



UNITED TRIBES



on-Campus News

Volume 17, No. 11

UNITED TRIBES TECHNICAL COLLEGE • BISMARCK, ND

December 3, 2001

Tribal leaders gather at UTTC to discuss BIA restructuring

by David M. Gipp



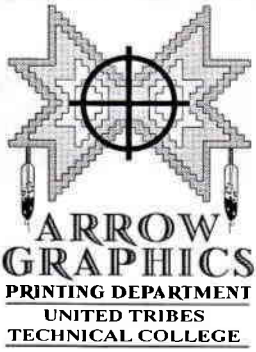
Chairmen Tom Ranfranz, Flandreau Sioux Tribe, John Steele, Oglala Lakota Tribe and Phillip "Skip" Longie, Spirit Lake Lakota Sioux Tribe were among the leaders representing 10 of the tribes who gathered on the United Tribes Technical College campus, December 1, 2001, to discuss the planned restructuring of the trust services administered by the Bureau of Indian Affairs. The U.S. Department of Interior proposes to create a new office to administer trust and related services to the Indian Tribes and Indian tribal account holders.

(UTTC Photo - D.M. Gipp)

Charles W. Murphy, chairman of the Standing Rock Sioux Tribe and United Tribes of North Dakota, invited Cora Jones, Regional Director of the Great Plains BIA Region, to answer questions on the restructuring of the Bureau of Indian Affairs, along with Great Plains Tribes Vice Chair Tom Ranfranz, and Turtle Mountain Band of Chippewa, Chairman Richard Monette.

(UTTC Photo - D.M. Gipp)





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 distributed by Monday.

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., 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

Dec. 3 - Dec. 7

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

Dec. 10

- M Spaghetti w/Meat Sauce, Garlic Toast

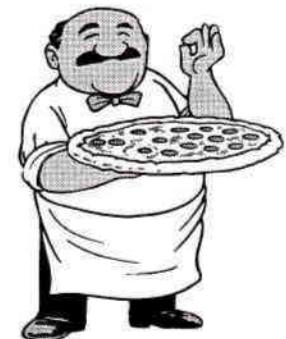
SUPPER

Dec. 3 - Dec. 7

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

Dec. 10

- M Baked Ham, Au-Gratin Potatoes



United Tribes Technical College accredited for ten more years

by David M. Gipp

Bismarck, North Dakota - The United Tribes Technical College (UTTC) received official word, November 27, 2001, that it has continued accreditation for ten more years as a two year degree and certificate granting college by the North Central Association of Colleges and Schools.

The intertribal College, which was visited for a comprehensive evaluation in April, 2001, is not required to have any special focus visits, and remains as a college in good standing, according to UTTC President David M. Gipp.

He said the next comprehensive evaluation will occur somewhere between 2010 and 2011.

President Gipp noted that the college is actively planning to expand its 14 programs to serve up to 1,000 students over the next five years. The College was created in 1968 and has been in continuous operation since July, 1969.

He said, "Commendations go to the staff and faculty, as well as the student and the strong support of the United Tribes board of directors. The support of the tribal chairs and leaders from the region has been invaluable."

Theodore Jamerson 6th Graders Complete A Powwow Dancer Data Project

By Jen Maier

Jamie Higlin and her sixth graders have been busy this fall. They have been involved in a UT-Rural Systemic Initiative project. The students along with the help of Jamie Higlin, Sixth Grade Teacher; Mark Anderson, G/T and Technology at TJES; and Jen Maier, UT-RSI Technology Specialist, have been entering information on the dancers from the 1993-2001 United Tribes International Powwows. The students entered information on each

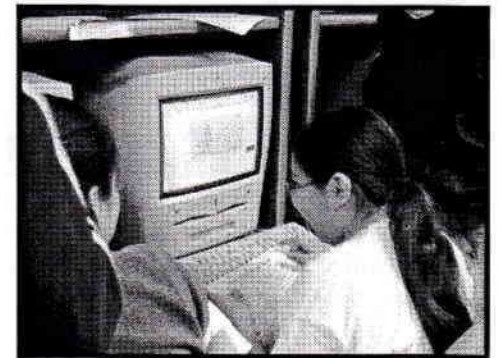


Elizabeth Lunderman and Alyssa Badten

dancer by name; dance style; age group; city, state/province, country represented; gender and year of participation. From this database of over 4700 dancers, the students generated research questions that they wanted to answer. Questions included: How many tiny tots have danced in all of the powwows? Has the number of women's jingle dancers changed between 1993 and 2001? If so, are the numbers more or less? Which year had the most dancers? What was the greatest distance traveled by a competitor? How many dancers are from

Canada?

The students are now working on answering their questions and putting their findings into presentations. When they are completed they will be sharing their information with the Powwow Committee, the Convention and Visitor's Bureau, and the Tribal Tourism Department here on campus. So look forward to seeing what a GREAT job the students have done with this extensive data inputting and



Whitney Pretty On Top

Continued on Page 8.



Back row: Master Eric, Rachel Crazy Thunder, Joshua Russell, Shandi Parker, Kaylyn Little Wind, Miss Nycol; Middle row: Breland Parker, Tehi Clairmont, Shadow Condon, Angela Belgarde, Kimberly Moore; Sitting: Marissa Crazy Thunder, Alysha Crazy Thunder.

Portraits of Success...

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

This week we have a number of successful students that we would like to recognize. They are: Rachel Crazy Thunder, Joshua Russell, Shandi Parker, Kaylyn Little Wind, Breland Parker, Tehi Clairmont, Shadow Condon, Angela Belgarde, Kimberly Moore, Marissa Crazy Thunder, Alysha



Catlyn Kirkaldie, Felicia Walker passed their white belt test and were awarded their doboks (uniforms) from their teacher, Miss Nycol.

Crazy Thunder, Catlyn Kirkaldie and Felicia Walker. Their success story began back in October when they signed up to join TaeKwonDo

classes offered on our campus by the Alliance TaeKwonDo Center.

After about a month and a half of hard work, these students were ready for their first test. The test included some basic stances, kicks, punches, the ability to count to ten in Korean, the ability to recognize Korean words used in teaching, and the ability to break a board. These 13 students passed the test and were awarded with their Doboks (uniforms) and their white belts.

Our successful TaeKwonDo kids are also students of Theodore



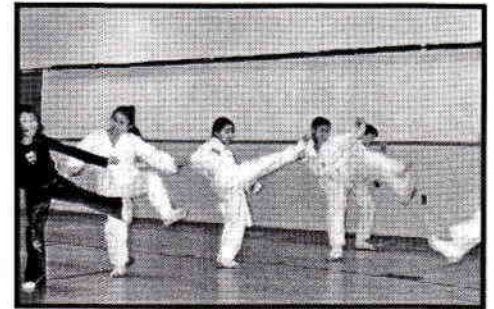
Felicia Walker makes an awesome kick testing for her white belt

Jamerson Elementary School ranging in age from 6 to 9 years. They work hard in school as well as in their TaeKwonDo lessons. They practice twice each week, Tuesdays and Thursdays, from 4:00 pm - 5:00 pm in the Small Gym. Some of the parents that are at the practices indicate their children truly enjoy the hard work and self-discipline that the TaeKwonDo lessons teach their children. TaeKwonDo is not only hitting and kicking. The students learn about respect for self and others and how that can make them a better person both physically and mentally.

Two very important people that have contributed to the children's success are Miss Nycol and Miss Linda. These are the instructors for our students and have been great in getting our students involved in TaeKwonDo and keeping them in-

involved - thanks for spending your time with our students.

If you haven't stopped in to check out their practice, please do so. You will be amazed at the discipline and hard work these students put forth - keep up the good work!!!



Tae-Kwon-Do students warm up with a few kicks!!!

Thoughts of the day

Treat each day as if it's your last - and one day you will be right.

The attention span of a computer is as long as its extension cord.

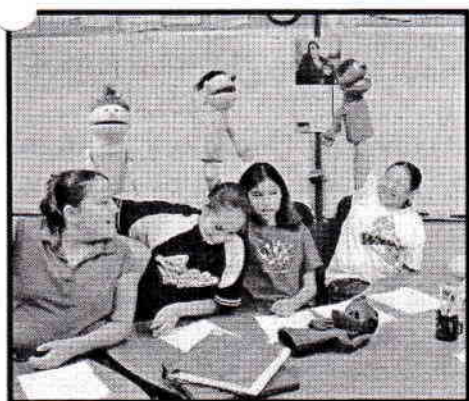
The trouble with being punctual is that people think you have nothing better to do.

Why is the time of day with the slowest traffic called rush hour?

I spend a lot of time thinking about the hereafter, I go somewhere to get something, and then wonder what I'll here after.

TJES students gear up for Christmas

by Kim Mueller

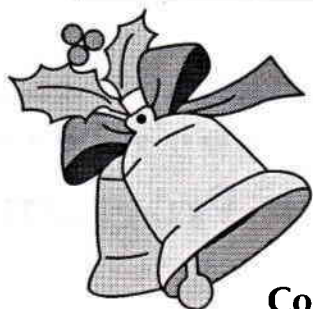


Sundae Red Bird, Alyssa Badten, Collette Gunhammer, Whitney Pretty on Top at Puppeteer Tryouts on November 17, 2001.

Christmas is just around the corner and so is the annual Theodore Jamerson Elementary School (TJES) Christmas program. Students and faculty are working hard to make sure this year's program is a special one. "The puppeteers practice 20-30 minutes a day

for two weeks and after those two weeks, these kids can out-perform anybody," said Barb Frey, director of the puppeteers. 15 fifth and sixth graders vied for only eight spots at the Nov. 27 puppeteer tryouts. Their practices are held in the Reading and Math Center from 8 a.m. to 8:30 a.m. every school day morning. Three criteria are essential to become a puppeteer; they must be able to follow directions, have good puppet movement, and be able to lip sync. "There is a lot of mechanics and listening skills involved, but it's also good for their self-esteem," said Frey. "It's hard work. The hardest part is when your arm hurts and you have to hold it up for a long time," said last year's Mrs. Claus, Cassie McDonald. Students in grades kindergarten through sixth will be singing and

performing poems on stage. A patriotic tribute and a Lakota signing by the fifth graders are also a part of the program this year. Judy Johnson, director of the music, stresses the importance of each child being on stage at least once. "These kids have been practicing their songs since Halloween, and they all look forward to having their day in the sun," said Johnson. This year's theme is entitled "Christmas Around the Clock." The story is about a man who wants to take away Christmas because he didn't receive a Christmas present from Santa. The program will be at 2 p.m., Thursday, December 13 in the small gym and everybody is welcome.



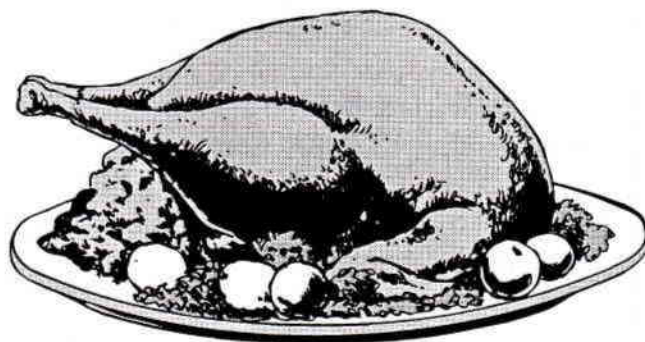
HOLIDAY OPEN HOUSE

Come celebrate the Holidays with the Quantity Foods Class.

Mark your calendars for:
December 12, 2001
11:00-2:00
UTTC Skills Center Resource Room
(Located next to the food lab)

Everyone welcome to come and enjoy food and fun.

Free will donation will be taken and donated to a local charity on behalf of UTTC.



Dietary Supplements and Your Health Workshop

UTTC Extension Program

Interest and use of dietary supplements is growing, and Americans are spending billions of dollars on them. Are they a good investment in your health? Learn more about vitamins, minerals, herbs or botanicals, and other forms of supplements at this workshop.

All students, staff, and faculty are invited to attend. It will be held on Wednesday, December 12, from 3:30 to 4:30 pm at Theodore Jamerson Elementary School. Please call Carol at ext. 304 by Tuesday, December 11, if you are planning on attending.

For more information: Call Kim Hinnenkamp, Ext. 397.

American Diabetes Association Tip of the Day

UTTC Extension Program

Question: I would like to start an exercise program? Do I need to adjust the dose of my medication if I exercise?

Answer: During exercise, glucose can enter the muscles without the help of insulin. Because of this, people who exercise vigorously may experience low blood glucose during or immediately following exercise. Exercise also can enhance your body's ability to use glucose. If you inject insulin, you can adjust your insulin dose based on your blood glucose levels before and after exercise. However, there are no such guidelines for adjusting oral medications. Since you are just starting an exercise program, it is important for you to measure your blood glucose levels before and after you exercise. If regular exercise causes a substantial and sustained drop in your daily blood glucose levels or a significant weight loss, the daily dosage of your medication may need to be decreased by your doctor.

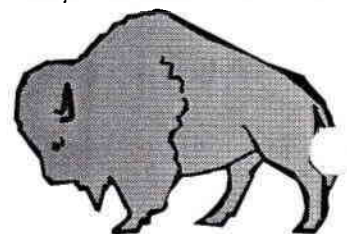
United Tribes Technical College Extension Program Presents.....

"Connecting Buffalo Again with Native American Diets" Workshop

Students, faculty, and staff are invited to attend this workshop on bison and nutrition. It will be held on December 13, 2001 from 2:30 - 4 pm in the IVN Classroom (Room 112) in the Skills Center.

Come and learn about buffalo! Topics include: Physical Characteristics, History, Traditional Uses, Nutritional Value, and Connection to the Prevention of Diabetes

FOR MORE INFORMATION: Contact Kim Hinnenkamp, Ext. 397



Injury Prevention sets standards

by Tamara Moore

It has been a custom for all graduating 2nd year students to receive an Injury Prevention Jacket. The jacket is a representation of hard work and commitment the students exhibited during their two years at UTTC. We wish to continue this tradition of honoring our fellow students.

The Injury Prevention Program has developed criterion for the attainment of these coveted jackets. Below is the point system that has been established to monitor the students' progress.

Grades

15 pts 3.5 or better

10 pts 2.5 or better

5 pts 2.0 or better

Attendance

10 pts perfect per semester

5 pts 15 or less absences

Fund Raisers

10 pts 6 hours or more per event

5 pts 3 hours or more per event

IP Presentation

5 pts Per presentation

Successful Internship

25 pts Per semester

Injury Prevention Awareness Day

10 pts Per event

Seat Belt Survey

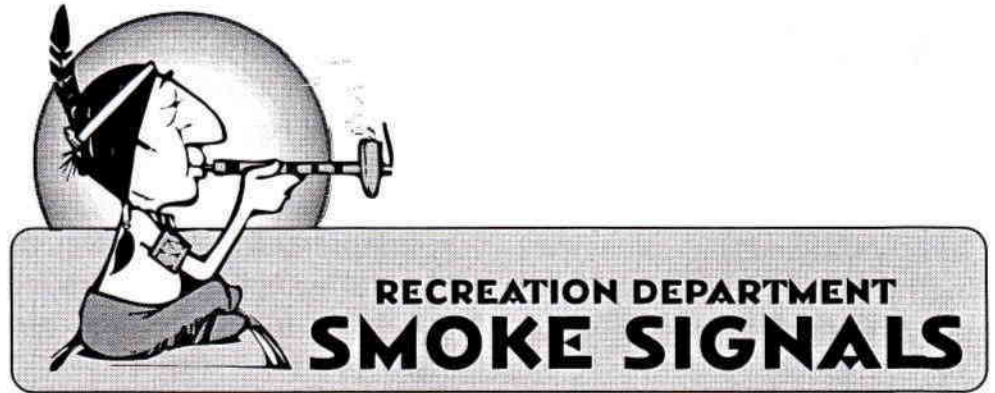
5 pts Per event

Class Officers

5 pts Per semester

Homecoming

5 pts 2 hour or more



UTTC Recreation is now signing up teams for a co-ed volley league that will begin in January of the second semester. All staff and students are urged to participate.

The Recreation Dept. will be taking students to a C.B.A. basketball game at the Civic Center on December 7, 2001. Only students that have signed up for tickets will be eligible. Tickets can be picked up at the Recreation Office beginning Wednesday, December 5, 2001. Recreation will take a van or bus depending on how many

students need a ride to the game.

The men's Fall basketball League will wrap up on Dec 10, 11 and 12, 2001 with a tournament. Awards will be issued. All players should show up for their game 1/2 hour before game time. No players can be added at this time.

Students wishing to go bowling in January, please stop by the Recreation Office and sign up.

Staff and students - don't forget the T-Bird Classic on December 8 and 9, 2001. There will be a crafts during this time in the small gym.

Extended Breakfast Hours for College Students

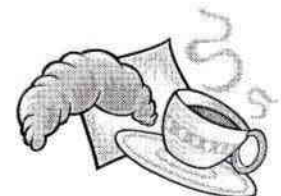
by Lori Pemberton, Asst. Dean of Student and Campus Services

Beginning, Monday, November 26, 2001, the Cafeteria will be extending its hours for college students to get breakfast. The new hours will be:

Monday - Friday

7:00 am - 8:30 am

We hope that these hours work will work better for you. Remember, eating breakfast each morning gets you off to a great start!



Friendship

Submitted by Tamara Moore

If we could shrink the earth's population to a village of precisely 100 people, and with all the existing human ratios remaining the same, it would look something like the following:

There would be:

57 Asians

21 Europeans

14 from the Western Hemisphere, both north and south

8 Africans

52 would be female

48 would be male

70 would be nonwhite

30 would be white

70 would be non-Christian

30 would be Christian

89 would be heterosexual

11 would be homosexual

6 people would possess 59% of the entire world's wealth and all 6 would be from the United States. 80 would live in substandard housing 70 would be unable to read;

50 would suffer from malnutrition; 1 would be near death; 1 would be near birth, 1 (yes, only 1) would have a college education; and 1 would own a computer. When one considers our world from such a compressed perspective, the need for acceptance, understanding and education becomes glaringly apparent.

The following is also something to ponder...

If you woke up this morning with more health than illness...you are more blessed than the million who will not survive this week.

If you have never experienced the danger of battle, the loneliness of imprisonment, the agony of torture, or the pangs of starvation ... you are ahead of 500 million people in the world.

If you can attend a church meeting without fear of harassment, arrest, torture, or death...you are more blessed than three billion people in the world.

If you have food in the refrigerator, clothes on your back, a roof

overhead and a place to sleep...you are richer than 75% of this world.

If you have money in the bank, in your wallet, and spare change in a dish someplace ... you are among the top 8% of the world's wealthy.

If your parents are still alive and still married ... you are very rare, even in the United States and Canada.

If you can read this message, you just received a double blessing in that someone was thinking of you, and furthermore, you are more blessed than over two billion people in the world that cannot read at all.

Someone once said: What goes around comes around.

- Work like you don't need the money.

- Love like you've never been hurt.

- Dance like nobody's watching.

- Sing like nobody's listening.

- Live like it's Heaven on Earth.

- It's National Friendship Week.

Continued from page 3.

TJES, completes Dancer Data Project.



Sundae Redbird

We would especially like to thank Shirley Iron Roads for letting us use the dancer information that she had saved; also Phil Baird and Sam Azure for their encouragement in getting this project off the ground!

Roasted Chestnuts

Then Jack Frost can nip at your nose

Serves about 4

24 Chestnuts, Large

Preheat the oven to 400°. Carefully cut an "X" through the flat side of the shell of the chestnut. Place the "X" side up on a cookie sheet. Roast for 18 -25 minutes. Allow to cool slightly. Remove the shells and eat them while they are still warm.



**CHRISTMAS CAROLING NIGHT
FOR
UTTC STUDENTS/STAFF AND FAMILIES**

**DECEMBER 6, 2001
(Thursday)
7:00 P.M. To 9:00 P.M.**

**At
THE UTTC CAFETERIA
CHRISTMAS CAROLING
REFRESHMENTS
DOOR PRIZES**

COME JOIN THE FUN!!!!

**PRESENTED BY
CHEMICAL HEALTH CENTER STAFF**



ARTS & CRAFTS FAIR

At

UTTC SMALL GYM

On

DECEMBER 8-9, 2001

From

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

All students and staff are welcome to set up a table. Please register your table with Julie Cain at (ext. 272)

(There will be no charge for a table)

You will be responsible to man your own table at all times.

Sponsored by the UTTC Culture Committee

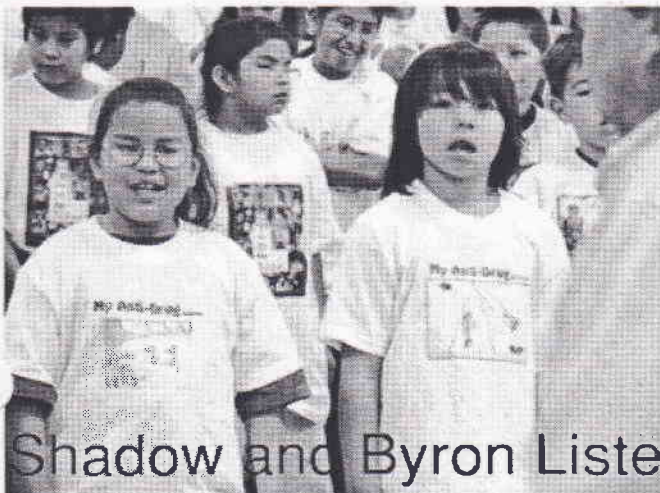


Attendance Award

Sixth grade class won the attendance award for the third consecutive month. Their attendance for November was 97.13%.



2nd and 3rd graders Listen intently to the anti-drug talk given by local college student Water Runsabove. Cassy and Chantell below also enjoyed his presentation.

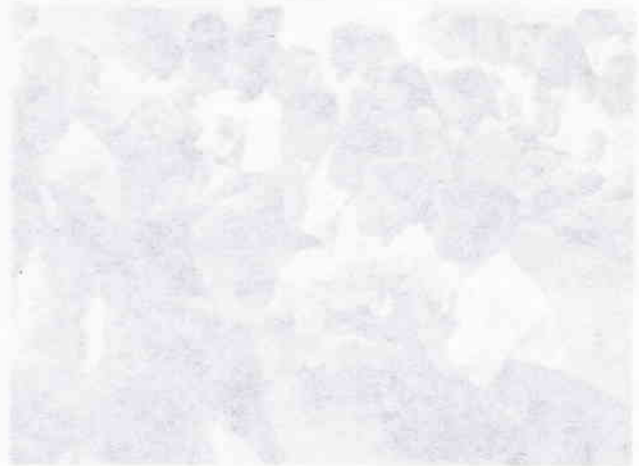


Shadow and Byron Listen



Attendance Award

United Tribes Technical College
OFFICE OF ADMINISTRATION
3315 University Drive
Bismarck, North Dakota 58504



Shadow and Byron Pisten