

Nov 5, 2001

Volume 17, No. 78 UNITED TRIBES TECHNICAL COLLEGE • BISMARCK, ND ~~October 29, 2001~~

UTTC has able representation at NIEA 2001

by David M. Gipp



The UTTC delegation with Miss Indian Nations X, Dillene Sunshine Hoffman attended Youth Day and other special events during the NIEA conference held at Billings, MT., October 28 -31, 2001. Pictured with Hoffman is UTTC student Merry Brunelle (Left) and (Right) staff members Rayanne Red Bird and Leah Hamman. (UTTC Photo - D.M. Gipp)

Billings, MT - The United Tribes Technical College (UTTC) was represented by members of the student body, the faculty, staff and administration at the American Indian Higher Education Consortium (AIHEC) annual membership and board meetings (October 24- 26), as well as at the 32nd annual National Indian Education Association (NIEA) conference held from October 28 -31, 2001.

UTTC Student Body President Michelle Crazy Thunder and Student Treasurer Deborah LaVallie represented the College at the AIHEC Student Congress leadership meetings, helping organize a student congress raffle which culminated at the NIEA awards din-

ner, October 31st. Suzanne Cadotte, student senate advisor, attended sessions with the students. Some 20+ colleges were represented at the congress leadership meetings.

Deans John Derby and Phillip Baird represented the College at the AIHEC members and board meetings, along with UTTC President David M. Gipp.

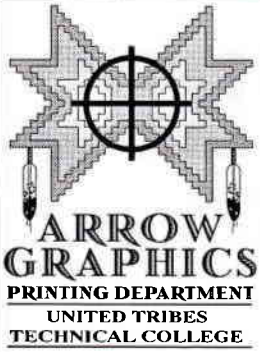
New United Tribes students Eric Flood, Hospitality Management, and Merry Brunelle, Injury Prevention, attended the NIEA conference. Along with Rayanne Red Bird, staff member of the UTTC Tourism Program, they also served as chaperones to Dillene "Sunshine" Hoffman, Miss Indian Na-

tions (MIN) X, where she gave remarks at various NIEA functions. Included were the NIEA sessions, Youth Day on October 30th, concerts, and the NIEA and All Indian Rodeo Finals powwows. J.M. Clairmont served as adviser.

The College staff conducted two major workshops on learning and curriculum issues. The first was a nationally funded Early Childhood curriculum on multicultural and bilingual education, emphasizing family and parental training and Native Language strategies. Presenters were Leah Woodke, Marie Brown, Leah Hamman, Lisa Azure, and adviser, Dr. Lento Maez, University of Texas.

The second workshop was a multicultural education learning strategies session by Cynthia Balliet, staff member under the UTTC/University of Wisconsin Partnership for Comprehensive Center VI. It delivers educational technical assistance to a six state area. Balliet's "Lesson From Heetunkaw's Harvest" was an interactive session which emphasized using Lakota legends as a tool for teaching reading proficiency skills and cultural aware-

continued on page 11.



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" 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 with 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 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 been preprinted on your computer printer. This are not clear and do not reproduce well. Also, if submitting an article needing photos, make sure they are attached.

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.

We receive a lot of articles and it takes 2-3 days to type all of the articles. **PLEASE** adhere to the deadline and policy. The newsletter is due out by Monday.

6. If you are sending your articles through e-mail, please send them to nduttcnews@hotmail.com.

SEND ARTICLES AS "TEXT FILES" AND PHOTOS AS EPS, TIFF, OR JPEG., TO ABOVE EMAIL ADDRESS.

Our newsletter is sent all over the nation, so other colleges and organizations can see how we are progressing. 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

Nov. 5 - Nov. 9

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

Nov. 12

- M** Hulipsa Hotdish

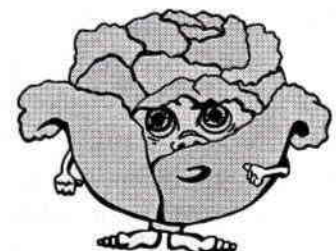
SUPPER

Nov. 5 - Nov. 9

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

Nov. 12

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



Presidents meet with new Assistant Secretary

by David M. Gipp



Presidents of the Tribal Colleges and the American Indian Higher Education Consortium (AIHEC) had their first meeting with the new Assistant Secretary for Indian Affairs, Neil McCaleb, US Department of the Interior, in Billings, MT., during the NIEA conference held October 28th. They discussed the need to increase funding of the colleges and universities and the need for long term stable funding. Pictured (Left to Right) are: UTTC President David M. Gipp; Elizabeth Demaray, President, Ft. Berthold Community College; Richard Little Bear, President, Dull Knife Memorial College; Neil McCaleb, Assistant Secretary for Indian Affairs; Dr. Gerald E. Gipp, AIHEC executive director and Oglala Lakota College President Tom Short Bull; not pictured but attending was Ron McNeil, President of Sitting Bull College.

UTTC Photo David M. Gipp

Secretary Norton addresses NIEA

by David M. Gipp



Gale Norton, was the first Secretary of the Interior to address the National Indian Education Association.

UTTC Photo, David M. Gipp

Billings, MT. - Secretary of Interior Gale Norton addressed the 20th Annual National Indian Education Association conference, on October 28, 2001, where some

3,500 American Indian Educators, parents, administrators, and tribal leaders met through October 31st.

Among her major points was the fact that she was the first secretary of Interior to address NIEA, and a commitment that the Bush Administration would exercise strong leadership for Indian Education.

She cited the poor physical conditions and the need for Indian children to effectively improve and compete in academics.

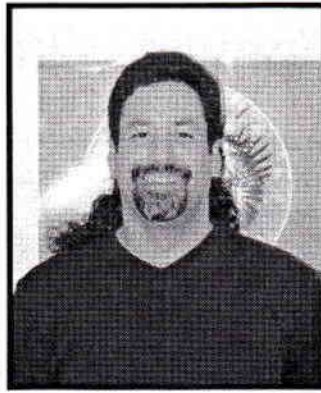
Among schools slated for new facilities was the Turtle Mountain Chippewa School on the Turtle Mountain Chippewa reservation.

Norton followed remarks by Assistant Secretary Neil McCaleb who has been visiting various Indian Tribes throughout the nation.

Heart hit at NIEA



Carole Anne Heart, the outgoing 2000 - 2001 NIEA president, smiled and kept a conference of some 3,500 participants happy at Billings, MT., where some 144 workshops were held on improving Indian Education along with four general assemblies. Eight major policy resolutions were passed by the voting assemblies.



Portraits of success

By: Lori G. Pemberton

Congratulations!

Helen Lindgren is the recipient of the first Excellence Award from the Student & Campus Services Division of UTTC. Helen has received this award for her hard work and dedication to the students and staff of United Tribes Technical College.

Helen has been with the college for almost two years now and has continuously shown her leadership expertise and has exceeded her job specifications time and time again. We are especially proud of her ability to provide her counseling services for all 300+ students on campus for the past few months as we were short-staffed in this department. We have since hired a Career Counselor and hope to have another full-time counselor on board soon. Thank you, Helen Lindgren, for bearing with us through this busy time of the year!

Besides her work on campus, Helen keeps herself busy by being involved with various organizations such as North Dakota Indian Education, North Dakota Counselors Association and the Missouri Valley Coalition for Homeless People. Helen enjoys her work at UTTC and we certainly enjoy having her smiling face around.

New employee

By: Lori G. Pemberton

Lonnie Delorme will be joining the staff of United Tribes Technical College. Mr. Delorme will take on the position of Career Counselor with the Counseling Department. This position will allow Mr. Delorme to work closely with the students in counseling and developing evening and weekend activities for our students on campus. Mr. Delorme has an extensive background in counseling and brings many years of experience in professional and personal development with him. We are excited to have Mr. Delorme as part of our team at United Tribes Technical College – welcome aboard!

Mr. Lonnie Delorme was born and raised in Great Falls, Mt. He is an enrolled member of the Turtle Mountain Band of Chippewa, Belcourt, ND. Lonnie moved to Bismarck a few years out of high school (1983) to attend college at BJC. He then moved to Tempe AZ. in 1985 for about a year and moved back to the Bismarck area and started college at University of Mary in Jan. 1988 in the field of Social Work and Behavioral Sciences, with a Psychology minor. Lonnie graduated in May 1992 and moved on to receive his Social Work License.

Lonnie's work experience in-

cludes an employee of Pride Industries with developmentally disabled adults. He also worked at Youthworks supervising the Independent Living Program and Attendant Care Program and the Turnabout Program (an after school program). During this time, Lonnie also co-facilitated many school groups. In 1993-1999, Lonnie worked for Burleigh/Morton County Social Services in the foster care unit until he moved to Billings, MT where he worked full time at Youth Services (in secure detention) and also full time at Billings Transition Center (transitioning males from Pine Hills in Miles City, back into their community). Finally, Lonnie moved back to Bismarck due to family commitments and started working at Prairie Learning Center in Raleigh ND - a residential child care facility for male youth ages 10-18

Please stop by the Counselor Department at any time to introduce yourself to Lonnie or call him at Ext. 372.

Thought for the Day

* Never be afraid to try something. Remember amateur's built the Ark. Professionals built the Titanic.

* Why do people press harder on the buttons of a remote control when they know the batteries are ?

* The second day on a diet is always easier because by the second day you're already off of it.

Swagger and Baker inspired GFO107 students

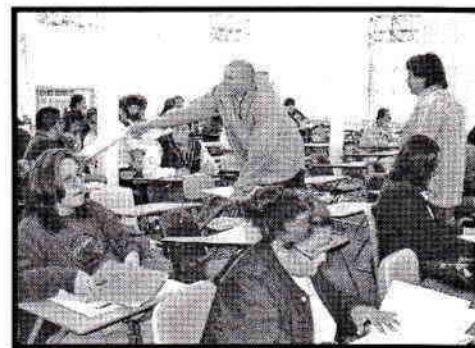
by Office Technology Staff and Class



Dr. Biron Baker, Medcenter One

Russell Swagger, UTTC graduate and Dean of Student and Campus Services, and Dr. Biron Baker, Family Practice Physician, Medcenter One, included the importance of commitment and motivation in their messages to Bev

and Sheri's section of College Success. Swagger talked of obstacles to success such as fear, self-defeat, peer pressure, homesickness, and too much TV and advised students to get involved, help others, study and pay attention, make friends, challenge yourself, and learn from your mistakes. Dr. Baker gathered personal strength from his grandfather and experiences with racism and those who underestimated his potential. After several "starts and stops" his determination and esteem increased as he experienced successes. In his remarks, Baker quoted his grandpa's philosophy of daily life: "Get Up!



College Success Class

When you're dead, you can sleep forever." Also, it is important to make each day count; once it's over, it can't be recovered so use each day wisely. Bev, Sheri, and the 68 students want to thank Russell Swagger and Dr. Baker for their time and good words.



Diabetes and Alcohol

* How Does Alcohol Affect Diabetes?

* Alcohol inhibits the liver from making glucose. For the many hours the alcohol remains in the body, no glucose will be entering the bloodstream from the liver. The diabetic person will only be getting glucose from the food they eat.

* The glucose-lowering effect of alcohol can last for as long as 8 to 12 hours.

* If alcohol is consumed without food by people who control their diabetes with insulin or

glucose-lowering agents, hypoglycemia (low blood sugar) can develop at very mild intoxication levels.

* Others may confuse signs of low blood sugar with the signs of intoxication. That means that if a person is having a low blood sugar reaction while drinking alcohol, they may not receive help for hypoglycemia.

* If the person has nerve damage from diabetes in their arms or legs, drinking can make it worse. Alcohol is toxic to nerves. Drinking can increase pain, burning, tingling, numbness, and other symptoms found with nerve damage. Some studies show that even regular light drinking (less than two drinks per week) can bring on nerve damage.

* Heavy drinking (3 or more drinks per day) may make diabetic eye disease worse. If the per-

son has high blood pressure, you can lower it if you stop drinking alcohol.

Many people with diabetes have high levels of the fat called triglyceride in their blood. If so, they should not drink alcohol. Alcohol affects how the liver clears fat from the blood. Alcohol also spurs the liver on to make more triglycerides. Even light drinking (two 4-ounce glasses of wine a week) can raise triglycerides.



UTTC Culture Committee

by Julie Cain

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

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

United Tribes Technical College Celebrates with Traditional Games

Bismarck, N.D. - Students from United Tribes Technical College (UTTC) will be participating in Native American Traditional Games November 7 - 8, 2001. The games are one of many activities planned during the month of November on the UTTC Campus. Traditional Games, which were very popular among Northern Plains Tribes, encourages teamwork, endurance, and traditional teachings.

"The games are a great way encouraging a cultural and educational connection with nature. All the equipment needed to play the games is gathered from natural materials in resourceful ways," said Marvin BaldEagle Youngman, who will be teaching the games at UTTC. BaldEagle Youngman is on the board of the International Traditional Games Society, which promotes the games across the US and Canada.

UTTC Students will be playing Double Ball, a very physical and fast paced traditional game enjoyed by both men and women of all ages. The object of the game is to get the buckskin ball over the goal posts using willow sticks. Students from the Theodore Jamerson Elementary School will be taught the Hoop and Arrow game which was favorite children's game among the Northern Plains Tribes.

Organizers say the Traditional Games give UTTC students an opportunity to participate in activities that encourage and strengthen the Native culture.

For further information, contact Julie Cain, United Tribes Technical College, (701) 255-3285, ext. 272.

Congratulations

September Housing Winner:
Barten/ Melissa LaFountaine &
Virgil/ Velma Chase

October Housing Winner:
Adelaine Cavanaugh &
Julie Dumarce

Please stop by Housing office
for your awards

\$ \$ \$ \$ ATTENTION!!! \$ \$ \$ \$

IF YOU LIKE HELPING OTHERS AND WOULD LIKE TO MAKE SOME ADDITIONAL FUNDS WHILE DOING IT THEN THIS MAY BE THE THING YOU ARE LOOKING FOR. THE TUTOR PROGRAM IS SEEKING PEER TUTORS TO WORK WITH OTHER STUDENTS

IF YOU ARE INTERESTED YOU MAY STOP IN AT THE EDUCATION BUILDING, ACADEMIC SERVICE CENTER, ROOM 119 OR CALL ROYCE IRWIN AT EXT. 203. FOR ADDITIONAL INFORMATION.

United Tribes Receives USDA Rural Development Grant

By: Student & Campus Services Staff

"Build it and they will come."

For several years now, employees and students of United Tribes have dreamed of a student union and technology center. They have envisioned a place of solace and relaxation, a place that they could call their own. That vision will become reality in the Spring of 2002, thanks to the tireless efforts of people such as **Cornelius Grant, Mary Katherine Alspach, Kip Jungberg, Sterling Breuer, Kelsey Klass, Phil Baird** and the vision of staff member **Warren Koch** and former staff member **Ed Knife**.

The Economic Development Administration (EDA), the Department of Education (DOE) and most recently, the United States Department of Agriculture (USDA) are providing funding to make the facility a reality.

The College received notification in October that it had been awarded \$135,000 from USDA to furnish the new facility. "The award comes at a very crucial time for the project", according to Russell Swagger, "it will assist us in purchasing much needed equipment that will make the facility functional and user-friendly."

The EDA, DOE and USDA have historically been very supportive of projects at the College and have enabled the college to advance its mission.

We would like to thank the Agencies for their support of Indian

Education and look forward to a continued working relationship with them.

UTTC INJURY PREVENTION INTERNSHIP UPDATE Fall 2001

Greetings, from the United Tribes Technical College, Injury Prevention Internship Program.

On September 18, 2001, the UTTC Injury Prevention students began their Internship Program with various professional organizations and minority businesses.

Currently there are seven interns participating in this program

Each intern is placed in a professional work environment that will be beneficial to the department and to the development of the Injury Prevention students.

I currently have the following interns actively in the Program and doing a GREAT job.

The UTTC Injury Prevention Interns are:

* **Jodi Beardt**, Rosebud Sioux Tribe, she is doing her internship at the North Dakota State Health Department (NDSHD), under the supervision of Carol Holzer.

* **Merry Brunelle**, Turtle Mountain (Band of Chippewa), she is currently at the North Dakota Gaming Commission (NDGC), under the supervision of Kurt Luger.

* **Mary Beth Cadotte**, Standing Rock Sioux Tribe, she is currently

at the North Dakota Division of Emergency Management (NDDEM), under the supervision of Ken Jarolimek

* **Angel Espinosa**, Rosebud Sioux Tribe, she is currently at the North Dakota Department of Transportation (ND DOT), under the supervision of Marsha Lembke.

* **LeRay Skinner**, Standing Rock Sioux Tribe, she is currently at the Northern Plains Tribal Technical Assistance Program (TTAP), under supervision of Dennis Trusty.

* **Laurie Stewart**, Crow Tribe of Montana, she is currently at the North Dakota Emergency Management Services for Children (ND EMS-C), under the supervision of Shelly Arnold.

* **Lyle Uses Arrow Jr.**, Standing Rock Sioux Tribe, he is currently at the Dakota Office Systems a Minority Business, under the supervision of Dave Drapeau.

Remember Interns:

Our next monthly internship meeting will be November 16th

With a guest speaker and luncheon.

Arrow Graphics Department

We are pleased to announce that we are finally moving into our new place, which is located at the Old Art Gallery building next door to the Art/ ArtMarketing building.

We may have some problems doing some jobs during this move. We plan to get it all done in one weeks time. You may still contact us at extension 293, or ext.437, email: nduttcnews@hotmail.com

Integrated Studies presents "Sacred Buffalo People"

By Beverly Huber, General Education.

In keeping with the fall semester **Integrated Studies'** theme, **Keepers of the Spirit**, and in the context of the major readings for the semester, Joseph Bruchac's **NATIVE AMERICAN ANIMAL STORIES**, Sacred Buffalo People was presented September 9, 2001. Students responded to the video through a 10-minute focused writing expressing their thoughts, feelings, and/or opinions. The following are responses from Bev's compositions group.

I have always believed that the buffalo were our close relatives; as a Lakota person, I was always taught buffalo blood is our blood as well. That's why they took such good care of us. (**Marlin Dickenson**)

I chose to focus on buffalo because my native name is "Buffalo Woman with Many Colors," in Crow language "Bisheebiaxaxxe." I believe the buffalo have great powerful spirits and are the center of the universe. (**Hannah Small**)

The buffalo, in my opinion, are sacred, and all that they do is sacred. People can learn from buffalo in a good spiritual way. (**Vernon Torralba**)

My feelings for the buffalo are greater than any. We today may not take advantage of the need {for them} as we once did, but we do very often sacrifice the buffalo as well as ourselves to Mother Earth. (Anonymous)

My feelings ranged from silliness to sadness. The laughter came from just listening to the older people and their accents. It made me miss back home and the way they make little jokes here and there. But the sadness came when we (Indians) were compared to the buffalo...the injustices...herded up... What teenager wants to be alcohol and drug free? What teenager wants to be behind the music and just listen to nature? (**Robyn Pepion**)

I want to learn more about the Lakota culture so I can teach my son... I have to admit that I don't respect all things as I should, and I need to work on that as I will work on learning more about my Lakota background. (**Leslie Pond**)

My grandfather and father tell me stories about the buffalo and what it is used for; that this animal is very sacred for our Crow people. (**Alexandra Medicine Horse**)

I think this movie is a really good one because it tells about spirituality both for the Mandan and Hidatsa and other tribes, but it really focuses on the buffalo spirituality, too. (**Travis Parshall**)

I'm not a whole lot of Native American. The more I learn about my culture and the ways of my native people shows me that the buffalo were very special... gave clothing, food and strength... I also believe that the spirit lives within all whether Native American or not. (**Shandy Nelson**)

It is kind of a tradition for Indians and buffalo to adopt each other; it was nice for all the people to speak about the buffalo and it showed all walks of life. (**Kimberly Grant**)

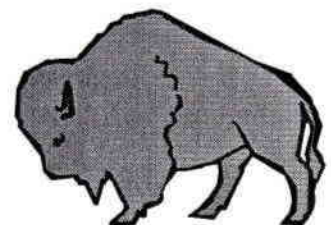
I think buffalo are very beautiful animals, and then you look at them and sometimes you think of

what they've been through, and this makes some people sad...not only for the buffalo but the need to respect every animal on earth. (**Janna Walker**)

The Lakota people and the buffalo people are related...the buffalo adopted the Lakota spirit into the buffalo spirit...the buffalo took care of the Lakota people...now the Lakota people have to take care of the buffalo because there are so few left. So it's like an exchange. (**Wendy Kuntz**)

Every different culture has its own beliefs on things...people must understand not all people have the same way of thinking about things and not all people act the same way. Everyone should accept everyone no matter what race, religion, or sex. (**Veronica Weigel**)

Other Integrated Studies' event presented psychology topics such as Abraham Maslow's Hierarchy of Needs, Freud and Jung's Theory of Psychoanalysis, Erikson's Eight Stages of Human Psychosocial Development; Pavlov, Skinner, and Watson's Behaviorism; a mini-study of the human brain including its development over millions of years, and the movie "One Flew Over the Cuckoo's Nest." Presentations regarding Native American writers and those non-natives who write about Native Americans included Black Elk, Pretty Shield, Gertrude Bonin, Louise Erdrich, N. Scott Momaday, James Welch, Sherman Alexie, and Leslie Silko as well as Frank Linderman and John Neihardt.



UTTC WIC program

Wanda Agnew

UTTC WIC is located in the Infant and Toddler Care Center. The WIC office is open 5 days a week, at the times listed below. Make your appointment for nutrition education and food voucher issuance. Call Ext. 420 and leave a message including your phone number so we can return your call, or stop at the UTTC WIC office at the times listed below to arrange your appointment.

MONDAY - 8 to 9:30am & 1 to 3:30pm

TUESDAY - 8am to Noon

WEDNESDAY - 1 to 3:30 pm

THURSDAY - 8am to 12:30 & 1 to 3:30pm

FRIDAY - 10am to 1pm & 2 to 3pm

WIC NUTRITION QUESTION OF THE WEEK

By: Wanda Agnew LRD

QUESTION: Your WIC Program only gives Carnation Good Start formula. Why can't I have the brand of formula I want?

ANSWER: WIC is a federally funded nutrition program for pregnant and breastfeeding women and children under age 5. This week's question is specific to very young children. The best nutrition for all babies is their mother's milk. But, if you have chosen to feed your baby by formula, there are only two kinds - cow's milk or soybean protein formula.

You are right, there are different brands of formula. The brands made from cow's milk are Similac, Good Start, and Enfamil. The brands made from soybeans are Prosoybee, Isomil, and Alsoy. Nutritionally, they are all the same and seem to grow good babies.

Financially, there is a difference. Each year, every WIC program enters into a contract with one brand of formula. This year, the WIC Program in

North Dakota has a contract with Carnation, which makes Good Start and Alsoy formula available to clients.

We are not promoting this brand nor are we saying the other brands are not as good. The contract simply means this year Carnation is helping to pay WIC's bills. That makes money available for more families to benefit from WIC services.

Babies have highly sensitive taste buds and may notice the difference between the brands if the brand fed to them is changed. Just like Jif and Skippy brands of peanut butter, there are slight differences in the taste, but both are good peanut butters.

Families are not generally set up as a democracy and children should not have the right to rule a family's budget. If formula provided by WIC helps your family pay the other bills and make ends meet at the end of the month - feel comfortable - your baby will adjust to the taste and grow very well on the brand his parent chooses for him. If you have a baby less than one year of age who drinks formula, call Ext. 420 to make a WIC appointment, and let us pay for it.

QUANTITY FOOD PRODUCTION CLASS

By: Wanda Agnew, LRD

There are four students in Quantity Food Production class. They have served three meals so far this semester. Each meal has been unique and special. Meals cost \$4.00 and are served in the USDA Resource Room next to the kitchen lab in the Skills Center. There is always enough for 40 guests. Advance reservations are not necessary. Guest evaluations indicate the service, atmosphere, and food have been enjoyed and appreciated. The next meal is scheduled for November 14. The menu will feature foods from the Southwest.

PISTACHIO DESSERT

(Served at a previous meal - this recipe is something to include in your family's meal only occasionally, as it has 252 calories per piece if cut into 20 pieces and 336 calories if cut into 15 pieces. Forty-nine percent of the calories come from fat sources.)

1-1/4 cup flour

1/2 cup butter or margarine

1/2 cup chopped walnuts

8-ounce package cream cheese

1 cup powdered sugar

1 large tub cool whip

4-1/2 cups milk

3 packages instant pistachio pudding mix

1. Mix flour, butter and walnuts together.

continued on page 9

continued from page 8

2. Pat the combined ingredients into 9 X 13 inch pan to make a crust.

3. Bake at 350 degrees for 20 minutes. Remove from oven and set on a cooling rack to cool.

4. In a small bowl, mix cream cheese, powdered sugar, and 1/2 cup cool whip. Reserve remaining cool whip for topping.

5. Spread cream cheese mix onto cooled crust.

6. In a medium-mixing bowl, combine milk and pudding mix. Whip with a wire whip or mixer until thickened.

7. Spread thickened pudding mix onto cream cheese mix.

8. Top with remaining cool whip. May top with additional chopped walnuts.

9. Refrigerate. Cut into 15 or 20 pieces. Serve on flat dishes. Enjoy.

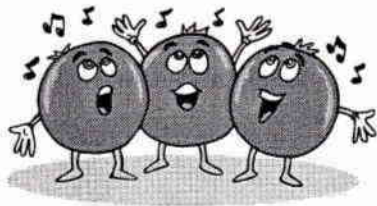
Taste the Southwest!

Mid-day Margarita
Tomato and Blue Corn Chips w/
Salsa
Chicken Enchiladas
Refried Beans
Spanish Rice
Taos Tossed Salad
Paselitos
Mexican Flavored Coffee

Proudly brought to you by the
Quantity Foods Class

Cost: \$4.00
When: November 14, 2001
Where: Skills Center Room

111



BOOKSTORE NEWS

NEW ITEMS AVAILABLE AT UTTC
BOOKSTORE

PATRIOTIC T-SHIRTS - 2 DIFFER-
ENT DESIGNS

COLOR: WHITE

SIZES: ADULT L - XL -- XXL

PRICE: \$12.00

THUNDERBIRD BASKETBALL T-
SHIRTS - 2 DESIGNS

COLOR: GREY - BLACK - WHITE

SIZES: ADULT M - L - XL - 2X - 3 X

PRICE: \$12.00

CHRISTMAS IS JUST AROUND
THE CORNER. SHOP AT
UTTC BOOKSTORE.! COME
EARLY WHILE SELECTIONS AND
SIZES ARE AT ITS BEST.

PAYROLL DEDUCTIONS ARE
AVAILABLE TO STUDENTS AND
STAFF.***** REMINDER IN-
STRUCTORS GET YOUR
SPRINGSEMESTER TEXTBOOK
ORDERS IN ASAP. IF YOU HAVE
ANY QUESTIONS, PLEASE CALL
EXT. 357.

Hospitality Management

Congratulations
to
Wesley Gun Hammer
for receiving the

Who's Who Among Stu-
dents in American Jr.
Colleges.

Red Ribbon week presentations

by Angel Espinosa, Injury Prevention
Student

The United Tribes Technical
College (UTTC) Injury Prevention
students were invited to be a part
of the Red Ribbon Week activities
this year at Theodore Jamerson El-
ementary School.

On Thursday, October 25, 2001
Theodore Jamerson Elementary in-
vited speaker's to come to the el-
ementary school and give presen-
tations on alcohol and drug abuse.

Listed below are the following
Injury Prevention Students who
participated with the presentations:

Name

Mary Cadotte/Hope White Bear
Merry Brunelle
Mike Green
Walter Runs Above
April Thompson
Angel Espinosa

Grade

7 th - 8th
5 th - 6th
3rd
2nd
1st

K

Topic

Inhalants
Special Guest Speaker
How to say no to Alcohol/Drug
How to say no to Alcohol/Drug
How to say no to Alcohol/Drug
How to say no to Alcohol/Drug

The Theodore Jamerson El-
ementary students really enjoyed
having these speakers come to their
classrooms and give these presen-
tations.

One of the best-received speak-

Continued on page 10.

Continued from page 9.

ers was Shannon Gunville, a professional women's boxer and a positive role model, who spoke to the 5th - 6th grade classes.

Barb Danks, Theodore Jamerson's Elementary counselor, also approached Ms. Gunville and asked if she would be willing to participate with our Membership Program. Shannon accepted and also stated she would be willing to come out to UTTC for other presentations.

I would like to thank those Injury Prevention Students who took the time to participate in the Red Ribbon Week activities.

Your presence was greatly appreciated and thank you all again.

Thursday Night A. A. Meetings 7:00 P.M. at Touch Stone Lodge

UTTC to Expand and Improve Community Health & Safety Measures

by Sharlene Gjermundson, Student Health Services Superior

The Health & Safety Committee is in the process of writing a Facility Evacuation & Crisis Management Plan. According to Safety Supervisor Fred Poitra, "The plan is being written in order to protect lives and assets." This is a giant leap

for UTTC as it continues to explore alternatives to improving campus life for students, staff, faculty and others.

The plan will consist of directives for staff and students to follow during an emergency such as severe weather, tornado threat, fire, bomb threat, chemical spill, building & campus evacuation, etc.

You may have noticed committee members and a representative from St. Paul Property and Liability Insurance touring the campus recently. They were assessing our facilities and our needs. The information gathered will be incorporated into the plan. Overall, UTTC scored well, however there is always room for improvement. Russell Swagger, Dean of Student & Campus Services said, "Our goal is to continually improve working and living conditions. Oftentimes this can be challenging due to limited funding, however, we will not compromise community safety and it will always be a priority.

Committee members have also scheduled a meeting with Mary Senger who is the Emergency Operations Manager for Burleigh County. The information from the meeting with Ms. Senger will provide us with an opportunity to network with emergency personnel from the city who will assist, direct and provide assistance in the event of a campus emergency.

Also, a campus Emergency Team will be formed to assist if an emergency should arise. If you are up to the challenge and would like to be a part of this team, please contact Fred Poitra, (Ext. 300) or Sharlene Gjermundson, (Ext. 409).

The research needed to develop a plan such as this is very consuming and sometimes overwhelming.

We ask for your patience and cooperation in the meantime. The Committee will keep staff and students informed as the plan unfolds.

How can you help? You can help by notifying the appropriate personnel of any potential hazards or dangers you observe so that the problem can be corrected immediately. You can help by actively participating in upcoming drills that will help us prepare for real emergencies.

continued from Page 1, UTTC at NIEA

ness to elementary school children

Vince Schanandore, career development officer, set up a UTTC information booth, where students and staff assisted in "meeting and greeting the public" and potential students.

Other volunteers at the booth included Barbara Archambault, Sheri Baker, Tom Red Bird, Sam Azure, Gabe Black Moon, Jackie Cadotte, Andrew Rendon, and Ella Big Crow.

Special Thanks for the excellent representation at North America's largest gathering of American Indian, Alaska Native and Native Hawaiian educators!

Love of my country

Everywhere on earth I
roam

All alone I wander

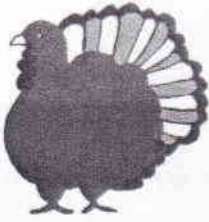
Love of my country
makes me do this.

Sitting Bull

MONTH NOVEMBER

YEAR 2001

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Girls 3 on 3 6:30 P.M.	2 Lady Thunder- bird BB Classic 4:30-8:30 P.M.	3 Lady Thunder- bird BB Classic 4:30-8:30 P.M.
4 Lady Thunder- bird BB Classic 4:30-8:30 P.M.	5 UTTC vs James town JV's Mens & Womens 5:30 & 7:30 P.M.	6 UTTC mens BB League 6:30 - 9:30 P.M. Karate Kids 4-6	7 Men's & Girls 8-Ball Pool Tournament-6:30- 10:00 P.M. Men's 3 on 3 BB League YMCA	8 No activities gym closed for floor waxing.	9 No activities gym closed for floor waxing.	10 No activities gym closed for floor waxing.
11 No activities gym closed for floor waxing.	12 UTTC BB League (Mens) 6:30-9:30 P.M.	13 Men's 3 on 3 BB League 6:30- 8:30 P.M. Kids Karate 4-6	14 Men's & Girls 8-Ball Pool Tournament-6:30- 10:00 P.M. Men's 3 on 3 BB League YMCA	15 Girls 3 on 3 6:30-8:00 P.M. TJES Potluck Supper S. Gym 6:00-8:00 P.M.	16 Open Gym 6:00 10:00 P.M.	17 Miss Indian Nations Pow-Wow 1:00-10:00 P.M. Big Gym
18 Gym closed	19 UTTC BB League (Mens) 6:30 - 9:30 P.M.	20 Men's 3 on 3 BB League 6:30- 8:30 P.M. M & W BB game at Trinity Bible Kids Karate 4-6	21	22 Thanksgiving Holiday UTTC Men's at Western Nebraska BB Tournament	23 Thanksgiving Holiday UTTC Men at Western Nebraska BB Tournament	24 Thanksgiving Holiday UTTC Men at Western Nebraska BB Tournament Gym Closed
25 Thanksgiving Holiday Gym closed	26 UTTC BB League (Mens) 6:30 - 9:30 P.M.	27 Men's 3 on 3 BB League 6:30- 8:30 P.M. Kids Karate 4-6	28 Men's & Girls 8-Ball Pool Tournament-6:30- 10:00 P.M.	29 Girls 3 on 3 6:30-8:00 P.M.	30 Open Gym UTTC Men's at Minnesota Classic	



CDC NEWS

A Newsletter for Families

November 5, 2001

FOR YOUR INFORMATION

Our CDC Newsletter from October 22nd left out a few names from the 4 and 5 year old group news. Sorry Ruthie and Miriam.

Clothing

There are a couple of agencies in town that provide winter clothing (winter coats) for little or nothing, depending on your situation. For more information, contact Aid Inc.- 223-9150- located at 404 Airport Road in Bismarck or the ARC Park Avenue Thrift Shop, 1211 Park Ave., also in Bismarck- 258-1410. The Salvation Army is located at 100 6th Ave. SE in Mandan- 667-0973. Call for the hours they are open.

Let Me Introduce Myself:

Hello! My name is Gloria Dwelle, and I am the supervisor of the Infant/Toddler Center. I have worked here for five years. I am the mother of four children, three sons and one daughter.

I have three grandchildren, two girls and one boy. We have a fantastic group of caregivers in our center who take care of your little ones every day. If you ever have any question or concerns, please feel free to contact your child's caregiver, myself or Kathy Schneider, the center's co-director. We can be reached at ext. 392. Thank you,
Gloria Dwelle



A Special Thank You goes out to all our Veterans for their service to our country! Sunday, November 11, is Veterans Day.

Please remember all of our Veterans, not only on that day, but all year long.



"Life
Is Both
Giving and Receiving."
(MOHAWK)

CDC NEWS



2-3 Year Old Group

It has been a privilege caring and teaching this group; Reanna Bald Eagle, Ivory Bunting Jr., Isaiah Iron Hawk, Jordan Smith, Taryn Dartagnan, Kaitlyn Walker, and Gabrielle Young Bird. We have been busy the month of October with our Halloween activities, music and reading stories. We would also like to welcome and Thank the practicum students, Misty Begay and Adeline Cavanaugh, who are teaching lessons to our group. We would like to encourage the parents to visit the center and meet the rest of the staff. A reminder to parents to send hats and mittens with your children. Thank you! Jackie and Carolyn

Greetings from the

3 Year Old Group!

We went trick-or-treating around the campus and had a Halloween party on Wednesday, October 31st. We have been working on the color blue and counting to five. We enjoy having all of your children; Rasgawb Archambault, Julianna Bengé, Abigail Cadotte, RayQuan Evans, Lovelee Hill, Chynna Laforge, Ooh-Shook McDarment, Keeley Morris, Wuinn Red Bird, Jakoby Stump, Brayden Uses Arrow, Xavier Wouri and Shane Roach. Parents are always welcome to come to the center and visit. Thank You, Vivian and Jada



HELLO

From:

Marie

CDC Director

(Any Questions or concerns call ext. 248.)

&

Pam

Supervisor of CDC

(Feel free to stop at the center any time.)

&

Doris

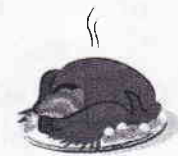
Billing Tech

(Any question concerning billing call ext. 248.)

&

Denise & Evelyn

New Kitchen Aides



4-5 Year Old Group

October has been a busy month in the preschool area. We have been working with making Halloween projects and learning Halloween finger plays. The field trip to Papa's Pumpkin Patch was enjoyed by all. They enjoyed going through the bale maze, looking at the big spiderweb in the barn, seeing all the "spooky looking creatures" in the hayloft, looking at the horses in the pen, and all picked a pumpkin to take home. Projects of the month included; making jack o' lanterns, bats and building a witch. The projects were put up to decorate the center.

We have been reading Halloween stories, funny animal stories about sheep that went out to eat, and pigs galore that invaded a home. One of the favorites has been, "The King That Rained." It has a picture of a king that is getting rained on, but the text says; Daddy said, "The king reigned for forty years."

On Halloween we went trick-or-treating around the campus, and we had a Halloween party with the children and their parents.

In November, we are starting a Thanksgiving theme, and we are including the "Lakota" language and stories as we go along. We are in the process of making a book of the First Thanksgiving.

Linda, Miriam, Alexis and Ruthie

Infant/Toddler Center



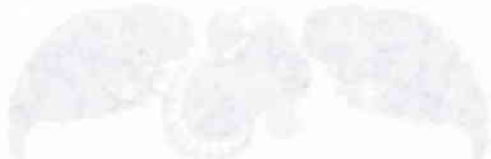
A Special **THANK YOU** goes out to all of the **UTTC staff** for "treating" our children on Halloween. All of the children from the Child Development Center, as well as the children (one and two year olds) from the Infant Toddler Center, walked the campus trick-or-treating. They received many goodies! Thank You!

Quotes from Connie,
Kitchen Aide
"Plan Ahead,
It Wasn't
Raining
When Noah
Built
The Ark!"



The Infant Toddler Center ended the month of October with a Halloween Party. The children had some pretty adorable costumes. They ranged from ladybugs, to lions and tigers, and even Blues Clues. The children and parents enjoyed the fish pond, cake walk, and face painting. Door prizes were given away, and everyone enjoyed the goodies that were brought by the staff. A **Thank You** to all **parents** for making the party a success.

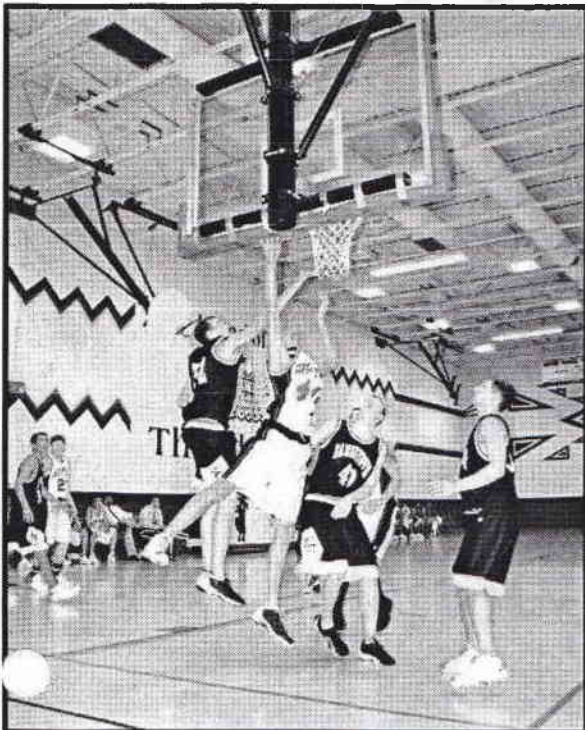




United Tribes Technical College
 OFFICE OF THE PRESIDENT
 3315 UNIVERSITY DRIVE
 BISMARCK, ND 58504



Men's T-Birds win opener 102-72



United Tribes "Thunderbirds" Team

No.	Name	Ht.	Yr.	Pos.	Agency
03	Damian Pete	5'7"	1	F	Ft. Peck, MT
04	Donovan Abbey	6'1"	1	F	Coushatta, LA
05	Pete Bass	6'1"	1	G	Winnebago, NE
12	Duane Jackson	5'11"	1	G	Ft. Totten, ND
13	John Nelson	6'2"	2	F	Pine Ridge, SD
21	Walter Runs Above	6'0"	1	G	Northern Cheyenne
22	Billy McDonald	6'2"	1	G	Ft. Peck, MT
23	Orlando Morrison	6'3"	1	F	Cheyenne River, SD
32	Randy Holthusen	6'2"	2	F	Red Lake, MN
33	Delwyn Holthusen	6'6"	1	C	Red Lake, MN
34	Jarret Lawrence	6'5"	1	F	Cheyenne River, SD
44	John Lincoln	6'7"	2	C	Sisseton, SD

Head Coach: Rusty Gillette
 Assistant Coach: Kevin Finley
 College President: David M. Gipp

UTTC Thunderbird John Lincoln, No. 44, (Sisseton-Wahpeton Dakota) scores another 2 pointer, adding to final 102-72 over the Jamestown Jimmies during their first season game, November 5, 2001. The next games are at the Mon-Dak Tourney, Devils Lake, November 8-10, 2001.

UTTC Photo - D.M. Gipp