

# W **UNITED TRIBES TECHNICAL COLLEGE** WEEKLY NEWSLETTE R

VOL. 3 NO. 11

February 27, 1995

## Weekly Menu

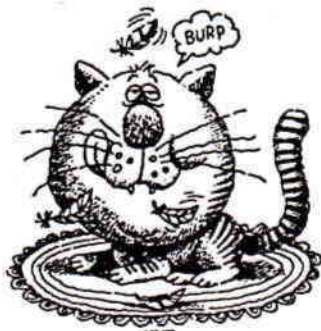
*February 27 to March 3, 1995*

### DINNER:

- MON - Goulash, Vegetable, Dinner Bun, Salad Bar, Assorted Fruit, Assorted Vegetable Tray, 2% Milk  
TUE - Bean Soup, Ham Sandwich on a Bun, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk  
WED - Fish Platter  
THU - German Style Sausage and Beans, Salad Bar, Dinner Bun, Brownies, 2% Milk  
FRI - Old Fashioned Tomato Soup, Grilled Cheese, Potato Chips, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray

### SUPPER:

- MON - Hamburger on a Bun, French Fries, Salad Bar, Brownies, 2% Milk  
TUE - Pork Chops, Rice, Vegetable, Salad, Pineapple Upside Down Cake, 2% Milk  
WED - Swedish Meatballs over Noodles, Vegetable, Salad, Chocolate Chip Cookies, 2% Milk  
THU - Grilled Steak, Baked Potato, Garlic Toast, Tossed Salad, Sour Cream, 2% Milk  
FRI - Fishwich and Chips, Lettuce, Cheese, Tomatoes, Dessert, 2% Milk



## Native American State Science Fair

February 28, 1995

Radisson Inn

Showing is from

6:00 pm to 8:00 pm

Awards given out at

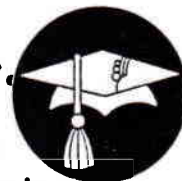
James Henry Memorial Building

United Tribes Technical College

10:00 am

Wednesday, March 1, 1995

Arrow Graphics  
now has a new, large  
selection of professional  
Graduation Announcements in  
different colors, designs, etc., that can  
be "special ordered."



Stop by and check out our new book,  
and get all specs on pricing and  
billing information.

(Orders "must be" placed at least  
2-3 weeks in advance,  
so please order your  
announcements now.)



## Testimony on Appropriations for the North Dakota Indian Affairs Commission and Alcohol/Drug Education

By Honorable Peter Belgarde, Chairman  
Devils Lake Sioux Tribe  
and the United Tribes Board of Directors  
and David M. Gipp, President

United Tribes Technical College, Bismarck, North Dakota

Members of the Committee and Mr. Chairman:

Thank you for the opportunity to testify, today.

I am Peter Belgarde, chairman of the Devils Lake Sioux Tribe at Fort Totten and of the United Tribes, located here in Bismarck, North Dakota. With me is David M. Gipp, president of United Tribes.

United Tribes is comprised of the five tribes who are in North Dakota. These include my own tribe, The Three Affiliated Tribes of Fort Berthold, The Standing Rock Sioux, The Sisseton Wahpeton Sioux, and The Turtle Mountain Band of Chippewa. The North Dakota elected chairs and tribal delegates serve on the United Tribes board.

We support the continuance of the North Dakota Indian Affairs Commission, first established in 1949. This includes restoration of the funds for the Native American Alcohol and Drug Abuse Education program at \$250,000, as well funds to operate the office and the staff. There is one executive director, administrative assistant and a part time professional.

I should note the value of the Indian Affairs office. it serves as an important link for all of us in communicating between non-Indian and Indians. It serves as a valuable coordinating agency, which simply would not otherwise happen. This amount for such services is \$227,983.00.

This is especially important today, considering the ongoing misperceptions by nonn-Indians about Tribal Governments and North Dakota Native American Citizens. I believe this office can and should play a role in educating all of our citizenry.

Ignorance of one another is one of our greatest downfalls. It needs to end. Historically, it has contributed to major conflicts.

Along with Governor Schafer, the North Dakota Indian Affairs office has been highly instrumental in, at least, keeping some dialogue between North Dakota Tribal Leaders and elements of the 54th State Legislature.

You know, of course, that I am referring to a number of misleading mispercentiions and statements by members of the State House and Senate. Much of this revolves around misunderstanding of tribal gaming, along with a refusal of the fact that the compacts remain sound, legally binding agreements between the tribes, the state and the federal government. Accountability through the state, the tribes, the federal government does not

represent a problem.

The Indian Affairs office, chaired by Governor Schafer, is a valuable resource to members of the legislature, the state agencies, to the general public--Indian and non-Indian--and serves as an "official link" for tribal governments to work directly with the State of North Dakota. It also provides for North Dakota Indian Citizen representation on the commission.

What is even more important is the fact that the Indian Affairs office has effectively administered the Native American Alcohol and Drug Abuse Education Program. It is a recognition by the State of North Dakota of the importance of our children and youth and the priority in combating this problem. You and I know there are ample statistics which show the difficulty our populations face. What you may not realize is that this program is a model for other states and tribal communities around the nation. No state in the Union has such a program. This is not to say Arizona, New Mexico, Minnesota, Montana, South Dakota and other states do not need such programs.

In order to become productive citizens of the tribe, state and country, North Dakota needs to continue this important effort. Indeed, this program is an investment in helping an important segment of North Dakota's society--that is our Indian children and youth--continue on as productive, taxpaying citizens. On behalf of our communities, our tribes and the United Tribes, we urge that you restore Governor Schafer's request of \$250,000 for this program.

I wish to thank each of you for this time. More importantly, we would appreciate your support of appropriations for the Indian Affairs Commission and the Indian Youth Alcohol and Drug Education program.

On behalf of the United Tribes Board of Directors and the College, Piyamiyelo.



# B I N G O

Next Bingo will be March 8, 1995. Door open at 6:30 pm and Bingo starts at 7:00 pm.

Winners of the food and cosmetic baskets were Sheri Baker and Don Rush. Previous winners of the food baskets were Vicki Knife and Bruce Eagleman

## Chemical Health Center

The Chemical Health Center staff THANKS all who participated in the Valentine King and Queen Contest voting. The elected King for the day was Bud Anderson and the Queen was Ann Bartole.

The winners for the Door Prizes were as follows:

Richard Wilson - Dream Catcher  
Dan Iron Road - Large Heart Wreath  
Claudia Brooks - Small Heart Wreath  
Frank Eagle - Heart Wall Hanging  
Cornell Poitra - Heart Wall Hanging

Once again a variety of refreshments was provided by the Cafeteria Gang.

## Alcoholics Anonymous

1. Philosophy is to "Turn over" our will and our lives.
2. Higher Power concept.
3. Emphasis on alcoholism. "My name is Jean and I'm an alcoholic."
4. Keep the past vibrant in order to stay sober.
5. AA Program based on religious philosophy from the Oxford Groups: a. admitted powerlessness, b. make continuing moral inventories, c. confess shortcomings to another and make amends, d. pray for the power to carry this out and help others.
6. A meeting a week for a life time or will be drinking.
7. Emphasis is on humility and dampening down the ego.
8. Not opposed to coffee.
9. Often urge members to eat candy when wanting to drink.

## Women For Sobriety

1. We take charge. "Our bodies ourselves."
2. Emotional and spiritual growth are fundamental.
3. Emphasis on recovery. "My name is Jean and I'm a competent women."
4. Put the past behind us to stay sober.
5. WFS Program based upon metaphysical philosophy -- our thoughts create our world.
6. Once we learn how to cope with the problems of life, we won't need a group any longer.
7. We must overcome humility and learn to find ego strengths.
8. Opposed to coffee in excess of one or two cups a day.
9. Sugar detrimental to alcoholics. Urge use of vitamins and learning about nutrition.

## Student Health Center

### LETTING GO OF WORRY AND ANXIETY

Worry and fear are emotions that often get stuck, influencing your outlook for hours, days, or even weeks. You may not even remember the original situation that made you fearful or worried. Such anxieties may hold you back from your usual efficiency. Because worries and fears seem to arise unconsciously throughout the day, you may think they operate outside your control.

The truth is you select your emotions. No matter how spontaneous negative emotions may seem, they actually result from a complex internal processing of attitudes, information, memories, expectations, and appraisals.

Experiences may influence your attitudes. But experiences in themselves are neutral.

You can regain control over emotions without giving up spontaneity.

1. Put your worries and fears into words whether written or spoken.
2. Write down your worries and divide them into two categories: those you can influence and those you can't.
3. Confront anxiety by identifying what's causing it.
4. Listen to your thoughts. Are they filled with worrying "What if" statements.
5. When you feel yourself getting worried or anxious, take several deep, slow breaths to help you relax.
6. Of all the self-help techniques, aerobic exercise seems to be the most efficient way to change the way you feel.
7. Talk back to yourself. Worry and anxiety often result from harsh, unrealistic self-criticism.
8. If self-help techniques don't lighten your load of worries, consider professional counseling. A trained professional can help you identify and alleviate your anxiety.

## AASPN

### AASPN Site Visit Rescheduled

The National League for Nursing site visit for the nursing department has now been rescheduled. Instead of mid-March, the visit will occur March 21, 22, 23. There will be two site-visitors -- one from Texas and one from the NLN office in New York City.

The Self-Study of about 150 pages is completed -- thanks to members of the nursing department and also to Ann Kraft and Jill Feist for typing and putting it together, and to all others who contributed in any way.

Having this visit will be a new experience for the department. We count on your support.

submitted by Sister Kathryn Zimmer, Director, AASPN



## 2 Efforts Paired Tribal Colleges working with Head Start

A North Dakota-based experimental program pairing the nation's Head Start programs and tribal colleges is promising to be a success.

Under President Clinton's Americorps national service plan, about 30 people have been recruited across the Midwest to test plan that would bridge gaps between local family services and federal Head Start programs for Native Americans.

The effort, at a cost of about \$418,000, is being implemented through three Midwestern tribal colleges, including Little Hoops Community College on the Fort Totten Indian reservation, near Devils Lake.

"This is a very unique pilot project," said the program's coordinator Phil Baird. "We're the only tribal colleges to take part in Americorps."

Salish Kootenai College of Pablo, Mont., and the Sinte Gleska University of Rosebud, S.D., are the other two colleges taking part. The colleges were selected because of both their interest in the program and proximity.

The program is coordinated through the United Tribes Technical College in Bismarck.

Baird met Thursday with the program's three site coordinators to assess the progress of the programs, and to plan for a status conference this spring.

And if preliminary indications are correct -- which they are, Baird said assuredly -- "the program is a success."

Costs of the pilot effort, which kicked off Sept. 13, are being covered through a combined grant from the Department of Health and Human Services and the Americorps service program. The participating colleges provide matching funds.

The concept of the program comes as tribal colleges have a strong working knowledge of the tribal education and the Native American backgrounds, while Head Start contains programs which can be essential to a young child.

The purpose of the effort, then, "is they wanted to pair those strengths with Head Start, and maybe provide a link between the two," Baird said. "Head Start is limited in what it can provide. What Americorps provides is the mobility to do more."

For example, at Fort Totten's substance abuse center, Americorps members gather information to assist treatment of the chemical abuse clients. At the Head Start program, members assist in vocational and educational training of parents.

In day care, Americorps members emphasis prereading skills with children, and try to pass on the cultural traditions of the tribes, such as music and history.

"In 20 years the language could be dead, so we're working with the communities and working with the songs to keep it alive," said Dorinne Bingham, site coordinator for the Salish Kootenai

College.

As the program continues, administrators hope to target other needs at the reservations through comprehensive surveys.

Currently, Fort Totten employs 10 Americorps service members, five of whom are part time. Salish Kootenai employs 12, nine of whom are part time, and Sinte Gleska employs seven, three of whom are part time.

Full-time Americorps members, working 1,700 hours a year, are provided living quarters and granted stipend of \$170 weekly.

The uniqueness of the program is that most of the Americorps members are serving the area they call home. All but one are native of their respective areas and have been locally trained.

The real success of this program will be seen when it spreads to other tribal colleges, said Baird, because the concepts could expand to encourage similar efforts in other areas.

"We've got a blueprint for strengthening community service," Baird said. "This could be a template how tribal colleges could help developing bridges and how different groups everywhere can work together."

**FOR SALE**  
**Beaded Moccasins**  
**and**  
**Silver Jewelry**  
**at the**  
**Cultural Arts**  
**Department**

**Contact: Sandy Poitra**

**HUGE RUMMAGE SALE!!!**  
Anyone wanting to donation any clothing  
or items that are just laying around at home  
please donate to the Rummage Sale  
bring items or clothing to the Security Bldg.  
The Rummage Sale will be held on  
March 3, 1995  
10:00 am to 5:00 pm  
at the James Henry Memorial Building



## United Tribes Unveils Art Expo Poster

Bismarck, N.D. -- The United Tribes Technical College (UTTC) will unveil its 1995 United Tribes Art Expo Poster on March 2, 1995, promoting its upcoming seventh annual Indian Expo and Indian Art Market scheduled at Bismarck, September 7 - 10, 1995.

The ceremony will be at the North Dakota Heritage Center auditorium, beginning at 5:30 p.m., Thursday, according to Sandra Poitra-Conley, United Tribes arts coordinator.

North Dakota Lieutenant Governor Rosemarie Myrdal will unveil the new poster, featuring a photo of a head dress worn by students and artists from the College.

The head dress, referred to as a bonnet, was worn by select medicine men or warriors of Northern Plains tribes who earned the honor to wear it. The bonnet is a Northern style split-horn head dress, made of rabbit and elk hide, horse hair, trade cloth, sinew, hawk bells, beaded brow band, and wild turkey feathers. The bonnet was designed by Cheyenne River Lakota Tribal Artist LeRoi Laundreaux, who works at the College.

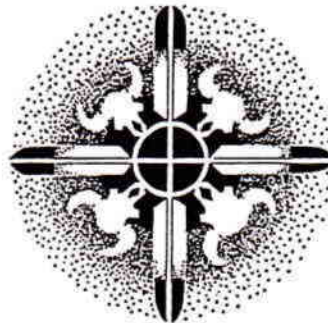
A reception with entertainment will be provided by the College. The poster models, featuring Andrew Vasquez, Joe Many Bears, Todd George, and Joe Bearstail, will be available for poster signatures. Vasquez, an alumnus from United Tribes, will play traditional Indian flute music and has performed at the National Indian Education Association and for the American Indian College Fund in Rome, Italy.

Refreshments and Native American foods are sponsored by the United Tribes Food Services students, faculty member Pam Carlascio, and cafeteria staff.

Traditional tribal singing and dancing will also be a part of the program.

The public is invited to attend. Posters will be on sale to support the United Tribes cultural events.

For further information, contact Sandra Poitra-Conley at (701) 255-3285.



**Student Senate Meeting  
Tuesday, February 28, 1995  
3:00 p.m. at Building 61**

**Next deadline for news for the  
Weekly Newsletter is March 1,  
please follow the deadline.  
Send all articles to Wanda at  
Arrow Graphics**