter, you must drink the entire cup and let your grief runs its natural course. Trying to deny or repress the pain of grief is unhealthy. Unresolved grief can surface later in life and lead to emotional problems. Allow yourself to feel sorrow.

Believe: Put your faith in all of God's promises and assurances. You must trust that your good and loving Heavenly Father know best and that His understanding is perfect.

Receive: God's desire to give comfort knows no bounds. But we must reach out and accept it.

Although grief is a temporary state of time required to reach recovery varies with each individual. No one other than you can determine the appropriate length of your grieving process. It is important for you take adequate time to deal with your loss. Experts believe that unresolved grief is the basis for many of the ills that plague society, such as divorce, alcoholism, drug abuse and crime.

Grief resources:

Grief hotline 323-6912


Good Grief program Medcenter One Women's Health Center 323-6376

Grief support group 4th Wed. each mon. 7-9pm Medcenter One College Nursing 323-8400

Grief support - Tuesday 9pm St. Joseph's Church, Mai'Yn, 663-9562

For More informaoÁon contact: Helen Lindgren, Counselor, 255-3285 Ext. 277.






Believe in Yourself...

*And in your dream
Though impossible things may seem
Someday, somehow you'll get through
To the goal you have in view.*

*Mountains fall and seas divide
Before the one who in his stride
Takes a hard road day by day,
Sweeping obstacles away.*

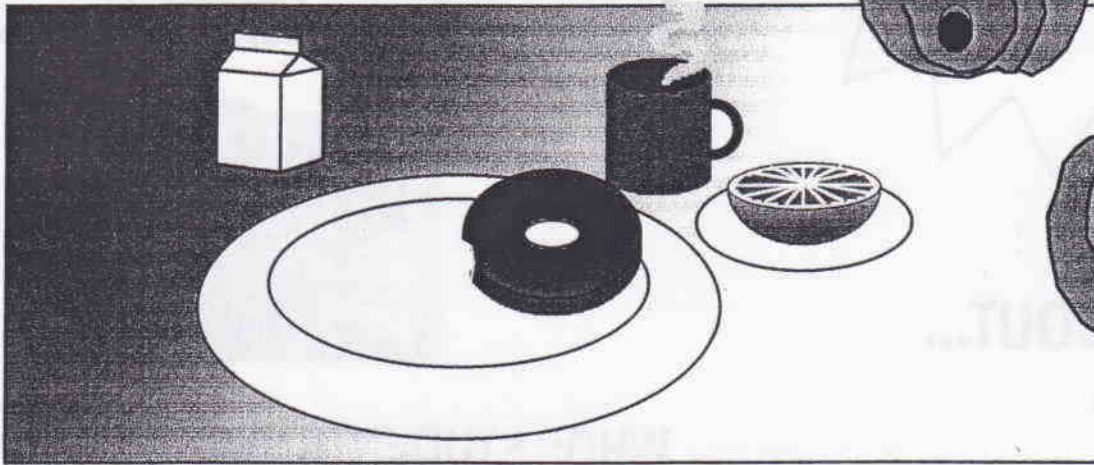
*Believe in yourself and in your plan.
Say not - I cannot - but, I can.
The prizes of life we fail to win
Because we doubt the power within.*



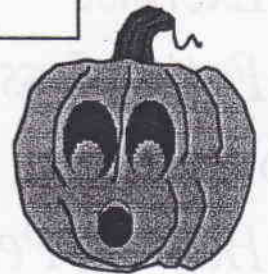
Reminder:



PARENT



BREAKFAST



7:45 Wednesday
October 10



Yeh!

Family Fun



**Free
food and
prizes**

**WHAT:
FACTS ABOUT...**

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



**United Tribes
Technical College
Extension Program**

"A Strong in Body and Spirit Project"

Is diabetes a concern in your family?

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



WHO: STUDENTS, FACULTY, AND STAFF
(Limited to 10 participants. Administrative leave will be given for faculty and staff.)

WHEN:
OCTOBER 26, NOVEMBER 2, 9, AND 16
10 AM - 12 NOON

**WHERE: NUTRITION AND DIABETES
RESOURCE ROOM (Skills Center next to
Room 111F-Food Lab)**

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