

UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 3 NO. 9

February 13, 1995

Weekly Menu

February 13 to February 17, 1995

DINNER:

- MON** - Tater Tot Hotdish, Salad Bar, Dinner Buns, Dessert, 2% Milk
TUE - Baked Ham, Mashed Potatoes, Salad Bar, Vegetable Relish Tray, Dessert, 2% Milk
WED - Turkey-Ala-King, Baking Powder Biscuit, Rice, Cranberry Sauce, Salad Bar, Pumpkin Bars, 2% Milk
THU - Bar-B-Que Beef on a Bun, Fries, Salad Bar, Green Beans, Assorted Fresh Fruit, 2% Milk
FRI - Chicken Nuggets/Fish Platter, Wild Rice, California Blend Vegetables, Salad Bar, Lemon Bars, 2% Milk

SUPPER:

- MON** - Pork Cutlets, Instant Potatoes, Creamed Style Corn, Salad, Apple Sauce, Dessert, 2% Milk
TUE - New England Dinner, Boiled Potatoes, Boiled Vegetables, Salad Bar, Dessert, 2% Milk
WED - Meat Loaf, Hash Browned Potatoes, Salad, Dessert 2% Milk
THU - Pepper Steak, Spanish Rice, Tossed Salad, Garlic Toast, 2% Milk
FRI - Chicken Breast on Rice, Au Gratin Potatoes, Salad Bar, Dessert, 2% Milk



Administration

TRIBES/BIA

Bismarck, N.D. -- Tribal leaders met at the United Tribes Technical College to refine a major policy statement urging that a new cabinet level Department of Indian Affairs be established to replace the Bureau of Indian Affairs (BIA) and that BIA be immediately downsized with savings being returned to Indian tribes. Sixteen Aberdeen area tribes are located in North Dakota, South Dakota and Nebraska and sent delegates to the session on February 5, 1995.

Chairman of the areawide tribes, Darrell Drapeau said the leadership will present their policy to the White House, Interior officials and congress by mid-February. The statement was adopted February 5, 1995, by the new area wide Dakota Territory Chairman's Council.

Some 75 tribal chairperson, tribal council members and Indian educators were represented at the working session to compile unfunded needs. This was in accord with a January 25, 1995, resolution passed by the area tribes which called on the U.S. Congress to pass study legislation of the unfunded tribal mandates and unmet needs which would be created by Department of Interior plans to reduce the Bureau of Indian Affairs budget. Among these are some \$98.0 million in emergency school repairs in the three state area.

Tribal officials rejected Interior plans to reduce the BIA which provided no assurances that budget savings would be returned to the tribes.

Hilda Manuel, Department of Interior spokesperson for the government downsizing committee, admitted that Interior officials had earlier said savings would be returned to tribes for local use, but could no longer guarantee this.

Peter Belgarde, chairman of Devils Lake Sioux Tribe and United Tribes of North Dakota, noted the tribes had been asked to endorse a proposal which provided no assurances of adequate funds for services locally.

Turtle Mountain Chippewa Chairperson Twila Martin Kekahbah said the government plan would result in 50 percent cuts at the local community level, rather than in bureaucracy. "Education, social services, law and order, agriculture and the people would suffer," she said.

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Three Affiliated Tribes of Fort Berthold Chairman Russell Mason advocated an action plan which would be presented to Senator John McCain (R-Az), chairman of the Senate Indian Committee, Jesse Taken Alive, Standing Rock Sioux chair, and Gregg Bourland, Cheyenne River Sioux chair, both pointed out that recommendations should be taken to Senate Democratic Minority Leader Tom Daschle (D.-SD) and the congressional delegations from North Dakota, South Dakota and Nebraska.

Chairman Bourland, Eagle Butte, South Dakota, said a cabinet level agency could uphold "direct government-to-government relations between tribes and the U.S. Government."

Drapeau pointed out that Indian tribes, based on their treaty nations status, should be meeting with Secretary of State Warren Christopher.

The tribal leaders called upon all of the sixteen tribes to submit their unfunded needs and information for compilation through David M. Gipp, president, United Tribes Technical College.

Statement of Aberdeen Area Chairpersons
Regarding

Treaty and Trust Obligations of the United States and
Proposed Budget Cuts to the Bureau of Indian Affairs
February 4, 1995

The Tribal Chairpersons of the Aberdeen Area have met and discussed the proposals recently presented to them regarding the so-called "streamlining" of the BIA. The Tribes, instead, want to exercise the prerogative of "rightsizing" the bureaucracy of the BIA.

This does not mean we want the BIA to continue business as usual. We do favor a reduced BIA, but one which will provide an even greater level of funding for Tribal programs which will truly benefit our people, the first people of the Western Hemisphere.

The Tribal Chairpersons understand that the United States government has certain fundamental obligations to Indian tribes under the U.S. Constitution, the U.S. Bill of Rights, and various treaties it signed with them which allowed vast tracts of land to be used by non-Indians. These obligations have been recognized most recently in various Executive Orders such as Executive Order No. 12866 and 12875 signed by the President of the United States in 1993 which have insisted upon a true government-to-government relationship and fairness in dealing with Indian Tribes. In addition, the various treaty and trust obligations of the United States are recognized in many Federal statutes upon which Tribes have relied for decades in their continued development. We also know that these obligations have never been fully met by the United States.

As treaty tribes, we believe current attempts to substantially "downsize" or "streamline" the Bureau of Indian Affairs represent a drastic new attempt to undermine the fundamental obligations of the United States towards the various sovereign Indian nations within its borders. Therefore, as these efforts at "reinventing government" continue, we want to ensure that it is the government of the United States that is being reinvented, not the governments of our separate and sovereign nations.

We urge the United States government to do the following:

1) Apply a waiver to the BIA concerning any across-the-board cuts or any other cuts to BIA funding now proposed or which might be proposed in the future;

2) (a) That if "downsizing" continues to be forced upon the Tribes, the Tribes should be consulted in a meaningful government-to-government relationship; and

(b) The Tribes are not opposed to the concept of "downsizing", but any "savings" realized from the process of "downsizing" must be channeled back to the Tribes.

We must also emphasize that although our tribes are engaged in gaming, the revenues we derive from gaming are not a replacement for Federal trust and treaty responsibilities. Such revenues only supplement our many unmet needs.

Our goal is that the BIA be moved out of the Interior Department. Indian people are not "natural resources" to be managed by an Interior Department. Past relationships with other Cabinet departments have not worked. For a true, effective, government-to-government relationship to exist, a Department of Indian Affairs must be established with Cabinet status, answerable directly to the Indian nations and the President of the United States.

GIVE AWAYS:

Caps, Scarves and Mittens for all ages. see
the Student Health Center
at your convenience.
(Education Bldg. Room 118)

**Nursing Student Organization
Loves You**

The AASPN student organization is
sponsoring a money-making project --
a VALENTINE PROJECT.

Helium filled balloons carrying some candies for
on sale in time to send to a loved one for
Valentine's Day: your spouse, your fianc'e, a
parent, a friend.

\$5.00 if you deliver

\$7.00 if we deliver

Talk to any nursing student for further
information. It's a great bargain!!
Nursing students are looking ahead to
purchasing jackets and developing a
scholarship fund. THANKS FOR HELPING!

Sister Kathryn Zimmer, Director, AASPN Program

Equity Survey

Students will be asked to fill out and complete a survey for the UTTC Equity Committee. Information compiled from this survey will be used in developing a UTTC Equity Plan. The survey will consist of questions about careers and work.

The survey will be handed out at the Student Bank on pay day February 17th.

The Committee would appreciate you taking time to complete the survey.

Student Health Center

SIX WAYS TO PREVENT HEART DISEASE

Follow these common-sense guidelines to help save your life. Encourage those you love to do the same!

- 1. CONTROL YOUR HIGH BLOOD PRESSURES** - High blood pressure often has no noticeable symptoms. Have your blood pressure checked regularly. Medical treatment for high blood pressure may include: medication, special (low-sodium) diet, weight reduction, relaxation, exercise, no smoking. Normal Blood Pressure is 120/80, Borderline Blood Pressure is 140/90.
- 2. CHECK FOR AND CONTROL DIABETES** - Those at greatest risk include people with a diabetic relative, those over age 35, and those who are overweight and inactive. Native Americans are also prone to develop diabetes. Diabetes can lead to atherosclerosis, and it's associated with increased risk of heart attack and stroke. Medical treatment for diabetes may include: medications, special diet, exercise, weight control.
- 3. EXERCISE REGULARLY** - Regular exercise strengthens your heart and blood vessels. It also: Improves blood supply, by helping you to develop extra blood vessels (collateral circulation). It lowers blood cholesterol. It reduces weight as extra calories are burned off. It helps protect blood vessels. Make a personal exercise plan! (Consult your physician before starting. If okay with your physician, exercise daily (or at least 3 times a week) for 20 minutes or more at a time.
- 4. WATCH YOUR DIET** - Cut down on fats (limit total fat intake to 30% of daily caloric intake), reduce cholesterol intake (limit cholesterol to no more than 300 milligrams per day), avoid excess sodium (limit sodium no more than 3 grams per day).
- 5. DON'T SMOKE** - Tobacco smoke: constricts blood vessels, raises blood pressure and heart rate, increases the level of fatty acids in the blood, and deprives red blood cells of oxygen. When you quit smoking, your body begins to repair the damage. Ten years after quitting, the risk of heart attack approaches that of a nonsmoker.

6. REDUCE STRESS - Stress, outside pressures that make you feel tense inside causes your body to produce adrenalin, increasing blood pressure and heart rate. Stress may aggravate existing hypertension. In extreme cases, it can even bring on a heart attack and stroke. Tips for coping with stress include talking out your problems, setting realistic goals, planning your work, avoiding too many changes at the same time, learning to relax and exercising regularly.

NOTICE: Parents, if you have received a letter from the Student Health Center stating that your child is due for an immunization or that an immunization record is needed to complete your students file, please see that your child gets the immunization and/or that a record is submitted to either the Elementary/Daycare area or the Student Health Center.

Ice Cream Social Your Opinion Count's

Students:

The NCA Self-Study will be holding an ice cream social on February 14th, 1995 at 3:00 p.m. in the cafeteria. We would appreciate it if you could all attend. There will be a student questionnaire we would like you to complete for us. This is a perfect time to voice your concerns and ideas. Plus free ice cream and door prizes if you attend.

SEE YOU THERE!! DON'T FORGET!!
MAKE A DIFFERENCE!!!

Attention All Students & Staff!

- The Chemical Health Center will be hosting an Open House on February 14, 1995 from 8:00 a.m. to 4:00 p.m.
- This year we would like to have a King & Queen for the day. All students and staff are eligible to nominate individuals and vote for the candidates of their choice. Please come to the Open House, cast your vote for King & Queen, enjoy some refreshments, receive educational materials and enjoy yourself.
- Voting will take place at the Chemical Health Center on February 14, 1994, from 8:00 a.m. to 11:00 .m. The winners will be announced at the Cafeteria at 12:15 p.m.



Congratulation to Fred Bennett

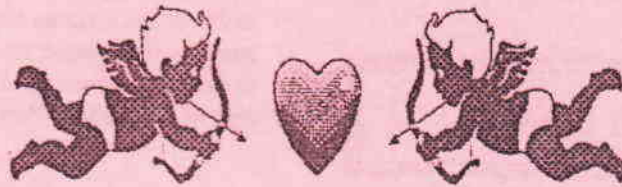
United Tribes wants to take this opportunity to congratulate a former Criminal Justice student Fred Bennett on a heroric action in the line of duty by saving the life of a woman in South Dakota. His fast actions including CPR successfully revived her and saved her life.

NCA.- Study

Reminder: It's not to late to turn in Criteria 1 and 2. Also Criteria 3 is due February 24, 1995.

These criteria still need to be filled out and sent in. If you misplaced or lost Criteria 1 or 2 please contact Bob Parisien for a replacement. We appreciate your cooperation.

Open Forum: 3:00 p.m., March 3rd, 1995



VALENTINE'S DAY POW-WOW

FEBRUARY 18, 1995 - 6:00 PM
JAMES HENRY BLDG-UTTC GYMNASIUM

MILO IRON ROAD
MEN'S HONOR GRASS DANCE SPECIAL
SPONSORED BY: THE FAMILY MEMBERS

KAHOMNI CONTEST
SPONSORED BY: MR. & MRS. JIM YOUNG

MEN'S TRADITIONAL SPECIAL

CAKE WALK, BASKET AUCTION & FEED
50/50 RAFFLE

M.C. - TOM IRON

CONTACT PERSON:
SHARLENE IRON ROAD
(701) 663-5973

POW-WOW COMMITTEE:

President: Danny & Delveen Seaboy

Vice-President: Nadine Vasquez

Secretary: Alana Four Bear

Treasurer: Jasten Bears Tall

BMIC NEEDS YOUR SUPPORT!!!

DRINKS WILL BE PAID

