



UNITED TRIBES

on-Campus News



Vol. 17 No. 13

UNITED TRIBES TECHNICAL COLLEGE • BISMARCK, ND

Jan.22-Feb.1, 2002



UTTC's Theodore Jamerson Elementary students listen to "I have a Dream" speech by Dr. Martin Luther King.

UTTC reflects on Martin Luther King day

By Phil Baird

Native American perspectives on human and civil rights were featured during the Martin Luther King, Jr. program at United Tribes Technical College on Monday morning, January 21st.

"We wanted to offer this special program to bring Native American thought into what Martin Luther King, Jr. stood for," said UTTC President David M. Gipp. "He was not only a great leader for African-Americans, he was a great leader for this entire country including American Indians."

Leading the program at

10:00 am was a presentation by UTTC Student Health staff member Suzanne Shields-Cadotte, who provided an overview of the life of Dr. Martin Luther King, Jr.

Former Standing Rock Tribal chairman Jesse "Jay" Taken Alive of Fort Yates, N.D. was a keynote speaker talking about the parallels between Native American and African-American experiences in dealing with racism, discrimination, and segregation.

Preceding the video presentation of King's original "I Have a Dream" speech, UTTC President Gipp shared his perspectives about past efforts to address equity issues and human rights of American Indians.

In 1991, Gipp was a recipient of the national "Living the Dream: Let Freedom Ring!!" award presented by Coretta Scott King on behalf of the Martin Luther King, Jr. Federal Holiday Commission.

At the conclusion of the program, the UTTC Culture Committee honored Shields-Cadotte, President Gipp, Jesse and Cheryl Taken Alive, and UTTC Chemical Health Director Russell Gillette, who offered the invocation.

The UTTC Theodore Jamerson Elementary School 2nd

grade native drum group, guided by adult singers Wendell White Eyes and John Beheler, provided Native American ceremonial songs.

UTTC President Gipp thanked members of the UTTC Culture Committee, chaired by Julie Cain, for planning and organizing the commemorative event.



Former Standing Rock Tribal Chairman Jesse "Jay" Taken Alive was a keynote speaker for this event at the James Henry Gym on January 21, 2002.



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 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. They are not clear and do not reproduce well. Also, if submitting an article needing photos make sure these 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 nduttcnews@hotmail.com.

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

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

Dennis Lucier's ~UTTC Diner~ Bi-Weekly Menu

(Each meal served includes 2% or Skim Milk, Coffee or Tea and Salad Bar or Assorted Fresh Fruit/Vegetables)

Dinner

Jan. 22 - Jan. 25

- M
- T Taco Salad On Baked Chips
- W Swedish Meatballs Over Noodles
- T French Dip w/Au-Jus
- F Knoephle Soup, Baked Chicken
- M Chicken Fried Steak, Mashed Potatoes

Jan. 28- Feb. 1

- M Chicken Fried Steak, Mashed Potatoes
- T Oriental Chicken Stir Fry, Rice
- W Baked Chicken, Mashed Potatoes
- T Sloppy Joe On A Bun, Baked Tater Tots
- F Chicken Nuggets, Macaroni & Cheese
- M Beef Stroganoff, Noodles

Supper

Jan. 22 - Jan. 25

- M Braised Beef w/ Gravy, Noodles
- T Bar-B-Que Chicken, Baked Potato
- W Pizza
- T Sweet & Sour Chicken, Rice
- F Burrito, Spanish Rice
- M Meat Loaf , Baked

Jan. 28- Feb. 1

- M Meat Loaf, Baked Potato
- T Buffalo Sausage, Fried Potatoes
- W Bar-B-Que Ribs, Potato Salad
- T Swiss Steak, Buttered Noodles
- F Shrimp, Wild Rice
- M Chili, Dinner Roll

Welcome all new/transfer students

by Lori Pemberton, Assist. Dean of Student & Campus Services



The Student Orientation program was held January 7- 9th for the incoming/transfer students to kick off another semester here at United Tribes Technical College. The orientation went very well for the over fifty students coming into the college. During the orientation, students were provided information about academic and student services available on campus. The orientation was geared toward giving the UTTC students a good start to receive the services they need to get settled in and begin their college experience.

The welcome address by UTTC President David M. Gipp was well received by the students. He discussed several topics about Indian Education and success in college. Following the President's address, Bob Parisien informed students of the scholarship opportunities available at UTTC. Additionally, Student Body President Mechelle Crazy Thunder extended a warm welcome to the students and encouraged them to be involved with various activities offered by

the college.

Following lunch, students learned of their rights and privileges as written in the UTTC student handbook. Additionally, all vocations and advisors set up booths in the James Henry Gym to answer any questions the new students may have had in regard to student services, vocational information, or selecting a vocation.

On Tuesday of orientation, TABE entrance examinations were held. Then on Wednesday, Sharlene Gjermundson showed a stirring film on the AIDS/HIV epidemic in Indian country, and offered sound health advice to the incoming students. Academic Student Services Director Royce Irwin also spoke to students about the resources and help available through his programs. Before the students registered for classes, Associate Academic Dean and Injury Prevention chair Dennis Renville inspired students with a presentation on building goals and expectations for the future.

By the end of Wednesday, incoming students were registered and ready to begin their semester at UTTC. The Student Support Services and Academic Services Center staff would like to wish all those new and returning students a successful semester.



Recreation is looking for students and staff that want to play in a volleyball league on center. Please contact Recreation or send in a roster of six players as soon as possible.

Recreation still needs women interested in playing in a 3 - on - 3 basketball league . We currently have 3 teams signed up. This league will be held on Thursday evening.

Recreation will be taking K thru 6th graders to the YMCA for swimming. Parents can pick up free passes for their kids at the Recreation office.

Students interested in going to CBA basketball game at Civic Center please sign up at the Recreation office. Watch for signs on Center for dates and times.

Pool tournaments are still being held on Wednesday evenings at 7:00 p.m. Everyone is welcome to participate; prizes will be awarded.

H-O-R-S-E contests are being held different days during the week; again, look for signs on Center.

Quote for the day

"It's weak and despicable to go on wanting and not trying to get them."

--Joanna Field

Housing Department

By Wenelle Veit, Housing Officer

I hope all students are settled into their dorms and houses and are excited about the semester.

Should you have any questions concerning housing, stop by my office and visit with me. I have housing applications in my office for Burleigh County and Washington Courts. Please plan early, graduating students!!

Household Hint: Ring around the collar:

Dirty neck rings around shirts and blouses can be removed by putting shampoo on them. Rub the shampoo on areas as shampoo is specifically made to remove body oils. A cheap bottle of shampoo kept by the washing machine is handy for all kinds of stains on clothing.

Life Saving Tips for Cold Related Illnesses

By Sharlene Gjermundson

Exposure to extreme heat or cold may make a person seriously ill. The likelihood of illness also depends on physical activity, clothing, wind and humidity, working and living conditions, and a person's age and state of health. Follow these steps to care for a victim of frostbite:

- * Cover affected area.
- * Handle gently, do not rub.

* Soak affected part in water 100-105 degrees Fahrenheit.

* Do not let affected part touch bottom or sides of container.

* Keep in water until red and warm.

* Avoid using space heater, hair dryer, or other portable equipment to warm someone up.

* Avoid breaking blisters.

* Bandage with dry, clean dressing.

* Do not allow affected area to refreeze.

* Do not allow victim to walk on thawed feet until all feeling has returned.

* Call 911 or local emergency number to transport the victim to a medical facility.

If you are a staff member and would like to learn more about First Aid & CPR, sign up for a class now. Sessions for Adult, Child & Infant CPR will be limited to 10 people. Each session will last approximately 2 ½ hours. You must be present for all of the session (2-2 ½ hrs.) in order to be certified. Cost for class is \$10.00 per person no matter how many sessions you sign up for. Make PR's payable to the SHC. At the completion of the classes, you will receive certificates of completion through the Burleigh-Morton Red Cross Chapter. Call Ext. 409 for more information or to sign up for a class.

Sessions are as follows: All sessions will be held in Rm. 111 of Ed. Building. Please be on time!

Feb. 12 – Adult CPR – 2-5 p.m.

Feb. 14 – Infant & Child CPR – 2-5 p.m. (Must have attended an Adult CPR session)

Feb. 21 – First Aid – 2:30 – 5:00 p.m. (No class size limit)

Feb. 26 – Adult CPR – 2-5 p.m.

Feb. 28 – Infant & Child CPR – 2-5 p.m. (Must have attended an Adult CPR session)

Student Health Center Calendar of Events

Jan. 23 - Dental & Vision Screening at SHC - 9 a.m.- For newly enrolled TJES students.

Jan. 31 - Sexual Assault Education - 3-4 p.m. Rm. 111 and Education Bldg. 4-5 p.m. Sac Hall Women's Dorm.

Feb. 6 - Blood pressure, Glucose & Hmg. screening - Student Health Center 9- 3 p.m. at Student Health Center - Free to staff & students.

Feb. 21 - Monthly head lice screening at CDC areas beginning at 9 a.m.

Feb. 22 - Monthly head lice screening at TJES beginning at 9 a.m.



No matter how rich or prominent you are, when you die, the size of your funeral still depends on the weather.

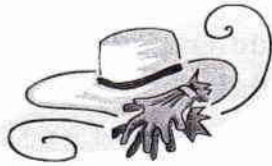
Theodore Jamerson Elementary School News

by Brenda Rhone

Theodore Jamerson Elementary School raised \$33 to help send the Sakakawea Statue to the United States Capital in Washington, D.C. When representatives from last year's 7th and 8th grade class went to Washington, D. C. last year, they were told that North Dakota was one of the few states with only one statue representing it and they told them to do something about it. So this was a perfect opportunity!!! TJ's 8th grade class sponsored a hat day on Fridays for the months of October, November, and December. Each interested student in the school paid 25 cents to wear a hat on Fridays.

Great work, Theodore Jamerson!!! Thanks to all the hat wearers!!!

For more information on the project, you can go to www.state.nd/hist/sakfastfacts.htm.



Attention Theodore Jamerson Elementary Parents

All TJES Parent are encouraged to attend a 15 minute training on the "I Care" Program on Tuesday, January 29, 2002. Lunch will be served from 12:00 p.m. - 12:45 p.m.

Parent involvement increases students Achievements.

Eliminate unwanted phone calls

Does this sound familiar? You're sitting down for supper with your family, the phone rings and when you answer it there is no one there or it is a tele-marketer. The Federal Communications Commission FCC has a free nine-page information package which includes detail see about how to get placed on a "do not call" list.



For free information, call the FCC's toll-free National Call Center at 1 888-225-5322 or browse the Internet site at : www.fcc.gov/ccb/consumer_news. Or you can reduce the number of telephone solicitation calls placed to your home by contacting the Telephone Preference Service of the Direct Marketing Association (DMA). The DMA commercially publishes and markets lists of consumers who do not wish to receive solicitation calls. Your name can be added to DMA's lists by sending your name, telephone number (including the area code) and address (including the zip code) to:

**Telephone Preference Service
Direct Marketing Association
P.O. Box 9014
Farmingdale, New York 11735-9014**

Weekly WIC words

By: Wanda Agnew, LRD

UTTC WIC at the Infant and Toddler Center Spring Semester 2002 WIC Schedule



MONDAY = 10:15 to Noon & 2:30 to 3:00

TUESDAY = 8:30 to 10:00 a.m.

WEDNESDAY = 10:15 to Noon & 2:30 to 3:00

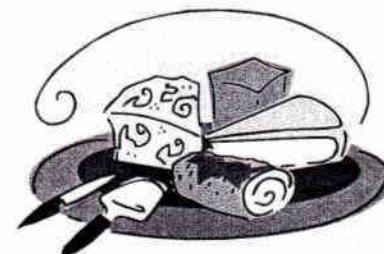
THURSDAY = 8:30 to 10:00 & Noon to 2:00

Drop in during those times to arrange an appointment or Call 420 & leave a message for a return call to get information or arrange an appointment for your children.

Please join us in celebrating Healthy Weight Week, January 20-26, 2002. This promotion is scheduled at this time because New Year's resolutions often cause people to do unhealthy things in an effort to lose weight.

Healthy Weight Week is planned to promote healthy life-styles for people no matter what their body size. People are reminded to check their blood sugar, cholesterol, and blood pressure levels. Healthy life-styles include:

- * Eating five fruits and/or vegetables everyday
- * Eating small portions at three meals each day
- * Exercising the body everyday
- * Choosing low-fat, low-sugar snacks
- * Keeping a positive attitude
- * Being persistent and treating your body with respect everyday



One nutritionist states, "We want to change people's focus from a continual struggle and obsession with unsafe and ineffective weight loss to improving their health and well-being in a lasting way. Our culture obsession with dieting and thinness is causing enormous problems for women and children." For more information about Health Weight Week check out the website www.healthyweight.net.

Have you ever considered getting that "CAMEL" off your back?

By Wanda Agnew, Co-writer of UTTC's March of Dimes Grant

UTTC was awarded a grant from the North Dakota March of Dimes. One of the grant objectives is to provide awareness information to students and staff regarding the risks and dangers of tobacco abuse as well as offer cessation classes to persons who smoke and want to break the addiction.

During orientation, new Fall 2001 students were surveyed to determine whether they smoke cigarettes. A second question was directed to students who indicate they do smoke. These students were asked if they were interested in learning information to help them quit the habit. Of the 156 students who completed the survey, 74 (47%) indicated they do smoke. Of those students, 46 students (62%) expressed interest in receiving help to stop smoking.

In response to the survey there will be two 2-hour sessions offered for all students, parents, and staff to hear how tobacco negatively affects the health and well-being of smokers. In addition, UTTC will have smoking cessation classes available during the month of March and April. Think about it. Is it time to kick the habit? Watch for more information. Classes will be free to you and incentives will be provided. Call Sue at Student Health for more information or sign up now for either of the sessions.

UTTC Extension Program's January Wellness Workshop: Health and Nutrition

What's MY Role?

Whether you're a teacher, a student, a parent or neighbor, we all have a role in helping children grow up healthy. Come to the small gym on Wednesday, January 30 at 3:30 PM and see what's available for nutrition and health education for children. Materials from a variety of sources will be on display along with a short presentation. Participants will have an opportunity to begin planning for National Nutrition Month which is held annually in March. It could be a student project, a classroom activity, a health fair or a family project. Please join us! Everyone is welcome to attend!

For more information: **Contact Kim Hinnenkamp at Ext. 397.**



N.D. Tribal colleges propose collaboration ideas to State Higher Education Board

New Town, N.D. — North Dakota Tribal college presidents Elizabeth Demaray and David M. Gipp met recently on the Fort Berthold Indian Reservation with the North Dakota State Board of Higher Education, discussing the future of Tribal colleges and their impact on public colleges and universities.

According to board chairperson Chuck Stroup, the January 21st meeting was the first time the state higher education board convened on an Indian reservation and at a Tribal college campus site.

Demaray and Gipp offered a joint presentation on collaboration ideas that were suggested by the leadership of North Dakota's Tribal colleges, which are Cankdeska Cikana Community College, Fort Berthold Community College, Sisseton-Wahpeton Community College, Sitting Bull College, Turtle Mountain Community College, and United Tribes Technical College.

Demaray is FBCC president and Gipp is the UTTC president.

The major discussion points to the state higher education board included:

- Support for diversity on the state board of higher education. There have been a variety of N.D. Tribal members nominated to the board in the past. The Tribal colleges will again nominate individuals and request support.

- Support for financial assistance of technology costs, which are extremely high. Public colleges are subsidized by the state legislature while Tribal colleges have to pay for their systems to integrate with state technology systems.

- Recognizing that Tribal colleges support both Native and non-Native students with federal funds from the Bureau of Indian Affairs.

- The need for better communications and coordination regarding the development of

grant applications. Many times, Tribal colleges are the last to know how they have been included in a funded grant program. The colleges proposed the development of a policy that would encourage and support a spirit of cooperation.

- Appreciation for past efforts at common course numbering and articulation agreements.

- Because of institutional commitments to the preservation of Native American cultures, the Tribal colleges do not support the use and promotion of the Sioux logo by the University of North Dakota.

Board Chairman Chuck Stroup directed Chancellor Larry Isaak and his staff to begin working with the Tribal colleges on a policy that could be used for an accord between the public and Tribal colleges of North Dakota. Presidents Gipp and Demaray will be the initial contacts for this development along with participation from the presidents of each Tribal college.

POTTERY CLASS

Monday Evenings

6:00 p.m.-8:30 p.m

8 Sessions

February 4th through April 8th

Art/Art Marketing Building

Call Joann Cordova at 663-6654

for more information.

Ed board discusses closer ties with Tribal Colleges

It's a rare meeting on reservation

by Brian White, Associated Press Writer

New Town - State Officials and two tribal college presidents say they hope to improve educational ties, despite lingering disagreements on the University of North Dakota's Fighting Sioux moniker.

The state Board of Higher Education met Thursday with David Gipp, president of United Tribes Technical College in Bismarck, and Elizabeth Yellow Bird Demaray, president of the Fort Berthold Community College. It was a rare board meeting on an American Indian reservation, but Chuck Stroup, the board's chairman, said he would like to make it a yearly occurrence.

"When we are trying to maximize the system and educate and create a work force...certainly Native Americans - and the fact that they're growing in population when non-Native Americans aren't - it looks to me like that's a pretty obvious opportunity," Stroup said.

Board members decided to look into ways to increase communication between the state's public colleges and universities and North Dakota's five tribal colleges.

Chancellor Larry Isaak said he would discuss ways of informing tribal colleges about some of the major grant applications that universities are doing.

Gipp said he hoped the meeting on the reservation would give board members a better idea of issues facing tribal colleges and where those col-

leges are headed.

"It then becomes a dialogue," he said.

Gipp told board members that tribal colleges contribute to the university system when students transfer out of the tribal schools and into state schools.

As North Dakota's public colleges struggle to lure students into the state, Gipp said, tribal colleges likely will become a growing source of students because population on North Dakota's reservations is growing.

He also said he would like to find more support to get some state funding for tribal colleges. Now, they rely on their own means and federal aid. Gipp said tribal colleges deserve state support for contributing to the state's public colleges.

"They're really getting, in many ways, a real freebie," Gipp said.

Gipp said he has a waiting list for admission at his college.

Demaray told the board that she would like to work out an agreement that could make it cheaper for tribal colleges to use technology available to state colleges.

Stroup said he thought the meeting was valuable, especially since no one in attendance could recall a board meeting ever taking place on an Indian reservation.

"I think that the tribal colleges have identified a concern and I think we need to respond to it," Stroup said.

Gipp said the board's decision to keep UND's Fighting Sioux nickname is an issue that's "not going to go away." But he said he thought UND President Charles Kupchella was working hard to handle the matter.

Stroup said he thought there are many things the board and tribal college officials can do to improve education without letting the nickname issue interfere.

"I view it as my neighbor and I don't get along on a particular issue, but I still want to be with my neighbor, and I think the neighbor and I have some things to gain by being together," Stroup said.

Note: Reprinted from the Bismarck Tribune, January 18, 2002.



UTTC Plans for Technology Growth

by Phil Baird

Like most 21st century organizations, United Tribes Technical College is continuously dealing with institutional growth, infrastructure development, and security maintenance in technology. These are constant agenda items of meetings for the UTTC Executive Council of Deans.

One recent development is the college's application for a new domain name. This will impact college's internal and external communications, in particularly how people will talk to each other on the internet in the near future.

Another development is the consideration of additional T1 lines and servers to provide adequate infrastructure for communications and education programs. UTTC's upgraded Computer Technician Support program is an example of a vocational education area experiencing constant growth.

"We'll be opening the college's new Student Life Center and the Information Technology Center this spring," according to Russell Swagger, UTTC dean of Student & Campus Services. "It's both exciting and challenging to plan for the future needs of the college."

Because of critical institutional technology needs, the UTTC President's office has assumed interim oversight of technology planning.

"With our infrastructure needs and the current development of online education programs, I believe my office requires more direct involvement right now," said UTTC President David M. Gipp. "This will ensure the college applies its resources as best as we can

. "One important activity in the future will be an NCA review of the college's new online education programs. UTTC was approved last Fall for continued accreditation of its regular programs until 2011. The college will now seek accreditation of the online education programs being developed under the guidance of UTTC Online Education Director Leah Woodke.

2002 AIHEC Conference at Rapid City

The annual spring migration to the annual American Indian Higher Education Consortium Conference is shaping up among Tribal colleges and universities. The 2002 AIHEC event will be held March 24-26th at Rapid City, South Dakota.

Intercollegiate student competitions are the core of the conference agenda. There will also be a variety of workshops and staff meetings. Participants are expected from all of the 32 Tribal colleges and universities that are members of the Consortium.

The deadline for presentation proposals and the student writing contest is February 15th.

The deadline for conference registration and other student competitions is March 1st.

Hosts for this year's conference are the South Dakota's Tribal colleges – Oglala Lakota College, Sinte Gleska University, Sisseton-Wahpeton Community College, Si Tanka College, and Sitting Bull College.

UTTC students who are interested in the AIHEC conference competitions should contact Royce Irwin (Ext. 203) or Marge Palaniuk (292) for eligibility and conference travel information.

CDC NEWS

A Newsletter for Families

January 21, 2002



FOR YOUR ENJOYMENT:

A story written by the 4 and 5 year olds.

Once upon a time there was a snowflake named Penguin who fell from the sky. One day he went walking and met a snowman named Soxs. He and Soxs became friends. Soxs and Penguin went walking in the forest and they became lost. They kept walking until they came to a sidewalk and they followed it and it led them home. When they got home they decided they were thirsty so they had some hot chocolate. After the cocoa, they went for another walk and met a squirrel named Coconut. They all decided to have a race and Coconut won.
The End

Written by: Julianna, Katelyn, Geeya, Shye, Tristan, Dontae, Mariynn, Kasey, Poyomi, Bernard, Allan, DeYona and Hannah.



Let Me Introduce Myself:

My name is Carol Dewall, I'm an enrolled member of the Oglala Lakota Nation. I have been employed at the Infant Toddler Center for 4 years. I began working in the infant area. As a sub, I worked in all the different areas until working and staying with the early toddler area (3 years ago). It has been a joy and privilege to care for and watch your children grow physically, emotionally and socially. I am going to be leaving as of February 1, 2002. I'm needing to be more available to my own family. I'll be caring for my newest grandchildren when school is out. I'm looking forward to this new opportunity. I will truly miss the children and families, but especially my co-workers who have become friends.
Pilamaya,
Carol

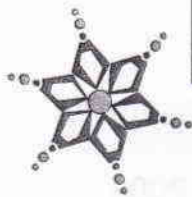
For Your Information: Parent Meeting!

Thursday, January 24, at the Preschool Center. Parent meeting will start at 4:00 pm. All parents are encouraged to be there. Thank You!

Quotes from
Connie,
"The Best Time
To Make Friends
Is Before
You Need Them."

"Stand In The
Light
When You Want
To Speak Out."
(Crow)

CDC NEWS



Preschool



4 Year Old Group

Happy New Year!

We would like to take this time to welcome back our returning students and extend our gracious hospitality to our new students; Jorie Bird, Dionna Bull Bear, Jett Grey Cloud, Cameron Howling Wolf and Jarvis Shields.

They have been easing right into it so far. We are using our time to get acquainted with our new students, counting in Lakota and painting.

The students put their minds together and created a collage with their painting expertise.

We are enjoying ourselves having the opportunity to work with the children at UTTC. If we can do anything to assist the children, please don't be reluctant to ask.

Clancie and Miriam

3 Year Old Group

Hello!

Happy New Year! Glad to see all of you here. We are happy to have your children with us this semester. We have Ryleigh Bald Eagle, Raychel Bird, Julianna Benge, Abigail Cadotte, Mark Grey Cloud Jr., Kaylean Lohnes, Keeley Morris, Taran Starr, Nathania Stricker, Jakoby Stump, Brayden Uses Arrow Kaitlyn Walker Xavier Wouri and Gabrielle Young Bird. Thank You for sharing your children with us. Parents, you are always welcome to visit.

We will be working on getting to know each other and also starting to recognize the letter A and counting from 1-5.

If you have any questions feel free to ask us. Thank You,
Vivian and Jada

5 Year Old Group

The five year old area is studying a winter theme. We have made snowflakes, chalk now pictures, wrote a winter story and designed our book cover. We have been reading winter stories and have been doing the Snowkey Pokey. Happy Winter from the 5 year old area.

Linda and Alexis



New Staff

The Infant Toddler Center welcomes their new staff:

JoAnn McDonald: She has a 3 year old son, a 4 year old daughter and a 2 year old daughter. JoAnn is from the Spirit Lake Reservation and is very happy to be working at UTTC. She will be working at the Infant Toddler Center with Brenda in the 15-18 month

area.

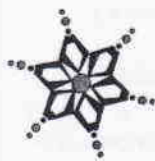
Lisa Brooks: She has a bachelors of Science from the University of Mary. Lisa is engaged to be married to Ryan Parisien and has a 3 year old daughter named Taylor. She will be working at the Infant Toddler Center with Leahha in the 12-15 month area.

Kim Olson: She has a 5 year old daughter and a 3 year old son. Kim is formerly from the Turtle Mountain Reservation. She moved to Minot in December, 2001 and in July moved to Bismarck. She looks forward to working with the children and meeting everyone. Kim will working as a sub for the Child Development Center.

Virgil Chase: He is pleased to be working at the Child Development Center. Virgil loves children, and he is proud to have two of his own; Cedar who is 18 months old and likes to be called, "Sissy" and Marlynn who is 3 years old and likes to be called, "Mobie." He has a loving wife named Velma who likes to be called, "Angel." Velma is a Crow Native from Pryor Mountain, and Virgil is from the Three Affiliated Tribes in New Town. He graduated from UTTC with a certificate in Welding Technology. His wife will be graduating from UTTC in May with a degree in Office Technology. We would like to wish everyone a Happy New Year and Safe Journeys.

Virgil will be working at the Preschool with Jackie in the 2 year old area.

We are happy to have them with us!





Infant/Toddler Center

18-24 MONTH AREA

Greetings! Welcome to all our children who transferred to our area: Davida Cross, Joslin Weist, Kenyon Uses Arrow, Paul Magnan, Gavvi Brown, and Kasa Lohnes. We're glad to see Rosie Foote, Jemini Big Back and Dallas Johnson back. Our theme for January is snowflakes and snowmen. Our arts and crafts will be centered around this theme. Please make sure that your child has a warm coat, cap and gloves as we do go out for walks twice a day. Weather permitting that is. Feel free to visit our area at anytime. You are Welcome!!!
Jean and Juanita



6-12 Month Area

Welcome Back Everyone!
We're glad to have eight great children in our room: Preston Emery, Ambruelia Stricker, Kiane LeBeau, Jaren Guina, Cody Racine, Kadence Vasquez, Drayden Painte and Malia White. Parents please feel free to stop in and spend time with your child at anytime.
Valeria "Gypsy" and Carolyn "Sis"



Welcome back to all returning students and welcome to the new students. My name is Connie Stockert, and I am the Kitchen Aide at the Infant Toddler Center. I have been working at the Infant Toddler Center since January, 1978. I enjoy working with the little ones, seeing them grow; and their personalities emerge! Have a good school year!

15-18 Month Area

Hello from JoAnn and Brenda!
We would like to introduce our new friends to our area: Dion Dre'Mack, Kobe Perkins, Mary Jo Paul, Janden Lester and Talia Ochoa. We also welcome back our returning friends: Jayden Mesteth, Tyrell Pond, Cedar Chase and Gavriella Hertel. Our new color for the month is white/ska, body part is teeth/wica'hi and we added please along with thank you/pilamaya. Our theme is snowflakes and snowmen. We are so happy to have JoAnn McDonald in our area!
Brenda & JoAnn

12-15 Month Area

Hi from Leah and Carol's Area. It is good to be back after the holiday vacation. We welcome Aaron Black Lance, Rylee Stump, Daevonna (Honey Girl) Bull Bear, Taylor Albers, Eric Patenaud, Payton LaFontaine and Shane Donavon. We are enjoying getting to know each other and getting used to our area.
Carol and Leah.

0-6 Month

We at the Infant Toddler Center would like to welcome all returning and new students and children. Everyday is a delightful adventure. The children are all so sweet and special. It has been a pleasure working with all the parents. Several of the babies have graduated to a new area and several are new to the center. Welcome back to Ja'ni'ya' Webster, Phlisia Bunting, Celysce Shiffarm, Michael Grotberg, and Caden Halsey. They sure have grown since Christmas. Our newcomers are: Teyana Provancial, Arianna Scott, Josten Bengt, Hailey Yellow Wolf and Trinity Plainfeather. Feel free to stop in and visit your little ones anytime.
Lenore and Dutchess



January 2002

Written by: Kim
Hinnenkamp, LRD

NutriNews

Making New Year's Resolutions Last For a Lifetime

Quit smoking? Lose weight? Exercise more? Eat healthy? Spend less money? Do any of those sound familiar? They are all New Year's resolutions we might have made this year or other years before. Some of us try and succeed. Some of us might have already failed. Some of us might have a New Year's resolution to not make any resolutions until next year.

Most resolutions center around health issues such as losing weight or eating healthy. According to The American Dietetic Association, more than eight out of 10 Americans say diet and nutrition are important to them personally, but just four in 10 believe they're doing all they can to achieve a healthful eating plan.

New Year's resolutions can be good, if they become healthy habits and part of your daily life. Here are 10 easy ways to help you stay motivated and make your New Year's resolutions last a lifetime.

- * *Get started today!* - Don't wait until tomorrow to make a commitment to living a healthier lifestyle.
- * *Do it for yourself.* - Make changes for reasons important to YOU.
- * *Make health a priority.* - Make time for your health each day.
- * *Set realistic goals.* - Set yourself up for success with goals you can achieve.
- * *Make small changes.* - Break behaviors down into smaller steps and work on each step one at a time.
- * *Expect to be successful.* - Positive thoughts about success can keep you motivated rather than dwelling on past failures.
- * *Ask for support.* - Supportive people can help you stay with your plan. Find a friend or family member who wants to make the same changes.
- * *Consult an expert.* - The right "coach" can make all the difference in your attitude and progress. Ask a registered dietitian for help with nutrition concerns or a certified trainer for fitness questions.
- * *Track your progress.* - Use a calendar, journal, or date book to write down how you are doing.
- * *Celebrate every success* - Reward yourself for every positive step you make towards your goals.

Source: Eat Right Montana Packet, January 2002

January is National Oatmeal Month!

Did you know that more oatmeal is sold in the month of January than in any other month of the year?

In honor of National Oatmeal Month, try this banana oat muffin recipe.

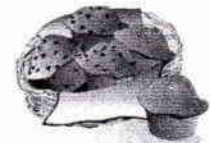
- * 1 cup flour
- * 1 tablespoon honey
- * 1 1/2 teaspoons baking powder
- * 1/2 cup milk
- * 3/4 cup dry oatmeal
- * 1 egg white
- * 1/4 teaspoon salt
- * 1 teaspoon cooking oil
- * 1/4 teaspoon baking soda
- * 2 bananas, room temperature

1. In a mixing bowl, combine flour, baking powder, oats, salt, and soda.
2. In a second mixing bowl, mix honey, milk, egg white, and mashed banana.
3. Using a fork, mix flour mixture and honey mixture together. Batter will be moist but lumpy.
4. Spray paper-lined muffin cups. Fill each cup about 2/3 full with muffin batter.
5. Bake at 400°F for 18-20 minutes. Makes about 12 muffins.

Additional Ingredient Options: 1 cup blueberries, strawberries, apple cubes, or raisins; 2 tablespoons poppy seeds; 3/4 teaspoon cinnamon; or 1/4 cup bran flakes

NUTRITION NOTE: Using the basic recipe, each muffin contains about 90 calories of which 9% are from fat. They are also a good source of fiber, which helps with digestion.

Source: Pick-WIC Paper, North Dakota WIC Program, Volume 12, Number 4



February 2002

(TJES school calendar 01/18/01)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <u>Family Club</u> 2 <u>Gateway Science Center</u> <u>Gateway Mall 1-3 p</u> Saturday Literacy Club at TJES 10:30-12:30
3	4 Homework Center Science Club 3:20-4:20	5 Homework Center Computer Club 3:20-4:20	6 TJES Staff Meeting 3:30	7 Homework Center Computer Club 3:20-4:20	8	9 <u>Family Club</u> <u>Kids Movie</u> <u>Small Gym 1-3 pm</u>
10	11 Homework Center Science Club 3:20-4:20 TJES School Board Meeting	12 Homework Center Computer Club 3:20-4:20 **TJES SCIENCE FAIR Large gym**	13 TJES Parent/Teacher Breakfast at UTTC Cafeteria 7:45-8:15	14 Homework Center Computer Club 3:20-4:20 <u>Family Club</u> <u>Music & Game Night</u> <u>Small Gym 6-8 pm</u>	15	16
17	18 No School PRESIDENTS DAY **State Science Fair Radisson Inn Bismarck ND**	19 Homework Center Computer Club 3:20-4:20	20 TJES Staff Meeting 3:30	21 Homework Center Computer Club 3:20-4:20 Ski Trip for grades 4-8 Huff Hills	22	23
24	25 Homework Center Science Club 3:20-4:20	26 Homework Center Computer Club 3:20-4:20	27	28 Homework Center Computer Club 3:20-4:20		

Please watch for notices or early dismissal. Call Theodore Jamerson Elementary if you have any questions or concerns 255-3285 #305

