

Fall graduation, December 21, 2001

By Brian Palecek, General Education Instructor

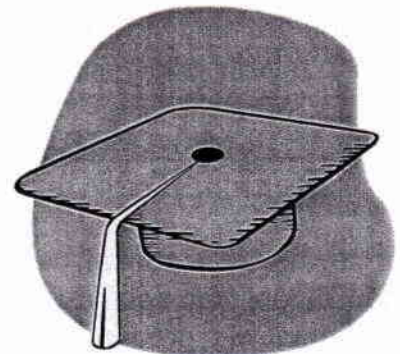
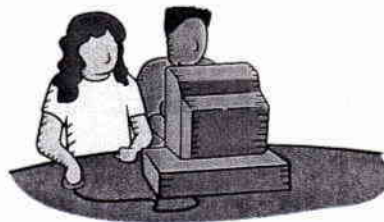
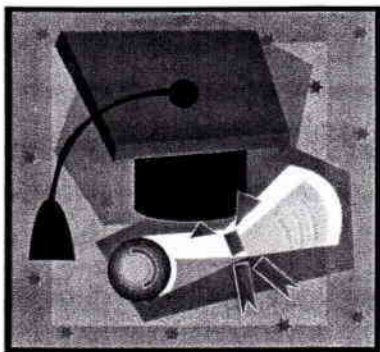
Twelve United Tribes students graduated on December 21 with two year AAS (Associate of Applied Science) Degrees. The graduation ceremony took place at the college cafeteria on the UTTC campus. The Master of Ceremonies was Brian Palecek, Chair of the General Education Department. The invocation was given by Sr. Kathryn Zimmer of Annunciation Monastery of Bismarck. In May of 2001, Sr. Kathryn had completed her service as Chair of the UTTC Nursing Program. The singers for the ceremony were the UTTC drum group lead by student Andy Demarce.

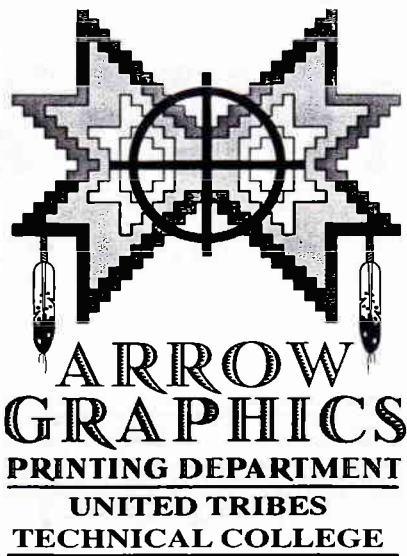
The special graduation speaker for the ceremony was Don Roloff, the Supervisor for Building Trades of the ND State Board of Vocation Education. UTTC President David Gipp was not able to attend because he was attending the memorial service for one of the tribal college presidents who had recently passed away. His remarks were given by Russell Swagger, Dean of Student and Campus Services.

Graduating at this time were:

Franklyn Badten (Automotive Technology), Tony LaVallie (Automotive Technology), Lavern Evans (Criminal Justice), Dusti Goodbird (Criminal Justice), Alexis Mendez (Criminal Justice), Dunreath Pante (Criminal Justice), LeRay Sknner (Criminal Justice), Brenda Sam (Hospitality Management), Jacquelin Foote (Office Technology), Cora Jetty (Office Techology), Deborah LaVallie (Small Business), Winston Sam (Tribal Management).

The following students were recognized for special achievements during the fall semester. The award is sponsored by the Student Senate and the recipients were chosen by a committee of faculty and support staff from nominations made by vocational programs and the General Education department. Tom Keller (HI), Misty Begay Provancial (ECE), Brenda Sam (HM), Cricket Peyron (CT), Linda Vetter (LPN), Mark Little Owl (SB), Tony LaVallie (AT), Narcisse "Dusty" Olson (NDM). Graduate Deborah LaVallie (SB) received special recognition by the UTTC Student Senate for her service as Treasurer of the Senate.





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 func-

tions/daily operations of UTTC.

2. PLEASE, EDIT YOUR COPY before sending it over for publications. This is a "Newsletter" not a newspaper. Limit you 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 you 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. They 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 you 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 Fruit/ Vegetables)

Dinner

Jan. 14 - Jan. 18

- M Spaghetti w/ Meat Sauce
- T Steak Sandwich, Macaroni
- W Oven Baked Chicken, Bread Dressing
- T Buffalo Burger On A Bun, Oven Baked Fries
- F Grilled Cheese Sandwich, Tomato soup
- M Chili, Garlic Toast

Supper

Jan. 14 - Jan. 18

- M Baked Ham, Au-Gratin Potatoes
- T New England Dinner
- W Salisbury Steak, Boiled Potatoes
- T Shish-ka-bob Casserole, Wild Rice
- F Fish Fillet, Oven Baked Potato Wedges
- M Braised Beef w/Gravy, Noodles



Portraits of Success...

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

Welcome to all our new students and a big welcome back to all our returning students! I hope that all of our students are adjusting to their new class schedules and are finding the appropriate services on campus. Please feel free to ask questions - all our staff are here to make your college experience rewarding.

It's off to a New Year and I thought it would be appropriate to begin this year with a story on a very dynamic individual.

Michelle Crazy Thunder is a second year Early Childhood Education student. She comes to us from the Pine Ridge Reservation and we have been very lucky to have her on our campus. Michelle is a demonstrated leader and is capable of handling more than one task at a time as her story reveals.

We are very proud to boast Michelle's 4.0 GPA that she has carried since her first semester at UTTC. That GPA, in itself, is a success. However, Michelle has demonstrated that she can handle a great deal more...

Michelle is the Student Senate President and has served in this role for almost a year and a half. This position brings many responsibilities with it and Michelle has

been doing a great job of handling these responsibilities in addition to her regular classwork. During her time as Student Senate President, Michelle has seen many changes and has been involved in many different activities. Some positive changes that Michelle has seen in her role as President is the increased student involvement in campus events, better attendance from the students, less on-campus violations and more cooperation between the Student Senate and other campus organizations. Some of the activities Michelle has been involved in include a family carnival, winter games, summer school activities for families, and a visit to the zoo. Michelle has also taken part in many meetings and events in her capacity as the Student Senate President such as a trip to Washington, DC to meet with our Congressmen, attended the AIHEC Conferences, the NIEA conference and an AICF Leadership Fund meeting. Michelle was also elected as the AIHEC Historian by her peers and has attended a Leadership Program in Sante Fe, New Mexico. Attending these meetings has given Michelle ideas that she has brought back to our campus to make your stay here as educational and social as it can be.

And if that's not enough, there's more! Michelle is also the Chairperson for the Lakota English Acquisition Program (LEAP). She is very active in this program and will be attending a National meeting in Philadelphia, PA this Spring to make a presentation on the parenting benefits of the LEAP program. She is also involved in trying to identify some funding to get some of the elementary students, possibly her 10-year old daughter, a chance to attend the National meeting to demonstrate how they are learning the Lakota language via computer programs.

But wait - there's even more!!! Not only is Michelle involved in her school and life on campus, she is also a wife and the mother of three (3) beautiful daughters. And, in case you didn't know, Michelle and husband Jerome, await the arrival of their fourth child, a son, whom should be gracing our campus within the next few days.

My question, and I am sure yours too - "Michelle, how do you do it?" Her answer is simple: She feels that she is a motivator for her children and works very hard to show them that they can be all they can by becoming involved. In fact, Michelle attributes the fact that her daughters have become more outspoken and involved in school just by Michelle getting involved in their school activities.

Michelle also says she is able to handle things because she has several great friends that she can turn to in time of need. Whether she feels the need to vent her stress or just ask for some simple advice, Michelle knows that she can turn to someone for help. No one has to bear the weight of life on their own - someone is always there for you - just reach out and seek their advice.

My hat is off to you, Michelle, and all that you do! We are glad to know that after you graduate this Spring, you will be staying with us on campus for another 2 years to complete a new program - the Plains Alliance for Bilingual Education (PABE). Upon her completion of this program, Michelle will graduate with a Bachelor's Degree in Elementary Education with an emphasis in Bilingual Education.

If there is one thing that Michelle would like to stress to all the students at UTTC it is to get involved with things going on campus - it's worth it. As you can see, Michelle practices what she preaches!!!

Theodore Jamerson Elementary

by Barbara Juhala Frey

Tuesday, December 11, 2001, two members of the Bismarck Kiwanis came to Theodore Jamerson Elementary School. Gary Pearce and Bill Wade, Kiwanis members, went into Kindergarten through Fifth grade to read books and gave each student a book. This is the second year that the Bismarck Kiwanis Club has come to TJES with books. The students in Kindergarten through Fifth grade are currently writing to the Bismarck Kiwanis club thanking the club for the wonderful books given them.

Because you asked for it!

Microsoft PowerPoint 2000 training for faculty and staff.

Learn to use Microsoft PowerPoint 2000 to design, create, and project professional presentations to your students, departments, or clients. Classes are Wednesday evenings from 4:00 – 6:15 on January 23, 30, February 6, and 13 in the CST computer lab in the Skills Center. The class is free and attendance is mandatory. Stipends and a certificate will be awarded upon completion. Seating is limited to the first 10 applicants. A second class may be offered beginning in mid-February on an alternate weekday if necessary.

For more information or to reserve your seat, contact Jeff McDowell at Ext. 416.

Quote for the day

“Don’t confuse wealth and success with happiness. It is neither wealth nor splendor, but tranquility and occupation, which give happiness.”

--Thomas Jefferson

American Diabetes Association

Tip of the Day

Submitted by: *UTTC Extension Program*

Question: Does getting diabetes when I am pregnant (called gestational diabetes) mean that I am more likely to get permanent diabetes later?

Answer: Yes. The fact that you get high blood sugars during pregnancy indicated that your pancreas cannot make enough extra insulin to cover the increased needs caused by pregnancy. This suggests that you might develop diabetes even if you never get pregnant again. Approximately 5% of women like you will develop diabetes each year if they don't make efforts to improve their lifestyles. Women gain weight during pregnancy but do not always lose all of it after delivery. With several pregnancies, a woman may gain quite a bit of weight. Therefore, if you develop high blood sugars during pregnancy, it is most important that you lose all of the weight you gained during your pregnancy. Eat healthy meals and exercise daily. This is the best approach you can take to prevent permanent diabetes from occurring. If you decide to breastfeed, do not begin a weight loss program without medical advice. To breastfeed you need the same amount of calories that you needed during the last 3 months of pregnancy. When you have stopped breastfeeding, focus on losing any extra weight that you still have.

COUNSELING DEPARTMENT

Helen Lindgren Ext. 277

Art/Art Marketing
Health Information
Injury Prevention
Licensed Practical Nursing
Office Technology
Small Business Management

Karen Siegfried Ext. 291

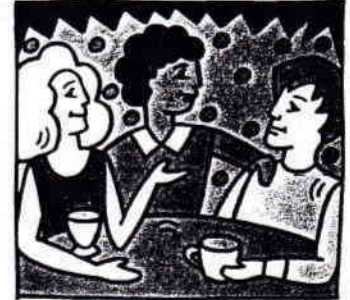
Computer Support Tech.
Criminal Justice
Early Childhood Education
Food and Nutrition
Hospitality Management
Tribal Management

Lonnie Delorme Ext. 372

Automotive Technology
Construction Technology

Christa Cutler Ext. 264

Counselor Technician



Please see the assigned counselor for your vocational area. The Counseling Department is located in the east side of the Education Building basement.

If there are any activities or goings-on that you would like to publish in the weekly newsletter, please contact Lonnie at Ext. 372 or email me at 1drocksu@hotmail.com. This is a new feature that will hopefully give everyone information on Happenings on Campus.

ALL STUDENTS,

**Update Your Federal
Financial Aid Info!**

A MUST!

Come update your Free Application for Federal Student Aid (FAFSA) for the 2002-2003 school year. You must update your information if you plan on attending college for the 2002-2003 year. Students must bring their completed 2001 income tax forms and their FAFSA pin numbers.



When: January 24, 2002
3:00-5:00 p.m.

Where: Computer
Concepts Lab
Skill Center Rm. 111C

Facilitated by Bob Parisien,
Financial Aid at Ext. 209 and
Karen Siegfried, Counseling Dept.
at Ext. 291.



The United Tribes Technical College (UTTC) Placement Office takes pleasure in welcoming all new and returning students

The purpose of our placement office is to help students plan their careers; keep records; do job development for the areas of Cooperative Education and Student Graduation. We provide career development resources, and help students inquire about various opportunities.

The Placement Office is located on the main floor of the Education Building 31 & 32. On the main floor you will find the placement offices in rooms 120 & 122. Shirley Iron Road is in room 120 and at extension 226 and I am in room 122 at extension 280.

In one wing of the building you will find job announcements in colored binders pertaining to all our vocations. These job announcements are from both the Public and Private Sectors (Nationally and Locally) in the areas of; Indian Programs, Indian Gaming, Federal Programs, North and South Dakota Job Services, and the alike. They are updated daily.

In another wing there is a rack containing higher education material along with journals, magazines and newspapers on career planning. We have about three bulletin boards in these areas. Two are placement bulletin boards that are used for local job announcements, national job announcements, internships, apprenticeships, fellowships and the like. Some-

times job announcements are posted in their corresponding areas.

We have "Career Choices" on our computers (room 122), and on the Academic Services Center Computers in (room 119). This software is Internet accessible and helps our vocational students do career exploration for opportunities throughout the nation. This program is upgraded once a year adding exciting new features, graphics and options for our students. If you are using the computers in the Academic Services Center look for the little square icon label Choices CT, Choices CT Road Map and System Manager. You should find a guided tour once you are in the program. This will direct you on how to operate the program. If you are going to use this program in the placement office please make an appointment.

Placement news and job announcements will be provided in UTTC's Weekly Newsletter at least once a month.

Late coming students who were not at my orientation presentation are required to come into the placement office to fill out data base forms, Cooperative Education Enrollment forms and to receive placement information essential to your future.

Remember that you need work experience before you graduate to make your diploma more valuable. **COOPERATIVE EDUCATION** is a program designed to get the college student out into the work force before they graduate. Students who have work experience added to their degrees will be hired by employers over students who do not. A certificate and or associate degree aren't enough these days. The employers are looking for **dependable, reliable people with education** and

WORK-EXPERIENCE. Your **COOPERATIVE EDUCATION EXPERIENCE** will make the difference in finding the job you want after graduation.

If you are a new student, you are **not** eligible for cooperative education until your third semester. **However**, if you are a new student and are working in a job that pertains to your vocation, you will be able to **BANK** hours that are earned in your first and second semester. They will then become active in your third semester. Come and see me for more info on co-op and banking hours.

Students who are doing work-study, Peer tutoring and paid Injury Prevention Internships may also participate in the Cooperative Education program. They must be working in a position that pertains to their vocation and meet all eligibility requirements.

Returning students, please come to my office to update your data base cards and to see if you are eligible for Cooperative Education.

May 2002 Graduates are required to interview with the placement office this semester. These series of interviews will be to update your database card; review your resume and federal application forms 171 and 612 and to fill out your exiting form. Your file will then be activated to do career exploration in creating a profile on your employment or higher education status. You will be expected to submit these documents by the 2002 Spring Mid-term. Please start scheduling your interviews with the Career Counselor ASAP, at extensions 280 or 226. Your last semester will go by fast; act now.

Your future is important to us.
Thank You.

Vince Schanandore,
Career Counselor

Just For You ...

News From Chemical Health

Choosing Role Models

A role model is a person who you want to be like. Role Models are a very important part of your development. It is choosing a person or people that you admire and want to be like. Usually these are people that you are with every day. These people could be your parents, instructors, friends or a tribal leader or other famous person.

You may admire your parents, friends but you have the right to make choices about people you want to be like. You can pick certain qualities from another person. The qualities develop your personal growth.

Sometimes the people that you want to be like have problems that involve alcohol/drugs. These are qualities that you don't want to choose. Everyday you have to make choices about what you are going to choose and to do, this you need to learn about alcohol/drugs.

Having a role models and alcohol/drug education will help you in making the right choices. You are all welcome to come to the Chemical Health Center to learn more about alcohol and drugs. The coffee pot is always on.

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 as long as 8 to 12 hours.
- √ If alcohol is consumed without food by people who control the diabetes with insulin or glucose-lowering agents, hypoglycemia (low blood sugar) can develop at very mild intoxication levels.
- √ Other 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. Alcoholic toxic to nerves. Drinking can increase pain, burning, tingling, numbness, and other symptoms found with nerve damage. Some studies show that eve regular light drinking (less than wo drinks per week) can bring on nerve damage.
- √ Heavy drinking (3 or more drinks per day) may make diabetic eye disease worse. If the person has high blood pressure, you can lower it if you stop drinking alcohol.
- √ Many people with diabetes have high levels of the fat call 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



Alliance Tae Kwon Do

Classes will resume for Tae Kwon Do on:

Tuesday, January 15, 2002

4:00 pm

James Henry Community Center Small Gym



Tae Kwon Do Pre-Tournament Tournament

Thursday, January 17, 2002

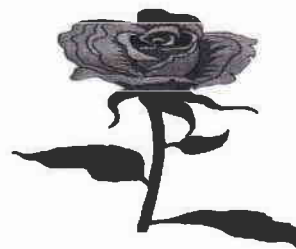
5:00 pm – 7:00 pm

James Henry Community Center Small Gym



PUBLIC MEETING NOTICE

NOTICE IS HEREBY GIVEN by the United Tribes Technical College that they will hold a **public meeting** on **Thursday, January 17, 2002 at 3:30 p.m. at the Skills Center Exhibit Hall, 3315 University Drive, Bismarck, ND.** The purpose of this meeting is to gather input on the Campus Master Plan. Members of the public are invited.



OPEN HOUSE

**CHEMICAL HEALTH CENTER
BUILDING #68**

January 23, 2002

FROM

9:00 A.M. TO 4:00 P.M.

**COME VISIT OUR
PROGRAM
DOOR PRIZES
GOODIES**

TJES

TJES

TJES

Parent Breakfast

TJES

TJES

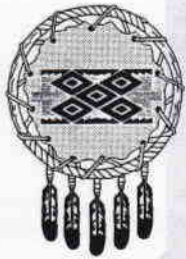


7:45

Wed.

January 16





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

