

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER R

VOL. 8 NO. 23

February 16, 1999

AIHEC/UTTC Delegation Visits Washington, D.C.



The students represented United Tribes and the AIHEC Student Congress during leadership meetings with members of Congress and the Clinton Administration (February 8-11, 1999), Washington, D.C.

At the AIHEC Congressional reception were (L-R): Unidentified TCC student; President David M. Gipp; Elena Beatus (Fairbank, AK); Letitia Stewart, student advisor; and Debra Ren Coudre (Standing Rock Sioux, S.D). (UTTC Photo)

Isaiah 58:7-10 (74)

A Relevent Reading from the book of the prophet Isaiah

Editor's Note (D. M. Gipp):

The reading from the Prophet Isaiah is one which epitomizes much of our mission and service during the past 30 years since United Tribes Technical College (UTTC) has been in operation. It also reminds us of how many of our staff, students, and friends have offered themselves and their work to the thousands who have made United Tribes a crossroads to a better life and success.

Thank You!

THUS SAYS THE LORD:

Share your bread with the hungry, shelter the oppressed and the homeless;

Clothe the naked when you see them, and do not turn your back on your own.

Then your light shall break forth like the dawn, and your wound shall quickly be healed;

Your vindication shall go before you, and the glory of the LORD shall be your rear guard.

Then you shall call, and the LORD will answer, you shall cry for help, and he will say: Here I am!

If you remove from your midst oppression, false accusation and malicious speech;

If you bestow your bread on the hungry and satisfy the afflicted;

Then light shall rise for you in the darkness, and the gloom shall become for you like midday.



Weekly Menu

DINNER

February 16-19

- Tue.- Mexican Rollup, Spanish Rice, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Wed.- Oven Baked Chicken, Rice, Vegetable, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Thu.- Hamburger on a Bun, Baked Fries, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Fri.- Old Fashioned Tomato Soup, Egg Salad Sandwich on Whole Wheat, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk

February 22

- Mon.- Croissant Sandwich with Turkey or Ham, Potato Salad, Salad Bar, 2% or Skim Milk

SUPPER

- Tue.- New England Dinner, Boiled Potatoes, Boiled Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Salisbury Steak, Rice Pilaf, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- Shish-ka-bob Casserole, Wild Rice, Salad Bar, Dessert, 2% or Skim Milk
- Fri.- Fish Platter, Oven Baked Potato Wedges, Salad Bar, Dessert, 2% or Skim Milk
- Mon.- Braised Beef over Noodles, Vegetable, Salad, Fresh Fruit, 2% or Skim Milk

Land O'Lakes: No contaminated milk was sent to United Tribes.

Congratulations . . .

I would like to congratulate the following students who were selected for the AIHEC Knowledge Bowl Competition to be held in Billings, Montana on March 20-24, 1999.

David Strange Owl, Northern Cheyenne, Lame Deer, Montana; Gerald Packineau, Three Affiliated Tribes, New Town, North Dakota; Katie Beheler, Yankton Sioux Tribe, Chamberlain, South Dakota; MaDonna Knife, Rosebud Sioux Tribe, Rosebud, South Dakota; Rhondeena Hamilton, Arikara, Three Affiliated Tribes, Fort Berthold, North Dakota.

These students were diligently selected based on their grade point average, attendance, and a willingness to compete against other tribal colleges. They will be representing United Tribes Technical College to their fullest ability.

Please, as staff, faculty, and fellow students, support their efforts. It will be greatly appreciated by them. They will be reading 7 books, 9 tribal college catalogs, and 12 tribal college journals.

Thank You,
Suzanne Cadotte,
AIHEC Knowledge Bowl Coach

Ash Wednesday Mass
February 17
7:00 pm

Parents of Children in the Infant/ Toddler and Preschool Centers . . .

The CDC Centers will be conducting a full staff meeting Wednesday, February 24. The CDC Centers will be closed from 3:15 to 4:45 that day. The CDC Centers will resume their extended care services at 4:45 pm. Parents, if you have any questions please contact Barbara Archambault.

AIHEC Visits the U.S. Capitol



The prestigious AIHEC 99 Award went to Sarah Garland, a consultant to the American Indian Higher Education Consortium, who specializes in resource development. She has been instrumental in helping AIHEC Colleges receive funding and accessing Federal resources. The Colleges, including United Tribes are already underfunded. Garland, a North Dakota Native, is a former staff member of the late Senator Quentin Burdick (d., ND) and past chief of staff to Senator Kent Conrad (UTTC Photo).



Gathered at the AIHEC Congressional reception are 99 years of combined experience in tribal college development (since 1972). Senior AIHEC Presidents: Drs. Gerald "Carty" Monette, Turtle Mountain Community College; Lionel Bordeaux, Sinte Gleska University; Jim Shanley, Fort Peck Community College; David M. Gipp, United Tribes Technical College. (UTTC Photo)

FREE FOOD

The Mandan Powwow Committee is looking for anyone interested in volunteering their time to work as security at the Mandan Mid-Winter Powwow - February 19, 20 & 21st.

In exchange for your time you will receive free admission to the Powwow, you will be fed during your shift and we may be able to come up with some type of monetary payment.

Anyone interested contact either: Joe McGillis, ext. 274; Rhonda Cloud, ext. 246; or Karlita Knight, ext. 263.

Your assistance will be greatly appreciated.

Student Health Center Notes:

- The Students Health Center will be holding Immunization Clinics on February 9, 10 & 11 (1:00 pm - 4:00 pm daily). Children must be accompanied by the parent. Parents, please bring your copy of your child's immunization record with you. Acetaminophen (drops and chewables) is available at the SHC.

- Students: Please refrain from using the emergency room when the Walk-In clinic is available. Med Center One Health System Walk-In clinic hours are as follows:

Monday - Friday: 8:00 am to 9:00 pm

Saturday - 10:00 am to 4:00 pm

Sunday - 12:00 noon to 2:00 pm

- * Reminder - If you are seen at the clinic after hours, you must notify the SHC within 72 hours of the visit for the bill to be paid.

- Students who have not submitted Medical Assistance or Private Insurance numbers to the SHC please do so.

- Monthly screening for head lice will be held on February 17 & 18.

Continued on page 4.

Continued from page 3.

RINGWORM

Ringworm is an infection that can be caused by several different types of fungus--not worms. The "worm" part of it's name comes from the wavy, ring-shaped blemishes that it causes on a person's skin. Ringworm can affect skin and nails anywhere on the body, even on the scalp. Ringworm of the body is called "tinea corporis", of the scalp, "tinea capitis", of the feet, "tinea pedis" and infections of the groin, "tinea cruris".

Ringworm is a contagious infection. It can pass from person to person on contaminated hats and combs, and even on surfaces like theater seats. A child can also catch ringworm by playing with a cat or do that has mange.

What to look for:

On a child's skin, look for dry, red, scaly patches that are usually round and have raised, wavy edges. Each patch can spread to a diameter of one inch or more, the patch's center portion may clear as it spreads.

Ringworm on the scalp causes either bald patches or patches of short, broken hairs, with red, scaly skin underneath. The clinical manifestation will vary with the infecting organism.

What to do:

If your child has a small area of ringworm on their skin, your doctor can prescribe an antifungal ointment that is usually applied twice a day for two to four weeks. If your child has a ringworm infection in her scalp, or in a large area of her skin, your doctor may prescribe an antifungal medicine to be taken by mouth. Treatment may take several weeks. Fungal infections of the nailbed are difficult to eradicate, may require a combination of therapies and may require prolonged treatment.

If your child is being treated for ringworm of the scalp, throw away her hats, combs and hairbrushes. This will stop the ringworm fungus from re-infecting your child once treatment ends.

Call your doctor if your child has any signs of ringworm, including: round, red scaly patches of skin anywhere on her body. Bald patches of red, scaly skin on her scalp. Round areas of red skin with short, broken hairs on her scalp.

Chemical Health Center Co-Dependency

Are you concerned about a friend, relative or spouse's drinking?

Many people are affected by alcohol abuse with someone they know. The following questions may help to determine if the person does need some form of help.

1. Do you lie about some one's drinking?
2. Do you blame others for causing your relative or spouse to drink?
3. Have you ever been shamed out in public by their drinking behavior?
4. Do you feel that if the drinker loved you, they would stop drinking?
5. Do you ever feel that it is your fault, because they are drinking?
6. Do you ever make threats to scare the drinker to quit drinking?
7. Do you feel depressed or angry about family members drinking?

If you answer yes to any of these questions, the Chemical Health Center staff maybe able to help you. You are welcome to the Chemical Health Center to have any of your questions answered.

Weekly Meetings at the Chemical Health Center

Al-Anon Meetings: Thursdays at 3:00 pm

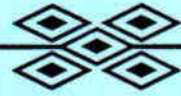
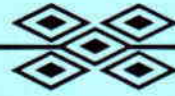
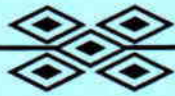
AA Meetings: Tuesdays at 7:00 pm

Alateen Meetings: Thursdays at 4:00 pm

Touchstone Lodge AA Meeting: Wednesday at 9:00 pm

Congratulations to the winners of the cross word puzzle in last weeks newsletter. The following people came over to the Chemical Health Center with the correct answers and received a liter of pop.

1. Shirley Pepion, Office Technology
2. Donna Albers, Sacred Child Project
3. Cheryl Danks, Sacred Child Project
4. Darrell Weinberger, Criminal Justice
5. Anthony White Bear, Criminal Justice
6. Jamie Peltier, TJ Elementary, 5th grade
7. Mary Azure, Cultural Arts Program
8. Pete Guerue, Administration
9. Jeannie Poitra, Administration
10. Ivan Brown Otter, Injury Prevention



SET YOUR AFFECTIONS

Sometimes we forget how blessed we are. Praise God for his grace and mercy. Set your affection on things above, not on things on the earth.

Should you find it hard to sleep tonight; remember the homeless family who has no bed to lie in.

Should you find yourself stuck in traffic, don't despair. There are people in this world for whom driving is an unheard of privilege.

Should you have a bad day at work; think of the man who has been out of work for the last three months.

Should you despair over a relationship gone bad; think of the person who has never known what it's like to love and be loved in turn.

Should you grieve the passing of another weekend; think of the woman in a third world country, working twelve hours a day, seven days a week, for \$15 to feed her family.

Should your car break down, leaving you miles away from assistance; think of the paraplegic who would love the opportunity to take that walk.

Should you notice a new gray hair in the mirror; think of the cancer patient in chemo who wishes she had hair to examine.

Should you find yourself at a loss and pondering: what is life all about, what is my purpose? Be thankful, there are those who didn't live long enough to get the opportunity.

Should you find yourself the victim of other people's bitterness, ignorance, smallness or insecurities; remember, things could be worse. You could be them!!

Should you feel depressed because of your weight; remember, there is no cure for AIDS.

Should you decide to send this to a friend; you might brighten someone's day!

Submitted by RSI Coordinator

**United Tribes Bingo at
Midtowner Cafe
Collins Ave., Mandan
Mon. - Fri.: 5:30 & 7:30
Sat: 1:30, 2:30, 3:30, 5:30
\$1,000 Blackout**

Community sponsors and resource volunteers for weekly Sweat Lodges, Pipe and Drum Ceremony, Talking Circle, and Bi-weekly I.A.F.G. Group Meetings.

Boozhoo, My name is Gordon Brooks, I am the public relations director for I.A.F.G. I am an inmate who's job it is to find community resource volunteers for the I.A.F.G. Meetings.

We are currently looking for resource volunteers for our Talking Circle meetings held every Tuesday evening from 7:15 to 8:35. It is a circle of Indian inmate talking about our struggles with alcohol and spiritual recovery.

We also have a Bi-weekly I.A.F.G. Group meeting. We like to discuss cultural traditions, language, and other topics ranging from Indian Law, Books, Music, Cultural differences, etc...

I.A.F.G. also has a weekly Sweat Lodge Ceremony held every Thursday from 12:00 to 2:40 pm. We Sweat, Sing, and Smoke the Pipe.

We also have a Pipe and Drum Ceremony held every Sunday morning from 9:15 to 10:35.

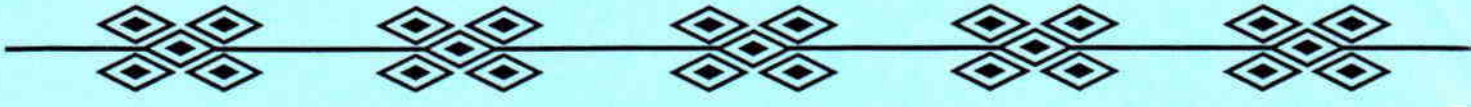
If you are interested in helping us in any way, please contact any of the three people listed below for which ever group you are interested in attending, and please get back to me at: Gordon Brooks #159522 970 Pickett Street North Bayport, MN 55003-1490.

Pipe and Drum:
Sunday 9:15 to 10:35, call Steve Hokonson 779-2768

Talking Circle A.A.
Tuesday 7:15 to 8:35, call Bob Reed 779-2791

I.A.F.G. Bi-weekly Meeting
Wednesday 7:15 to 8:20, call Tim Lanz 779-2738

Sweat Lodge
Thursday 12:00 to 2:40, call Steve Hokonson 779-2768



Academic Services Center
Monica Comeau, College Prep
United Tribes Technical College
Education Building, Room 119

IMPROVING YOUR VOCABULARY

Because many students are not able to participate in the College Prep Program (brush up on academic skills), the Academic Services Center will offer through the college newsletter, a series of vocabulary and reading comprehension tests, in order to help students discover if they need reinforcement work to improve their listening, writing and speaking skills. These exercises will be especially helpful to those students planning to continue study at a four year college.

Remember: Many two and four year colleges require student enrollees to submit ACT scores before admission. The ACT score helps the college assess a student's academic level and determines whether the student is ready for college level course work. Some colleges even use the score to decide whether you will be admitted, and for other colleges, you may be required to take prep courses before being allowed to take the required college level math and English courses. Your GPA is also a factor in deciding whether you will be allowed to enter some of the college's vocational or academic programs.

It has been our experience that a number of our students, even though their GPA is good and they are on the President's List, they are still having problems in their basic writing and reading skills. Several students have reiterated to me that they feel inadequate when it comes to writing and speaking and that their vocabulary is very limited, especially for those students who may be bilingual, and of which, English is their second language. Students wanting to improve on their vocabulary skills are welcome to enroll in our prep course for Advanced Vocabulary for College Study next fall 1999.

The following exercise is in the Advancing Vocabulary Skills Workbook, Pretest, Reading Level 11-13. Students at the Freshmen College Level should score at least 80%.
Answers on page —

SEE HOW YOU DO. GOOD LUCK!

In the space provided, write the letter of the choice that is closest in meaning to the **boldfaced** word.

- ___ 1. **optimum** a) highest b) most favorable c) brightest d) heaviest
- ___ 2. **dexterous** a) young b) accidental c) skillful d) skinny
- ___ 3. **scrupulous** a) sociable b) careless c) clean d) conscientious
- ___ 4. **vicarious** a) experienced indirectly b) lively c) inactive d) occasional
- ___ 5. **sensory** a) in the mind b) sensible c) of the senses d) on the surface
- ___ 6. **facetious** a) ill-mannered b) joking c) careless d) depressed
- ___ 7. **discretion** a) independence b) gladness c) slyness d) tact
- ___ 8. **ostentatious** a) showy b) lazy c) courageous d) playfully witty
- ___ 9. **gregarious** a) wordy b) depressed c) sociable d) religious
- ___ 10. **detriment** a) outward behavior b) something damaging c) failure d) silence
- ___ 11. **déspondent** a) depressed b) tired c) encouraged d) well-behaved
- ___ 12. **rudimentary** a) rude b) planned c) partial d) elementary
- ___ 13. **zealot** a) dictator b) person devoted to a cause c) casual person d) leader
- ___ 14. **collaborate** a) respect b) work hard c) search d) work together
- ___ 15. **resilient** a) able to recover quickly b) strong c) heavy d) light
- ___ 16. **squelch** a) make fun of b) stretch c) suppress d) approve
- ___ 17. **retrospect** a) expecting b) repetition c) removal d) looking back
- ___ 18. **instigate** a) stir to action b) investigate c) prepare d) suppress
- ___ 19. **scoff** a) impress b) inquire c) make fun of d) show off
- ___ 20. **venerate** a) protect b) create c) make unfriendly d) respect
- ___ 21. **ambiguous** a) under b) not clear c) widespread d) too large
- ___ 22. **sporadic** a) tiny b) particular c) occasional d) wasteful
- ___ 23. **subsidize** a) support financially b) lift up c) fall over d) calculate
- ___ 24. **inane** a) brilliant b) measurable c) causing pain d) silly
- ___ 25. **lethargy** a) strength b) highest point c) hunger d) lack of energy

(Continues on next page)



- ___ 26. **dissident** a) political supporter b) visitor c) candidate d) one who disagrees
- ___ 27. **juxtapose** a) replace b) place side by side c) remove d) imagine
- ___ 28. **squander** a) waste b) prove c) wander d) collect
- ___ 29. **embellish** a) remove b) keep c) decorate d) hide
- ___ 30. **inadvertent** a) unintentional b) not for sale c) distant d) near
- ___ 31. **relinquish** a) enjoy b) gather c) criticize d) give up
- ___ 32. **estrange** a) state again b) depart c) make unsympathetic d) enter
- ___ 33. **maudlin** a) kind b) sentimental c) useful d) clever
- ___ 34. **impetuous** a) lazy b) calm c) teasing d) impulsive
- ___ 35. **ubiquitous** a) existing everywhere b) all-knowing c) all-powerful d) perfect
- ___ 36. **euphoric** a) undecided b) depressed c) lonely d) overjoyed
- ___ 37. **zenith** a) cure-all b) peak c) drawback d) authority
- ___ 38. **infallible** a) incapable of error b) accident-prone c) human d) wild
- ___ 39. **regress** a) make progress b) restrict c) return to previous behavior d) adjust
- ___ 40. **berate** a) urge b) criticize c) branch off d) lie
- ___ 41. **charlatan** a) impostor b) actor c) business investor d) one who wastes
- ___ 42. **proliferation** a) support b) research c) removal d) rapid spread
- ___ 43. **corroborate** a) imitate b) support with proof c) plot d) study carefully
- ___ 44. **diverge** a) branch off b) uncover c) escape d) hide
- ___ 45. **irrevocable** a) not likely b) unable to be cancelled c) sacred d) existing everywhere
- ___ 46. **precipitate** a) hold b) become different c) plan d) bring on
- ___ 47. **dormant** a) inactive b) lively c) inside d) troubled
- ___ 48. **disseminate** a) act as b) scatter widely c) reveal d) produce
- ___ 49. **hoist** a) hold onto b) bury c) let go of d) lift
- ___ 50. **illicit** a) illegal b) secret c) unspoken d) public



INDIAN COUNTRY TODAY

SPORTS

B6

February 15 - 22, 1999

United Tribes' T-Birds point for return to NJCAA finals.

Photos and Story
By Kevin F. Peniska
Today Correspondent

BISMARCK, N.D. — The 1997-98 United Tribes Technical College Thunderbirds set a high mark for achievement last season making it to the Nation Junior College Athletics Association finals in Danville, Ill.

Kevin Finley, a member of the Three Affiliated Tribes of Fort Berthold and four-year T-Birds head coach, hopes the caliber of players he has this year will get the team into the finals again this season.

"I think the whole program has made positive steps in the right direction," Finley said. "I think the best basketball is yet to be played by us. As far as getting good team chemistry, we haven't peaked yet."

Finley, a 1986 United Tribes player, thinks the team will pull together strongly when it needs it the most, during regional finals.

The Thunderbirds have an outstanding record of 16 wins and five losses.

Action took the team on the road to Mission, S.D., Jan. 16 where the T-Birds won a hard-fought battle, 99-89 over rival Indian college, the Haskell Indians.

A home game on Jan. 29 pitted the team against the tough University of North Dakota Williston "Teton." With home court- and fan-advantages working in their favor the T-Birds proved a force to be reckoned with.

Down by as many as 11 points midway through the first half, the T-birds first-year player Alan Spoonhunter, Blackfeet, wowed the crowd with 16 first-half points. Six of those points came via crucial back-to-back three-point field goals. Spoonhunter, who is 53 percent from beyond the arch, also leads his team in scoring this season with 364 points.

Intimidating defense and fast-break hustle brought the T-birds to within four points, with just seconds to go in the half. United Tribes entered the locker room by a single point as an in-bounds

pass to first-year player Richard McCormick turned fruitful three-pointer at the buzzer.

Taking the lead early in the first half, the T-birds found themselves neck and neck with the Teton only to fade late in the game. They lost 100-80.

Though the team is heavy in underclassmen, Finley feels the new players stepped up to the task that night.

"It was a good game for us, it shows where we are at and where we need to go," said Finley.

After the game, Alan Spoonhunter said, "I've never played college ball before so this is really fun for me."

Last year's NJCAA finals team was pretty much dismantled at season's end because three key players went on to attend four-year schools. They were brothers Travis and Tanner Albers and Jason Logg.

"We've graduated players and sent them into Division I programs," Finley said. "That's OK. We encourage students to set their standards high and not be afraid to risk it all."

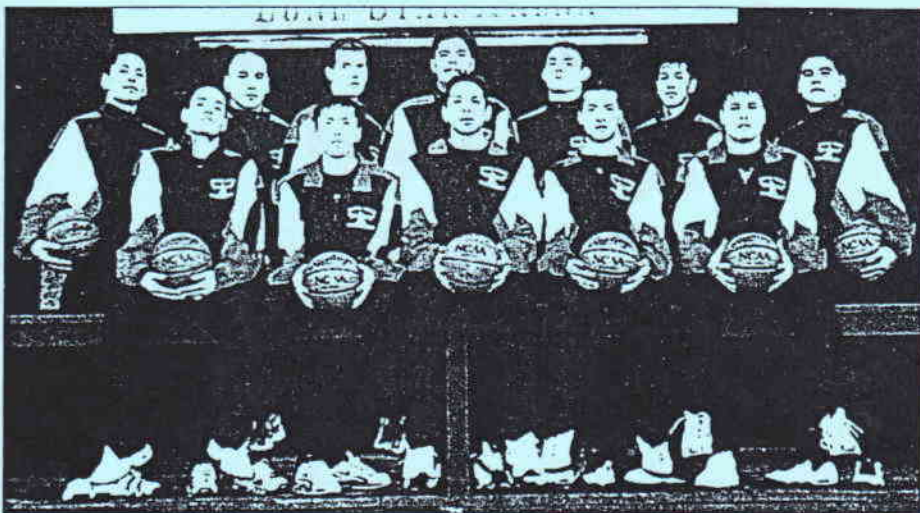
Finley believes the T-Birds' trip to the finals last year sets a precedent for younger Indian players looking at college. His advice is that they stay in school and put education first, a philosophy he promotes with his college players.

"The players I coach now are well aware of the tradition they carry and are expected to be role models on and off the court," said Finley.

Dr. David Gipp, president of the college for 22 years credits his fellow Standing Rock Sioux, Dave Archambault, with giving the Thunderbirds their discipline and motivation early on. From 1985-87 Archambault was head coach and athletic director for the Thunderbirds.

Finley, played under Archambault at that time and Dr. Gipp believes those principles carried through Finley's transition from player to coach.

"I think the thing that Kevin Finley has done real well is to implement good academic



1998-99 United Tribes Technical College Thunderbirds are: Back row, from left — Alan Spoonhunter, Randy Holthusen, Chev Hackett, Percy Lussier, Lee Logg, Troy Blount and Thurlo Tidzump; Front row, from left — Richard McCormick, Mel Four Bear, Erik Abbey, George Dreamer and Lonny White Eyes.

and behavioral standards for the players. We've always had standards, but he's given the players something to come in here and look forward to both as players and students."

United Tribes Technical College is a two-year program founded in 1969 by the inter-tribal United Tribes of North Dakota Development Corp. The college was founded to provide a community in which aspiring American Indian people could obtain an education in a culturally relevant environment. Educational and economic programs of UTTC aim for self-sufficiency and the realization of self-determination.

Dr. Gipp says that UTTC is not a "big" school, but basketball is always big in Indian communities and United Tribes is

no different. He also hopes students who complete the United Tribes' program move on to four-year programs.

"We encourage further training and education, it's part of our program," Gipp said.

The 1997-98 team proved the capability of Indian basketball on a national level, but Dr. Gipp says he is also very proud of this year's team.

"We can't say we are there yet, but we're looking. We've got good teamwork and that's where we have to demonstrate our ability. You can't take things for granted, you have to work for what you get."

"That's what people like Billy Mills did, they combined talent with education to come out all-around winners. That's

what Kevin Finley does so well, he keeps the players going in school and let's them know the potential that awaits."

With the success of last season's team and the optimistic outlook of the future, UTTC seems to be on the right track of bringing credibility to Indian students in both sports and academics.

First-year player, 6-foot 8-inch center Percy Lussier, from Red Lake, Minn., sums it up. "We got a good team here and we work good together."

Lussier could be speaking for the entire UTTC organization. Lussier averages 14 points and seven rebounds per game. He credits school standards for his success.



BY LONNIE BERTSCH of the Tribune

United Tribes' Randy Holthusen, left, and Percy Lussier, shown in action recently against Bismarck State, have helped each other on and off the court.

My teammate, my friend

United Tribes players share more than basketball interest

LOU BABIARZ
Bismarck Tribune

Percy Lussier could still be playing playground ball and doing, by his own description, nothing much else.

Randy Holthusen could be in Lawrence, Kan., hoping he didn't make the same mistakes he did at Bemidji State, when he "fell into a bad crowd."

Instead, last-minute decisions brought these casual acquaintances with so much in common to United Tribes. There they have built a fast friendship while thriving on the court and preparing for life beyond it.

Holthusen and Lussier first met at the 1995 Indigenous Games, when they discovered they were both from the same tribe, Red Lake band Chippewa.

Although Lussier didn't live on the reservation, Holthusen did, and became something of a local hero. Starting for Red Lake High School, the quicksilver guard built a reputation as a dangerous offensive player, and was to continue his career at Bemidji State.

Lussier was more of a late bloomer. Aside from a stint playing point guard in

fifth and sixth grade, he never really played organized ball until his senior year of high school.

After making the team at Minneapolis South as a junior, Lussier was declared ineligible because of poor grades. He seized his final opportunity however, getting his academic situation in order.

As a 6-foot-8 center with ballhandling and passing skills, Lussier played well enough to get a shot at Missouri Valley College an NAIA school in Marshall, Mo.

He hated it. "My friends weren't going back," Lussier says. "There weren't a lot of Indian students down there. In Minneapolis, there's a very diverse group, all kinds of races. It was hard to get used to."

Holthusen fared no better at Bemidji. He got into what he refers to as "minor trouble" and dropped out before his freshman season even started.

He returned to Red Lake feeling like a failure.

"I felt like I let everybody down in a way," Holthusen says. "I was like a role model on my reservation, then all of a

(More on PALS, Page 5B)

Pals: Holthusen, Lussier feel at home with T-Birds

FROM PAGE 1B

sudden I wasn't going to school, and nobody was looking up to me."

Both men were adrift without the game. Each fathered two children, but was faced with unfulfilling job prospects and a general lack of direction.

It was Holthusen who decided to go back first. Now 21, he was going to give it another go at Haskell Junior College in Kansas.

Shortly before he was to leave, he got the call from United Tribes coaches Kevin Finley and Rusty Gillette.

"They said I would have fun here," Holthusen says.

UT's trip to the NJCAA national tournament last season was also persuasive.

Lussier's "recruitment" was nothing more than pure luck. He was playing at a park in Minneapolis when an acquaintance asked him if he was interested in going back to college.

Although Lussier hadn't given it much thought, he listened to his friend — who had no connection with United Tribes — talk about the Thunderbirds' success.

The 22-year-old Lussier knew this could be his last chance.

"If I was going to do this, I had to do it before I get too old," he says.

Even when the Thunderbirds reciprocated his interest, Lussier began to get cold feet.

That's when Holthusen interceded. "I told him, 'I think I made a pretty good choice,'" Holthusen says. "Check it out. I'll be here, I'll help you through."

On the court, things have gone smoothly. The Thunderbirds are 21-6 and ranked No. 9 in the country, with Holthusen contributing 17 points per game and Lussier adding 14 points and six rebounds.

The support has come in handy at other times, particularly when either player gets homesick.

Again the duo had common ground. Lussier had left behind his fiance, Denise, and their two sons Percy, 3, and Parrish, 1. Holthusen was apart from his fiance, Michelle, and their son

'I didn't want to leave my boys, but I was thinking that without an education, I'm not going to have a decent job and raise them the way I want to.'

Percy Lussier

Ryan, 3, and daughter Avery, 9 months.

"I didn't want to leave my boys, but I was thinking that without an education, I'm not going to have a decent job and raise them the way I want to," Lussier says. "I want to be a role model for them."

"It's a long way away, but I think when they get older, they'll understand why I'm doing it," he continues.

Both are studying early childhood education, and by holding down B-averages, showing a dedication to their work that was missing the first time around.

Finley says it is rewarding when players like Holthusen and Lussier take advantage of a second chance, and he is happy to offer provided they show a sincere interest in changing.

"I get some guys that have fallen down, and they're not sure (of themselves)," Finley says. "All it takes is encouragement and the right direction."

"My words to them are always if you make a commitment to me, I'm going to make a commitment to you."

Lussier's commitment is also being reinforced at home, where Denise enrolled in business school and has landed a bookkeeping internship.

"I knew I could play ball," Lussier says. "... But it feels good to be playing and going to school and just making myse' better person."

UPDATE ON THE LADY THUNDERBIRDS

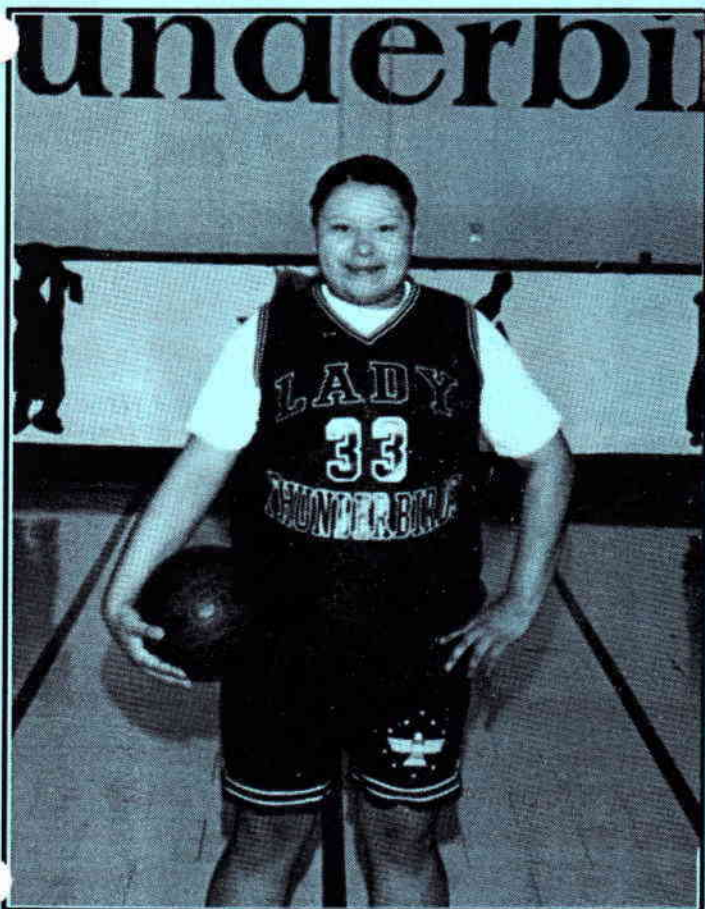
The season is moving along to fast. November was the last update. Only two games were played in December. We lost to Concordia JV. Nicole Arellano led the T Birds with 18 pts. La Deana Roberts added 11, and team rebounds totaled 27. On December 6 we lost to Jamestown JV. Nicole Arellano was high point player with 13. The Lady's had another good rebounding game with 32. The Huron and Sitting Bull College game were both cancelled.

January was a busy month with 9 games. Dawson and Sitting Bull were cancelled. We went 1 and 8 in January. The win over Trinity Bible College being the highlight. LaDeana Roberts led a balanced



scoring attack with 13 points, followed by Nicole Arellano with 12, Shelly Alden 11, Norma Two Bulls 9, and Arbana Low Dog 8. Our plan was to front their two big post players. We were not able to shut them down completely, but enough to get a much needed win. Another update will be in the newsletter at the end of February, to keep everyone updated. The next home games will be February 16, BSC intramural 5:30 pm; February 18, Bismarck State College 5:30 pm; February 19, Providence College 4:00 pm; February 20, Wahpeton State College of Science 2:00 pm.

I hope you'll come out and support the Lady Thunderbirds, they'll appreciate it. Go Lady Thunderbirds
Coach Buchulz

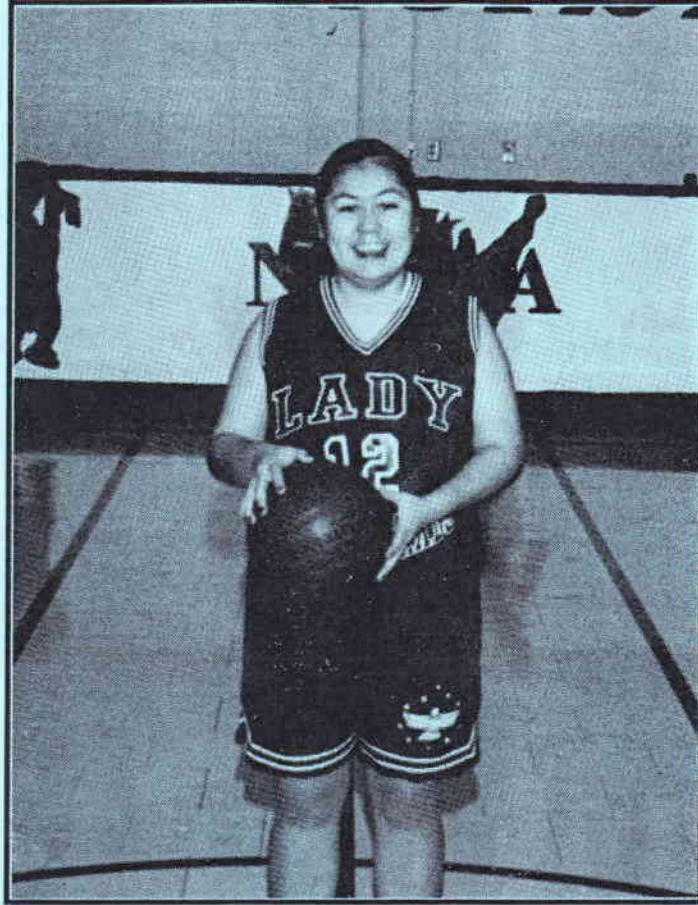


"Lady Thunderbird" Norma Lynn Two Bulls

Hailing from Pine Ridge, South Dakota, Norma Lynn Two Bulls (also known as Krayola) is a member of the Oglala Sioux Tribe. Born August 19, 1978 to Normen Two Bulls and Darlene Weasel Bear, twenty-year-old Norma says she never played basketball at Red Cloud High School where she graduated. Having only played basketball for the past year, the 5'9" forward does a great job for the Lady Thunderbirds and scored 15 points against Providence and the winning basket in the Championship game in a recent tournament in Canada.

She likes "talken' smack to whoever and everyone," and will miss her friends the most when she graduates in May, 1999 with an AAS degree. Norma's on the Student Senate and her grade point average is "2.5 and increasing."

Norma jokingly says her future plans include marrying Dennis Rodman and attending Union College in Lincoln, Nebraska. Norma's often seen with a smile on her face and says, "everything makes her happy - sometimes." Norma adds her greatest fear is growing up. Good Luck Norma in all your future endeavors!



"Lady Thunderbird" LaDeana Lynn Roberts

LaDeana Lynn Roberts (Deana for short) wears jersey no. 12 when playing for the Lady Thunderbirds. She came to UTTC from the Wind River Reservation in Washakie, Wyoming and is a member of the Eastern Shoshone Tribe.

One of four children born to Leonard and Marilyn Roberts, Sr., Deana has two brothers L.B. and Jay Dee and one sister Bennilee. Born June 14, 1972 she's had a basketball in her hands since she was 7 years. She previously played basketball at Lander Valley High School and Flandreau Indian School. A hard worker on the court, Deana's a consistent player, averaging over 10 points a game with about three assists.

Majoring in Early Childhood Education, Deana plans to graduate from UTTC in December 1999 with an AAS degree. Her future plans include transferring to a four year University, getting a degree in elementary education, and teaching at Fort Washakie Elementary School. Besides totaling a 3.6 grade point average, Deana is student senate secretary for Early Childhood Education.

Playing basketball, volleyball, softball, riding horse with her dad, going to powwows, tournaments, rodeos and playing bingo with her aunt are among Deana's many hobbies. Her proudest moments include graduating from elementary school, high school and her future college graduation. "My family, life and when others around me are happy" are what makes Deana happy. Her greatest fear is World War III. La Deana has been a valuable addition a very steady player for the Lady Thunderbirds. Best wishes Deana for a great future!



Improving Your Vocabulary
Answers from pages 7 & 8.

- 1. b
- 2. c
- 3. d
- 4. a
- 5. c
- 6. b
- 7. d
- 8. a
- 9. c
- 10. b
- 11. a
- 12. d
- 13. b
- 14. d
- 15. a
- 16. c
- 17. d
- 18. a
- 19. c
- 20. d
- 21. b
- 22. c
- 23. a
- 24. d
- 25. d
- 26. d
- 27. b
- 28. a
- 29. c
- 30. a
- 31. d
- 32. c
- 33. b
- 34. d
- 35. a
- 36. d
- 37. b
- 38. a
- 39. c
- 40. b
- 41. a
- 42. d
- 43. b
- 44. a
- 45. b
- 46. d
- 47. a
- 48. b
- 49. d
- 50. a



It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours.



Information for the Next Newsletter must be submitted to Arrow Graphics no later then Feb. 19 Attn: Wanda Swagger

Common Sense Parenting

Class Dates Are Mondays

Feb. 22, Mar. 2,9,16, 23,30

Time: 4 to 6 PM

@ TJESReading Math Center

(Tan Bldg. just West of TJES Main Bldg.)

Parent Class Topics

- **Parents as Teachers**
- **Effective Praise** - *How to change behaviors*
- **Preventive Teaching** - *Before an event, teach child how to act. (Eg. in the mall)*
- **Corrective Teaching** - *What to say and do when a child is misbehaving*
- **Teaching Self Control** - *What to do and say when a child continues to misbehave.*

Theodore Jamerson Elementary has adopted the
Boys Town Social Skills Program.

TJES teachers are teaching social skills to your children in school.
This 6 week class is the Parent Segment of the Program.
Parents learn to teach these skills, enhancing their parenting skills.
Working together, our children will learn the social skills needed
to succeed in living and working with other people.

Contact Child Development Center to arrange for childcare.

Register by
Contacting Barb Danks, TJES School Counselor,
@ ext. 236 or 304 or Bldg 51, N. door