

Tex G. Hall elected to National Congress of American Indians

By Brenda Dvorak, UTTC Tribal Management Program

Newly-elected President of NCAI, Tex Hall, was in Bismarck on Wednesday, December 5, 2001. Four Tribal Management Students were at the Bismarck Radisson for an exclusive interview. It was an honor to be able to speak with Mr. Hall as he has a very demanding schedule.

Tex was elected to the National Congress of American Indians in Spokane, Washington on Thursday, November 29, 2001. Mr. Hall is also the current chairman of the Three Affiliated Tribes at Fort Berthold. He is also the chairman of the Great Plains Region Tribal Chairmen's Association, and a member of the Board of Directors here at United Tribes Technical College.

THE INTERVIEW:

What changes will be made now that you are NCAI President?

Unity. Unity is one of my campaign pledges and messages, and if 67% people voted for that as tribes I think that small tribes

and large tribes issues needs to be put to rest. In my talk today, as keynote speaker for the North Dakota Water Convention, I stated that if we don't work together today, big states with big populations like Missouri and Mississippi will get most of the water appropriations. We will get left without and there will still be Native Americans and North Dakotans without quality drinking water. So it is a win-lose when you say I'm only going to represent large tribes. Previous executive boards or presidents represented only the small sides. If you only represent the small tribes, the losers are the large tribes. We want to send and accept the message of unity (all tribes working together), and there are a number of ways to do that.

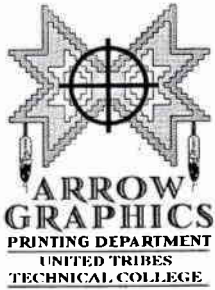
What is your focus on education now that you are President of NCAI and also a member of the Board of Directors at United Tribes?

That is a very good question. I

know that this administration supports and prioritizes education. As a lifelong educator, we passed a couple of resolutions at NCAI that are very critical. That is to lift the moratorium on schools that want to come into the BIA-funded school system. We have passed a resolution at NCAI that becomes the policy in Indian Country. That is how powerful NCAI is. We want the moratorium lifted, this is a priority of the administration. Let's not just talk about it, let's get it done. That is one example and also the language preservation. We would like to incorporate technology into education. One of my tasks, getting back to your first question, obviously is how do we get the information out. There is a lot of "dotcom" Indians for example, Indianz.com and Pechanga.net. Why not contract with companies like that? Get the word out immediately throughout the United States.

What do you suggest about all the tribes being involved in NCAI?

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 **post-ers** 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. 17-21

- M Hulipsa Hotdish, Dinner Bun
- T Taco Salad Bowl w/Fixins
- W Swedish Meatballs over Noodles
- T French Dip w/Au-Jus, Potato Salad
- F Breaded Chicken Filet, Knoephle Soup

Dec. 24

- M Pork Cutlet w/Mashed Potatoes & Cream Gravy

SUPPER

Dec. 17-21

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

Dec. 24

- M Meat Loaf, Oven Browned Potatoes

Tex Hall, NCAI President . . .
(Continued from Page 1)

I clearly think that in this particular time of the attacks on the BIA, the Department of Interior proposed dismantling of the BIA, that is clearly an attack on tribal sovereignty. Not only the administration but negative supreme court case decisions that recently came out affect sovereignty. Tribes that are out there, that are not interested in becoming an NCAI member, and that just want to work by themselves clearly are at a disadvantage. By being a member of the national organization, clearly your voice is heard. There are committees throughout NCAI and tribal leadership that can sit down and be an active voice and help resolutions to develop a national Indian agenda, you can't do that from outside. I encourage all the tribes large, medium and small, to be members of NCAI. My goal is to encourage membership.

What kind of educational background should you have to work at the National Native American Bank?

Probably some finance and accounting. Right now if you look at Indian Country Today, there are a number of positions, 7 or 8 real key positions. Obviously, an investment background because we want to put an investment arm into the Native American National Bank, also accounting, bookkeeping, technology and banking background. Especially technology. We are centrally-located in the middle of the country, actually in Denver, Colorado.

Browning, Montana is our first branch bank. I'd like to set a branch bank somewhere here in the Dakotas. That would be my next goal. But at the end of the day, I'd like to incorporate technology so we can do banking on-line into Denver and so from where we as individuals can pull up our accounts on-line with a private password and with restrictive access. We can pull up on the net all our banking needs and the bank services loans, C.D.'s, investments, whatever. I think that the more we incorporate technology, the more people will become involved in the Native American Bank.

On a more personal note, I'm an enrolled member of the MHA Nation from Mandaree N.D. You were our high school principal and coach. Did you always aspire to be a chairman? If not, how did everything come about?

Not really, although I grew up around it. I was really small, I remember being at Water Chief Hall from the bottom lands, Independence District, before the flood. So all of our parents and your grandparents really founded Mandaree in 1953 when the Garrison Dam flooded out Elbowoods. The smaller communities like Independence and Water Chief Hall, they moved it from up to where the Young Bird's live, east of Mandaree. When I was young growing up, we rode horseback, went to powwows. My grandfather and father were on the Council from 1958 to 1964. My grandpa was a chairman 40 years to the date I became chairman, and I remember all the families butchering meat, passing

out meat at the council meetings, talking Hidasta and never speaking English. I was small, about 5 or 7. The thing that they really stressed on me was to take care of the tribe, do everything for the people when you work for the tribe and take care of the people. From there the tribe continues on, from this generation, for the next seven generations. So that was my task and challenge as a young individual. They also stressed education so I thought "well I'm just going to become an educator, become a coach, become a teacher." I think that one of the most important roles to, bringing up a young child is instilling the values, culture, and traditions of your family and tribe. On the flip side of that, what happens? Delinquency and vandalism, we have children and young people that are lost, people in prison, adults are lost. Education became very important to me, very important to my family, Brenda and I got our Master's. I would highly encourage the teaching profession, and I know sometimes the salary is not worth a darn, we don't pay enough in education. Back to her original question, What are my priorities? To increase salaries for teachers, clearly it is the most noble profession next to medical science.

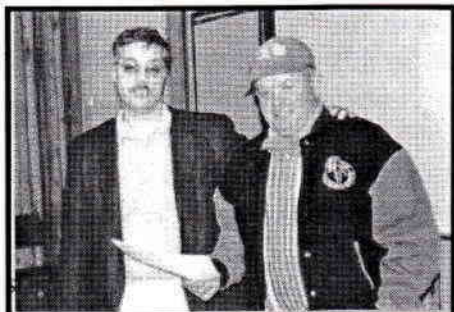
Respectfully submitted by,

Frank Bosch
Elizabeth Bullhead
Evie McDonald
Lisa Young Bear

Portraits of success . . .

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

Congratulations!



Mr. "Bud" Anderson has received the Excellence in Leadership award for November. This award was made for Mr. Anderson's outstanding service to UTTC. "Bud" has been a dedicated employee of UTTC for over 26 years. He is just as enthusiastic about his job today as he was in the beginning and attributes this enthusiasm to the people and students he works with daily.

Mr. Anderson is our Maintenance Supervisor. He oversees a staff of 17 to 20 employees at any given time in Bud's department

can be thanked for all the hard work they do in keeping our buildings, houses, and grounds clean and safe for all of us to enjoy.

Away from his work at UTTC, Mr. Anderson can be seen at most rodeos doing his part, whether it is judging or setting up the arena. He has a true passion for rodeos and puts his heart into his work in or out of the arena. We have felt that same passion for his work on our campus and are truly blessed with having Mr. Anderson as part of our team!

Student & Campus Services employee of the month

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

Congratulations!



Karen Siegfried was selected as our November Employee of the

Month for the Student & Campus Services division. Karen is one of our "newest" staff members and is employed as a Counselor in the Counseling Division. No stranger to UTTC, Karen was employed as the Student Support Services counselor since August 1999 until she accepted her new position.

Karen was born in Minot, ND numerous years ago and attended schools in Surrey, Bismarck, and Elgin, ND. She graduated from Elgin High School in 1986 and was involved in many activities while in school such as basketball, track, softball, yearbook

club, pep club, drama, FHA, and chorus.

After graduating, Karen attended the University of Mary where she received a Bachelors Degree in Social Work and Social/Behavioral Science, and a minor in Psychology. Karen is presently completing requirements to obtain her Master's Degree in Management and will graduate this Spring.

Keeping busy and active is Karen's philosophy on life and she does a great job at it! Karen makes her home in Mandan and fills it with her two pets, Yukon the Doberman and Smudge the Cat. Also, Karen is a licensed foster parent under the Casey Family Program and she has children in her home on an as-needed basis.

Once again, Congratulations Karen Siegfried, and welcome aboard to the Student & Campus Services division!

Buffalo Tales Brought to you by the UTTC Extension Program

Did you know?

A buffalo can run up to 35 miles per hour and can keep that speed for over an hour.

TAT chair Tex Hall elected NCAI President

by Phil Baird

Three Affiliated Tribes Chairman Tex Hall, 45, was elected president of the National Congress of American Indians during the annual NCAI convention held in late November at Spokane, Washington. He also serves as secretary of the UTTC board of directors.

Hall said his top priority will be challenging the U.S. Interior Department's proposal to establish a new federal agency with a new assistant secretary position for Indian trust assets management. This responsibility would be transferred from the Bureau of Indian Affairs (BIA).

There is no support in Indian Country for this proposed reorganization, said Hall. The long-term solution on trust assets management needs to be tribally-driven.

While Hall was tending to post-convention business in Spokane, the Tribal leadership of the north-

ern Great Plains gathered December 1st on the UTTC campus to continued assessing the implications of the Interior Department's plans, which have been developed without Tribal consultations and consent.

"The Interior proposal will impact federal responsibilities beyond physical trust assets," said Oglala Sioux Tribal chairman John Steele. "There are other trust obligations such as Indian education and health care derived from federal Indian treaties. We need to understand how the treaties will be impacted."

The Tribal chairpersons of the Great Plains organization took action to concur with an NCAI resolution opposing the Interior Department's initiative and the appointment of Ross Swimmer as the new assistant secretary. The Tribes will also seek Congressional intervention before the end of the year.

HBCUs look for tribal college partnerships

by Phil Baird

A first-time 1890/1994 land grant conference was held November 28-29th to bring together Tribal colleges and historically-black colleges and universities (HBCUs) interested in forming partnerships as land grant institutions.

Sponsored by the U.S. Department of Agriculture (USDA) and the American Indian Higher Education Consortium (AIHEC), the national conference was organized with the purpose of creating a better understanding about the current teaching, extension, and research roles of land grant schools.

In 1994, Tribal colleges and universities were designated by the U.S. Congress as Tribal land grant institutions which created better access to USDA resources for community and family development. Most HBCUs received land grant status in 1890. The conference was the first-time representatives came together to explore the development of intercollegiate collaborations.

An important agenda activity were group sessions to discuss project designs and potential partnerships in the areas of water quality, geographic informational systems (GIS), global positioning satellite (GPS) systems, native plant propagation, nutrition and diabetes, youth development, and strategic framework. These were identified as common program areas.

The event was attended by nearly 100 higher education representatives, including Marsha Azure, UTTC Extension Director, and Phil Baird, UTTC dean of Institutional Development & Intertribal Service programs.

BOOKSTORE NEWS

NEW ITEMS AVAILABLE AT UTTC BOOKSTORE

SPORT BAGS

COLOR:

RED- NAVY-ROYAL-BLACK

PRICE: \$11.75

INSULATED PANTS

COLOR:

NAVY-ROYAL-GREY-BLACK

SIZES:

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

PRICE: \$26.00

FULL-ZIP FLEECE JACKET

COLOR: RED-NAVY-ROYAL

SIZES: ADULT M - L - XL - 2X

PRICE: \$40.00

BOOKSTORE EVENTS

BOOK BUY BACK

DEC 13 & 14 - DEC 17 - 19

9:00 - 3:00

DOOR PRIZES : 2 GIVEN OUT EACH DAY OF BUY BACK

SPORTSWEAR SALE

DECEMBER 10 - 21, 2001

20 % OFF SPORTSWEAR

EXCLUDES ALL JACKETS

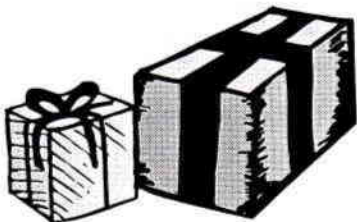
EXCLUDES PREVIOUS SALES

NO RAIN CHECKS

COME IN EARLY WHILE QUANTITIES AND

SIZES ARE AT ITS BEST

MERRY CHRISTMAS!!!



UTTC WIC:

WIC

WIC is a nutrition program for woman, infants and children. The UTTC WIC Office is open 5 days a week at various times throughout the day. Call Ext. 420 to arrange your appointment.

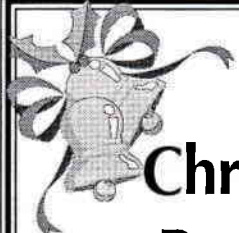
WEEKLY WIC QUESTION

Why would WIC staff be concerned whether pregnant mothers smoke?

ANSWER: A baby who develops in a smoke-filled womb will have altered nutrition intake and growth. The chemicals in cigarettes constrict the mother's blood vessels. These constricted blood vessels allow less oxygen and food to get to the growing baby. A baby who lives in a smoky world before he is born is basically "on a diet." Imagine yourself on a controlled, low calorie diet for nine months?

During this time, the baby is developing a heart, teeth and even a brain for a lifetime. Never again will he be able to rebuild these lifelong body parts. Facts show babies born to mothers who smoke are ill with ear infections and colds more often in their first year. These babies also have a more difficult time tolerating formula and cry more often, which makes them less fun to be around.

If you are pregnant or are planning to be in the near future, think about decreasing the number of cigarettes you use - or better yet **STOP SMOKING.**




Christmas Party

The UTTC Annual Christmas Party has been moved from the Radisson in Bismark to the Seven Seas in Mandan.

The time is 6:00 pm on Monday, December 17th.

Hope to see you all there for food, fun, music and door prizes.



Chemical Health Center Staff

Would like to wish all UTTC students and staff and their families a Happy Holiday and remember be safe, don't drink and drive.

UTTC looking at new program development

For the last several months, the UTTC president and the Executive Council of Deans have been monitoring development activities and planning for new programs that will increase access to higher education opportunities for Indian people.

Short-term law enforcement training and an associate degree in Tribal tourism are two particular programs areas presently being developed. An on-line program in early childhood education is also being shaped.

"There are tremendous needs in our Indian communities for different types of education and training programs," remarked UTTC President David M. Gipp. "Even with 32 Tribal colleges and universities established across the nation, there remains great need among reservation and urban Indian communities, including those not served by Tribal colleges."

Law enforcement training was identified as a priority by the United Tribes of North Dakota during the Intertribal Council Summit held in September. According to UTTC Academic Dean Dr. John Derby, the college is closely looking at short-term Academy-like training opportunities along with its existing criminal justice program.

The UTTC Tribal tourism and early childhood education programs now have federal grant resources to support the development of new two-year degree programs. The use of distance education technology for these programs will serve to create better access for Indian students.

This Fall, the college has also been involved with discussions about the critical workforce shortage in the state's energy industry. Vocational and specialized training have already been identified as key solutions by a labor steering committee of Tribal and state college representatives.

"With trends of an aging workforce and the out-migration of young people, North Dakota is hurting for new faces in the utility and energy businesses," said UTTC Executive Council chair Phil Baird, who has been attending meetings focused on the workforce dilemma. "The problem is very real, and it's evolving right now."

UTTC is exploring potential collaborations with Bismarck State University and the N.D. State School of Science to develop specialized training according to industry requirements. UTTC could play a major role in providing a qualified Indian workforce if our Tribal leadership can help create the priority and help with scholarship resources, Baird said.

UTTC crossing trails with the Buffalo Nation

by Phil Baird

Several UTTC programs have been offering activities this month related to interTribal efforts toward preserving and restoring Tribal bison herds in the northern Great Plains.

The UTTC Extension program staff provided a workshop presentation, Connecting Buffalo and Nutrition, on December 3rd at the Sitting Bull College campus in Fort Yates, N.D. The workshop was offered on the UTTC campus on Thursday afternoon, December 13th.

"Poor nutrition and diabetes are problems that can be addressed in part by our reconnecting with the buffalo nation," said UTTC Extension Director Marsha Azure. "So the restoration of Tribal bison herds is key to our survival as native people."

UTTC is the lead institution working with the Northern Plains Bison Education and Research Network (NPBERN), a coalition of six Tribal land grant colleges and universities in North and South Dakota supporting the educational and research needs of Tribal bison programs.

A Tribal bison research workshop was held Monday, December 10th at Sisseton-Wahpeton Community College in Sisseton, S.D. The activity was supported by a USDA research grant administered by UTTC.

The NPBERN group is also exploring funding resources for continued intercollegiate work in bison education and training. Tribal college representatives plan to meet again sometime in December to develop future program areas.

November was national diabetes awareness month

During November, students from the Diabetes Mother Earth class planned and participated in several Type 2 diabetes awareness projects.

The first project was a planned "Diabetes Awareness Walk" scheduled November 20. The walk was advertised to be around All Nations Circle during the noon hour. Walkers were offered bottled water to enjoy during the walk. All staff and students were invited to join the walk as a caring reminder of the more than 8700 Native Americans from the Aberdeen IHS Area who are currently diagnosed with Type 2 diabetes.

The second project allowed two second-year nutrition students to participate in a newscast focusing on diabetes and how it affects American Indian people. A reporter and camera person from KFVR-TV interviewed the students to determine how diabetes personally affected them. Each student had a story to tell regarding parents and other relatives who are living with the disease. The topics of denial, kidney disease, food, and exercise were discussed. UTTC staff member, Vivian Gillette, was also interviewed and reminded viewers of the importance of controlling food and not letting food control you.

The nutrition students represented UTTC in a positive light. They showed their desire to learn so they can help their people after graduation.

Career day a success

by Shawna Zastoupil, RHIT

November 29, 2001, was a successful day for recruitment at UTTC. We had a career day in the large gym at UTTC, and it was wonderful. Smiling faces, excited instructors, staff, and students gathered around to greet Senior High School students from all over. For those who were not able to attend, I wanted to inform you that this was a wonderful presentation. The career day was an excellent way to get our college name out in the minds of the students planning to go to college soon.

I wanted to congratulate everyone on the organization of the career day. The booths were splendid and fun. The door prizes were a dream true for some of the students! The T-birds did a great job at the "hoop" contest. As a

new instructor, I found this is a great forum to meet people on the campus for the first time, too. Maybe all the new employees of UTTC should attend something like this?

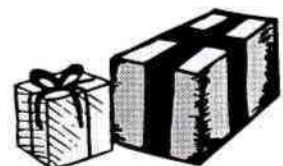
The Health Information Management Department had fun with this by implementing our "Body Works" software. It was easy to pick out HIT booth from the other booths, by being the one with the "beating heart" on the computer. It also was a tool to show the students that HIT is not just about boring medical records, but that it can be fun to learn the anatomy needed for billing and processing health information.

In summation, I believe this day was very successful. To continue this activity would be an asset to all our departments at UTTC. A great big thank you to everyone who participated, organized, and cleaned up at this activity. Without each one of you, this would not have been so successful.

We apologize:

for not publishing last weeks newsletter. Due to the Internet being down and a complete file crash and updating of software on a new computer, there was not enough time left in the week to publish the newsletter in the time frame needed. Therefore last week and this week are combined. The newsletter will resume weekly as before.

WE WOULD LIKE TO WISH EVERYONE, **HAPPY HOLIDAYS** FROM ALL OF US AT **ARROWGRAPHICS**



Christmas Love

Submitted by Tamara Moore



Each December, I vowed to make Christmas a calm and peaceful experience. I had cut back on nonessential obligations -- extensive card writing, endless baking, decorating, and even overspending. Yet still, I found myself exhausted, unable to appreciate the precious family moments, and of course, the true meaning of Christmas.

My son, Nicholas, was in kindergarten that year. It was an exciting season for a six year old. For weeks, he'd been memorizing songs for his school's "Winter Pageant." I didn't have the heart to tell him I'd be working the night of the production. Unwilling to miss his shining moment, I spoke with his teacher. She assured me there'd be a dress rehearsal the morning of the presentation.

All parents unable to attend that evening were welcome to come then. Fortunately, Nicholas seemed happy with the compromise. So, the morning of the dress rehearsal, I filed in 10 minutes early, found a spot on the cafeteria floor and sat down. Around the room, I saw several other parents quietly scampering to their seats. As I waited, the students were led into the room. Each class, accompanied by their teacher, sat cross-legged on the floor. Then, each group, one by one, rose to perform their song.

Because the public school system had long stopped referring to

the holiday as "Christmas", I didn't expect anything other than fun, commercial entertainment -- songs of reindeer, Santa Claus, snowflakes and good cheer.

So, when my son's class rose to sing, "Christmas Love", I was slightly taken aback by its bold title. Nicholas was aglow, as were all of his classmates, adorned in fuzzy mittens, red sweaters, and bright snowcaps upon their heads. Those in the front row -- center stage -- held up large letters, one by one, to spell out the title of the song.

As the class would sing "C is for Christmas", a child would hold up the letter C. Then, "H is for Happy", and on and on, until each child holding up his portion had presented the complete message, "Christmas Love". The performance was going smoothly, until suddenly, we noticed her--a small, quiet, girl in the front row holding the letter "M" upside down--totally unaware her letter "M" appeared as a "W". The audience of 1st through 6th graders snickered at this little one's mistake. But she had no idea they were laughing at her, so she stood tall, proudly holding her "W". Although many teachers tried to shush the children, the laughter continued until the last letter was raised, and we all saw it together. A hush came over the audience and eyes began to widen. In that instant, we understood -- the reason we were there, why we celebrated the holiday in the first place, why even in the chaos, there was a purpose for our festivities.

For when the last letter was held high, the message read loud and clear:

**CHRIST WAS LOVE.
And He still is.**



Career development office information

December 2001 Graduates

Congratulations goes out to all our December 2001 graduates. Best wishes for a great and prosperous future from the Career Development Staff. It is time to decide whether you will be going into the workforce or whether you will be furthering your education. We are the people who can serve you in this area. Please read very important Career Development information below which is essential to your graduation and future.

You need to arrange a meeting with Career Development Staff Vince Schanandore or Shirley Iron Road in room 122 or 120 on the main floor of the Educational Building. This meeting is mandatory before graduation and will involve helping you with career development before and after graduation (an on-going process). Also to verify completion of your placement files, which include the following: (Federal Application Forms 171 & 612, a resume, a updated data base card, a closure form and of course the inter-

Continued on next page.



view itself). These files are mandated and are to be completed by December 19, 2001, at 5:00 PM.

The Career Development office is to report any incomplete files to the registrar and administrative offices. Your name will be on a list if the deadline of December 19, 2001 is not met. Make your appointment with the Career Development office ASAP.

Career Development is an ongoing process until the Career Development office is satisfied with securing the graduate into employment or acceptance into a higher education institution of his or her choosing.

One incentive that we offer our students when doing career development with them is free phone calling.

Before graduation and while you are still here on campus, we assist you in making inquiries over the phone saving you time and expense (three phone calls per visit). After graduation (if you relocate to a different city or state) you can write or call us listing job openings and higher education inquiries you would want us to call for you. Please keep us in mind when doing career development it will save you time and expense.

If you have any questions call us at extensions 280, Vince Schanadore, or 226, Shirley Iron Road.

Thank you
Vince Schanadore
Career Counselor

American Diabetes Association Tip of the Day

Submitted by: UTTC Extension Program

Question: *Everyone I know who is taking insulin seems to be on a different dose. What is a "normal dose" of insulin?*

Answer: Unfortunately, there is no "normal dose" of insulin. Because some people are very resistant to the action of insulin, they require higher doses. Your own insulin requirement may vary, going up when you are ill, or coming down if you exercise or eat less. There is a way to evaluate your insulin dose, however.

Someone without diabetes makes about 40 units of insulin a day. You can estimate the amount of insulin you would need if you didn't have diabetes by dividing your body weight in pounds by 4. For example, if you weigh 200 pounds, your estimated need would be about 50 units. Now, add together all your insulin doses to compute your total daily dose. A dose that is much higher than 50 units suggests that your body is resistant to insulin action and therefore requires more than the usual amounts of insulin. A dose that is far lower than 50 units suggests that your body is responsive to insulin and that your own pancreas is still making and releasing insulin.

Source: <http://www.diabetes.org>

Dietary supplements and your health workshop brought to you by the UTTC Extension Program

by Kim Hinnenkamp

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 about the workshop: Call Kim Hinnenkamp, Ext. 397.

A GRATEFUL HEART

By Shawna Zastoupil

This editorial is to give a note of thanks to everyone who help in my recovery from the accident on December 05, 2001.

In the emergency room, a few short hours after the accident, my family and friends were greeted and supported by UTTC administration, counseling staff and friends. I am amazed at the support that UTTC staff, people, and administration has given to myself and others who were injured during the accident. So I want to announce to the whole world that UTTC is a beautiful, caring place to work! I am so grateful for all the support, kind words, and blessings.

To share a triumphant story with you, I thought my neck was broken. I could not feel the right side of my body. But when the x-rays came back, there was an angel burnt into the x-ray right next to my spine! Amazing but true. Now I am on the road to recovery!

A special thank you to Russell Swagger, Karen Siegfried, Helen Lindren, Lonnie Delorme, Karla Baxter, Eileen Ereth, all of whom spent hours in the emergency room greeting family and injured. That meant so much to my family and myself!

We did not lose anyone, in this tragedy. This will be a blessed holiday for all!

If two words can even try to express my grateful heart they would be "THANK YOU"!



Dr. Derby Leaving UTTC

Dr. John Derby, Academic Dean at United Tribes

Technical College for the past 31/2 years has accepted an administrative position with the Sioux Falls School District 49 in Sioux Falls, South Dakota. He will begin his new assignment on January 7th 2002.

In accepting Dr. Derby's resignation from United Tribes Technical College, David M. Gipp, President said, "I appreciate your good work and bringing stability to the department which you have overseen. Your work has been most helpful in assuring our ongoing stability and assuring such for the coming ten years of continued accreditation. While I regret that you are leaving us as we move into a phase of growth and development, you can be assured that you have made a positive and constructive contribution to the College and to our new students of the future. On the other hand, I hope that you, Beverly and your children and grandchildren will be happy and successful in the Sioux Falls, South Dakota area. I know that you will continue to make a positive contribution to the cause of Education - particularly Indian education."

Sincerely,
David M. Gipp, President

Sweat lodge ceremony

Every Wednesday night weather permitting

contact Joe Ext. 274

Everyone Welcome

Fall graduation 2001

Congratulations to 12 students who have met AAS requirements at United Tribes Technical College and will be graduating on Friday, December 21, 2002. This is an important milestone for all of these graduates as they prepare themselves to meet the new challenges of the 21st century. The fall graduation will be held in the UTTC cafeteria beginning at ten O'clock A.M. Guest speakers includes Charles W. Murphy, Chairman of the Standing Rock Sioux Tribe and UTTC Board of Directors and Don Roloff, Supervisor for Trades and Industry for the North Dakota State Board of Vocational and Technical Education.

Christmas cards and powwow souvenirs for sale

There are nine different Christmas cards. Limited items left from this years powwow.

Thoughts for the day

You know you're getting old when you bend down to tie your shoes and wonder what else you can do while you're there.

There are somethings about aging that are great. For instance, wrinkles don't hurt.

It's far more impressive when others discover your qualities with your help.

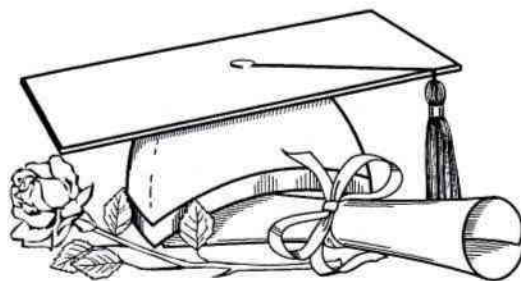
The sole purpose of a child's middle name is so that he/she can tell when they are really in trouble.

Kareoke combines the two worst people: people who shouldn't drink with people who should sing.

UNITED TRIBES TECHNICAL COLLEGE FALL GRADUATION

UTTC Cafeteria

December 21, 2001 @ 10:00 A.M.

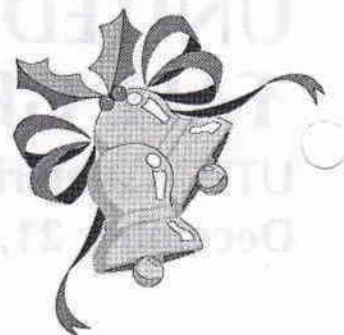


- Introduction: Brian Palecek, Master of Ceremonies
- Procession of the Graduates: UTTC Drum Group
- Invocation: Sr. Kathryn Zimmer
UTTC Nursing Director Emeritus
- Welcome: Dr. David M. Gipp, President
- Remarks: Charles W. Murphy
Chairman, Standing Rock Sioux Tribe
- Appreciation Awards: UTTC Student Senate
- Guest Speaker: Don Roloff, Supervisor for Building & Trades
State Board for Vocational Education
- Presentation of the Graduates: Dr. John Derby, Academic Dean
Russell Swagger, Dean of Student & Campus Services
- Closing Song: UTTC Drum Group
- Reception for the Graduates: UTTC Cafeteria



List of Graduates

Name	Field of Study	Awarded	Tribal Affiliation/State
Franklyn Badten	Automotive Technology	AAS	Cheyenne River Sioux, SD
Antoine LaVallie	Automotive Technology	AAS	Spirit Lake Nation, ND
Lavern Evans	Criminal Justice	AAS	Crow Tribe, MT
Dusti Goodbird	Criminal Justice	AAS	Spirit Lake Nation, ND
Alexis Mendez	Criminal Justice	AAS	Navajo Nation, AZ
Dunreath Plante	Criminal Justice	AAS	Three Affiliated Tribes, ND
LeRay Skinner	Criminal Justice	AAS	Standing Rock Sioux Tribe, ND
Brenda Sam	Hospitality Management	AAS	Shoshone Bannock, ID
Jacquelin Foote	Office Technology	AAS	Three Affiliated Tribes, ND
Cora Jetty	Office Technology	AAS	Spirit Lake Nation, ND
Deborah LaVallie	Small Business Management	AAS	Spirit Lake Nation, ND
Winston Sam	Tribal Management	AAS	Reno Sparks Colony, NV



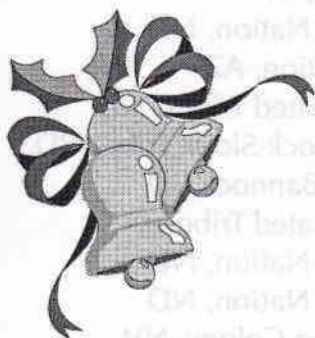
We would like to wish

*Merry
Christmas*

to all the

students and their families

from all the staff and faculty



December 2001

Written by: Kim Hinnenkamp, LRD

NutriNews

Food and Fitness for the Holidays

"Tis the season, the Christmas season, the cookie season, the candy season. Tis the season when Americans eat too much, move too little, and plan to diet come January. " Does that sound familiar? Here are some tips to help you stay healthy and have fun during the holidays and beyond.

1. Aim for fitness~be active for at least 30 minutes every day.
 - *Physical activity is the secret to holiday stress reduction and 'waist' management. Find activities that you enjoy~dancing, walking, skiing, skating, or building a snowman with the kids.
2. Build a healthy base~with breakfast every day.
 - *Eating breakfast will give you energy for busy days—and helps prevent overeating in the evening. Include a high-protein food like yogurt, cheese, eggs, peanut butter, or leftover meats in your breakfast.
3. Choose sensibly~and tastefully every day.
 - *The key to choosing sensibly is to enjoy all foods; just don't overdo it. Enjoy your favorite holiday treats; pay more attention to the amount you eat rather than trying to avoid certain foods..
4. Continue food traditions~and make new ones.
 - *Traditional foods bring comfort to our lives with links to family and our cultural heritage. It's fun to create new healthy traditions with your family like trying new snack and meal recipes.
5. Take time for yourself~get away from the frenzy.
 - *Rest, relax and renew your holiday spirit for at least 15 minutes a day. Put away the holiday snacks—and get out of the kitchen. Listen to your favorite seasonal music, read a book to a child, or take a nap.

Source: Eat Right Montana Packet, December 2001

The Lifespan of Leftovers

Christmas is a wonderful time to celebrate and eat, but we usually prepare too much food. What should we do with all the leftovers? Leftovers should be tossed within four days after cooking. Leftover foods from a meal can harbor bacteria if they've been sitting in the refrigerator too long. So how long will certain foods stay safe to eat?

If properly stored and refrigerated below 40 degrees Fahrenheit...

- Cooked fresh vegetables will keep three to four days
- Stuffing, one to two days
- Cooked beef, pork, poultry, or fish, three to four days
- Soups and stews will keep three to four days

Always remember to refrigerate food quickly at a proper temperature to slow the growth of bacteria and prevent foodborne illness.

Source: The American Dietetic Association, <http://www.eatright.org/erm.html> (11/27/01)



Potluck Recipe

Looking for a different recipe to bring to a holiday potluck. Try this vegetable pizza recipe. It is fast, tasty and nutritious.

Ingredients

- 1 package refrigerated crescent rolls
- 1 package (8 ounces) low-fat cream cheese
- 1 package Hidden Valley Ranch Dressing mix
- 1/4 cup low-fat Miracle Whip salad dressing
- 1 cup chopped cauliflower
- 1 cup chopped broccoli
- 1 cup shredded carrots

Directions

1. Preheat oven to 375°F.
2. Place crescent roll dough on pizza pan or cookie sheet, pinching together any seams and pressing to cover pan. Bake for 11 minutes. Cool.
3. Mix together cream cheese, ranch dressing mix and Miracle Whip. Spread on cooled crescent roll crust.
4. Cover with vegetables. Refrigerate a few hours before serving.

This recipe makes 15 snack-size servings. Each serving has 145 calories with 25% of calories coming from fat, and 22 grams of carbohydrates.

Source: *Pick-WIC Paper*, North Dakota WIC Program, Volume 17, Number 12



CDC NEWS

A Newsletter for Families

December 10, 2001

FOR YOUR INFORMATION

The Infant/Toddler Center staff and children have been collecting food items for the Rondal McDonald House. If anyone is interested in donating a food item, please drop it off at the Infant Toddler Center. Thank You.



"Know That We Are Eager
To Share our Gifts,
In the Name of
Love."
(SENECA)

Let Me Introduce Myself:

Mi ta ku yepi
I yu ha cante waste nape
ceyuzapi
Doris Red Bird Emaciyapi
Hello,



My name is Doris Red Bird, and I extend a handshake to you with good feelings from my heart. I am from the Cheyenne River Lakota Nation, Eagle Butte, South Dakota. My husband, Tom, and I moved to Bismarck 16 years ago. Our 3 sons and 2 daughters grew up here. Now our "baby" will be graduating high school in May. We also have 6 grandsons and 3 granddaughters, and we are raising our two oldest grandchildren, who go to TJES.

I have worked at UTTC for about 9 years and enjoy working with children and meeting new students/parents.

Wishing everyone a very Merry Christmas and hope you have a safe and Happy New Year.

Doris
CDC Billing Tech

SEASON'S GREETINGS
From the CDC Staff



CDC NEWS



Preschool

3 Year Old Group

Hi,

We want to change our area's name. We are currently called, "The 3 Year Old Area." We thought of the following:

Lil T-Birds Lil champs

Tiny tots Lil Warriors

Doo Littles Little Lodge

We would appreciate the parent's input on this. If you have any suggestionson, it would be greatly appreciated. Please let us know.

We will be doing a lot of fun Christmas decorations and little presents for the parents. We have also been teaching the children Christmas Carols. They all seem to enjoy being here, and we do too.

Vivian H & Jada B.B.



4-5 Year Old Group

Christmas is the theme for the month of December. We have started out slow with the snowflakes because Christmas takes so long to get here when you are a child.

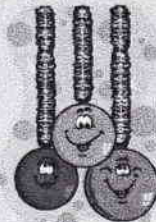
We have been busy learning the Lakota Language, we have been practicing counting the numbers 1 through 5 in Lakota Language, we have been learning to count from 1 through 10 in English, and we are learning the alphabet song. Give us a little more time and we will continue counting up to ten in the Lakota Language.

During circle time we have been reading some of Paul Goble's books to the children.

Each day we go down to the little gym for some fun and exercises. We have been playing with the scooter boards, jump ropes and basketballs.

Merry Christmas and Happy New Year!

Clancie, Miriam, Alexis & Linda



2-3 Year Old Group

Last newsletter Jackie and Carolyn mentioned all the names of the children in their group. I apologize for the error in a few names. The names should have been **Jordan Smith** and **Isaiah Iron Hawk**.

Happy Holidays!

Kathy Schneider

Infant/Toddler Center



0-6 Month Area

Happy Holidays!
 We enjoy sitting on the floor and attending to your children's every needs. We have been busy trying to get our area festive for the holidays.
 We hope you all enjoy your holiday season.
 Merry Christmas and Happy New Year!
 Vivian, Crystal, & Lenore



6-12 Month

We are getting ready for Christmas. Parent if you have any Christmas decorating ideas, please come in and share them with us.
 We sure do miss Ambrea Sam. She is no longer at the center. Please be sure to dress your children warm. It is colder outside.
 Merry Christmas!
 Terry & Juanita



18-24 MONTH AREA

Hello from the middle toddler area. Our theme for December is Christmas. We are using the color green in our arts and crafts projects, and we will be making the parents a gift for Christmas. Maxine Plainfeather joined our group in November. Dallas Johnson and Jemini Big Back, our newly graduated children from Brenda's area, will be starting in our area the first week of December. We all enjoy Dallas singing and drumming. He enjoys doing that a lot of the time.
 Till next month, Merry Christmas!
 Jean & Carol



15-18 Month Area

Christmas is just around the corner. We have a few gifts we will be making for the parents. The children and staff hope you like them.
 Our new color for the month will be Green/Zito, and the body part will be Ear/Nuge.
 We will be working on a Christmas tree with the hand prints of workers and all the children. This tree will be hung in the kitchen for all to see.
 Starting in December, Tyrell Pond and Cedar Chase, our newly graduated children from Leaha and Gypsy's group, will join our group. We are all excited to have them with us. We will miss Dallas Johnson and Jemini Big Back.
 Have a very Merry Christmas!
 Brenda

12-15 Month Area

We welcome Teylor Albers to our area, and we are sad to see Tyrell Pond and Cedar Chase graduate to Brenda's area. Christmas is in the air. Getting the center decorated and Christmasy activities are planned for the short month of December.
 We wish all a Merry Christmas!
 Leaha & Gypsy



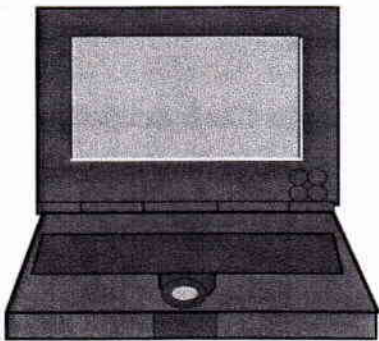
Quotes from
 Connie
 Kitchen Aide
 "Eat Dessert
 First
 Life Is
 Uncertain!"

Wednesday, December 12th at 3:00pm,
 Santa will be at the Infant/Toddler Center.
 Parents feel free to stop in.
 Staff will have goodies in
 each area.



**Lap-tops or I-Books
must be returned
on
December 13, 2001
by
4:00 P.M.**

Please return them to the Preschool Office. They will once again be available for check out after January 8th. Please watch for signs as to when they will be available. It is your responsibility to see they are returned by 4:00 on the 13th of December. Getting the I-Books back on time will increase your chances to having a chance to check one out again.



Please return to Doris Red Bird

Family Club

"Safe and Drug Free"

Spring 2002 Schedule of Activities
(Revised)

Spring 2002

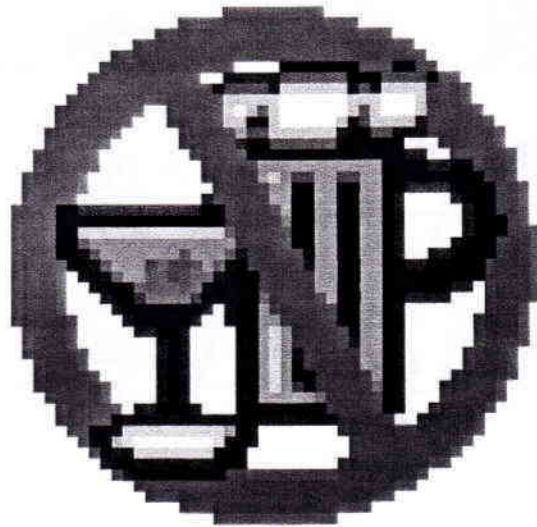
- January 12, Sat **Kids Movie, upstairs small gym, 1-3pm**
- January 19, Sat **Sledding, Tom O'Leary Golf Course Hill, 1-3pm**
- January 26, Sat **Swimming, Mandan Community Center, 1-3pm**
- February 2, Sat **Gateway Science Center, Gateway Mall, 1-3pm**
- February 9, Sat **Kids Movie, upstairs small gym 1-3pm**
- February 14, Th **Music and Games Night, 6-8pm, S. Gym**
- March 9, Sat **Bowling, Capital Lanes 1-3pm**
- March 23, Sat **Kids Movie, upstairs small gym, 1-3pm**
- April 13, Sat **Swimming, Mandan Community Center, 1-3pm**
- April 27, Sat **Family & Friends Softball Game, UTTC Field, 1-3pm**
- May 18, Sat. **End of the Year - Zoo Picnic 1-3pm**

Theodore Jamerson Elementary School

Parent involvement and sign-in is required for all Family Club activities.

We promote safe and drug free activities.

We hope to see you!

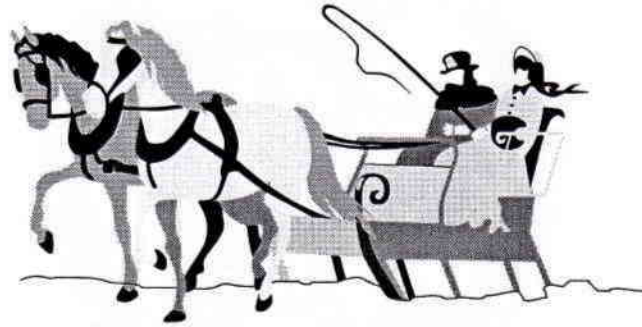


**DRUG/ALCOHOL
“ZERO TOLERANCE”
Poster Contest
(Design your own drug/alcohol-
free poster and win)**

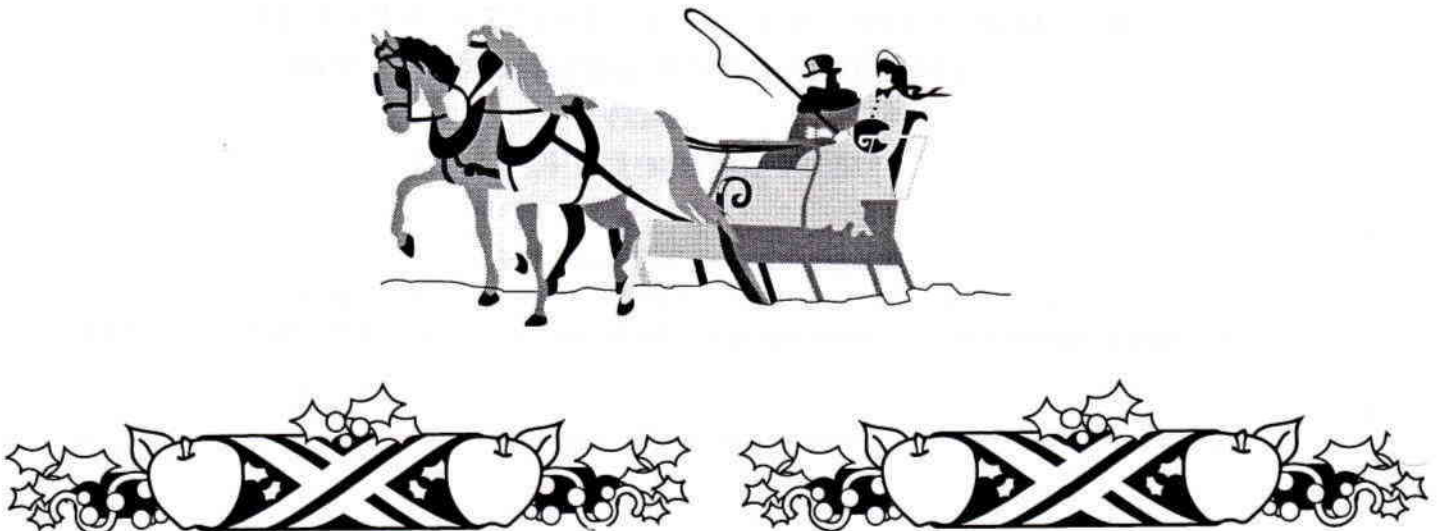
**Open to all UTTC College Students
and
Theodore Jamerson Elementary
Students**

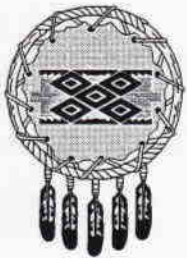
**Turn in your entries to Lori Demberton,
Student and Campus Services
by
December 19, 2001**

**Prizes to be awarded for:
College student : 1st - \$100, 2nd - \$75, 3rd - \$50
Theodore Jamerson Elementary student: 1st - \$30, 2nd - \$20, 3rd - \$10**



Happy New Year
to all the
students and their families
from all the staff and faculty





United Tribes Technical College

OFFICE OF ADMINISTRATION

3315 University Drive

Bismarck, North Dakota 58504