

Volume 17, No. 7 UNITED TRIBES TECHNICAL COLLEGE • BISMARCK, ND October 29, 2001



John Beheler, TTPI Project Director with Karen M. Paetz, Curriculum Development Specialist

Tribal tourism degree to be offered at UTTC

John Beheler, TTPI Project Director

A new vocation is being designed to prepare tribal nations for the flood of tourist expected to follow in the foot steps of Captain Meriwether Lewis and William Clark. In wake of the national Corp of Discovery bicentennial, scores of organizations, special interest groups, state and tribal are developing signature events and an array of other events that cater to visiting tourists.

United Tribes Technical College was award a demonstration grant

funded through the U. S. Department of Labor Employment and Training Administration to address tourism skills shortages. Secretary of Labor Alexis M. Herman suggested, "We don't have a work shortage in this country, we have a skills shortage." United Tribes responded by recognizing that many tribal nations were ill equipped to deal with the 30 million people expected to visit the area from 2004 -2006. The funding supports curriculum development, partnership building and infrastructure development.

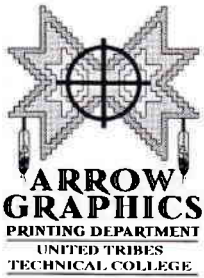
Dr. David M. Gipp, UTTC President said, " if even a small percentage of this number visit the area, the occasion presents unique challenges for tribes. Strategic plan-

ning, tribal protocol and protective measures become necessary to preserve sacred grounds yet create a healthy infrastructure to embrace tourism. Certainly, the economic impact can be enormous for tribes that embrace the challenge."

The Tribal Tourism Partnership Initiative (TTPI) creates a vehicle for American Indians to "tell their own story." The American Indian is too often stereotyped as the "inhabitants of uncivilized territory" that required a " Corp of Discovery" to investigate. Even the confusion surrounding the name, spelling, pronunciation, and tribal ancestry of the guide, Sacagawea, presents a controversial intertribal discussion. More importantly, beyond conveying "just the facts" of history, we need to convey a culture that is still alive.

Preservation of tribal culture is not new to United Tribes. Tribal tourism development presents another opportunity to build on a colorful history of cultural preservation. To name a few efforts, the college is home to the nationally recognized United Tribes International Powwow that brings visitors from other countries to witness championship dance and drum competition. Students can study contemporary and tribal arts

continued on page 3



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 the functions/daily operations of UTTC.
 2. PLEASE, EDIT YOUR COPY before sending it over for publications. this is a "Newsletter", not a newspaper. Limit your article to what is necessary and informative. Also, limit all posters to 8 1/2" x5 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 with your article, please make sure you list that person's name and where they can be reached.
 4. If submitting photos, please submit themn eith on dis or zip or email 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 be preprinted on your computer printer. These are not clear and do not reproduce well. Also, if submitting an artilce 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 article will be included in the following week's newsletter.
- Many times with all of the articles that we receive, it take 2-3 days to type all of the articles. Therefore, to make 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. SEND ARTICLES AS TEXT FILES AND PHOTOS AS EPS, TIFF, OR JPEG.

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

Congratulations

Melanie Wilson and Tom Keller

Awarded *Who's Who in Jr. Colleges*

In recognition of outstanding merit and accomplishment as a student at United Tribes Technical College

We are proud of you!!

Congratulations

Anita Green (Three Affiliated Tribes),

Mechelle Crazy Thunder (Pine Ridge)

for being awarded "Who's Who Among Students in American Jr. Colleges" for 2001-2002.

We're proud of you !!
Early Childhood Education Department

Need a change from your ordinary lunch?

UTTC CAFETERIA PRESENTS AN ALTERNATIVE...

Soup & Salad Bar with Fresh Bread

\$3.00

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. 29 - Nov. 2

- M Goulash, Vegetable
- T Bean Soup, Ham Sandwich
- W Roast Beef, Mashed Potatoes, Natural Gravy
- T German Style Sausage, Beans or Kraut
- F Fishwich and Chips

Nov. 5

- M Spaghetti w/ Meat Sauce, Garlic Toast

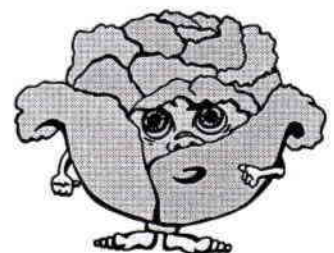
SUPPER

Oct. 29 - Nov. 2

- M Hamburger On A Bun, Oven Fries
- T Pork Chops, Rice, Vegetables
- W Swedish Meatballs Over Noodles
- T Grilled Steak, Baked Potato, Grilled Toast
- F Lasagna, Garlic Toast

Nov. 5

- M Baked Ham, Au-Gratin Potatoes, Vegetable - Corn



Continued from page 1.

through the Art/Art Marketing program and the recently completed, Spirit of the Plains Interpretive Center, showcases a collection of over 300 pieces of art.

Building on previous success allows the college to share the expertise gained along the way. Working with tribal artists who "tell a story through their art" presents a wonderful opportunity to enhance what comes naturally. Our people have been trading tanned buffalo hides, quillwork and other cultural accoutrements even before European contact.

In 1973, the college undertook an intertribal comprehensive approach to record the history, social customs and beliefs of the tribes throughout North Dakota. Tribal elders, education consultants, artists, and other contributed their expertise and wisdom to a project called the American Indian Curriculum Development Program (AICDP).

Beautifully illustrated units of study were created for use in classrooms throughout the state. Tribal tourism development provides a classroom to revive this curriculum as a palette for educating interpretive guides and tribal historians.

Tourists are looking for more than the footsteps left by Lewis and Clark, they want to experience the mysticism of the tribes along the Missouri. In fact, no other group in North America has been more romanticized, stereotyped or mimicked than the tribes of the Northern Plains. The German hobbyist is proof of the intriguing number of people that emulate Plains Indian culture. Over 10,000 hobbyist gather annually to celebrate their version of Indian culture. Some 2,000 tipi lodges serve as the

backdrop for their songs rendered among plains tribes. Needless to say, you can belong to the Dakota or Heyoka tribe one week and, if you have all of your things ready, a hobbyist group member of the Huns or a Samurai group the next week. The project underscores the need to have tribal people articulate tribal culture.

The National Lewis and Clark bicentennial Commission have been meeting for the past six years to prepare for the upcoming events. A Circle of Tribal Advisors comprised of tribal historic preservation officers and others has been designated to consult with tribes regarding tourism development. Twelve signature events have been identified for people nationwide to attend. For example, two of these events will be held in North Dakota, one at Fort Berthold and the other in Bismarck. Both the National L & C Commission and the Circle of Tribal Advisors have identified American Indian involvement in these events as their number one priority.

Tribal Colleges have recently built "log cabin" cultural centers on campuses across the nation. Partnering, a) cultural center facilities; b) classroom instruction c) performing, visual and tribal arts d) entrepreneurial development and e) existing cultural resources and events, creates a formula for embracing tribal tourism.

As stated earlier, "We don't have a worker shortage in this country but rather a skill shortage." In this case, the UTTC Tribal Tourism Partnership Initiative has identified tourism as a vehicle that addresses skill shortages through academic and cultural advancement, economic strategies and workforce

partnership.

For more information regarding the TTPI project, contact John Beheler at Extension 425.

Student Health Center news

Sharlene Gjermundson

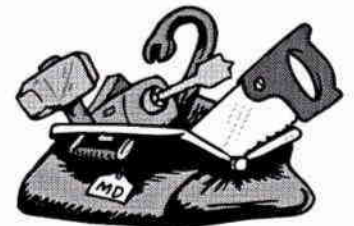
Nov. 7 - Head Lice Screening at TJES

Nov. 8 - Head Lice Screening

Nov. 14 - Custer Family Planning on campus at Student Health 1 - 4 p.m. Schedule appts. now at SHC.

YIPPEE!!!! We had a wonderful turnout for Women's Way, which was held on campus on October 25, 2001. Eighty-five (85) people viewed the booths, (14) women received complete exams and (3) women received clinical breast exams. A special thank you to the following departments who took the time to set up booths and offer door prizes: Injury Prevention, Diabetes Program, Food & Nutrition, UTTC WIC, Chemical Health, LPN students' Mental Health Booth and Self-Breast Examination/Education. Thank you to Rick Mascarenas for helping get all the tables, etc. for us. Dennis Lucier and his staff from the cafeteria for assistance with the snacks and beverages.

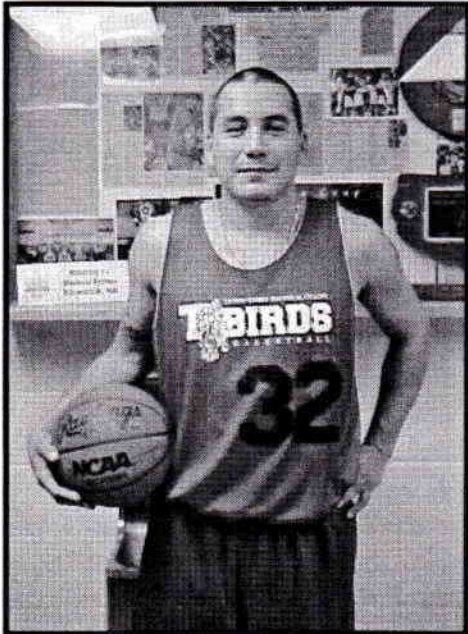
The lucky people who won the door prizes during the Women's Way activity should stop by the SHC and pick up their prizes.



Portraits of Success

by Lori G. Pemberton

This week our success story comes from Randy Holthusen. Randy is a second year student in the Early Childhood Education vocation and the team captain of the Men's Thunderbirds Basketball Team. Randy tells us his story and the success he found at United Tribes Technical College.



High School in 1996, Randy had it made. He was an All-Star Basketball player and received a full scholarship from Bemidji State University to play what he loved the most, basketball. Randy lived on the Red Lake Chippewa Indian Reservation all his life. Going to college was something new for Randy and his family, they were excited and scared at the same time.

Randy started his first year of college at Bemidji State and began slipping right off the bat. He had let his basketball fame go to his head and was not doing well in his classes. To further hinder his progress, Randy let peer pressure from friends back home on the Reservation get the best of him and soon he failed his classes and ru-

ined his full-ride scholarship at Bemidji State. He quit school after his first semester and moved back home to do nothing.

Of course, he still played basketball, on the independent leagues and in Reservation tournaments. He was a great ball player and although he was wanted on every team, he felt he was missing something. Even other ball players asked him why he was there wasting his time, he should be in college playing ball.

Randy heard about UTTC from fellow ballplayers. They encouraged him to check out the school and the basketball team. Randy contacted the school and enrolled in 1998 in the Early Childhood Education vocation. That year, the UTTC Men's Thunderbirds went to Nationals for the second year and placed higher - 6th place. Randy was part of that team and was voted team captain by his teammates and coaches. Randy felt like he was back where he belonged, playing basketball and obtaining an education along the way.

After his first year at UTTC, Randy felt like he had grown up. It was a good idea to move away from home and friends to get back on the right track. Randy found out a lot about who he is as an adult and was able to focus on his goals.

Randy moved back home after attending only one year at UTTC to take care of his two children, a boy age 6 and a girl age 3. He enrolled at Bemidji State University in the Elementary Education Program but did not sign up for basketball. He moved to Deer River, MN to live with his family and commuted an average of 100 miles per day to attend school. As background for those that have not lived in Minnesota nor experienced their winters, driving this distance daily is a major feat as the

roads seem to be icy and drifted all the time.

Upon completing his 2nd year at Bemidji State, Randy was doing good, but something was still missing from his life. Although he truly enjoys being with his family, he was not happy. Even Randy's father told him that he did not seem happy. In fact, Randy's father told him he hadn't seen him happy since he quit playing basketball.

Randy had some serious soul searching to do. He did not want to leave his family again but knew he needed to follow his dreams to become an even better person for them. With their support and help, Randy decided to come back to finish school at United Tribes and play basketball. Mr. Kevin Finley, UTTC Athletic Director, worked with Randy to get him to come back and has been a big help to Randy once again. Mr. Finley stated that Randy is an asset to the team and is a very strong leader, which is why Randy was voted as the Thunderbird's Team Captain again.

"Fight for your dreams and don't let them go," is some friendly advice from Mr. Holthusen. "If you do let them go, you will make the biggest mistake of your life." Randy has learned and grown by moving away from home to pursue his dreams and feels that others can do the same. "Avoid the little things that drag you down such as peer pressure and don't be afraid to stand out as an individual, step up!"

Randy intends to pursue his four-year degree in Elementary Education along with his basketball career. He will go as far as his sports career takes him and his next college trip will include his family by his side. Good luck in the pursuit of your dreams and your continued success, Randy!

Student Senate news

Clarice Fox

Bingo nights and scheduled meetings have a change. Bingo will be held once a month. The next bingo game will be posted far in advance. The next scheduled open Student Senate meeting will be held on November 6, 2001.

STUDENT SENATE MINUTES

Student Senate-Open Meeting Tuesday, October 2, 2001. Time: 7:00 P.M. - 8:00pm.

Mechelle Crazy Thunder, Student Senate President, called meeting to order. Sign in sheet presented. All executive officers were present. All vocational senators were present. Also in attendance was Eric Cutler of the Theodore Jamerson Elementary School and Walter Runs Above representing the Men's Dorm. All vocation senators and all executive officers did introduction. The topic discussion was, "What expectations do you as a student government expect of us and voice your concerns."

Eric Cutler of TJES had some opinions involving UTTC student and elementary together. All in favor of doing Homecoming dance along with TJES.

* Hospitality Management, Shelby Weist presented themes to introduce as part of their vocation in which they will have every other week. This week will be Italian.

* Practical Nursing, Jasana Cush announced that they will give it their best shot to make an initiative to get involved in Student Senate activities.

* Men's Dorm, Walter Runs Above made a suggestion to get more basketball, volleyball events scheduled.

* Honor dorm student asked about updating the computer to do more homework, etc. and made a suggestion to get computers in all dorms just for work and no Inter-

net.

Suzanne Cadotte, Student Senate Advisor gave everybody a quick overview of all the committee's and asked each vocational senator to pick a committee, Hearing Committee, Student Welfare and Human Relations Committee, Monthly Student Awards, Students Activities Committee, Graduation Committee, Housing Committee, Communications Committee, Calendar Homecoming Committee, and UTTC Year Book.

Vocational senators were asked to go back to their vocations and emphasize the involvement of first year students. A banner or flag for AIHEC was brought to the senate's attention. Last year we did not have one for AIHEC. Mechelle read the memo's that were presented to student senate about the homecoming events. Health Information and Hospitality Management were requesting funds for decorations of the floats.

Approvals and Disapprovals:

Request from Yvonne Stretches for Masquerade dance for Halloween was presented and all were in favor.

Request from the recreations department to purchase tickets for rodeo were voted on

Motion to disapprove made by Jerome Crazy Thunder.

Second to motion - Anita Greene. Motion passed to disapprove.

Meeting adjourned by Mechelle Crazy Thunder, Student Senate President.

UNITED TRIBES TECHNICAL COLLEGE STUDENT SENATE 2001- 2002

Presented to you this year are the following officer's:

* **PRESIDENT:**

Michelle Crazy Thunder

* **VICE PRESIDENT:**

Anita Greene

* **SECRETARY:**

Clarice Fox

* **TREASURER:**

Deborah LaVallie

* **SGT. OF ARMS/ PARLIAMENTARIAN:**

Jerome Crazy Thunder

VOCATIONAL SENATORS:

* **ART/ARTMARKETING:**

Alex Azure

* **AUTOMOTIVE TECH:**

Frank Lohnes

* **COMPUTER SUPPORT:**

Clifford White Eyes

* **CRIMINAL JUSTICE:**

Alexis Mendez

* **EARLY CHILDHOOD ED:**

Marion Serwop

* **FOOD & NUTRITION:**

Naomi Horse

* **HEALTH INFORMATION:**

Tom Keller

* **HOSPITALITY MGT:**

Shelby Weist

* **INJURY PREVENTION:**

Merry Brunelle

* **PRACTICAL NURSING:**

Jasana Cush

* **OFFICE TECHNOLOGY:**

Darla Stricker

* **SMALL BUSINESS MGT:**

Lisa Shaw

* **TRIBAL MANAGEMENT:**

Winston Sam

* **CONSTRUCTION TECH:**

Cricket Peyron

* **SITTING BULL HALL:**

Walter Runs Above

* **SAKAKAWEA HALL:**

Lisa Anderson

* **PRESIDENTS DORM-MEN**

Pete Ducheneaux

* **KATERI HALL:**

* **TOUCHSTONE LODGE:**

Clifford Metcalf

FROM THE ACADEMIC DEAN



"Coping with Change"

It has been said that "the more things change the more things stay the same." We live in a world of constant change. During the past decade, there has been unprecedented change in business, industry, education, entertainment and many other areas. One of the main reasons for a lot of these changes has been technology. For example, about a decade ago, there were less than 1,000 websites. Today, there are more than 350 million. Technology has revolutionized how we conduct and do business with one another. It appears that it is here to stay or until something comes along that is bigger, better, and faster. That may take awhile. Nonetheless, we still have to get up each morning, put on our clothes, eat, go to work, come home, eat supper, and spend some quality time with our family, friends, or find other outlets for our recreational and other pursuits. In that regard, we are still human beings who must be sustained by food, water, and air just like our ancestors have done since the dawn of history.

United Tribes Technical College is about change. You will find that over a given period of time, we have experienced change. For example, faculty come and go, the curriculum (courses) is revised and updated, we offer courses over the Interactive

Video Network (IVN) with other North Dakota tribal colleges, we will be offering more online courses in the future, and the same can be said of other departments that offer support services to our students at UTTC.

How do we cope with change? If we are philosophers, we may want to ask the question, why? If we are of a scientific persuasion we may ask the question, how? And then there are those of us who encompass the broad majority, the everyday practitioners who just accept change as part of life and make the most of it. Research tells us that a prospective employee can expect about 12 job changes in his/her lifetime due to labor/market trends in the global economy. Of course, many can expect positive changes to occur with promotional opportunities, career advancement, more education and training opportunities, and related events.

In conclusion, we are all in this together as we face the challenging future. The important thing to keep in mind is to make the most of the opportunities that are given us. UTTC students need to keep their focus on their career and personal goals. History tells us that their change will occur in the future. We need to prepare ourselves for the challenges and opportunities that await those who prepare themselves for these anticipated changes. Our future success depends upon our ability to cope with change. It becomes an individual matter. Are you? Am I? ...willing to change?

Respectfully,

John Derby
Academic Dean **6**

Fall is a time for soup

by UTTC Extension Program

Cool fall days are a great time for a bowl of warm soup. A great tasting, easy-to-fix soup is taco soup. Open all the cans and let the children dump the contents into the kettle. This easy soup is ready to eat in 15 to 30 minutes.

Taco Soup

- ◇ 1 pound ground beef (or try diced ham/sausage or diced chicken/turkey)
- ◇ 2 1/2 tablespoons taco seasoning (about 1/2 of a package)
- ◇ 1 cup water
- ◇ 2 cans (11 ounce each) corn
- ◇ 1 can (15 ounce) navy beans
- ◇ 1 can (15 ounce) kidney beans
- ◇ 1 can (15 ounce) stewed or diced tomatoes
- ◇ 1 can (10 ounce) diced tomatoes and green chilies
- ◇ 1 package dry ranch-style dressing.

1. Brown ground beef with chopped onion in a fry pan. Drain fat and rinse meat with warm water.

2. Meanwhile, combine all the remaining ingredients into a soup kettle.

3. Add your ground beef to the soup kettle and simmer until heated through, about 15 -30 minutes.

4. Enjoy, Makes about 8 large servings.

Nutrition Information: One cup has about 313 calories, 11 grams of fat, 36 grams of carbohydrate, and 7 grams of fiber. This soup is also a good source of vitamins A and C, and iron. (You can reduce the fat content of this soup by using lean and extra lean ground beef.)

Source: North Dakota WIC Program, Pick WIC Paper, Volume 17, Number 10.

Questions and answers about diabetes from the American Diabetes Association

submitted by : UTTC Extension Program

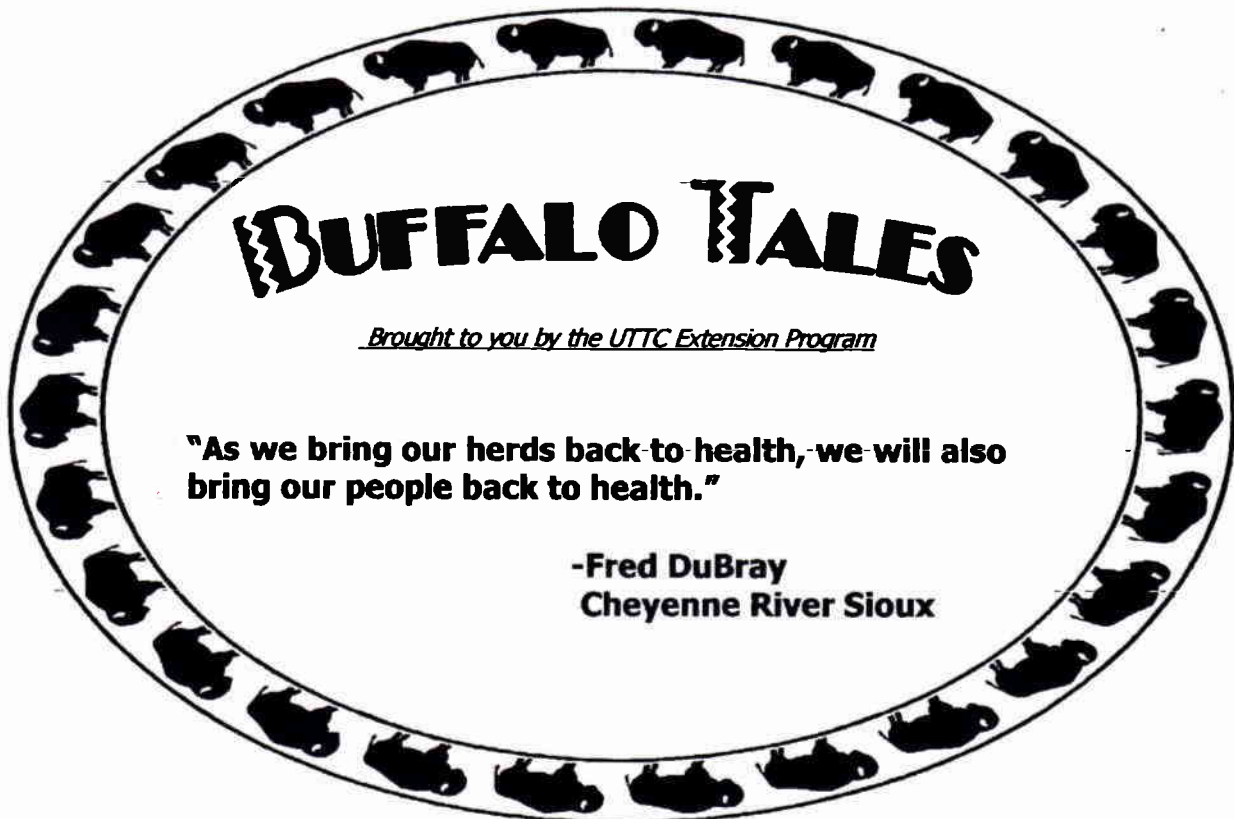
For the past 30 years I have had Type 2 diabetes and have taken diabetic pills. Recently my doctor told me I have to go on insulin. Does that mean I am now a Type 1 diabetic?

No, you still have Type 2 diabetes. About 30 % of patients who have Type 2 diabetes will eventually have to go on insulin, simply because the pills they take lose their effectiveness.

The difference between Type 1 and Type 2 diabetes is this: People who have Type 1 diabetes have no insulin production at all in their pancreas. They must take insulin or they will die. People with Type 2 diabetes continue to have a fair amount of insulin being produced by the pancreas, however their body is insensitive to it. They have to either take pills or insulin to make up for this insensitivity.

Does Type 2 diabetes ever turn into Type 1 diabetes?

Occasionally a person with Type 2 diabetes will stop producing insulin entirely. In this case, they have technically become a Type 2 diabetic. No one knows for sure how often this happens, but it is relatively infrequently.





RECREATION DEPARTMENT **SMOKE SIGNALS**

On October 17, 2001, Charles Lasley's UTTC Bulldogs recorded their first wins of the season in YMCA mens 4 on 4 basketball league winning by scores of 15-12 - 15-13 and 15-14. Congratulations boys keep up the winning ways. Players on the team are, Charles Lasley, John Taken Alive, Lyle Uses Arrow, Jordan Knife, Derrick Howard and Dusty Olson. Their current record is 6 wins and 9 losses.

The UTTC womens 3 on 3 league started last week October 18, 2001, with four teams participating. Here are the scores for the first week of play. Team #1 vs Team #3, Team #1 won, aall 3 wth scores of 15-14, 15-4 and 15-5. In the match up, Team #2 vs Team #4, the scores were team #2 winning 2 out of 3, 15-14, 15-14, and 14-15. All games were highly competitive and looks like this will be a good league. Players on the teams are as follows. Team#2, June Renville, Sonja Cain, Carrie B. Team#3, Robyn Depion, Randi and Lila, Team#4, LaDeanna Standing Bear, Benni Lee Roberts, and Bunni Rae Shoyo.

Students wanting to participate in a mens 3 on 3 basketball sign up with Tom or John at he gym as soon as possible. As soon as we get enough for six tieams we will begin. College players allowed.

The weekly pool tournament have been moved to Wednesday nights, starting time 6:30 p.m.

K thru 6th grades who want to swim, may pick up an application for a YMCA membership card at the Recreation office. Swim nights will

be on Wednesday, 7:00 - 8:00 p.m. Bus leaves at 6:30.

The annual Chili and Hot dog Pool Tournament will be held October 31, 2001, \$1.00 entry fee. Winner take all.



November is Native American Heritage Month

The Culture Committee

"Native American standing together in unity to honor all veterans" Sponsoring events through November.

* Nov. 7 - TJES will give presentation of Traditional Games by Marvin Baldeagle Youngman 9:00 a.m. to 3:30 p.m.

* Nov. 8 - From 9 to 4 pm. offering presentation to student and staff. Lone Star Arena, weather permitting, or will be at gym.

* Presentation will be offered to all classes. If your classroom would like to participate. Please register with Julie Cain at 272 for time slot.

* Nov. 14 - Honoring all for veterans. Staff and students are invited. Will be held at the cafeteria. Presentation to all veterans and Honoring feed following.

* Nov. 27 - Play - Native American Original stories. In small gym at 7:00 p.m. for students and staff.

* Nov. 28 - TJES- Play Native American Original stories. In small gym at 2:00 p.m.

* Nov. 29 - Native American Original stories. Downtown Bismarck Public

UTTC Library

by Charlene Wies

Non Fiction

- * The People named the Chippewa - Gerald Vizenor
- * Louise Erdrich: A Critical Companion - Lorena L. Stookey
- * Organized Crime - J osh Wilker
- * The Employer's Legal Handbook - Fred S. Steingold
- * Medical Records Review and Analysis - Charles C. Sharpe
- * Encyclopedia of American Indian Civil Rights (Reference) - James S. Olson.
- * Major Unsolved Crimes - Phelan Powell
- * Martin Luther King Jr.(People who made History) - Thomas Siebold
- * A Layperson's Guide to Criminal Law - Raneta Lawson Mack.

Thought for the day

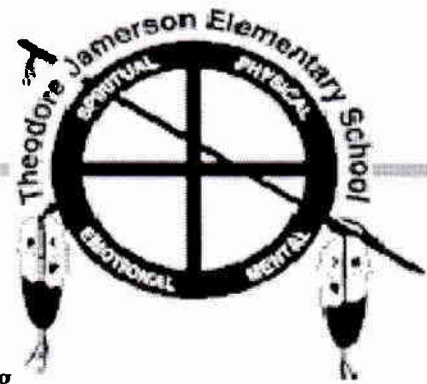
"Fear less, hope more; Whine less, breathe more; Talk less, say more; Hate less, live more; And all good things are yours."

--Swedish Proverb

An insincere and evil friend is more to be feared than a wild beast; a wild beast can wound your body, but an evil friend will wound your mind.

-Buddha

TJES NEWS



The A&J's reading Review

The book we did a review on this week is Oh the places You'll Go By: Dr. Seuss

the book is very colorful and a fun book to read he made funny picture and it's

very interesting . this book is mostly about a boy that goes to many weird places

and sees many different things. I will Rate this book ****

The Halloween Party

A group of friends are invited to a party at the new girl's house. She said that there will be surprises when they get there She just wants them to go she doesn't want anyone else to go but the school bullies over heard and they went to crash the party. When they are there the surprises start. When they get to a game of Scavenger Hunt some of the kids find more then want they are supposed to find. By Amber Beston and Johnathon Fox

Interview of the Terrorist Attack

Me and Larissa interviewed Ms. Bison on September 27, 2001, about the attack in New York & Washington D.C. on September 11, 2001. And here's what she had to say:

1. Where you scared ? "No."
2. Did you panic ? "No."
3. How did you feel about when it happened ? "Dismayed and shocked."
4. Where were you ? "I was at work."
5. How was your day? "Actually it was kind of hectic and my day was busy."
6. Did you cry ? "No." And she also said "All she wanted to do was to be over there to help all of them."

The reason she said that is 'cause of her training {EMT} to help people.

Written by Germaine Redday & Larissa LeftBear



The World Trade Center

By Jeni and Ebonnie

The World Trade Center was 3.8 million ft², 1,362ft², 1368ft, 415 and 417 meters, and 110 stories.

The WTC is more than its signature twin towers. It is complex of seven buildings on 16 acres constructed and operated by the Port of Authority of New York and New Jersey, (PANYNJ) The twin towers rise at the heart of the complex, each climbing 100ft higher than the silver mast of the Empire State Building.

The Port Authority saw a project with as total of 10 million square feet of office space. The towers were initially to rise only to 80-90 stories. Only later 1950, Port Authority had decided to build the worlds tallest buildings.

I pledge allegiance to the flag of the United States of America and to the republic for which it stands, one nation under God, indivisible, with liberty and Justice for all.



The Bombing

This is Cassie McDonald and Gordon Eagles interview with Mrs. Spilovoy. Mrs. Spilovoy is a teacher at TJES. We interviewed her on October 4th of 2001. This is our interview about September 11, 2001 Here are our questions and answers:

What was your reaction? A: Very shocked and very overwhelming. I had friends in the city and I was very scared for them.

Where were you? A: I was in the car when I first heard the news on the radio and went to work in the blue building and we also had the television on all day.

How did you feel? A: Overwhelming sadness.

Did you cry? A: Yes.

Are you still scared? A: I feel scared for the country.

What do you think is going to happen? A: Our country might not be the same and we won't have as much freedom.

When do you think this will be over? A: Probably not for a long time, or it might not be over



Interview with Mr. Cutler

by Laticia Morris and Sandra WhiteEagle

Q: When did you first hear about the attack?

A: Driving to work

Q: What was your first reaction?

A: I felt sad, felt bad

Q: Do you think this is the same as Pearl Harbor?

A: No, I don't think so.

Q: Do you think its pointless to go into the war? Why?

A: We have to defend our country.

Q: Do you think we should go get Ben Ladden?

A: Yes

Q: What do you think the war will be like?

A: Long and stretched out.

Q: In WWII we interned the Japanese Americans and released them when the war was over. Do you think we should do the same for the Palestinians?

A: Don't think so. No.

Q: How do you think this situation will resolve?

A: Were gonna win. We ain't gonna let them get by.



***** STUDENT CREATED PAPER. *****

The work on these two pages was created by students of the 6th, 7th and 8th grade at TJES.

BEST CLASSROOM ATTENDANCE HONORED

Attendances Counts. . . . The Seventh Grade (photo at right) earned the award for having the highest percentage of attendance for the month of August. Their Monthly attendance was an impressive 98.37 Percent. Narrowly defeating third grade with a 98.226.

Attendance Party

After 7th grade got the attendance award, we got to have a party with a movie and root beer floats. The people in our class picked a party. By Wesley

Things changed for the month of September as the sixth grade happily took the prize from the seventh grade.

Choosing instead of root beer floats like the seventh grade, we, the sixth grade chose a pizza party which took place Friday October 12, right before the girls basketball team had a game at Jeanette Myhre school.

The girls lost however, but the good mood was not.

Hoping to again get the Attendance Award, Mrs. Higlin, sixth grade teacher, urges students to be in school. The idea wakes children up and sends them off to school.

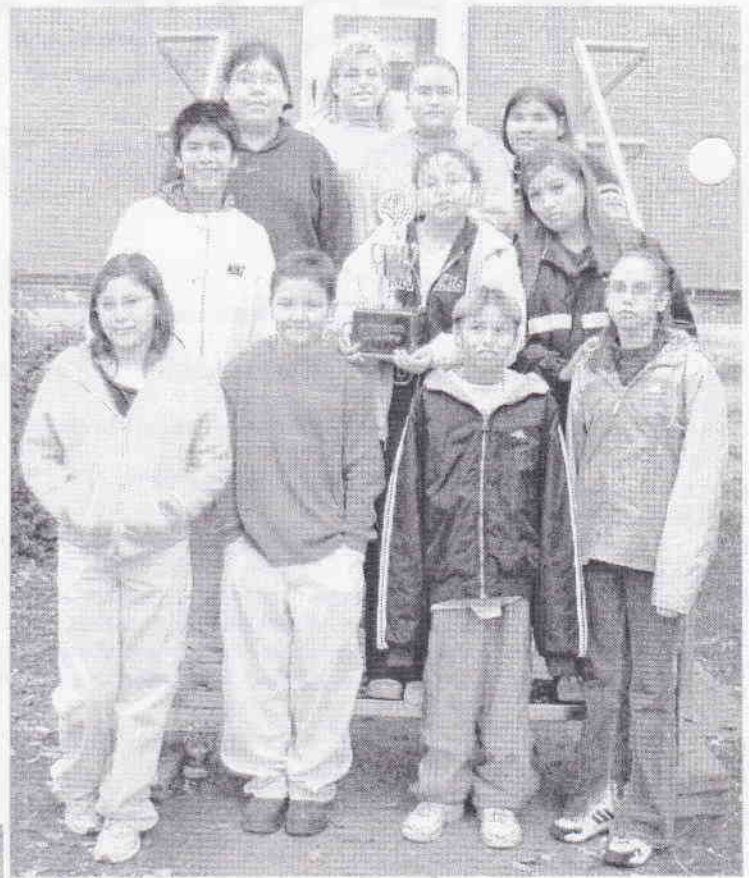
Sixth grade, picture below:

Top row, left to right:

Waylon Bearground, Mrs. Higlin, Sundae Red Bird, Dina Delgado, Bergandi Schroeder, Alyssa Mallard, Whitney Pretty On Top, Alyssa Badten.

Bottom row, left to right:

Jaime Siers, Alex Cadotte, Brandon Dubois, Elizabeth Lunderman,



Kaylee Dauphinais, Tylen Fox, A.J. Walking Bull.

Flag Day

On Monday October 22, 2001 Theodore Jamerson Elementary acquired a new American flag.

Students and staff gazed at Old Glory as the Bismarck Amvets performed a flag raising ceremony including a presentation about the history of our United States flag and the proper folding practice. Students were encouraged to show respect for our the flag by remembering to say the Pledge of Allegiance, removing their caps and placing their hand over their hearts.



TJES Family Club - Red Ribbon Carnival

by Erik Cutler

This year the TJES Family Club decided to have a carnival for Red Ribbon Week. It was a great success! Over 70 Children and parents attended. WOW! The Red Ribbon Carnival promoted safe and drug free games and prizes, along with a few tasty treats at the Lollipop Tree.

Special thanks goes out to *Tami Moore* and *Angel Espanoza* from UTTC Injury Prevention, *Christa Cutler* from the UTTC Counseling Dept. and to a few brave TJES students who helped volunteer with games and prizes. Thank You!

Please continue to check your TJES calendars and Family Club schedules for upcoming events!





Saturday Literacy Club

When: Saturday, Nov. 3, 2001

Where: TJES School

Who: TJ Families

What: -Family time

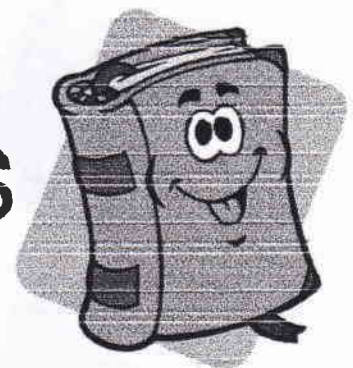
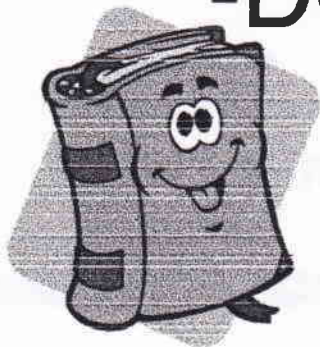
-Relax in the *cozy* TJES library

-Take family pictures

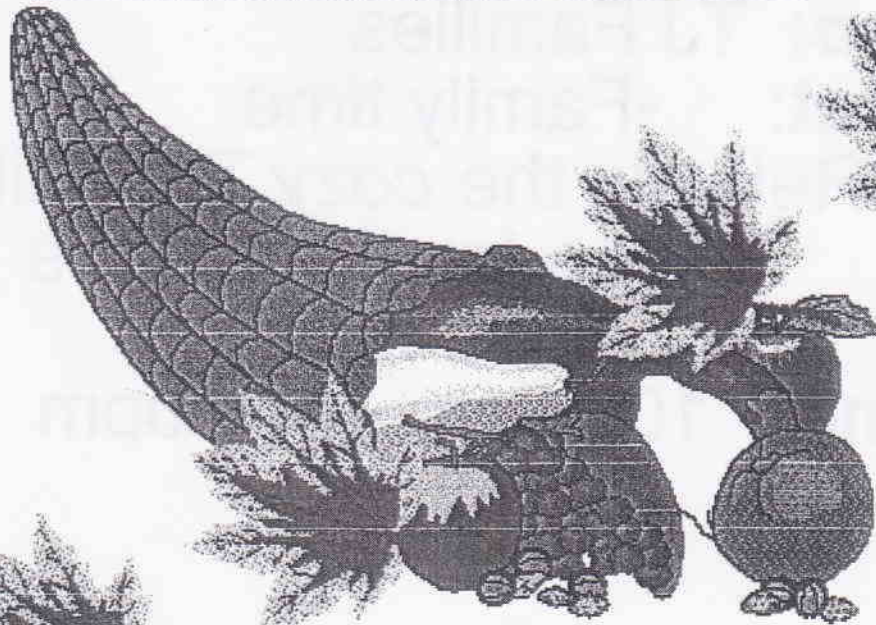
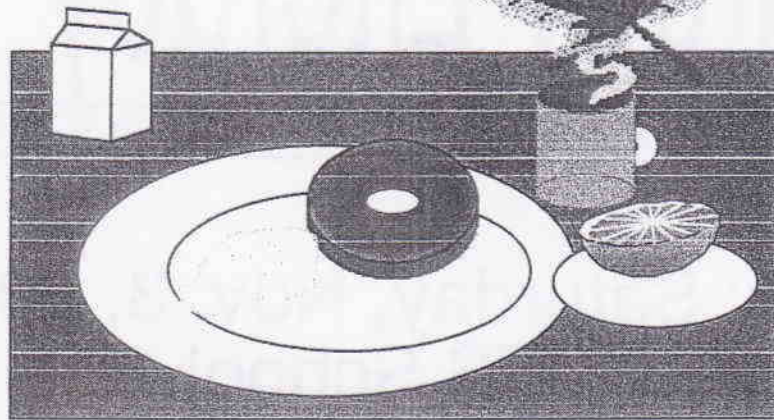
-Good food

Time: 10:30am - 12:30pm

-DOOR PRIZES



Parent Breakfast



7:45 am Wed.

November 14th

Family time !

Saturday Literacy Club

When: Saturday, Nov. 3, 2001

Where: TJES School

Who: TJ Families

What: -Family time

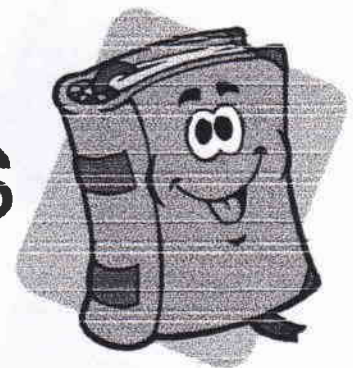
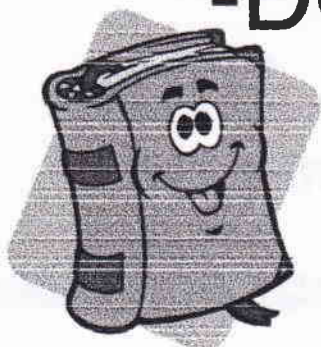
-Relax in the cozy TJES library

-Take family pictures

-Good food

Time: 10:30am - 12:30pm

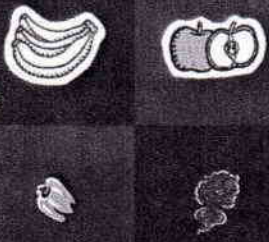
-DOOR PRIZES



September 2001

Written by:
Kim Hinnenkamp, LRD
Ext. 397
Skills Center 119D

NutriNews



Fruits and Vegetables: Strive for 5 A Day

Have you heard the saying "5 A Day"?

Do you know what it means?

5 A Day means eating 5 fruit and vegetable servings each day.

Eating five fruits and vegetables a day is one of the most important things you can do to promote good health.

Why 5? Research shows by eating five servings of fruits and vegetables a day, a person may help to prevent obesity, cancer, heart disease, high blood pressure, and even diabetes.

Most Americans are not eating the minimum recommendation of five servings of fruits and vegetables each day. Only 20-30% of Americans are reaching the 5 A Day goal.

What can you do try to reach the 5 A Day goal?

- ✦ Be a positive role model for your family. If they see you eating fruits and vegetables, they will be more likely to eat them also.
- ✦ Pack fresh or dried fruits for snacks.
- ✦ Keep fruits visible by placing on the counter or in a fruit basket.
- ✦ Add shredded carrots to spaghetti sauce.
- ✦ Add extra vegetables to your sandwiches, stir-fry, or pizza.
- ✦ Keep cleaned, ready-to-eat fruits and vegetables in the refrigerator.
- ✦ Choose fruit juice instead of pop.
- ✦ Double the amount of vegetables in your favorite recipes.
- ✦ Buy and try a new fruit or vegetable every week.



What is a serving?

Vegetables

- ✦ 1/2 cup raw or cooked vegetables
- ✦ 1 cup leafy raw vegetables
- ✦ 3/4 cup vegetable juice

Fruits

- ✦ 3/4 cup juice
- ✦ 1/2 cup berries
- ✦ 1/2 cup canned fruit

- ✦ 1 medium apple, orange, etc.
- ✦ 1/4 cup dried fruit

Remember that 5 A Day means eating a total of five fruit and vegetable servings a day. So, you could have two fruit servings and three vegetable servings or just the opposite.

Traditional Fruits and Vegetables of the Plains

Native Americans were the first to gather and grow many fruits and vegetables.

- ✦ Turnips
- ✦ Wild Greens
- ✦ Wild Onions
- ✦ Chokecherries
- ✦ Wild Plums
- ✦ Buffalo Berries
- ✦ Potatoes
- ✦ Pumpkin
- ✦ Blueberries
- ✦ Juneberries



Career Planner

Career Choice: What Do You Want?

Salary and prestige are nice, but other factors also determine your job satisfaction. Ask yourself the following questions to help you identify your preferences.

What kind of organization do you want to work for?

Would you prefer a small or large company? Profit or non-profit?

What type of physical environment do you prefer?

Are you looking to be in an office or lab? With other people or alone? Indoors or outdoors? Do you want to work from your home?

How much travel do you want to do? Are you willing to take frequent business trips, or even relocate if necessary?

What kind of work schedule do you want? Are you looking for a traditional nine-to-five workday or more flexible hours? What about overtime? Do you mind being on-call?

What kind of work pace do you prefer? Do you like fast-paced, varied work or a more leisurely work schedule that allows you to focus on a single task?

What level of social interaction do you feel most comfortable with? Do you like to work by yourself or do you prefer working on a team?

How much responsibility do you want in your job? Are you looking to manage others or work under direct supervision?

What do you prefer for a work environment? Would you rather have an established routine or would you prefer more spontaneity in your daily tasks?

Choosing Your Major

Take the right steps to select the major that fits your goals.

Enroll in a variety of courses. A range of subjects will both balance your intellectual development and improve your chances of finding something you like.

Identify the majors that may interest you. Learn about the requirements for declaring and completing these majors. Many have prerequisites that you must complete before you declare. Ask to speak to an academic advisor in your top-choice majors.

Pay attention to the courses you like. If you find that you enjoy a class in a field you weren't initially interested in, you may want to think about revising your career path. Conversely, if you dislike a subject within your major, you might want consider other options.

Be open to change. Did you choose a major, only to find out it's not what you expected? If you declared early in your college career, you'll still have time to explore other choices.

Get Involved: Activities as Career Prep

Use your time in extracurricular activities to develop skills, gain experience and enhance your resume.

Experiment with different roles within the activity. Holding a variety of positions can help you identify your strengths, weaknesses and preferences.

Expand your portfolio of work samples. Keep copies of materials from events you helped organize or articles you wrote. You will be able to show an employer concrete examples of your skills and accomplishments.

Maintain a personal record of your tasks and responsibilities. What were the things you did successfully? How did that contribute to the organization or project?

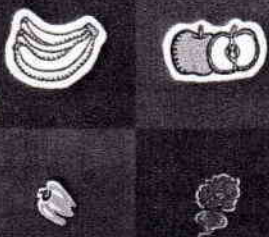
Don't sign up for everything. Most employers would rather see a person who has achieved senior or leadership positions in several organizations instead of limited involvement in many.

Find free college scholarships!
www.fastweb.com

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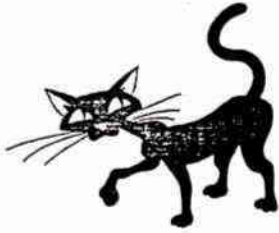
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- ♣ Pumpkin
- ♣ Blueberries
- ♣ Juneberries





Bismarck Optimist Club

P.O. Box 511 • Bismarck, ND 58502

October 19, 2001

TO: All Bismarck/Mandan Community Youth Supporters

SUBJECT: *We have a costume idea for you!*

The Optimist Club of Bismarck will be holding our second annual **"Ugly Tie Day"** fundraiser on October 31, 2001. We are asking all Bismarck/Mandan area businesses to encourage their employees (both men and women) to participate in this fun day and wear that special tie to work, the one they have not worn for a long time or maybe never pulled out of the closet. For the "privilege" of wearing this special tie we ask for a donation of \$1 to the Optimist Club of Bismarck. We will use this money to support youth activities.

You may be asking yourself, "Who is the Optimist Club of Bismarck and what do they do?" Our motto is **"Friend of Youth."** We are very proud to tell you that we are celebrating our 30th year of service to the youth of our community. Our organization is made up of men and women who support many youth activities in the Bismarck/Mandan area. This year we have already donated over \$11,000 assisting youth programs such as:

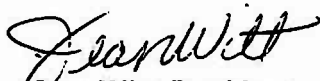
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|---------------------------------|---|
| Youth baseball | Indoor soccer |
| Bismarck Soccer League programs | Music scholarships |
| After prom parties | The Police Youth Bureau |
| Teen court | Band night parade |
| Junior golf | The Optimist Essay Contest-Scholarship |
| Oratorical scholarships | Community Bowl |
| Dakota Zoo | Many other activities in our Communities. |

We also host a large boy's basketball tournament in the spring of each year, which is one of our main fundraisers, along with our annual gift-wrap program at Kirkwood Mall.

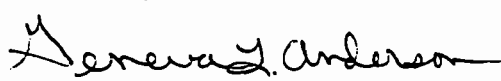
Again, we think this can be a very fun event, which will benefit the youth of our communities. We ask that you wear the enclosed stickers on our special day October 31st. Remit any funds that your business or employees will donate in the enclosed envelope to the Optimist Club of Bismarck.

We appreciate your support, and if you are interested in joining our Club, please contact Jean Witt 255-7507

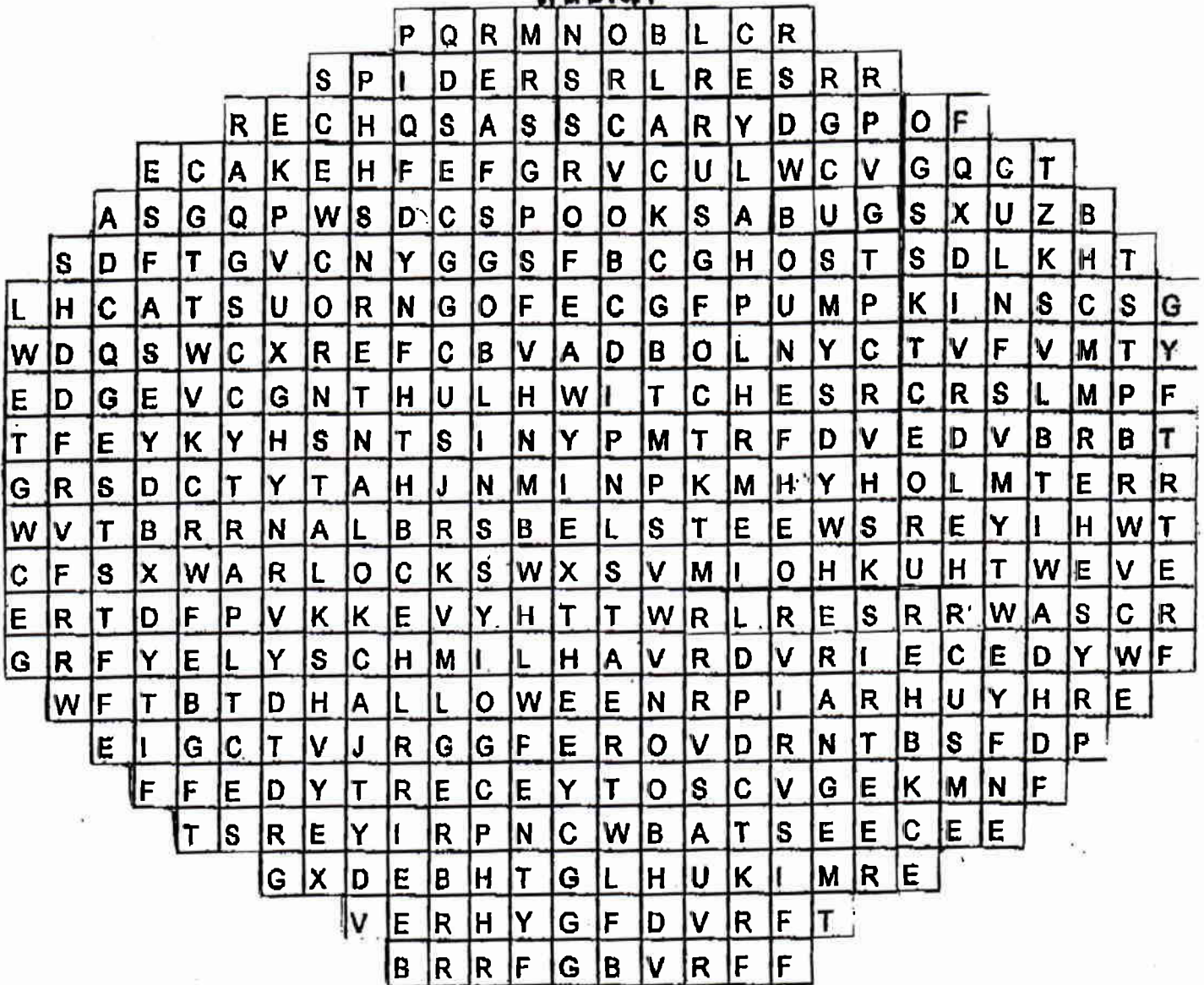
Sincerely,


Jean Witt, President
Optimist Club of Bismarck

Sincerely,


Geneva L. Anderson
Chair of Ugly Tie Day





Spiders
Bats
Warlocks
Webs
Party
Candy
Goblins
Spooks
Black
JackoLanterns
Halloween
Cornstalks

Cake
Cats
Sweets
Treats
Tricks
Pumpkins
Witches
Scary
Orange
Boo
Ghosts
Bugs