



# UNITED TRIBES

## On-Campus News

Volume 17 No. 5

UNITED TRIBES TECHNICAL COLLEGE • BISMARCK, ND

October 15, 2001

### Homecoming features student parade and flag football

by David M. Gipp

UTTC Campus - It was a great day for a parade along with the changing leaves for Homecoming or known in earlier times as Fall Festival for the College and its students on October 12, 2001.

The fourteen vocational programs had floats along with plenty of students and children aboard each as they toured around the great All Nations Circle which rounds the campus. Some were goblins, vampires and witches, while others were mechanics and nurses or a walking buffalo.

Candy and lots of good goblin looks and waves greeted the children, their parents, students and staff teams, known as the Reds and the Yellows.

The UTTC Student Senate provided awards to the top floats: First Place went to Art/Art Marketing for their "Walking Buffalo" and received \$150.00; Hospitality Management received second place and \$100.00 for their "Haunted Cafe;" Third Place went to Tribal Management along with \$75.00.



Art Marketing won \$150.00 for First Place: "Walking Buffalo." Sonja Cain, Art Marketing student, wore the "Walking Buffalo" on All Nations Circle.

UTTC Photo - D.M. Gipp

A "Most Creative" award went to Auto Technology which received \$25.00 and "Most Original" went to Health Information for \$25.00.

Special thanks to all the judges led by Red Koch, transportation director.

In flag football, the Red Team took winning honors during a hotly

contested game over the Yellow Team, 18 -12. Kevin Finley was among the organizers and officials for this event.

Special thanks go to the Student Senate along with Student Body President Michelle Crazy Thunder and Anita Green, vice president, Deb LaVallie, treasurer, and the other officers, as well as student senate adviser Suzanne Cadotte.



Hospitality Management 2nd Place, received \$100.00. Lto R Dusty Olson, Shelby Weist, and Eric Flood.

UTTC Photo - D.M. Gipp



Tribal Management, 3rd Place receiving \$75.00. L to R: Travis Parshall, and child, and Winston Sam.



# Newsletter Guidelines

Below are a few guidelines for submitting articles for the newsletter. We would appreciate it if you could follow these guidelines as it makes the newsletter more interesting and more timely for all concerned.

1. All copy submitted should relate to UTTC, its students, faculty or staff – or be directly beneficial to the functions/daily operations of UTTC.
2. PLEASE, EDIT YOUR COPY before sending it over for publication. This is a "Newsletter," not a newspaper. Limit your article to what is necessary and informative. Also, limit all posters to 8 1/2" x 5 1/2". It is not necessary to use the full sheet. Posters or advertisements can be just as effective when half the size.
3. If contact persons are required within your article, please make sure you list that person's name and where they can be reached.
4. If submitting photos, please submit them either on disk, or zip or e-mail them directly to the newsletter e-mail site as a JPEG, TIFF or EPS, or submit the actual photo. Do not send over photos that have been preprinted on your computer printer. These are not clear and do not reproduce well. Also, if submitting an article needing photos, make sure they attached. Don't hold us up waiting for the photo(s).
5. All articles should be submitted ONE WEEK IN ADVANCE. All articles submitted for the newsletter should be in Arrow Graphics the preceding Monday before the next newsletter is due. (1 week in advance.) Any late articles will be included in the following week's newsletter.

Many times with all of the articles that we receive, it takes 2-3 days to type all of the articles. Therefore, to make it more ON TIME FOR YOU, we have set the deadline for all articles back. PLEASE adhere to this policy. If everything goes as it should, the newsletter could be in your mailbox by Monday as it should be.

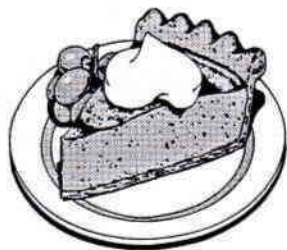
6. If you are sending your articles through e-mail, please send them to: [nduttnews@hotmail.com](mailto:nduttnews@hotmail.com). SEND ARTICLES AS TEXT FILES AND PHOTOS AS EPS, TIFF, OR JPEG.

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.

## USDA Quantity Food class:

Warm up to hearty "Up North" dinner, prepared by the Quantity Foods class. Featuring a homestyle menu of:

- Salisbury Steak w/Gravy
- Twice Baked Potatoes
- Scalloped Corn
- Salad
- Hot oven Biscuits
- Pumpkin Pie a la mode
- Coffee / Apple Cranberry juice



Cost is \$4.00 per plate. Giveaway drawings and two free tickets to our next meal. Please come and enjoy this time with us!!

- When? October 24th, 2001
- Where? Skills Center - Room 111F
- What time? 11:45 - 1:00

(Limited table settings, please call extension 420 or 401 if you would like to reserve a table setting)

# 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. 15 - Oct. 19

- M Pork Cutlet, Mashed Potatoes, Cream Gravy
- T Oriental Chicken Stir Fry, Rice
- W Bar-B-Que Ribs, Baked Potatoes
- T Sloppy Joe On A Bun, Baked Tator Tots
- F Chicken Nuggets, Macaroni & Cheese

Oct. 22

- M Steak Sandwich, Baked Beans

## SUPPER

Oct. 15 - Oct. 19

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

Oct. 22

- M Roast Pork, Mashed Potatoes w/Gravy



# Murphy seated for third term as Chairman

by David M. Gipp

**Standing Rock Sioux Tribe - Charles W. Murphy** was sworn in for his third term as chairman of the Standing Rock Sioux Tribe on October 10, 2001, at the Entertainment Pavillion, Prairie Knights Casino, along with other newly elected tribal council and board officials.

"I look forward to serving the people and the tribe for continued progress," said Murphy upon taking the Standing Rock Sioux Tribe's constitutional oath of office. He is the person serving the longest time as chairman of the tribe.

Murphy, who is also the chairman of the board of directors for United Tribes, noted that the College has begun to grow and significantly improve over the past ten years in its service to some 30 tribes annually within its student population. The College recently bought 132 acres adjoining its current location in Bismarck for expansion.

Prior to being sworn, in the outgoing tribal council officially ac-



*Charles W. Murphy takes the Standing Rock Sioux Tribe's constitutional oath of office to serve a third term as Chairman of the tribe during inaugural ceremonies, October 10, 2001, held at the Pavillion, Prairie Knights Casino.*

*UTTC Photo - David M. Gipp*

cepted the certified results of the election presented by Dellis Agard, chairwoman of the election commission.

Outgoing Tribal Secretary Elaine McLaughlin gave a tearful farewell speech after serving some 16 years in tribal government. She said she had no regrets in a sometimes difficult job and appreciated the honor of having served.

Speaking at the ceremonies was Cora Jones, Director, Great Plains Region, Bureau of Indian Affairs, who wished Chairman Murphy and each of the newly elected members good success. She noted the importance of tribal jurisdiction, economic development and education, along with the reforms underway within the BIA on trust management.

Ron McNeil, president of Sitting Bull College, served as master of ceremonies and President David M. Gipp gave remarks about the importance of tribal government and the challenges of protecting and building a tribal society.

Chairman Murphy assisted with the swearing in of new members of the council, as well as the newly affirmed or elected officials for the tribal courts, the local districts, the school boards, farm board, and college board.

Among the special guests attending the ceremonies were Chairmen: John Steele, Oglala Sioux Tribe; Andrew Grey, Sisseton Wahpeton Sioux Tribe; Mike Jandreau, Lower Brule Sioux Tribe; Phillip "Skip" Longie, Spirit Lake Dakota Tribe, along with delegates from Spirit Lake and the Three Affiliated Tribes of Ft. Berthold.

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## LETTERS:

*Editors Note: The following letter from U.S. Senator Byron Dorgan in response to UTTC Chairman's earlier letter and United Tribes resolution on the terrorist acts in New York City and the Pentagon printed here. Senator Dorgan's statement "Unity in America: "Our spirit will not Bend" is on Page 11.*

Dear Charlie:

Thank you for sending me a copy of the resolution that the United Tribes of North Dakota passed condemning the terrorist

attacks on September 11. I appreciate your kind and encouraging words.

We have many challenges ahead, but our country will prevail because the American people have boundless optimism and indestructible spirit. Congress has been very supportive of the President in his determination to find and punish those who committed these heinous crimes. I agree with President Bush that we must take bold action against these murderers. In addition, we in Congress are

working closely with the Administration to protect our country against future acts of terrorism.

This has been a very tragic time for our country, but out of adversity often grows strength, and I am really pleased to see the unity that exists now between Republicans and Democrats as well as between the President and the Congress. We are one nation speaking with one voice to tell the rest of the world that America is heartbroken by these attacks, but our spirit is not broken. Hearing the encourage-



## Portraits of success

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

### Wanda Agnew:

As Director of the Equity Program and instructor in the Nutrition and Dietary Management Program, Wanda Agnew is a very busy person. She has been with United Tribes Technical College for almost one year and has a host of successes under her belt already....

When Mrs. Agnew came on board at UTTC she was charged with the task of getting the Food & Nutrition Program up and running. She was also charged with getting the vocation accredited by a National Certification Agency. With task at hand, Mrs. Agnew made an application to the National Dietary Managers Association for the Food & Nutrition Program.

Success #1 - United Tribes Technical College was accepted as a training site for Certified Dietary Managers and received full approval of the vocation in July 2001.

Mrs. Agnew truly enjoys her work with the program and enjoys her students. Taking particular notice of her students under her advisement, Mrs. Agnew identified that several of her students with families were not participating in the WIC program. With years of background in the state WIC program, this concerned Mrs. Agnew deeply. So she began probing the students to find out why they weren't taking advantage of this wonderful program. Her verdict - the students felt the program was not accessible to them as it was in downtown Bismarck, they didn't have transportation regularly, etc.

Tapping into her resources from many years, Mrs. Agnew identified a March of Dimes grant that would allow United Tribes to open up a WIC center on campus by providing education about folic acid, smoking cessation, as well as provide funding for our nutrition students to get paid for their practicums. This was the ticket that Mrs. Agnew needed to address the lack of WIC participants at our school so she and Sharlene Gjermunson developed goals, objectives and an evaluation process for the grant application and submitted it to the March of Dimes.

Their grant application was accepted and UTTC was awarded one of three grants in the state of North Dakota.

Success #2 for Mrs. Agnew, serves as a twofold solution: First, the grant awarded has allowed UTTC to establish its own WIC program thereby making it more readily available to our students with families. Secondly, the grant provides an opportunity for the Nutrition & Dietary Management students to gain experience in their profession by providing a great public health program right on our campus!

Hats off to Mrs. Agnew and her perseverance in making life at United Tribes Technical College a little more comfortable! On her agenda next is Recruitment: Mrs. Agnew is developing recruitment strategies to attract more students in pursuing a career in food preparation and nutrition that targets Native American people.

For more information on the UTTC WIC Program, contact Wanda Agnew at Ext. 420.

# Homecoming Parade Floats



Criminal Justice students ready the car for the Homecoming parade held October 12, 2001, on All Nations Circle  
 UTTC Photo - David M. Gipp



LPN was ready and enthusiastic to help anyone who needed it during the Homecoming Parade  
 UTTC Photo David M. Gipp



Early Childhood stars were aboard the float and ready to go on a cool Fall day, October 12, 2001.  
 UTTC Photo David M. Gipp



Hospitality Management students were vampire and skeleton from their Haunted Cafe float which won 2nd place in the parade. Pictured are Eric Flood and Dusty Olson.  
 UTTC Photo David M. Gipp



The Early Childhood Center float was picture perfect with a rendition of the Red, White, and Blue.  
 UTTC Photo David M. Gipp



cont. on Page 6

# Homecoming Parade cont.



Infants and Toddlers out to see Homecoming Parade, but some were too tired to watch. UTTC Photo David M. Gipp



Senate Advisor, Suzanne Cadotte confers with Anita Green, Student Senate Vice President and Senate President Michelle Crazy Thunder on awards for best student parade entries.

UTTC Photo David M. Gipp

## 2nd 8th Week COLLEGE SUCCESS classes

Tuesday and Thursday 10:00 a.m. B14  
Education Building

Tuesday and Thursday 3:00 p.m. B14  
Education Building

Beginning Thursday October 25, 2001

**JINGLES FOR  
SALE**  
**\$20.00 PER 100**  
**Supplies limited.**  
**Ext #422.**

## Health Information Department

Nominates:

**TOM KELLER and  
CLARICE FOX**

for Student of the Month!

**Good Luck!!!**

# New books available at the UTTC Library

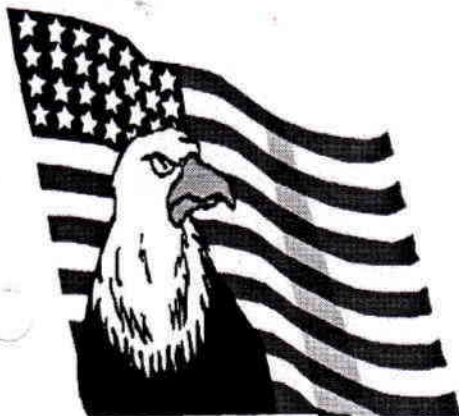
by Charlene Weis

## NONFICTION

- \* The Encyclopedia of Ancient Egypt - Margaret Bunson
- \* National Audubon Society Birder's Handbook - Stephen Kress
- \* Storytelling with Puppets, Props, & Playful Tales - Mary Jo Huff
- \* Everything you need to know about ADD/ADHD - Eileen Beal
- \* Native Americans of the Plains - Lucille Wood - Trost

## FICTION

- \* Roan - Jennifer Blake
- \* The Dogs of Winter - Kem Nunn
- \* Riley in the Morning - Sandra Brown
- \* Montana Sky - Nora Roberts
- \* The Last Good Man - Kathleen Eagle.



# New instructor in HIT department

Shawna Zastoupil, RHIT



Born: February 17, 19XX  
 Birthplace: Tuscaloosa, AL  
 Education: High School - Williston Senior High College - UND Grand Forks - Pre -med NDSCS Wahpeton - Graduate of Medical Records Technology

Career:  
 1992 to 1998 MedCenter One Health Systems Bismarck, ND  
 - Quality Resource Improvement  
 - Discharge Planning  
 - Supervisor of Hospital Medical Records  
 - Clinical Coder  
 1998 to 2000 Independent Practitioners of America Bismarck, ND  
 - Implementation of Billing/Coding Systems for four physicians

Awards: Who's Who in High Schools  
 Pheresis Donor for Blood Services

Personal: I am one proud Motorcycle Mama of One 2 year-old son and one handsome biker husband.

Hobbies: Playing with my son, motorcycling, camping, hunting etc...

Favorite TV Show: "Operation" on the Discovery Channel

Favorite Movie: Too many to choose from, I would have to say "Forest Gump".

Favorite Music: I get chills when I hear any "live" music, from Jazz, the Blues to KISS.

Favorite Food: Dark Chocolate

# Theodore Jamerson Elementary School news

By Glenna Mueller

The TJES students have made some patriotic art projects and are selling them for a \$1.00 or any other donation you'd like to give. The money will be sent to the firemen's fund in New York. Stop by the 8th grade classroom to view the projects if you'd like to purchase

some.

Items include magnets, paperweights (made by kindergarten) and pins by 1st grade along with safety pin flags by the older students ( may be ordered). Call Ext. 429 ( Mrs. Rhone) for further information.

# Theodore Jamerson Elementary School News

By Glenna Mueller

## T.J.E.S. will be starting an Elementary Singing & Dancing Group



October 17, 2001  
Wednesday



6:00 - 7:00

Location: Small Gym

Parents are welcome to attend.  
You are responsible for your preschool child if they attend  
We will not be responsible for transpiration!!!



## Security news

by Fred Poitra

## Art contest open to students

We are promoting a Security Patch Design Contest. The contest is for students only and the winner will receive \$100.00. All submissions will be selected according to design, color, and size.

Students participating will need to submit their design to the Security Office by 5:00 p.m. October 30th, 2001. Thank you and Good Luck!!!



## New curfew hours on campus

The curfew hours on campus have changed from 9:00 to 8:00. So please make sure that you have your children in by this time. There have been incidents on campus, so we are taking precautionary measures to safeguard you and your families. With the construction going on be sure and remind your children it is not a safe area to be playing around. They can get hurt playing around this construction site so please tell them to stay away.



## Dare to soar

Theodore Jamerson Elementary School is seeking a motivated female who can teach our young ladies how to sing at the drum.

If you are interested please contact us at

255-3285 Ext, 422.



## Student Health news

**October 17** - TJE - Monthly head lice screening

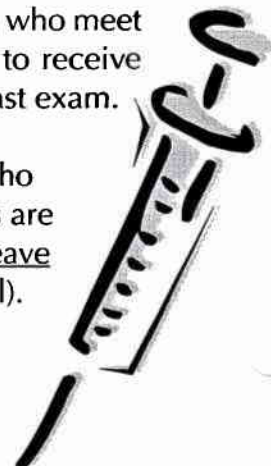
**October 18** - CDC - Monthly head lice screening.

**October 18** - Inhalant Abuse presentation - 3:15 - 4:15 p.m. Small Gym

**October 22, 23 & 24** - Immunization Clinics - 1 - 4 p.m. Daily - SHC

**October 25** - Womens Way - 8 - 5 p.m. LPN Dept. & Student Health. All Women are invited to attend and go through booths and register for door prizes in the LPN Dept. Women who meet income guidelines are eligible to receive pap smear, pelvic exam, & breast exam. Call Women's Way to make an appointment 222-6527. Staff who are eligible for complete exams are allowed one hour of excused leave (approved by Executive Council).

**October 31 & November 1** - Tentative date for flu shots. Students are priority.





# Chemical Health Center News

*God, Grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.*

The Chemical Health Center AA Support Meetings are on Tuesday and Thursday nights at 7:00 p.m. and held at the Chemical Health Center, building 68.

## OCTOBER DOMESTIC VIOLENCE AWARENESS MONTH

### TRUE / FALSE

1. Nearly a million Americans are the victims of domestic abuse. (True)
2. Of all the people who are abused, about half have children who are exposed to the violence. (True)
3. Victims of abuse don't need any counseling or professional help. ( False)
4. One problem abusers have is the inability to empathize with anyone else. (True)
5. Once an abuser says they've changed their ways, they never return to abusing others. (False)
6. 85 percent of incarcerated adult males come from violent homes. (True)
7. Ingrained patterns of violence are easy to change. (False)
8. Children feel anger and frustration when faced with domestic violence. (True)
9. Children will many times turn to alcohol and drugs for an escape from domestic violence. (True)
10. The Chemical Health Center here on the UTTC campus has more information on domestic violence. (True)

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## OPEN HOUSE

ON

OCTOBER 23, 2001

9:00 a.m. to 4:00 p.m.

Celebrating Red Ribbon Week

October 23- 31, 2001

We will be giving out RED RIBBONS DOOR

PRIZES FOOD FUN!!!

Come visit the Chemical Health Center Staff.  
We are on the Southeast end of Campus  
Building 68.



# Chemical Health Center

By Julie Cain

## Red Ribbon History

A United States Drug Enforcement agent was kidnapped and murdered in Mexico by individuals who were involved in supplying illegal drugs to the United States.

On March 9, 1995, hundreds of law enforcement officers gathered in Calexico, CA to pay their last respects to a fellow officer, Camerena. Students at his former high school were outraged at Camerena's murder. To acknowledge this man, they displayed red ribbons in honor of his dedication and courage. Shortly after, the first parent groups began displaying Red Ribbons honoring his dedication and courage. To this day, the parents continue to display the ribbons annually in his honor and as a sign of intolerance to drugs.

October 1988 the first Red Ribbon campaign was held in North Dakota. 20,000 ribbons were distributed throughout the state and in 1995 over 290,000 were given out during the Red Ribbon week.

Why increased participation?

The United Tribes Technical College family is demonstrating their support for a Drug Free College. From this day on, whenever a student or staff wear a Red Ribbon it is a symbol of unity. Red Ribbons will be distributed during Open House on October 23 thru the 31st. Wear Your Red Ribbon on campus to show that we are united and support a Drug Free College!

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## Injury Prevention seat belt survey

Mary Beth Cadotte, Injury Prevention Student

On September 21, 2001, the Injury Prevention Epidemiology Class conducted the 4th Annual Seat Belt Survey. The results of the survey were very positive with approximately 66% of drivers wearing seatbelts. This is far above the North Dakota 45% state average for seat belt use!!!! Congratulations!!!!

However; we did notice the following concerns:

1. Some children were not properly secured in car seats or seat belts.
2. Some drivers were talking on cell phones - this causes a distraction and can result in a crash
3. Many people were exceeding the 15 mile per hour speed limit.
4. A few drivers refused to stop for the survey, thank Fred for helping with that.



The Students handed out Lifesaver candy to the belted drivers and passengers, and Dum Dum suckers to those who were NOT safely buckled. Fatal injuries continue to be an issue on the reservations due to the lack of seat belt use. Please help us spread the word to "Buckle Up!!!!"

We would like to thank the UTTC community for their cooperation during this event. The Injury Prevention Students and Instructors would like give a big "THANK YOU," to Fred Poitra and his security staff for their participation in making the seat belt surveys a success.

# Unity in America: Our spirit will not bend

by US Senator Byron Dorgan

...ent of our tribal governments further convinces me of this. I am enclosing an opinion piece that was published in several North Dakota papers describing some of my thoughts about what happened and what we need to do now.

I also appreciate you sending me a copy of your letter to Assistant Secretary McCaleb and the resolution passed by the United Tribes of North Dakota about law enforcement issues affecting tribes across North Dakota, and I hope you will continue to keep me apprised about your efforts in this area.

Thank you again, Charlie, for your kind words and continuous leadership in all of these issues.

Sincerely,

Byron L. Dorgan,

US Senator

There are unique moments in history, too often born of tragedy, when Americans stand together with a relentless determination to combat the forces of evil, and to reaffirm that our freedom is secure. This is one of those moments.

Cowards have struck innocent men, women, and children in New York City and Washington, D.C. Their target, however, was all America. It was an act of war, committed by madmen, directed against our country. It deserves - and it will get - a fierce, strong and on-target response. We should have no illusions. A campaign to rid the world of terrorism will be long and difficult. And our actions must be bold and strong, but not reckless.

Even as we prepare to respond to terrorism, America now mourns the death of so many innocent victims.

Shakespeare wrote:

**"Grief hath changed me since you saw me last."**

The terrorist attacks last week changed all of us. We carry a heavy burden of grief, and we carry the responsibility to ensure that our response is swift, severe, and just. But we also have an opportunity today to hold high the torch of freedom and to say to the world: "We are heartbroken about our loss, but our spirit will not bend."

When I left the Capitol building late in the evening of September 11 and drove past the Pentagon, clouds of black and gray smoke billowed from the fire caused by the terrorist attack. And today, F-16 and F-15 Air Force fighter planes fly routine patrols in the skies over our country's capitol.

When I arrived home from the Capitol at about 11:00 pm that night, my 14 year old son heard the door close, got out of bed, and came up to me and said: "Dad, what happened? Who did this?"

I told my son that this was an act of evil by deranged terrorists, and the President and Congress will tell America that we will search for, find, and punish those responsible for these acts of terrorism. That is our pledge. We will not give into terrorism.

And we will do it together. We are all Americans and we will respond with an iron resolve that is anchored by unity.

That unity, and the basic goodness of the American people became apparent within hours after the attack when people were waiting in long lines at blood banks to donate blood. And so many heroes stepped forward and risked their lives to help others who were victims of the terrorists. Amidst the carnage and destruction grew a stronger bond among the American people. It is an understanding that we live in America, but more important, America lives in us.

As we now begin to wage war on terrorism, we are asking all the other countries in the world who believe in freedom to join us in our campaign to make the world safe from these senseless acts of mass murders.

Terrorist training camps in foreign lands cannot be allowed to exist. Countries that harbor these terrorists must, as the President said, pay a price for harboring them. We must dedicate ourselves as a nation to those tasks.

Last week, it was commercial airliners full of jet fuel. In the future it could be a vial of deadly biological agents that could kill a million people. Or it could be a suitcase nuclear bomb in the trunk of a rusty car parked on a dock in one of America's largest cities.

If ever we must understand our world leadership responsibility to stop the spread of weapons of mass destruction and to combat terrorism, it is now.

Over a century, on the blood-stained ground on Gettysburg, Abraham Lincoln said:

**"We here highly resolve that these dead shall not have died in vain.  
That this nation, under God, shall have a new birth of freedom."**

Today, in this time and in this place, we should consecrate those words from nearly 140 years ago and let them again inspire our nation's resolve that those who died did not die in vain.

Our response to the deadly crimes that took them from us will be dedicated to destroying the ability of terrorists to wage this kind of war, and giving those who live a new birth of freedom from the fear and the impact of terrorist acts.

**To those who lost their lives, those who loved them, their relatives, their friends, we say:  
Our country grieves with you. Our country reaches out to you. You are not alone.**

## Student tips

- **MIDTERMS** are upon us. Don't forget your materials, text and lecture notes or check your computer for information. Most of all be sure you **STUDY!!!**

- **DROPPING A CLASS** ~ If you plan to drop a class don't forget the last day is October 29, 2001. (Monday) To drop a class see your instructor for his/her signature, the dean of vocational and academic programs and file it with Joetta McLeod, the registrar. Call extension 201 or 216 if you have questions. Have a good semester!

The Editor(s)

**GOALS 2000 REPORT - 2001  
THEODORE JAMERSON SCHOOL  
BISMARCK, ND, - STANDING ROCK AGENCY**

**Enrollment: ISEP Students 135 SPED ISEP 45**  
**Tribes Served: Intertribal**

**Type of School: Grant Day K-8**  
**Accreditation: State**  
**Standards: North Dakota**

**School Reform Strategies Implemented:**

- Boys Town
- 4 Blocks
- Foss

**Participation in Special School Improvement Programs:**

Technology Literacy Challenge Grant - year 4      NSF Rural Systemic Initiative  
Talent Search      Access Lakota - year 2      Additional Part B

**Goals (Performance Indicators) Data:**

**Average Daily Attendance Rate:**      91% (*Special Needs Students - 91%*)  
62% of ISEP eligible students 90% or above attend.  
(65% SNS 90% or above attendance.)

**Yearly Enrollment Retention Rate:**      86% (*Special Needs Students - 74%*)

**Math Achievement:**      22.2% Partially Prof.      76.19% Proficient      1.59% Advanced  
(*Special Needs Students - 57.14% Partially Proficient, 42.86% Proficient, 0% Advanced*)

**Language Arts Achievement:**      19.05% Partially Prof.      77.78% Proficient      3.17% Advanced  
(*Special Needs Students - 52.38% Partially Proficient, 47.62% Proficient, 0% Advanced*)

**Parental Involvement:**      96% attendance at parent conferences (*SNS - 100%*)

**Substance Abuse:**      2 incidents - (*SNS - 0 incident*)

**Violence:**      47 incidents - (*SNS - 10 incidents*)

**Staff Development:**

Assessment: 5% staff partially - 52% staff proficient - 43% staff advanced  
Technology: 17% staff partially - 34% staff proficient - 47% staff advanced

**Indicators of Improvement Achieved:**

- ADA remained above 90% - SNS remained at 91%
- % of students proficient & advanced in math increased from 68% (99-00) to 78% (00-01)
- % of students proficient & advanced in LA/Rdg increased from 72% (99-00) to 81% (00-01)
- % of SNS proficient & advanced in math increased from 35% (99-0) to 43% (00-01)
- % of SNS proficient & advanced in LA/Rdg increased from 45% (99-00) to 48% (00-01)
- % of staff increased from 81% proficient & advanced (99-00) in Assessment to 95% (00-01)
- % of staff decreased from 19% partially (99-00) in Technology to 17% (00-01)
- Incident reports increased - Emphasis on more concise tracking in 00-01
- Even though overall attendance is at 91%, we didn't do well for percent of students here 90% or more: Because of our transient population, we had some families who had family illnesses, problems, deaths, etc - they returned to their home reservation and stayed for a long length of time which affected our attendance rate - we work with the college counselors on this situation continually and will strive to improve this in 01-02.

Event	97/98	98/99	99/00	00/01
Story Problems	12454	14541	16075	13221
Checkout Corner	65	77	62	249
Parent Breakfast	151	168	185	180
Computer Club	329	701	251	413
Parent Surveys	18 families	28 families	42 families	16 families
Homework Center	467	468	702	722
Home Visits	95	165	116	491
Sat. Breakfast Club			39 Families	65 families
TJ Bucks	No club	No club	No club	16080
Science Centers	139	90	171	232

## UTTC Culture Committee

Phil Baird, (Advisor)  
Marsha Azure, (Advisor)  
Julie Cain (Chair)  
Russell Gillette  
Suzanne Cadotte  
Student Senate (Multi Cultural Member)  
Sonja Cain Art/Marking Student  
James Jetty  
Katie Beheler

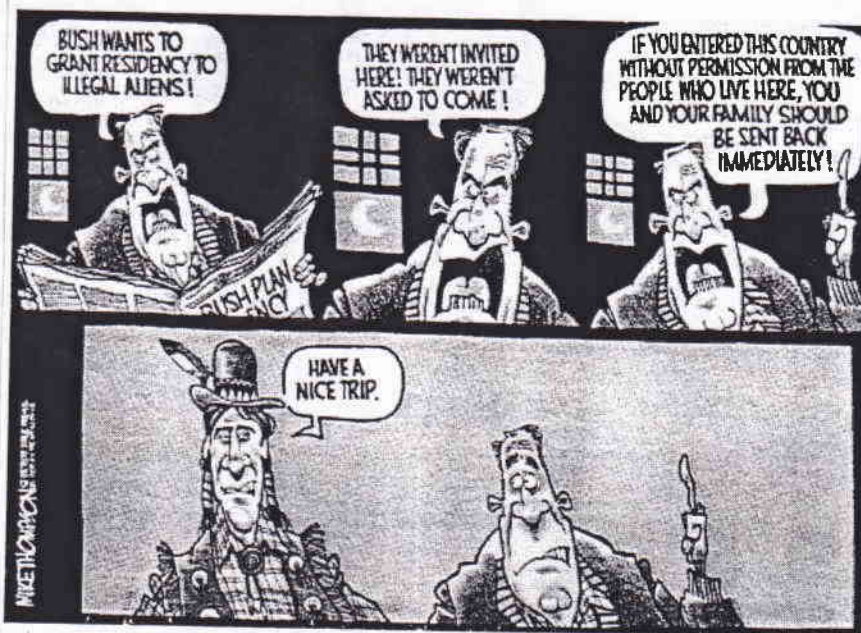
Hellen Lindgren  
Butch Thunderhawk  
Kevin Finley  
Verna Koch  
Gabe Black Moon  
Ella Big Crow  
Tammy Morre  
Sheri Baker

The Committee is planing culture activities for Native American Heritage Month (November).

1. Marvin Bald Eagle Young Man, Traditional Games
2. Kathryn Fairchild, Play (Native American Origin Stories)

We are asking all students and staff members of UTTC who are interested in promoting our rich native heritage to participate in a play directed by Kathryn Fairchild , the new English Instructor in Student Support Services. Kathryn, has her Masters Degree in Theatre.

We will be holding auditions on October 18, 2001 (Thursday) at the Small Gym at 7:00 p.m. come join the fun! We are also inviting any creative people to help with customs, props, sound and lighting to come to this audition. See you there its going to be fun!!!!



And Old Man Coyote says "Resist"



# 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.

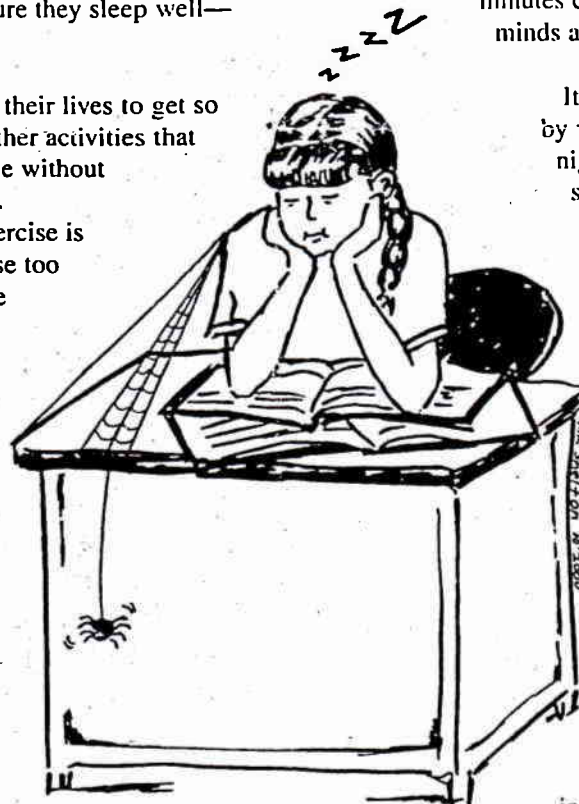
- **Be firm.** Make sure they understand that complaining about bedtime isn't going to get them anywhere. This is one time when you can use that old parental saw, "It's for your own good"—and really mean it!

- **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)