



UNITED TRIBES

on-Campus News

Volume 17 No. 4

UNITED TRIBES TECHNICAL COLLEGE • BISMARCK, ND

October 8, 2001



LaVerne Evans, Criminal Justice Student

Portraits of success...

Lori G. Pemberton, Asst. Dean of
Student & Campus Services

LaVerne Evans is a second year student at United Tribes Technical College in the Criminal Justice vocation. She will be graduating this December. At the age of 27 years, LaVerne has been successful many times over and here is her story....

When LaVerne was just 16 years old, she decided to move out of her parents' home on the Crow Agency Indian Reservation to Billings, Montana. She wanted to experience life off the Reservation. LaVerne rented a place of her own and provided for herself while finishing school at Bill-

ings Senior High School. During her senior year at school, LaVerne took college courses at Montana State University in their Child Development certification area. In 1992, LaVerne not only graduated with honors from her high school, she also graduated with a certificate in Child Development from MSU.

In 1993, LaVerne moved back home to the Reservation where she worked as a Secretary for the Tribal Secretary. She was in this position for 2 years, when she was promoted to Secretary for the Tribal Chairman. In this position, LaVerne supervised 4 staff members.

Working as a secretary just wasn't enough for LaVerne. In the fall of 1997, LaVerne up and moved to Georgetown, South Carolina. She resided here up until the year 2000 when a trip home changed her life forever.

It was at this time that LaVerne, feeling the urge to go back to school, checked into United Tribes Technical College Criminal Justice Program. After sitting in on a couple of classes, LaVerne made up her mind to enroll at UTTC and moved her family to Bismarck, North Dakota.

LaVerne found school exciting. She had always dreamed of attending a school that consisted of Native American people. And even more special to her was getting that degree with "United Tribes" stamped on it. However,

Bismarck was not what her husband, a native of South Carolina, considered to be his home. Upon his decision not to play for the Dakota Wizards, Mr. Evans moved back to the East coast, leaving his wife and young son, RayQuan, here alone.

Determined to make it on her own, again, LaVerne has continued her education at United Tribes. She has managed to maintain a 3.80 GPA through her college years and has made the President's list every semester since she started. And although she feels pressure from the man in life to quit school and move back East, she has stayed. LaVerne is a prime example of what it takes to balance single parenting (for the moment) and her schoolwork successfully.

LaVerne's life has taken many different paths that have taken her a long way from home. And, although she thought it would be impossible for her to come back to school after being out for so many years, she has proven that with determination, it can be done!

Continuing her education is top priority for LaVerne. She plans to go on for her baccalaureate degree from Minot State University upon completing United Tribes Criminal Justice program. LaVerne simply states, "I am not only doing this for myself, I am doing it for my children so they will have a future."

Good Luck in your continued success, LaVerne!

Thank you very much

Wouldn't it be wonderful to go through life as healthy as can be? But we all know that sometimes things happen that's beyond our control. I am one of the few lucky one's. I know that a combined effort helped in my healing process; the doctors, family, friends and co-workers, were all a part in my quick recovery. My heartfelt thanks to all of you for the cards, flowers, and phone calls.

Fia Timali

Quotes of the Day

"I'm not happy, I'm cheerful. There's a difference. A happy woman has no cares at all. A cheerful woman has cares but has learned how to deal with them.

--Beverly Sills



**ARROW
GRAPHICS**
PRINTING DEPARTMENT
UNITED TRIBES
TECHNICAL COLLEGE

Arrow graphics department

We are underway with the fourth newsletter and seem to be having a problem 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. nduttnews@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.

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. 8 - Oct. 12

- M Hulipsa Hotdish, Dinner Bun
- T Taco Salad Bowl, Hamburger, Shredded Lettuce, Cheese
- W Swedish Meatballs over Noodles
- T French Dip with Au-Jus
- F Knoephle Soup, Bread Chicken Filet On A Bun

Oct. 15

- M Pork Cutlet, Mashed Potatoes, Cream Gravy

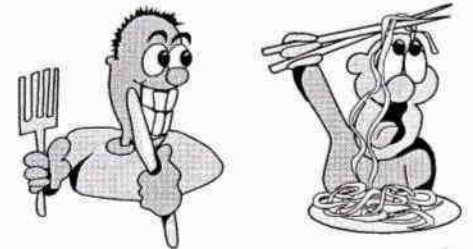
SUPPER

Oct. 8 - Oct. 12

- M Braised Beef w/White Gravy over Noodles
- T Bar-B-Que Chicken, Baked Potatoes
- W Hamburger On A Bun
- T Swiss Steak, Mashed Potatoes w/Gravy
- F Burritos, Spanish Rice

Oct. 15

- M Meat Loaf, Oven Brownd Potatoes



Let's Eat!!!!

Chemical awareness class

by Joe McGillis

Joe McGillis's 2nd eight - week session

will start on Tuesday, October 23rd,

Place: Skill Center, Room 107-B

Time: 1:00p.m. Tuesdays and Thursdays.

Any questions call Joe at Ext. 274

Attention

There will be a new A.A. Meeting starting up this

Thursday October 11, 2001,

7:00p.m. at the Chemical Health Center, Bldg. 68

Open to all. Hope to see you there

The Tuesday Night A.A. Meetings will also continue

any questions call

the Chemical Health Center

Ext. 272

Vocation attendance award

by Lori G. Pemberton, Asst. Dean of Student & Campus Services

Congratulations to Art/ Art Marketing !!! They were the winner of the Attendance Award for September 2001. This vocation will receive a check in the amount of \$50.00 to spend as they desire. They will also get to display our cultural Travelin' Trophy in their department for the month of October. Great job and keep up the attendance efforts!!!



Pictured from left to right: Julie Cain- Chemical Health Center, Mark Mindt, Alexa Azure, Wayne Pruse, Thomas BlackHawk, Ruth Snider, Sonja Cain, Not pictured : John Nelson, Mary Grassrope, Mark McBride, Joran Fox.

Chemical health center news

What is Chemical Dependence?

When people are chemically dependent, it means they've lost their choice and control over how much alcohol or other drugs they use. People can become chemically dependent on alcohol or on other drugs. For example, some people can drink alcohol on special occasions and stop after one or two drinks. Some people can have a drink or two every night and stop. But some people keep on drinking until they become drunk or even after they're drunk. These people have lost choice and control over how much they drink. And that's what we call chemical dependence.

People can also lose

choice and control over their use of other drugs like marijuana, heroin, cocaine, and crack. People like that are also chemically dependent.

What is Denial?

One of the worst things about chemical dependence is denial. Even though a chemically dependent keeps getting sicker and sicker, the person doesn't realize it because of denial. The chemically dependent person is often the last to know that he or she is sick. The chemically dependent person's denial is very strong. It includes a lot of moves designed to keep the person ignorant of the fact that alcohol or other drug use is the cause, rather than the solution, to his or her problems. As someone once said, "Chemical dependence is the only disease that tells people that they don't have a disease."

Is This Disease of Chemical

Dependence Treatable?

There's some good news in all this, Chemical dependence is treatable. Once people admit they have the disease of chemical dependence and decide they want to get better, they can stop using alcohol or other drugs. Come to the Chemical Health Center on campus Building 68, for any help or information on Chemical Dependence.



UTTC culture committee

by Julie Cain

O-Key, (Hello) The United Tribes Technical College Culture Committee was newly formed over this past week with the following members:

Phil Baird (Advisor)

Marsha Azure (Advisor)

Julie Cain (Chair)

Russell Swagger

Suzanne Cadotte

Student Senate (Multi-Culture Member)

Sonja Cain (Art/Artmarketing Student)

Justine Parkhurst

Sheri Baker

Helen Lindgren

Butch Thunderhawk

Kevin Finley

Verna Koch

Gabe Black Moon

Ella Big Crow

Tammy Moore

James Jetty

Katie Beheler

The committee had their first meeting at the Russell Hawkins Building on Wednesday, October 3, 2001. The committee came up with some really exciting educational, and fun activities. The committee focus is to promote Indian values and rich cultural understanding of each unique Tribe here at United Tribes Technical College.

We had a very rich and exciting cultural activity that took place on our campus last week. The event was Traditional Brain Tanning steps and smoking hides. The presentation was done by Mr. Don & Julie Cain, Mr. Marvin Bald Eagle Young Man. Authorized by Butch Thunderhawk, Gabe Black Moon, Eric Cutler, to students at Theodore Jamerson Elementary School.

Carrying on our Cultural Traditions is
Keeping our Elders and Children Sacred



And Old Man Coyote says "Resist"!

Positive experience with diabetes classes

by Kim Hinnenkamp

Several people have attended the Strong in Body and Spirit diabetes education classes taught by the UTTC Extension Program last year. Here is a testimonial from a person who had a positive experience from the classes.

"I have been diagnosed as a Type 2 diabetic since 1994. At first I was in denial. I now wish that I had accepted the diagnosis back then while I was on just the pills. I am now taking insulin two times a day. I have been doing a lot of walking and exercising back then and now.

I decided to sign up for the diabetes classes held on campus. I am very happy that I did. I learned a lot, such as what causes diabetes, where your pancreas is located, how to look at labels when you buy food. The videos were also great. The instructors

were very knowledgeable and interesting to have classes with. I can't forget all the items that we did receive while attending these classes. The information that was handed out was and still is very informative.

Thank you and I sure hope you keep having these and other diabetes classes. I would like to have more advanced classes if possible. Once again thank you and keep up the good work." If you would like to learn more about diabetes, come to the next session of the Strong in Body and Spirit diabetes education classes.

WHO: STUDENT, FACULTY, AND STAFF

(Administrative leave will be given for faculty and staff.)

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

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

Call Kim Hinnenkamp at Ext. 397 to sign-up today!



The Bookstore is now selling "THE LAKOTA JOURNAL" from Rapid City, SD.

This is a weekly newspaper, the price is \$1.00 each.

Also, check out some of the new items at the bookstore.



COFFEE MUGS W/LOGO Price \$5.00

TRAVEL MUGS W/LOGO Price \$4.25

LANYARDS (Key chains worn around neck) Price \$4.30

BOOKSTORE HOURS:

MONDAY - FRIDAY 8:00 - 12:00 & 1:00 - 5:00



Student health center notes

Sharlene Gjermundson

Up Coming Dates:

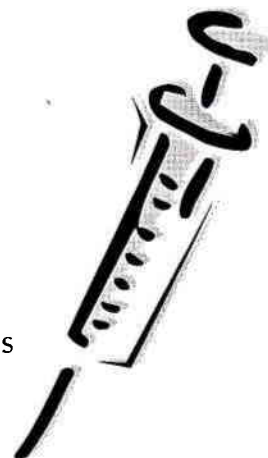
October 10 - Custer Family Planning

October 17 & 18 - Monthly Head Lice Screenings

October 22, 23, 24 - 1-4 p.m. daily - Preschool & Nursury Immunizations

October 25 - Women's Way

October 31 & Nov. 1 - Flu Shots - UTTC Students - TENTATIVE



Eczema affects 15 million Americans, half of whom usually out grow it. Out breaks may last for days, months, or years, and can be brought on by asthma, hay fever, or a food allergy.

Symptoms: Red, inflamed patches on the face, wrists, or insides of elbows or knees, small water blisters, scaling, persistent itching, discomfort that disturbs sleep.

When to seek help. If the rash does not go away within seven days, or goes away and then reappears within the next several days. If the area becomes infected.

Over-the-counter medications used for eczema: Benadryl, Cortaid, Triceram, dandruff shampoos, vitamin D synthetic. Prescription medication includes Corticosteroid creams that help relieve inflammation.



Natosha No Heart

Injury prevention news

by Dennis Renville

Natosha No Heart
"Honored"

On October 4, 2001, Natosha No Heart received a "Prevention through Education" award from the

Mental Health Association in North Dakota. The award was presented to Natosha by Mark LoMurray, North Dakota Adolescent Suicide Prevention Coordinator during the Education Awards Breakfast. Mr. LoMurray indicated that Natosha was very active in promoting suicide prevention activities to over 1000 Native American high school students on the Standing Rock and Fort Berthold reservations in North Dakota. Natosha along with three other people received awards for their involvement in the "Adolescent Suicide Prevention Project".

Natosha graduated from the United Tribes Technical College Injury Prevention Program in May

2001. And is presently teaching one class in the Injury Prevention Program. Natosha created a culturally appropriate infant car seat pamphlet for Native American children. The pamphlet has been adopted by the National Highway Traffic Safety Administration in Washington, DC and will be distributed nationally to all tribes in America. Natosha also invited North Dakota's First Lady to speak at Standing Rock High School against underage drinking in May. The Standing Rock radio station covered this event.

Congratulations Natosha, and keep up your outstanding work in promoting injury prevention for Native Americans.

UTTC injury prevention interns - injury prevention program

by Tamara Moore

Reports Directly to: Program Mentor of IPP
Status: Educational Stipend
Salary: \$ 7:00
Dept: Injury Prevention
Date: September 14, 2001
Closing Date: Open Until Filled

Job Summary:

The United Tribes Technical College Injury Prevention Internship Program offers interns an exciting 10 weeks. This internship will be offered to 10 interns each semester at \$7.00 an hour. This will allow the Interns 10 weeks of research, work experience on a professional level and introduce them to many aspects of the field of transportation with other professional agencies.

The Injury Prevention Program is providing opportunities in two Internships with professional agencies, Including:

- * North Dakota Department of Transportation
- * Minority Business - Dakota Office Systems

If you have any questions please feel free to come in and see me or call me at Ext. 350 or 374. Preference will be given to Injury Prevention Students.

Family Club

October

Fall 2001

October 11th - *Family Club* "Pumpkin Patch" 4:00-6:00pm

Van Ride will depart Bus Stop at 3:30pm, Thurs.

Parents must accompany children.

Family Club will pay for one 8" pumpkin for each TJES family attending. Sign-in is required.

October 12th - *UTTC Student Senate* "Homecoming Dance" 6-9pm

Family Club "Children's Music and Activities Night"

Small Gym 6:00-8:00pm/ Parent sign-in required. Fri.

October 23th - *Family Club/ Bilingual* "Red Ribbon Carnival Night"

Small Gym, Tuesday 6:00-8:00pm/ Parents must accompany children. Sign-in for a door prize.

Games and Prizes!

Dress up for the Best Costume Prize!

UTTC and TJES promote drug and alcohol free activities and events for our students and families.

Anyone under the influence of alcohol or drugs at school related events will be reported to UTTC campus security and local authorities.

Parents must accompany children when using UTTC van transportation to these events. Families may use their own transportation.

We are not responsible for any accidents, lost or stolen items, or personal injury.

Have a Safe and Happy Halloween!

**Free
food and
prizes**

Is diabetes a concern in your family?

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



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"

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

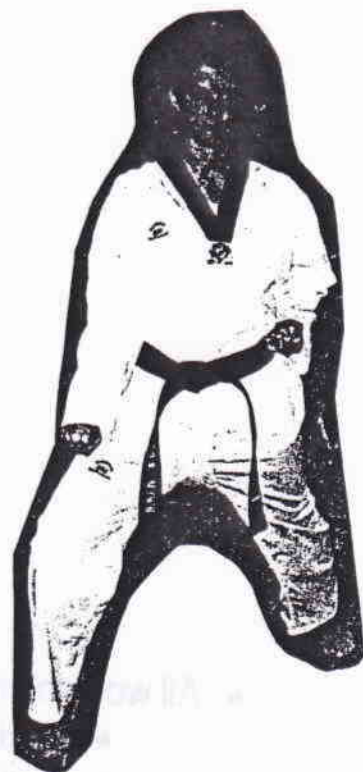
WHEN:
OCTOBER 26, NOVEMBER 2, 9, AND 16
10 AM - 12 NOON

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

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



TAE KWON DO (CLASSES)



ANYONE INTERESTED IN JOINING
THESE CLASSES SHOULD BE AT:

UTTC SMALL GYM
TUESDAY, OCTOBER 9, 2001
4:00 PM

CLASSES ARE OPEN TO ELEMENTARY AND ADULT STUDENTS

THIS WILL BE AN INFORMATION MEETING FOR PARENTS AND
THEIR CHILDREN. COOKIES AND JUICE WILL BE SERVED.
EVERYONE IS WELCOME!

CLASSES OFFERED BY:
ALLIANCE TAE KWON DO CENTER
MISS LINDA
MISS NICOLE

"A DAY JUST FOR WOMEN"

United Tribes Technical College

October 25th, 2001

8:00 am to 5:00 pm

Education Building

- All women are invited to:
 - Register for prizes
 - Visit booths to receive valuable health information
 - Enjoy Snacks and Refreshments
- Health Care Provider available by appointment for free annual services (pap smears, pelvic exams, & clinical breast exams) to Women who meet income guidelines for the Women's Way program.**
 - ▶ Receive a free gift after enrolling in Women's Way program and completing your annual services!

**** Please call Women's Way at 701-222-6527 or Student Health Services at 255-3285 ext 247 to set up an appointment time for your exam, by October 23rd, 2001.**

Sponsored by United Tribes Technical College & Women's Way

