

# W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 8 NO. 5

September 28, 1998

## Weekly Menu

Sept. 28- Oct. 2

### DINNER



LeRoi

- Mon.- Croissant Sandwich with Turkey or Ham, Potato Salad, Salad Bar, 2% or Skim Milk
- Tue.- Taco Salad, Baked Chips, Assorted Fresh Fruit, 2% or Skim Milk
- Wed.- Spaghetti with Meat Sauce, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- French Dip with Au-Jus, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Fri. - Knoephle Soup, Chicken Salad Sandwich on Whole Wheat, Salad Bar, 2% or Skim Milk

Oct. 5



Rita

- Mon.- Chuckwagon Stew, Baking Powder Biscuit, Salad Bar, Fresh Fruit, Relish Tray, 2% or Skim Milk



Dennis

### SUPPER

- Mon.- Braised Beef over Noodles, Vegetable, Salad, Fresh Fruit, 2% or Skim Milk
- Tue.- Bar-B-Que Chicken, Baked Potato, Vegetable, Dinner Roll, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Hamburger Hotdish, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- Swiss Steak, Baked Potato, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Fri.- Meatballs over Noodles, Vegetable, Salad, Dessert, 2% or Skim Milk



Bugs

- Mon.- Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% or Skim Milk

## Nursing Program holds Fall Advisory Board Meeting

A dinner meeting at Minerva's Restaurant served as the setting for the Fall Nursing Department's Advisory Board meeting, held on September 21.

Michelle Brewer, a second year nursing student, served as the nursing student representative. Arnold Douglas, a spring, 1998 grad was the Alum rep.

Overall membership on the Board includes people from St. Vincent's Nursing Care Center, the Dickinson School of Nursing, MedCenter One School of Nursing, University of Mary School of Nursing, St. Alexius Medical Center, United Tribes Technical College. Nursing faculty likewise participate in the meeting.

Nursing issues were discussing; programs were compared; program areas were mutually explored. The Board meets twice a year.

Submitted by Sister Kathryn Zimmer,  
Director, AASPN Nursing Program

## US Customs Service Visit

On September 29, 1998, Terry Espe, Port Director from Dunseith Port of Entry (US Customs Service), will be here to tour United Tribes Technical College and speak to the Criminal Justice Students. The Presentation will take place in the Criminal Justice Class Room from 1:00 pm to 2:00 pm. Please bring question to ask Mr. Espe.

Thank You

Vince Schanandore  
Placement



## Rummage and Taco Sale

The powwow committee of the Mandan-Bismarck Mid-Winter Powwow & Cultural Non-Profit Society is having a Rummage and Taco Sale at the small gymnasium, at the United Tribes Technical College Campus, on Saturday, October 3, 1998 from 10:00 am to 5:00 pm to raise money for our powwow expenses. We are also selling raffle tickets with money and other items. We would like for everyone to attend and support our rummage and taco sale for our upcoming powwow in February. Thank You.

## Chemical Health Center Marijuana

### Are the highs worth the isolation?

Clear away the myths and learn the facts about marijuana and you'll see: Marijuana is **NO LONGER SEEN AS "HARMLESS."** Marijuana is a concern for everyone, in the family, in school, and on the job.

Marijuana is one of the least understood and most often used drugs in America. Marijuana is a drug of isolation, when you're high, the world is passing you by. People are shut off from fully experiencing what life has to offer: intimate relationships, success at work, varied and deep emotions.

Pot may not cause the sudden dramatic financial, or health problems of alcohol or cocaine, but it still causes problems and can be addicting. Users see the world through rose-colored glasses when they are high or "stoned."

Marijuana used on a regular or frequent basis (whether daily or weekly) can cause dependence.

### Is pot really a problem?

Clear away the haze of myth and misinformation, and see the true facts about Marijuana

#### MYTH

- Pot is a safe drug.

- Pot isn't addictive.
- Pot makes people more creative and social.
- If parents don't smoke pot, their kids won't either.
- Marijuana dependency is an individual problems.
- Pot is not the problem at work: cocaine and alcohol are.
- Teacher's and employers would know if a student or employee were dependent on marijuana.

#### FACT

- Pot has been linked to lung cancer, loss of short-term memory, and slowed reaction times when driving.
- People can become psychologically dependent and have physical withdrawal symptoms after stopping heavy use.
- Frequent use blunts emotions and may lead to paranoia.
- If parents misuse any drug, their kids are more prone to drug dependency.
- Family members get trapped, too, caught in "enabling" rolls that help drug use continue.
- Marijuana use is more common than cocaine use-and harder to spot than a drinking problem on the job.
- The signs of dependence are often too subtle to spot, especially in it's early stage.

If any questions, come over and see us at the Chemical Health Center, we are open 8:00 am to 5:00 pm.

**Information for the  
Next Newsletter must be  
submitted to Arrow Graphics  
No later then Oct. 2  
Attn: Wanda Swagger**



## Student Health Center Notes:

The Student Health Center office hours are as follows:

Monday - Friday: 8:00 am to 4:00 pm

Saturday & Sunday: 8:00 am to 12:00 Noon

Student Health Center staff will transport students in need of medical care (that is not provided by the SHC) to Fort Yates one time per week. The day of transport varies according to the students' medical needs. Arrangements for transport must be made by the Student Health Center nursing staff. Sack lunches will be provided. Students who are transported must make prior arrangements with their instructors for class time that is missed. Only students who have medical needs will be transported.

Students who have not filled out medical forms must see the Student Health Center as soon as possible. Students who have been sent letters to return medical forms should do so as soon as possible.

If medical care is needed after working hours see the Security Office and they will notify a nurse for authorization. If a student and/or dependent is seen in the Emergency Room, it is the parent/individual's responsibility to notify Student Health within 72 hours of the clinic visit. Failure to do so will result in denial of medical bill by the SHC. Emergency Room discharge sheet should be submitted to the SHC nursing staff.

Students who have not submitted social security numbers, medical assistance numbers, immunizations and enrollment numbers to SHC should do so as soon as possible.

### Upcoming Activities:

Scoliosis Screenings: Grades 5-8, Scheduled for September 29 & 30.

Monthly Headchecks: October 14 & 15

Immunization Clinics: Tentatively set for October 6-8, Watch for posters listing date and time.

**FOR SALE:**

**Pool Table**

**call 255-3285, Ext. 216**

**for more info:**

**Joetta McLeod**

## Student Body Meeting

&

## Election of Officers

**Tuesday, September 29,  
1998**

**3:00 PM**

**James Henry Bldg.  
Come and Vote for the  
Candidate of your choice**

### Candidates for Student Senate Officers:

#### President:

**David Strange Owl  
Tiffany Joseph  
Geri Whiteman  
Sharon Cree**

#### Vice-President:

**Natosha No Heart  
Shawn King**

#### Secretary:

**LaDeana Roberts**

#### Treasurer: (write in)

#### Paliamentarian:

**Norma Two Bulls**

# Mandan

# News

Regina  
Schanandore

Jan. 14, 1919 to Aug. 17, 1998

NDNA Award Winning Newspaper

Dear UTTC Staff and Students,

*On behalf of the Schanandore family, we want to express our gratitude for the many cards, letters, donations, flowers and food contributions given to us during the illness and death of our Mother, Regina Schanandore (Eagle Plume Woman). As her children, she, of course was special to us, however, upon the event of her passing, we wanted to realize that she was admired, loved and respected by many people we had never met. Several wonderful articles were written about her in the Bismarck and Mandan newspapers which we would like to share with you.*

*In her death, I believe that if there was any grace she would have wanted to pass on to us, it would have been her deep faith, love and trust in God. There is no other term that best describes her, other than that of being a 'woman of prayer', a strong Christian aspect she truly promoted and followed. Her complete trust in God's will, no matter the circumstances, she lovingly accepted. During her final days, she told me, "It is a day of celebration, because you are getting a powwow ready for me. Finis!" Thank you again, for your kind thoughts and prayers.*

*Sincerely,  
Monica Comeau  
Juanita Maxon  
Vince, Steve and  
Pat Schanandore*



Regina Schanandore's dream was realized month when Sen. Byron Dorgan announced a federal allocation of \$1 million to help preserve On A Slant Indian Village. Tracy Porter, executive director of the Fort Lincoln Foundation, and Steve Schanandore were also present during the announcement.

File Photo by Becky Jo Bohrer

## Mandan says goodbye to beloved Indian leader

### Schanandore's legacy to live on at tribal village

BY BECKY JO BOHRER

Regina Schanandore, the driving force behind the restoration of the Mandan's On-A-Slant Indian Village, lost her long-time battle with cancer Monday. She was 79.

"Regina was great," said Tracy Potter, executive director of the Fort Abraham Lincoln Foundation who worked closely with Schanandore at the state park. "She's irreplaceable."

Schanandore, known also as Eagle Plume Woman, acted as an interpreter at On-A-Slant Village for 5 years and spoke to groups frequently about the Mandan tribe, of which she was a descendent. "She was wildly popular with the visitors," Potter said. "(Groups) were universally impressed with the way she carried on the culture."

In her quest to keep that culture she identified with alive, Schanandore helped

lobby Congress last fall for a \$1 million grant to help preserve the village, and once that allocation was approved, she served on the committee charged with designing the improvement project. "I was secretly pleased to know she got the good news that the village was being restored," Potter said. "She had been relentless in her drive to bring the village up to standard. I hope we'll do it justice."



Eagle Plume Woman was a cultural bridge who understood and loved all people.

# Opinion

## Eagle Plume Woman made my heart soar

Back before history, according to the book *Son of the Morning Star*, the average Indian could shoot eight arrows into the air before the first one hit the ground. The same book said it was quite common for an Indian to shoot an arrow all the way through a buffalo. One fella in the book was said to have shot three buffalo with one arrow. Life was different then.

We really know very little about Native American history. I'm told that the first 10 centimeters of dirt around here represents history and everything below that is pre-history. An entire civilization inhabited the prairie milleniums before the first white man got close to setting foot in this country. In the big picture, our couple of centuries around here pales in comparison.

The original Mandans were an established culture. They were peaceful farmers with a knack for building lodges that most of us can only marvel at. They believed in God, they respected each other, and, like you and me, they lived a pretty good life around here.

I've always been awed by our Native American friends and neighbors. They seem to have a gift of passion for their culture that we white folk never seem to fully grasp. There's a bond between them that I admire and respect. From the little I know, their spirits seem to be intertwined with Mother Earth in a fashion that most folks can only wonder about.

When Regina Schanandore met her maker last week, I was more than a little saddened. She had a way about her that was hard to describe unless you had the privilege of spending a moment with her. She was a Mandan, and, if her ancestors were as nice as her, it's no wonder that Lewis and Clark thought life around here was pretty good, too.

Regina was a joy to be around, always a smile, always willing to teach you something about her people, and always willing to listen to anybody. She'd show up in classrooms all over the county with Avis Kautzmann to teach kids about her people. She loved to share what she knew and a moment at the On-A-Slant Indian Village with her was like touching another time.

She was a masterful teacher, you always learned something from her. She was soft spoken, with twinkly eyes, captivating smile, and a sense of humor that hid an encyclopedia of life, a virtual treasure trove of knowledge... she will be missed by many.

Regina left the world better than she found it. In addition to being a gentle spirit spreading good things around, she left us a wonderful family (Schanandores) to carry on. My heart goes out to them in their loss, yet my memories of Eagle Plume Woman make my heart soar.

MAY YOU ALWAYS BE ABLE TO LIFT

SOMEONE'S HEART WHEN THEY NEED IT.

### Conversations

With  
Dan Ulmer



### In praise of her, Eagle Plume Woman

BY COLLEEN RESSLER  
MANDAN

Life affords one many unfathomable rich moments. Those moments tiptoe into the heart and soul and search for words to articulate the wealth so good news can be passed on.

There were several such moments when my husband, Joe, and I had the privilege of attending the vigil service for Regina Schanandore. To hear the personalized eulogy of Pete Hoffman was the beginning of a holy sharing of memories.

An unrehearsed, reverent raising of Regina's life gently emerged. What ensued reminded me of the reality of those age-old words from Proverbs 31:25: "Strength and dignity are her clothing... She opens her mouth with wisdom and the teaching of kindness is on her tongue. Her children rise up and call her blessed."

On the holy ground of Perry Funeral Home that night, her family, extended family, and friends in an unhurried, unrehearsed, grateful manner spoke of her gentle, loving, hopeful life that gentled, loved, and lifted them to a legacy that will live on. Grounded deeply in her faith, Regina invited those who encountered her to look hopefully, gratefully to life in all its seasons.

Fittingly enough, the echo of Emily Dickinson's words emerged for me as I yet ponder the gift of Regina's life that continues to touch those who knew her: "Hope is the thing with feathers that perches in the soul and sings the tune without the words and never stops at all."

Sing on, Eagle Plume Woman, with all the feathers you have left behind.

# Parents

## Parents Can Help Children Overcome Reading 'Slumps'

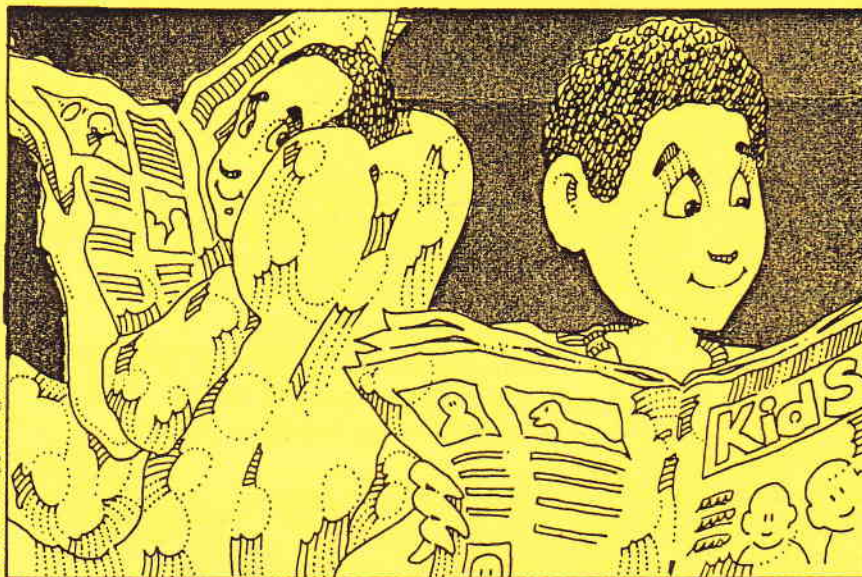


Illustration by Joe Mignella

In fourth grade, as many as a third of children stop taking the time to read.

They hit what experts call the "fourth-grade slump." They spend less time reading. Their concentration decreases. The rate of growth in their vocabulary slows.

This is natural in their reading development. The books they are beginning to read are harder. They need to regroup before tackling this next reading level.

But some kids never get over the slump. They then develop reading skills at half the rate of their peers. To help ensure that your child keeps reading:

- **Keep reading aloud** with your child. Your presence validates the importance of reading. Plus you'll be there to help your

child handle any new vocabulary words.

- **Buy at least one new book** a month. Or check out a book from the library.
- **Buy or check out magazines** and other reading materials that match your child's interests.
- **Continue to limit TV** viewing and other distractions.
- **Let your child be "bored."** Don't rush out to rent a video or buy some new game or toy. Your child just might pick up a book. Or just as good, she'll do something creative—like design her own Halloween costume, draw or write a story of her own.

Source: Paul Kropp, *Raising a Reader: Making Your Child a Reader for Life*, 1996 (Main Street Books/Doubleday, 1540 Broadway, New York, NY 10036), ISBN: 0-385-47913-1, paperback, 208 pp., \$12.

### Growing Up

## How Can You Be Sure to Raise a Respectful Child?



Following these easy steps can help parents raise respectful children:

- **Talk with your child** about respect. Point out that everyone has rights and needs that should be respected.
- **Clearly state expectations.** Tell your child you expect him to be courteous to others—regardless of race, creed, social status or any other reason.
- **Set limits on criticism** of people. You might say, "You can be angry with your brother, but you can't scream in his face. To respect him, you listen to his side of the story."
- **Teach reasons behind manners.** Explain how not leaving the table until everyone is finished, or not talking when another is talking, shows respect for other people.
- **Question put-downs.** If your child makes fun of someone, don't scold. Ask how he would feel if someone made fun of him.
- **Point out disrespect.** On TV or in conversations, talk about incidents where people are prejudiced, insensitive and unfair.
- **Acknowledge respectful actions.** Note what happens when your child or someone else considers another's feelings.

Source: Barbara Mathias and Mary Ann French, *40 Ways To Raise a Nonracist Child*, 1996 (HarperCollins Publishers, Inc., 10 East 53rd St., New York, NY 10022).

Practical Ideas for Parents to Help Their Children

# ***BONE MARROW REGISTRY DRIVE***

***Friday, October 16<sup>th</sup>***

***Where:*** Medcenter One Outpatient Services Building  
Main Floor Conference Rooms  
414 N. 7th Street — Bismarck

***Call:*** "Ask A Nurse" at 323-6877 or 800-526-6356  
to set up your 15-minute appointment starting  
October 1st!

***Why:*** "There is currently a shortage of volunteer donors from Native American, Hispanic and African American communities. Grants will underwrite the cost of joining the Registry for these donors so there is NO COST! A marrow transplant may be the only cure for some fatal blood diseases such as leukemia or aplastic anemia.

***What:*** A small amount of blood (2 tubes) will be drawn and typed with your results to be placed on the National Registry for possible future matching with a recipient in need. NO LARGE AMOUNTS OF BLOOD OR MARROW IS DRAWN AT THIS TIME. You will need to fill out a health history form and sign a consent at the drive.

## ***GIVE THE GIFT OF LIFE!***

SPONSORED BY;

- \*Medcenter One and the American Red Cross
- \*North Central Blood Services
- \*Unrelated Bone Marrow Donor Program



# DIVISION OF INDIAN WORK

P.O. BOX 7509 • MINNEAPOLIS • MINNESOTA • 55407-0509  
612-722-8722 • FAX 612-722-8669

September 1998

Dear friends:

Thank you for your past support of our Holiday Appeal. Through the generosity of individuals, congregations, organizations, and businesses, we provided hundreds of holiday food baskets to poor and disadvantaged American Indian families in our community. We pray you can help again.

Donations have diminished in recent years while family needs have increased. We believe there is a lingering misconception in the Twin Cities area suggesting that because some casino-owning tribes in Minnesota are thriving economically, the Minneapolis urban Indian population must be as well. This simply is not true. Although several tribes contribute to programs that help needy American Indians in Minneapolis, most American Indians who benefit from casino profits belong to a few select tribes and live on reservations. Minneapolis has the nation's highest per capita American Indian population and the poverty rate for Indian children is more than 60 percent.

This year we need:

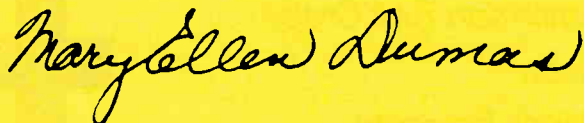
- Cash donations to buy fresh poultry for holiday meals.
- Food donations such as instant mashed potatoes, pie crust mix, dressing/stuffing mix, evaporated milk, cranberry sauce, Jello, and canned goods such as vegetables, sweet potatoes, pumpkin, or fruit.
- Christmas gifts such as hats, mittens, toys, and games for children of all ages.

We will distribute the holiday baskets from the Division of Indian Work Building, 1001 East Lake Street, in Minneapolis. Thanksgiving donations must arrive by Monday, Nov. 16, 1998 and Christmas donations must arrive by Monday, Dec. 14, 1998.

Enclosed is a flyer for you to post at work or at your congregation. Please enter your collection site and deadline dates before posting. Also enclosed is a camera-ready announcement for your bulletin or newsletter. For more information contact Clarine Packineau, DIW food shelf manager, at 722-8722 ext. 343 or Noya Woodrich, DIW associate director, at ext. 399.

The Division of Indian Work gives hope and support by serving more than 6,000 people each year with programs that foster self-sufficiency such as our Horizons Unlimited employment program and our Teen Indian Parents Program. We appreciate your support and prayers throughout the year as we continue to work with the less fortunate in our community.

Sincerely,



Mary Ellen Dumas, LSW  
Senior Associate Executive Director  
Greater Minneapolis Council of Churches — Division of Indian Work



To help you spread the word about the Division of Indian Work Holiday Appeal, we have provided two practical methods. You may simply use the camera-ready announcement on the opposite page, or you may incorporate the text of the article below into your bulletin or newsletter. Please be sure to include information about collection deadlines and locations.

## DIW Holiday Appeal

The Division of Indian Work (DIW) has launched its Holiday Appeal and has begun collecting donations for holiday food and gift baskets for needy American Indian families in our community.

The goal is to provide holiday food baskets to hundreds of poor or disadvantaged families and to give warm clothes, toys, and treats to 1,000 needy American Indian children.

DIW is requesting cash donations to buy fresh holiday poultry, fruit and candy, as well as donations of shelf-stable foods such as dressing or stuffing mix, instant mashed potatoes, pie crust mix, cranberry sauce, Jello, evaporated milk, and canned goods such as canned vegetables, pumpkin, sweet potatoes and fruit. Children's Christmas gifts such as hats, mittens, toys, and games also are being collected.

Donations must arrive at the DIW building, 1001 East Lake Street, in Minneapolis by Nov. 16, 1998 for the Thanksgiving distribution and by Dec. 14, 1998 for the Christmas distribution.

For more information contact Clarine Packineau, DIW food shelf manager, at 722-8722 ext. 343.



# Holiday Appeal

## Our goal —

To provide holiday food baskets to hundreds of poor and disadvantaged American Indian families in our community and to give warm clothes, toys, games, fruit, and treats to 1,000 children.

## How you can help —

### Cash donations

To buy fresh poultry for holiday meals and fresh fruit and treats for children.

### Gifts for children

Hats and mittens  
Toys and games

### Food

Canned goods such as vegetables, pumpkin, sweet potatoes, and fruit.

Cranberry sauce  
Evaporated milk  
Dressing or stuffing mix  
Pie crust mix.  
Instant mashed potatoes

Bring items to \_\_\_\_\_

COLLECTION SITE

By \_\_\_\_\_

DATE

for Thanksgiving donations.

By \_\_\_\_\_

DATE

for Christmas donations.

**IMPORTANT!** Donations must arrive at the Division of Indian Work, 1001 East Lake Street, Minneapolis, by November 16 for Thanksgiving distribution and by December 14 for Christmas distribution.

For donation drop off information, please contact Clarine Packineau, food shelf manager, at 722-8722 ext. 343.

*The Division of Indian Work is operated in partnership with  
the Greater Minneapolis Council of Churches*

# Division of Indian Work



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Hats and mittens  
Toys and games

### *Food*

Canned goods such as vegetables, pumpkin, sweet potatoes, and fruit.

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