

# UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 8 NO. 15

December 7, 1998

## Weekly Menu

Dec. 7 - 11

### DINNER



LeRol

- Mon.- Goulash, Vegetable, Dinner Bun, Salad Bar, 2% or Skim Milk
- Tue.- Bean Soup, Fry Bread, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Wed.- Turkey Club Sandwich, Soup, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Thu.- Variety Pizzas, Salad Bar, Dessert, 2% or Skim Milk
- Fri.- Tuna Salad Sandwich, Soup, Salad Bar, Dessert, 2% or Skim Milk

Dec. 14



Rita

- Mon.- Honey Roasted Turkey Sandwich, Soup, Salad Bar, 2% or Skim Milk



Dennis

### SUPPER

- Mon.- Hamburger on a Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies, 2% or Skim Milk
- Tue.- Pork Chops, Rice, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Meatballs over Noodles, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- Grilled Steak, Baked Potato, Garlic Toast, Tossed Salad, Fresh Fruit, 2% or Skim Milk
- Fri.- Lasagna, Garlic Toast, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Mon.- Baked Ham, Baked Potato Wedges, Vegetable, Salad Bar, 2% or Skim Milk



## Listening Conference held at United Tribes

A "Listening Council" between the U.S. Department of Health and Human Services and tribal government was held at the United Tribes Technical College (UTTC), December 4, 1998, in Bismarck, North Dakota.

Some 30 tribal leaders and 30 observers are expected presented their views on tribal health, economic conditions and social service issues and concerns to Deputy Secretary Kevin Thurm, Department of Health and Human Services. Thurm, who reports directly to Secretary Donna Shalala, is accompanied by Dr. Michael Trujillo, director, Indian Health Service at Rockville, Maryland.

Jesse Taken Alive, Standing Rock Sioux Nation, and Andrew Grey, Chairman of Sisseton Wahpeton Sioux Tribe, Tex Hall, Chairman of Fort Berthold & Richard LaFromboise, Chairman of Turtle Mountain Band of Chippewa presented their concerns and recommendations to HHS officials, along with other tribal leaders from South Dakota, North Dakota, Nebraska, Iowa, Wyoming, Montana, Minnesota, and Wisconsin. Other delegates are expected from throughout the Northern Plains and the Southwest.

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## Inside ...

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- Lady Thunderbirds* ..... pgs. 8,9,10

Continued from Front Page.

The Aberdeen Area Health Directors and Health Board prepared documents showing the great disparity in health care in a four state region, including life expectancy at birth for American Indians in the Aberdeen Area is only age 64.3 compared to 71.1 years for all other Indian Health areas or compared to a life span 75.5 years for all other races in the United States.

Hosting was the United Tribes Technical College and facilitating the listening session were president David M. Gipp from UTTC, and Anita Whipple, Rosebud Sioux Tribal Health Director.

The session is one of a series of listening conference being sponsored by the Department of Health and Human services with Indian tribes around the country.,

On January 6-8, the department will meet the tribal colleges and universities at Phoenix, AZ., on implementing the new White House Executive Order on Tribal Colleges and Universities. President Clinton is the first president to provide such recognition to the tribal schools.



## Thunderbirds continue to show they are for real

Little by little, game by game, the United Tribes men's basketball team is removing doubts that it can live up to last season's national tournament team.

Saturday's win over the Jamestown College junior varsity continued United Tribes' roll over non-conference teams. The win improved the Thunderbirds' record to 9-2, impressive considering the personnel losses suffered from last year's team.

"It's not that we lost that many, but who we lost. We lost two 30-points a game players." Thunderbirds assistant coach Rusty Gillette said.

The T-Birds have just four players back last season's roster, but so far have yet to show any holes from the losses.

"I don't think that starting five is as talented (as last year's), but up and down the bench we're more solid," Gillette said.

Saturday's game showed just how solid the T-Birds are.

The shooters hit early and often. Randy Holthusen ended up shooting 7-for-10 from 3-point range. He led all scorers with 23. Alan Spoonhunter, who typically leads the T-Birds in scoring, had 17 points with three 3-pointers.

Five shooters made 3's for United Tribes.

When the shooters opened up the inside, Percy Lussier was there. He dumped in 17 points, shooting 7-for-9 for the night.

And when those two weren't scoring, everyone else was. Literally. Every T-Bird with a jersey scored a field goal.

This combination proved to be too much for the Jimmies. Three minutes into half, United Tribes built a 46-point lead, 83-37.

The only thing keeping the T-Birds from setting any scoring records was the fact that the starters played just five minutes of the second half.

The result was a 50-point win for the up and coming T-Birds.

"We played hard and shot well. If we do those two things we'll play well," Gillette said.


*Taken from The Bismarck Tribune*

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## GRADUATION

**FALL, 1998 GRADUATION WILL BE HELD DECEMBER 18, 1998 AT 10:00 A.M. A RECEPTION AND PROGRAM TO HONOR THE GRADUATES IS PLANNED. EVERYONE IS WELCOME!**

Student Service Committee  
Wanda Walker, Chair



**A special thanks goes out to all who helped throughout the past week in the following activities:**

**Worlds Aids Day**

Worlds Aids Day was the event (December 1, 1998) "Be A Force" was the theme. Sharlene Germundson, Julie Cain, Joe McGillis, and their respective departments, as well as the other campus organizations are to be commended for organizing and developing an informative and highly educational day for students and staff who attended the morning and afternoon sessions. Elizabeth Miller was the IVN & telecast coordinator, thanks!

Most of all, thanks to our speakers Carol LaFromboise, HIS HIV/AIDS area coordinator, and Willie Bettelyoun are to be thanked for their factual and heartfelt presentations about a major issue which affects all of our American Indian communities.

It is especially important to note the good turnout of students at both sessions. We expect the overall program will impact nearly 500 persons-students and staff and community members. This is because the telecast (over the Interactive Video Network) was also taped for continued use, as well as having been sent live to Turtle Mountain Community College, Sitting Bull College, Fort Berthold Community College, and the University of North Dakota on December 1.

The student survey and student comments indicate a great deal of information was learned and it also generated good, constructive student discussion.

We wish all who are affected by HIV or AIDS our prayers, and that the creator will look after them along with responsible support from the communities and health agencies.

**HHS Deputy Secretary Kevin Thurm and HIS Director Dr. Michael Trujillo Visit UTTC Campus**

Our thanks goes out to students and staff-especially Yvette Belgarde, Turtle Mountain Chippewa, Sharon Clairmont, Rosebud Sioux, and Sandy Summa, Ute Mountain of Colorado, and Dennis Renville, Injury Prevention Instructor-for an excellent dialogue and presentation to Kevin Thurm, Deputy Secretary of the Department of Health and Human Services and Dr. Michael Trujillo, national director of the Indian Health Service, Rockerville, MD., during their tour of the United Tribes campus from 4:00 p.m. to 5:30 p.m., December 3, 1998.

Thurm, his staff, and Dr. Trujillo visited the daycare centers, Theodore Jamerson Elementary School with Principal F. Sam Azure and his staff, as well as a driving tour of the facilities.

Thurm was here to listen to tribal leaders about their concerns with HHS programs and the needs of tribes in a number of areas, hosted on campus by UTTC December 4, 1998.

Special thanks for preparing the room to Mr. Blue Lips at the Skill Center, Dr. John Derby for lending his office along with Barbara Iron Hawk, Russell Swagger, Director of Support Services and his staff at security and the cafeteria (Dennis, LeRoi & Co.), along with John Beheler and Pete Guerue.

It took the "UTTC village" to make a successful and historic event happen for some 90 visitors who participated in one of the first "Listening conferences" between the federal Department of Health and Human Services and the various Indian Tribes who came on campus from eight different states.



## **Physical Neglect**

*(Refer to Risk Assessment Factors  
1, 2, 3, 5, 9, 11, 17, 18, 20)*

### **Lack of Supervision:**

The ultimate responsibility for the safety, care, well-being, and behavior of dependent children remains with the parent, whether they are present to personally supervise them or not.

The age of the child is not the only risk factor which should be considered when children are left alone. Other factors include the maturity of the child, emotional health factors, the child's physical or cognitive limitations, length of time left alone, time of day or night, other children present or to be supervised, location and the accessibility of a parent or other responsible adult.

Risk factors for lack of supervision should be considered when the standards outlined below are not met. These are the ND Standards for Supervision of Children.

#### **• For children 0-4 years of age:**

- Outside of the home the child should be in the direct view of the parent at all times. The parent must be able to respond to the child's immediate need for protection from harm.

- Children should not be left alone in a vehicle for more than a brief period of time. If left alone the child should be in direct view of the caretaker at all times. The child(ren) should be in a restraint unable to put the vehicle in gear.

- Inside the home, a caregiver should be available and able to respond to the child to provide immediate care and protection from harm.

#### **• For children 0-17 (specific minimum ages outlined):**

- Children eight (8) years of age or under should be supervised at all times with a caregiver directly available. The child in this age group should not be left in charge of other children.

- Children who are nine (9) years old should not be left unsupervised for periods greater than two (2) hours during the daytime. This age child should not be unsupervised at night and should not supervise other children.

- Children who are 10 and 11 years old may be left alone for longer periods of time. However, caution is advised in leaving a child unsupervised during sleeping hours. Children in this age should not be responsible for younger children.

- Children who are the age of twelve (12) years and older may be permitted to act as baby sitters. It is recommended that they successfully complete an approved child-care training course. Caution should be advised on number of children left in care, length of time for caregiving responsibility, factors regarding special needs of children left in care and resources available to child providing care.

- Children in early adolescence, 12-14 years, should not be left unattended overnight.

- Caution should be taken in leaving 15-17 year olds alone overnight. Extended absences of caretakers are not recommended.

- Parents should adhere to supervision requirements of public facilities, (i.e.-Video Arcades, Drop-In Centers, Pools, Restaurants, etc.)

#### **• All children left home alone must be able to demonstrate:**

- Knowledge of where their parents or other responsible adults are, how to reach them, and length of time of absences.

- Knowledge of emergency procedures and arrangements for emergency situation.

Risk factors for lack of supervision may also exist in circumstances where the caregivers are present but physically or mentally impaired to such an extent that they are unable to provide supervision or respond to the needs of the child.

For more information, contact Barb Danks @ TJES, Ext. 236

### **Attention Staff and Faculty**

*Donations are needed at the*

*President's Dorm*

*(Men's Honor Dorm)*

*Such items as: Rugs, Lamps,*

*Wall Hangings will be*

*appreciated. Please bring them*

*directly to the Honor Dorm.*

*Thank You!*

## IDA Grants offer an incentive for the savings habit in Indian Country

Five 'first-of-their-kind' savings programs receive First Nations support

Fredericksburg, Va. - First Nations Development Institute's Eagle Staff Fund has awarded five grants totaling \$372,969 to Native American tribes and nonprofit organizations to develop an incentive for the savings habit in Indian Country.

The incentive is the Individual Development Account, an innovative savings program where the money saved by individuals is 'matched' by outside funding sources. As long as the total amount saved is dedicated to housing, small business, or education and job-training costs, every dollar saved is matched by a second dollar, a third dollar, a fourth or more, depending on the program. As a part of their projects, the five IDA grantees of the Eagle Staff Fund will provide participating account holders with training and counseling in money management, homeowner obligations, and small business development. In addition, they will monitor the savings programs and authorize withdrawals for eligible purposes.

"First Nations Development Institute is proud to make these first IDA grants in Indian Country," said President Rebecca Adamson. "The grantees are going to make a difference in the attitude of Indian people toward money. Increasingly from now on, savings will be seen as an asset that accumulates toward the greater asset of a house, a business, an education. Over time, that attitude is going to change the way people think about what the future holds for them."

The five IDA grantees are the Pascua Yaqui Tribe, Tucson, Ariz.; the Hoopa Valley Tribe, Hoopa, Calif.; the Cherokee Nation of Oklahoma, Tahlequah, Okla.; Oklahomans for Indian Opportunity, Norman, Okla.; and Tohlokai Christian Business Opportunities, Gallup, N.M. Each will pursue a multi-faceted, community-specific strategy for achieving the IDA goals of enhanced personal financial skills and asset accumulation within their tribal communities. In the spring of 1999, First Nations Development Institute will hold a convening of the grantees to discuss progress and share lessons on the development of their IDA programs.

## CHRISTMAS CARDS



*And this day shall be filled with peace,  
And the joy from throughout the night  
Shall fold its wings, like Angels,  
And silently embrace the light.*

Christmas Cards for all departments to send out to all vendors or people you work with are available Now in Arrow Graphics.

Individuals may purchase these for your own personal use at 50¢ each.

Dept's: Please call Arrow Graphics with quantity if you want mail delivery or please stop by and pick them up. We will bill your department - no need for purchase orders.

We are proud of this year's artwork by John Beheler! Buy an "original" Christmas Card with traditional art. (See Above)

*Beautiful Victorian Angels  
for Sale in Arrow Graphics  
Not many left!*

*Must See To Appreciate!  
Make great holiday gifts for that hard-  
to-buy-for relative.*

**December Graduates  
stop at the Library  
before Graduation**

Charlene, Librarian



## Warning Labels

Instructions for a hairdryer.  
Do not use while sleeping.

On a bag of Fritos: You could be a winner! No purchase necessary. Details inside.

On a bar of Dial soup:  
Directions: Use like regular soup.

On a frozen dinner package:  
Serving suggestions: Defrost.

On a hotel-provided shower cap box:  
Fits one head.

On Marks & Spencer Bread Pudding:  
Product will be hot after heating.

On packaging from a Rowenta Iron:  
Do not iron clothes on body.

On children's cough medicine:  
Do not drive car or operate machinery.

On a bottle of Nytol (a sleeping aid):  
Warning: May cause drowsiness.

On a string of Chinese-made Christmas lights:  
For indoor or outdoor use only.

On Sainsbury's peanuts:  
Warning: Contains nuts.

On a Japanese food processor:  
Not to be used for the other use.

On a Swedish chainsaw:  
Do not attempt to stop chain with your hands.

On a package of Sunmaid raisins:  
Why not try tossing over your favorite breakfast cereal.

Submitted by RSI Coordinator.

## Teacher Donates

Renee Becker had a lot more on her mind at the end of last quarter than just getting grades in on time. She had found out she was a bone-marrow donor match for a leukemia patient.

Becker, a family and consumer sciences teacher, had her blood drawn six years ago. She said she had completely forgotten about it, thinking that she would not match at all. So when she got the phone call, she said she was amazed. There was just one problem-she had to have another physical. The first physical showed she had a low white blood count, and there was some evidence of blood clotting.

"When I didn't pass the physical, it just blew my away," she said. She hadn't thought of that possibility.

She took a second physical the week of Nov. 9 and passed that one. The surgery has been scheduled for December 17.

Doctor's orders before the surgery involve taking iron-supplement pills and staying healthy. Before the surgery. Becker must also give three pints of blood that will be stored and then shipped to Minnesota.

She will undergo two-and-a-half hours of free surgery under general anesthesia at the University of Minnesota Hospital in Minneapolis. The time spent in surgery and the amount of bone marrow given depends on the size of the patient. Her bone marrow will be hand-carried to the other woman in the same hospital.

Becker is not allowed to meet the bone marrow recipient, and all she knows about this woman is where she's from and how old she is. All other information remains anonymous until the recipient recovers completely. Becker can communicate with her through letters, but personal information in removed.

She said cancer patients are isolated in the hospital for 10 days before the initial surgery and get huge doses of radiation treatment to remove all the cancer cells. The transplant must occur immediately afterwards or the patient would die. Then the patients are isolated again because they have no immune system.

Becker said she met a woman with leukemia who has a 10 percent better chance of surviving with a marrow treatment than without.

"My future pain seemed so minute compared to hers," Becker said. "Why am I so nervous about this when she goes through so much more?"

The physical discomfort after the operation will consist of difficulty walking and climbing stairs, lower back pain, and more fatigue.

"It's a little like falling on your tailbone," Becker said. "Most people go back to work in just a few days."

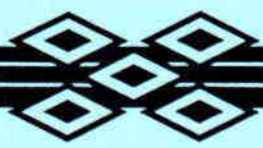
It's not really the pain she's worried about. She said she doesn't have a lot of sick-leave time built up yet, and she is a little nervous about the operation. The doctors will make two incisions, and her bone marrow will be poked with a needle a minimum of 150 times in order to remove 1,500 cc's of marrow.

Becker said she believes that "everybody should be tested and put on the list. Anybody could [go through the operation]."

For those interested in becoming bone-marrow donors, they must pass a physical, a chest x-ray, and give blood and urine samples. They must be between 18- and 60-years-old.

Three million people are on the registry to become recipients or donors, but only 1,000 matches per year are found.

*Taken from The Bismarck High School Paper "Hi-Her..."*  
(Renee Becker was a former instructor of United Tribes.)



## **IRS takes the taxation out of grantmaking and tribal governments**

**First nations urges direct grants and endowments in light of Revenue Code clarifications**

The Internal Revenue Service has affirmed the tax-exempt status of tribal governments and corporations created under the tribal law, a status that had been clear in principle but clouded in practice due to the ambiguous interpretations of IRS reviewers and foundation program officers.

"This is the go-ahead grantmakers and tribes alike have been waiting for," said Rebecca Adamson, President of First Nations Department Institute in Fredericksburg, Va. "Tribes can no longer dedicate assets to charitable purposes without subjecting tribal assets to state oversight. As for private foundations, they can now rest assured that direct grants to tribal governments for charitable and public purposes will qualify toward their minimum distribution required by law, and the foundation will not have to exercise expenditure responsibility over the grant."

She urged Indian people not to be put off by the intricate details of tax law, but to make the case with foundations for direct grants to tribal governments and corporations created under tribal law. "Unless they hear from us, foundations may be slow to adopt a new mode of grantmaking despite the IRS informational letter of September 8." Tribes that have considered endowing assets for the benefit of Indian people in perpetuity can also be encouraged by the IRS letters, she added.

Adamson requested the clarifications in an initial meeting with officials from the IRS, the Treasury Department, and the Council on Foundations, as well as consulting tax attorney Kathleen Nilles of Gardner, Carton & Douglas. First Nations was responding to ambiguities in IRS treatment of direct grants to tribal governments and corporations created under tribal law.

American tribes and tribal organizations. Contact: Anna Goddard, MIS Desk, Dept. of Labor, 200 Constitution Ave. NW, Washington, D.C. 20210.

• 1/26/99: Community Service - Program: AmeriCorps Education Awards Program. Eligibility: State, local and tribal governments, public agencies, institutions of higher education, nonprofits and individuals. Contact: Nancy Talbot (202) 606-5000, ext. 470.

• 2/1/99: Native Americans - Programs: Indian Education - Formula Grants to Local Educational Agencies and Indian Schools. Eligibility: Local educational agencies and certain schools funded by the Bureau of Indian Affairs and Indian tribes. Contact: Cathie Martin (202) 260-1683

### **Bookstore News**

December is a very busy month for everyone, including the UTTC Bookstore. Here are some important dates to remember:

Dec. 11 - The last day for students to charge.

Dec. 16 & 27 - Follett Book Company will be at the Bookstore to purchase textbooks. The hours will be: 9:00 - 4:00.

Stop in at the Bookstore to see the 4 new UTTC designs to put on t-shirts and sweatshirts. Also, coming soon-polo shirts and denim shirts with embroidered UTTC Logo. They make great Christmas Gifts! See you soon!

#### **BOOKSTORE HOURS:**

**MON - FRI:**

**8:00 - 12:00**

**1:00 - 5:00**

**Ext. 357**

## **Applications Deadlines for Federal Grant & Aid Programs**

• 12/18/98: Rehabilitation Services - Program: Rehabilitation Training: Rehabilitation Long-Term Training-Comprehensive System of Personnel Development. Eligibility: State agencies and other public and nonprofit agencies or organizations, including Indian tribes and institutions of higher education. Contact Beverly Steburg, (404) 562-6336.

• 1/1/99: Job Training - Program: Indian and Native American Employment and Training Programs. Eligibility: Native

**Information for the Next Newsletter must be submitted to Arrow Graphics No later then Dec. 11 Attn: Wanda Swagger**

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## GRADUATES

*December Graduates, your Placement files should have been completed and in the Placement Office by this time. If not, your deadline for getting it in is December 16, 1998, 5:00 pm. If you have not submitted these required documents by the deadline date, the Placement Office will submit a form to the Administration and Registration offices in reference to your lack of required paperwork into our office. Your name will be taken off the graduation list. This mandate comes from administration and will be adhered to.*

*The required material in question are your Federal Application Forms 171 and 612, your resume and a completed Exiting form. Please submit this material ASAP.*

*Fall Semester Cooperative Education Students will be required to report all their working hours to Vince Schanandore (Co-op Coordinator), by the deadline date you will lose all working hours. Remember that your co-op credit hours will enhance your transcript and resume, as your future employers will be viewing these documents. Don't lose hours that you worked so hard to earn.*

*The Office of the Little Bighorn Battlefield National Monument is offering Seasonal work in what is called the "Student Temporary Employment Program" (STEP). Two of the positions that are mentioned in this document are "Visitor Use Assistant" and "Park Ranger".*

*Responsibilities listed under "Visitor Use Assistant" includes contacting visitors, collecting and accounting for fees, and disseminating information. While other duties may include visitor management-related services such as traffic control, radio dispatching or back-country patrols, visitor contacts, fee collection, and information dissemination are primary and constitute at least 80% of the duties of this position.*

*Responsibilities for the Position of "Park Ranger" is as follows: prepares and presents formal interpretive programs to the public including walks, and demonstrations relating to the Battle of the Little Bighorn. Performs roving interpretation, staff the visitor center desk, and other duties as assigned.*

*Please feel free to come and pick up information on this summer program.*

*Thank you.*

Vince Schanandore  
Placement Officer



## Update on the Lady Thunderbirds

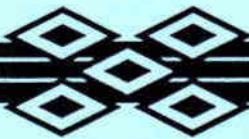
The team started conditioning and practice the middle of October. November 1 the Thunderbirds traveled to Newtown for a scrimmage game. That was a learning experience for us. November 14, we played in a tournament at U.T., we won the 1st game and lost the next two.

On November 17 we traveled to Valley City for a game with Valley City State JV team. We lost 88 to 39. Ree Hosie was high point leader with 13 points. On November 19th we hosted MSU-Bottineau. Ree Hosie led all scores with 14 pts. Arbana Low Dog scored 10. Lisa Yellow Horse and Norma Two bulls had 9 rebounds each. Ree Hosie had 8 rebounds. Shelly Alden had 7 assists at half the Thunderbirds were down by 20 pts. The second half we came storming back and got within 9 pts. and made a game of it. We lost 75 to 54 but the team really played well together and never quit.

On November 17 we hosted Moorhead State University JV, we lost 108 to 63. Four players scored double figures. Nicole Arellano 12, LaDeana Roberts 14, Arbana Low Dog 11, and Shelly Alden led all scores with 21. Nicole was high in rebounds with 5. We had a hard time on the offense and defense rebounds. Moorhead had height advantage with 2 players 6'1" and 1 player 6' foot.

On November 24th we hosted Sitting Bull College and won our first college game 91 to 55. Shelly Alden lead all scores with 26 points, LaDeana Roberts had 14, Nicole Arellano had 11 pts. and Norma Two Bulls and Geri Whiteman each had 10 points. Shelly, Reida, and Nicole each had 4





sists. Norma had 16 rebounds, Shelly was second with 11 rebounds, followed by Ree, Geri, and Nicole with 9 each. The team total rebounds was 41 defense and 29 offense for a total of 70.

It was a fun filled November. It was nice to see the great support at the Bottineau game.

I hope you'll come out and support your Lady Thunderbirds, they'll appreciate it. They put their heart and soul into the game. Go Lady Thunderbirds.

Coach Bucholz

## Lady Thunderbirds Interviews From two players of the Lady Thunderbirds. (Enjoy)

### REIDA WHITESHIELD - # 24



Also known as "Listerine or Listie" by her friends. Reid is 23 years young, born January 3, 1975, a Capricorn. Her parents are Mr. and Mrs. Harlan TallBull. She's from Lame Deer, Montana and belongs to the Northern Cheyenne Tribe.

Reida is 5'9" center for the Lady T-Birds. She has been playing basketball for one year for UTTC. She played for her high school, Colstrip High School.

Presently, Reid has a 3.0 grade point average and is in her second year at UTTC. She is graduating this month, December 1998 with an

AAS degree from Health Information Technology.

What she'll miss most about this place is the friends she has made (your friends will all miss you) and the things she supposedly learned.

When asked what her love status was, she replied: "Love Stinks"!

In her spare time she enjoys tutoring people privately. She belongs to the Richard Cranium Club. Her greatest fear is heights.

### NICOLE ARELLONO - #34 (photo unavailable)

Also known as "Nikki" is 28 years old and married. She was born September 15, 197, a Virgo. Her parents are Quentin & Belinda Beston. She's a Hidatsa, Fort Berthold and comes from Mandaree, North Dakota.

Nicole is 5'6", a guard for the Lady T-Birds. She has been playing basketball for 15 years and played for her high school, Mandaree Warriors.

Presently, Nicole is in her second semester with a 3.0 grade point average. She considers herself a computer nerd. When asked when she plans to graduate she said, "Never"! But when never comes she will graduate with an AAS degree from the LPN program.

What she'll miss most about this place is the gossip and Bala's keen sense of humor.

Her future plans are to continue her education at UND, Grand Forks and study Biology.

The proudest moment(s) in her life are 9/6/88, 5/25/94, 7/1/95 and 9/9/97. Each date representing the birth of her (4) daughters.

Money makes her happy the most, that's why she's never is happy. Really her family is what makes her happy the most.

Her greatest fear is not graduating and not getting a good job to support her girls.

When asked if there is anything she wishes to say to the readers (fans), she said: "I would like to thank all the people who have been coming to watch the Lady T-Birds play. We are off to a slow

Continued on page 10.



start but, we are getting to know each others playing style and we are slowly but surely improving. So come and enjoy the games. Show your THUNDERBIRDS Spirit!

**In the next issue:**

**LaDeana Roberts  
and  
Norma Two Bulls**

**Next Home Game  
December 9, 1998  
5:30 pm against  
Sitting Bull College**

**Come  
&  
Support  
your  
Lady Thunderbirds**

*Submitted by Kate Cesspooch*

## **Recreation Stuff**

**League B-Ball Tournament results 11-30-98:**

The Sitting Bull "Suns" beat the Hoosiers 112-107. Trevor Kuntz and Teddy Doggskin had 35 and 28 to lead the "Suns". Mendoza led the Hoosiers with 61 pts and Webster added 29.

**Championship**

Sitting Bull defeated the SS Bombers 95 to 87. The "Suns" were led by Jason Thunderhawk's 24 pts and Trevor Kuntz added 23, the Bombers were paced by Bernard Strikes Enemy 24 pts.

**1998 All League Team**

George Goodleft - Urban Warriors	16 ppg
Eli Feather Earring - SS Bombers	22 ppg
True Clown - SS Bombers	16 ppg
Ted Doggskin - SB "Suns"	24 ppg
Trevor Kuntz - SB "Suns"	24 ppg

Dusty Thunderhawk - SB "Suns"	18 ppg
Derrick Bartlette - CJ "Boyz"	22 ppg
Dusty Davis - "Boyz"	17 ppg
Chris Blackbird - "D Redmen"	29 ppg
Shane Bruguier - "D Redmen"	8 ppg
Justin Lebeau - "Hoosiers"	10 ppg
Robert Webster - "Hoosiers"	31 ppg
Rob Mendoza - "Hoosiers"	40 ppg

**Comeback Player of the Year**  
Bennett Yellowbird

**Volleyball Results:** 11-2 UTTC were defeated by Chupe Chiropractic 6-15, 9-15, 12-15. CO-ED Results: 15-6, 15-8, 15-7. UTTC defeated Leo's Transmission.

**League Basketball Tournament 11-16-98:**

Hoosiers defeated the Dakota Redmen 93-90. The Redmen were led by Juan White Eagle 31 pts and Chris Blackbird 25 pts. The Hoosiers were led by Mendoza's 46 pts and John Derby added 21 pts.

The Sitting Bull "Suns" spanked the Urban Warriors 94-57. The Warriors were led by George Goodleft and Don Blevins 25 and 20 pts. The "Suns" were paced by Trevor Kuntz 38 pts and Terry Brown Otter added 18.

**2nd Round:** The Southside Bombers upset the undefeated Hoosiers 85-73. JD Roberts had the Hot hand with 23 pts (6 3-pointers) and True Clown added 20. The Hoosiers were led by John Derby 28 pts.

The "Suns" defeated the Dakota Redmen 84-70. The "Suns" were paced by Ray Moore, Trevor Kuntz and Dustin Thunderhawk 18 pts. The Redmen were led by Chris Blackbird and Valden Killsmall 33 and 17 pts apiece.

**Volleyball Results 11-18-98:** UTTC defeated Image Printing Inc. 15-6, 15-9, 15-11. CO-ED Results 11-19-98: UTTC defeated Central Dakota Radiologists 15-13, 15-9, 15-5.

**Pool Tournament Winner 11-17-98:** Richard Smoekel.

# Congratulations for the Coverage in Indian Report magazine.



December 1998

Vol. XIV No. 12

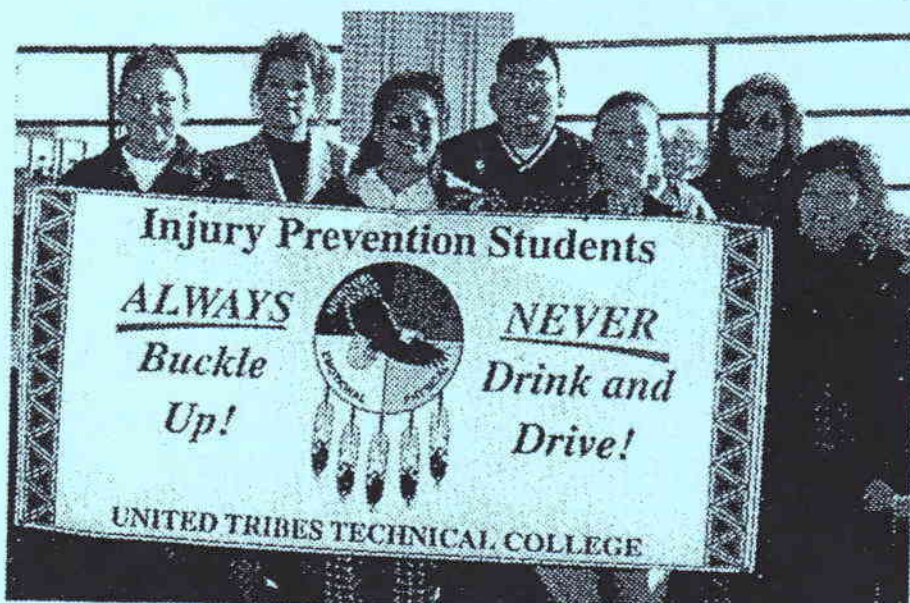
## HEALTH

### An Ounce of Prevention

**C**AR CRASHES. SUICIDES. ASSAULTS. DOMESTIC VIOLENCE. SADLY, AMERICAN Indians are experiencing injuries and fatalities in these areas at rates two-to-five times the national average.

But a new program at United Tribes Technical College (UTTC) in Bismarck, N.D., hopes to change that. Seven students at the college began working last August on a unique two-year undergraduate degree in Injury Prevention.

The program, whose goal is to decrease injury morbidity and mortality among American Indians, prepares students for positions with local, national and tribal organizations where they will develop and put into place intervention plans.



Because the idea of trained Injury Prevention Specialists has been so well received by health institutions such as the Indian Health Service and the Centers for Disease Control, the college is considering broadening the program into a four-year degree.

For more information, contact the Injury Prevention Program at 701-255-3285, Ext. 374. Or write United Tribes Technical College, 3315 University Drive, Bismarck, ND 58504. □

**The Injury Prevention students conduct seat-belt checks and set up sobriety check-points as part of their training.** Dennis Renville

**"THUNDERBIRDS" Basketball**

November 27, to December 3, 1998.

**Thanksgiving Shoot-out, Huron, SD**

<i>Dakota Wesleyan Univ.</i>	<i>78</i>	<i>Huron University</i>	<i>107</i>
<i>United Tribes</i>	<i>88</i>	<i>United Tribes</i>	<i>85</i>

**"T-BIRDS" Classic**

<i>Concordia JV</i>	<i>79</i>	<i>Jamestown JV</i>	<i>64</i>
<i>United Tribes</i>	<i>112</i>	<i>United Tribes</i>	<i>114</i>

**CURRENT RECORD 9 WINS - 2 LOSSES**

**\*\*Next home game, Dec. 9, 1998 vs UND-Lake Region.\*\***

**7:00 PM GAME TIME.**

*The Huron JV game that was scheduled at UTTC on December 12, 1998 has been moved from UTTC to Standing Rock Community High School Gymnasium 12-12-98 at 4:00, we will take a bus and the first 30 students to show-up at the bus pick-up by security may ride the bus. You MUST have a UTTC student I.D. in your possession for the game or you will have to pay.*

**FOR ALL HOME GAMES YOU MUST HAVE A STUDENT I.D. OR A SEASON PASS, NO ONE WILL BE ADMITTED WITHOUT ONE OR THE OTHER, ALL OTHERS MUST PAY THE ADMISSION PRICE, SAYING YOU ARE A STUDENT WILL NOT GET ANYONE IN ANYMORE.**

**Congratulations KLND for 18 Months of Broadcasting!**



# **KLND 89.5 FM**

**Gratefully acknowledges your  
contribution to the success of  
KLND, Community Radio**

**HTCC David Gipp Pres.**  
*Underwriter*

Presented this day  
December 6th, 1998

A handwritten signature in black ink, appearing to read "Dennis J. Neumann".

Dennis J. Neumann,  
Station Manager KLND Radio

A handwritten signature in black ink, appearing to read "Thomas Condon".

Thomas Condon, Chair  
Seventh Generation Media Services, Inc.

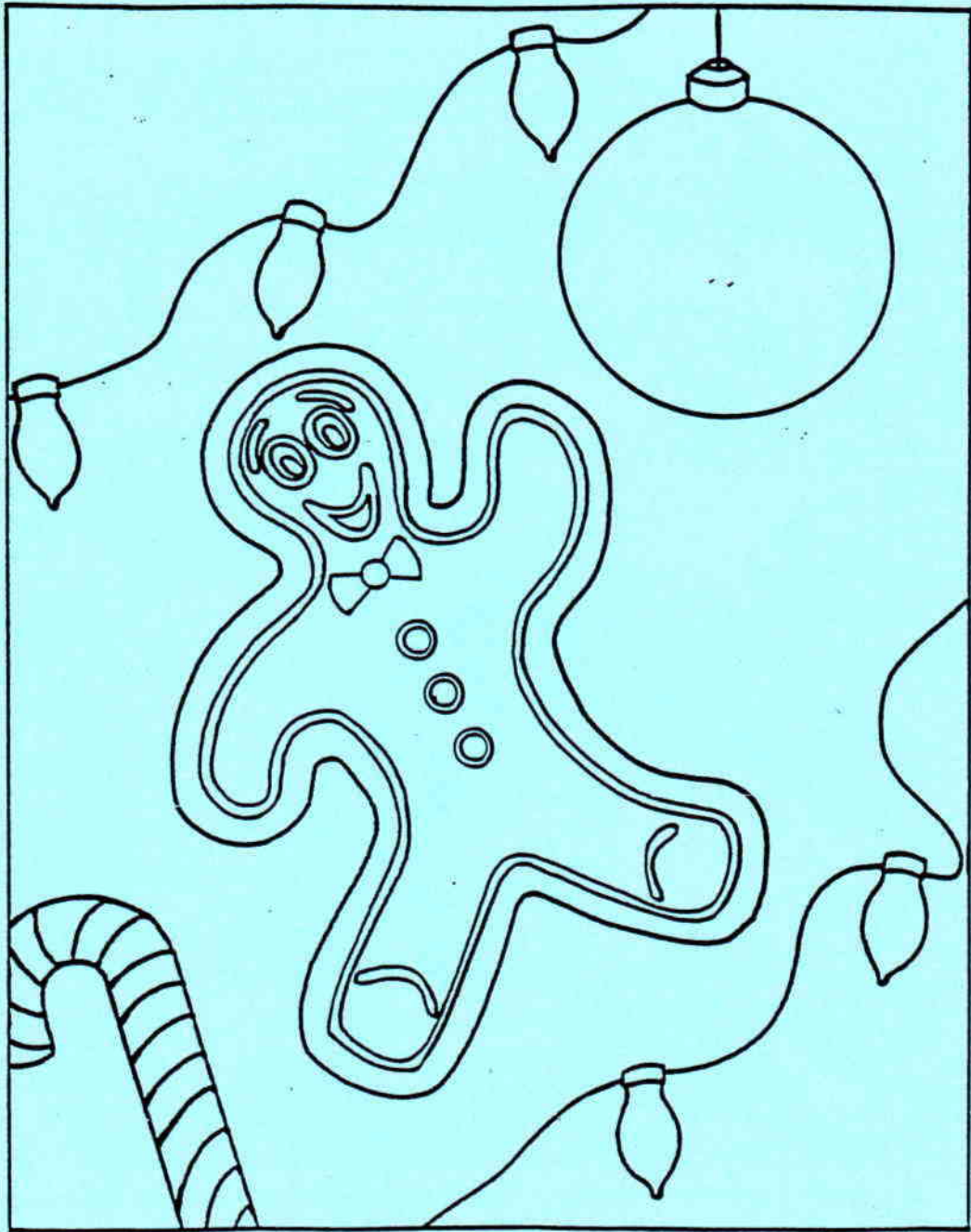
## BISMARCK/MANDAN AREA PARENT EDUCATION PROGRAMS for DECEMBER

- Tuesday, Dec. 1; 12:00-1:00, Parenting for Prevention: Session 5, "How to Teach Your Kids to Handle Anger Without Violence,"** Brown Bag Lunch, Hosted by: Dacotah Foundation, 600 South 2<sup>nd</sup> St., Dakota Room in basement, use South door, Partners in Parenting, Free - Contact: Betty Neigum, 221-6882
- Tuesday, Dec. 1; 6:00-7:00pm, "Respect and Protect,"** Riverside Elementary, 406 South Anderson St., Bismarck, Partners in Parenting, Free - Open to the public. Contact: Betty Neigum, 221-6882
- Wednesday, Dec. 2; 8:40-9:40am, "Sibling Rivalry,"** Adult Learning Center, 214 West Bowen Ave., Bismarck, Partners in Parenting, Free - Open to the public. Contact: Betty Neigum, 221-6882
- Thursday, Dec. 3; 11:30-12:30, Johnson Institute Research, "Sexual Con Games,"** Brown Bag Presentation, Federal Building, 220 East Rosser Ave, Bismarck. Free - registration not required, public attendance encouraged. Contact: Betty Neigum, 221-6882
- Tuesday, Dec. 8; 12:00-1:00, Parenting for Prevention, Session 6, "How to Teach Kids to Resolve Conflicts Without Violence,"** Hosted by: Dacotah Foundation, 600 South 2<sup>nd</sup> St., Dakota Room in basement. Partners in Parenting, Contact: Betty Neigum, 221-6882
- Wednesday, Dec. 9; 8:40-9:40am, "Strategies for the Challenging Child,"** Adult Learning Center, 214 West Bowen Ave, Bismarck. Partners in Parenting. Free - Open to the public. Contact: Betty Neigum, 221-6882
- Wednesday, Dec. 9; 12:10-1:00pm, "Taming the Grinch - Helping Children Handle the Holidays,"** St. Alexius Medical Center, use main entrance, meeting rooms I & II. Bring your lunch or use cafeteria. Sponsored by Archway Mental Health, Presenter: Sue Chaussee, LSW
- Tuesday, Dec. 15; 12:00-1:00, Parenting for Prevention, Session 7, "Taking Another Look at High Risk Behavior: Youth Violence, Drugs, Sex,"** Hosted by: Dacotah Foundation, 600 South 2<sup>nd</sup> St., Dakota Room in basement. Partners in Parenting, Contact: Betty Neigum, 221-6882
- Wednesday, Dec. 16; 8:40-9:40am, "What To Do When Johnny's Hitting, Susie's Whining and Billy's Having A Temper Tantrum,"** Adult Learning Center, 214 West Bowen Ave., Bismarck. Partners in Parenting, Free - Open to the public. Contact: Betty Neigum, 221-6882
- Wednesday, Dec. 23; 12:30-1:30, "Breast Cancer, Cervical Cancer Awareness,"** Custer District Health, 210 2<sup>nd</sup> Ave. NW, Mandan, call West River Headstart, 663-9507 for more info.
- Jan. 4 & 18; 7-9pm, (2 week session) "ADHD - Brief Parent Education Sessions,"** St. Alexius Medical Center, use main entrance, meeting rooms I & II. Free - Register by calling St. Alexius Education Dept. 224-7070
- Jan. 11- Mar. 1; (Monday evenings, 7-9pm) 8 week session, "Surviving & Thriving with ADHD,"** Lewis & Clark Elementary, 600 14<sup>th</sup> St NW, Mandan. Fee - \$20.00 per family, scholarships available.. Register by calling NDSU Extension Service; 667-3342

For more information on any of the above programs or to request additional programs, contact; Verona Lechler, Family Resource Center, Morton County Courthouse, 210 2<sup>nd</sup> Ave. NW, Mandan, 58554; 667-3342, e-mail vlechler@ndsnext.ndak.edu. If anyone has information on support groups for stay-at-home parents please call me.

*Verona Lechler*

# A Gingerbread Christmas



THEODORE JAMERSON ELEMENTARY

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CHRISTMAS PROGRAM

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THURSDAY, DECEMBER 10, 1998

2PM - UTTC GYM

# THEODORE JAMERSON ELEMENTARY

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## CHRISTMAS PROGRAM

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THURSDAY, DECEMBER 10, 1998

2PM - UTTC GYM

TJES Christmas Program  
Thursday, December 10  
2pm  
UTTC GYM

Do you want to get in the mood for Christmas? All the students, staff, and faculty are invited to the elementary school Christmas program. There will be songs and poems by the Kindergarten and 1st grade students and a puppet show by Grades 2-4. A group of 5-8 graders will serve as puppeteers as we present the show, "A Gingerbread Christmas." Everyone attending the program will receive a Gingerbread man ornament for their Christmas tree. Even if you don't have a child enrolled at TJES, please come and get in the mood for Christmas. The children work hard to learn their parts and it means so much to them to have the support of family and friends. Please plan to attend now.





**CHEMICAL HEALTH CENTER  
INVITES  
STUDENT STAFF AND FAMILIES  
TO  
CHRISTMAS CAROLING  
NIGHT**

**DECEMBER 10, 1998  
UTTC CAFETERIA  
7:00 P.M. TO 10:00 P.M.**

**COME JOIN THE FUN!  
REFRESHMENTS AND DOOR PRIZES**

## HERITAGE CENTER VISIT

The Family Club/ Just Say No Club will be visiting the Heritage Center on Thursday, December 10<sup>th</sup>. Transportation will be provided, or you may join us at the Heritage Center via your own vehicle. A van will be leaving from the cafeteria at 5:30 pm. If you plan to take your own vehicle, the Heritage Center is located right next to the State Capitol. If you have any questions concerning this activity, please call campus ext. 285.

Come join us and learn about North Dakota's Past! There are many good exhibits concerning the Native American Tribal Artifacts presented from throughout the region.



### *Family Club Policy*

- 1. Parents must attend with their children.*
- 2. There are no fees or dues.*
- 3. Be on time for a ride.*
- 4. Alternate activities will be held if weather cancels outdoor activities.*
- 5. Events include a message or information on drug abuse prevention.*
- 6. All families of TJES are eligible to participate.*

The purpose of the Family Club/"Just say NO" Club is to encourage healthy, fun, educational, family/community activities; to promote healthy family relationships; and to promote a drug free lifestyle.



A Family Club/"Just Say No" Club Activity