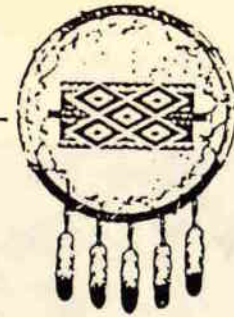


UNITED TRIBES TECHNICAL COLLEGE  
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BISMARCK, NORTH DAKOTA 58504 • PHONE 701-255-3285



*staff/student*

VOL. 13. NO. 11.

DATE: DECEMBER 10, 1990

# NEWSLETTER

THEODORE JAMERSON ELEMENTARY SCHOOL, on the campus of UNITED TRIBES TECHNICAL COLLEGE, entered a float in the Bismarck Holiday "Parade of Lights, on Friday, November 30, 1990. This annual Parade is sponsored by Downtown Bismarck Merchants.

T.J.E.S. was sponsored by SIOUX SPORTING GOODS. Many children from the T.J.E.S. Basketball Team and the Cheerleading Squad rode on the float with MRS. RAINBOW and MRS. JECHORT. MR. BEHELER was the Driver.

The float received SECOND PLACE in the Business Division!

Pictures of the float and several of the children who rode on the float are pictured below and on Page Two.



## Cafeteria Noon Menu:

Dates: DECEMBER 10 to DECEMBER 14

Mon. SPAGHETTI  
Tues. ROAST PORK  
Wed. WEINER WRAP  
Thurs. SWEDISH MEATBALLS  
Fri. CHICKEN STRIPS



T.J.E.S. STUDENTS  
ON THE WINNING FLOAT



THEODORE JAMERSON  
ELEMENTARY MUSIC  
STUDENTS AND THE  
CHAPTER I. PUPPET-  
EERS CORDIALLY  
INVITE ALL OF  
THE STAFF AND  
STUDENTS OF U.T.T.C.  
TO OUR CHRISTMAS  
PERFORMANCE OF  
"SUPER GIFT FROM  
HEAVEN" TO BE  
HELD IN THE SMALL  
GYM ON WEDNESDAY,  
DECEMBER 19, 1990  
AT 2:30 P.M.

TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA!

There will be no Trivia Game this week, but last week's TRIVIA WINNERS were CAROL PAKINEAU and LUCY ROSARIO-KARNATZ (for the Shop Safety Class). Each of our winners will take home a 6-pack of pop.

DORVIN FROSETH and FRANK WATERS also had the correct answer: (it's 2 breaths to 15 compressions when ONE person is administering CPR). But Dorvin and Frank were too late to win the pop.



DECEMBER ACTIVITIESMonday, Dec. 10, 1990

- 4:00-5:00 - Kids Pool & Assorted Games
- 4:00-5:00 - Weight Lifting
- 6:00-7:00 - Grade School BB Practice
- 6:30-9:00 - YMCA
- 7:30- - ITTC Thunderbirds play Miles City Mt. at Miles City. (Mountain Standard Time)

Tuesday, Dec. 11, 1990

- 4:00-5:00 - Kids Pool & Assorted Games
- 4:15-6:00 - Men's BB Practice
- 6:30-9:00 - TJES -VS Apple Creek Basketball Game at ITTC
- 7:00-9:00 - YMCA Single Students & Families
- 7:00-9:00 - Tae-Kwon-Do (Small Gym)

Wednesday, Dec. 12, 1990

- 4:00-5:00 - Kids Pool & Assorted Games
- 4:15-6:00 - Grade School BB Practice
- 6:30-9:00 - YMCA
- 7:30-9:00 - College Basketball Game Bismarck State College -VS- ITTC T. Birds at Home
- 6:30-9:30 - City League Volleyball ITTC #1 -vs- Melroe Magic/ITTC #2 8:30 -vs- Instant Signs

Thursday, Dec. 13, 1990

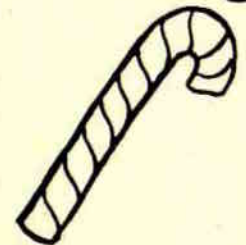
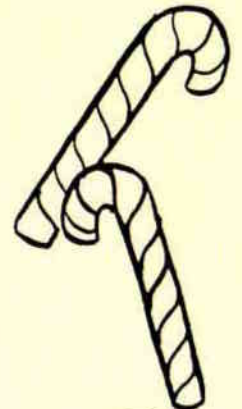
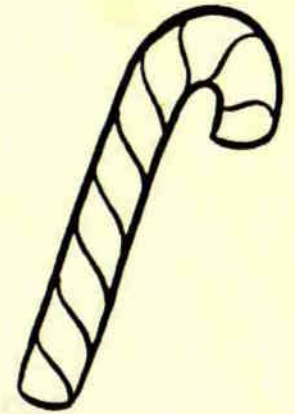
- 4:00-5:00 - Kids Pool & Assorted Games
- 4:15-6:00 - Grade School BB Practice
- 6:30-9:00 - YMCA
- 7:00-9:00 - Men's Intramural BB League

Friday, Dec. 14, 1990

- 4:00-5:00 - Kids Pool & Assorted Games
- 6:00-9:00 - Open Gym / Movies

Saturday, Dec. 15, 1990

- 1:00-9:00 - Holiday Coed Volleyball Tournament
- 1:00-4:00 - Movies
- 5:00-9:00 - Movies



## DECEMBER ACTIVITIES SCHEDULE continued from Page 3.

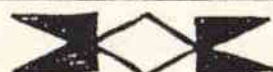
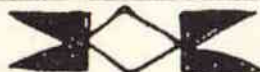
Sunday, Dec. 16, 1990

- 1:00-9:00 - Open Gym  
 2:00-5:00 - Scrimmage Game UTTC Thunderbirds -vs- Budlight Bismarck.  
 5:00-9:00 - Movies  
 7:00-9:00 - Bingo - Jack-Pot money must go. Black Out ! Play until someone wins.

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FOUND! Little girl's pair of glasses. Frames are blue. Identify them at THE STUDENT HEALTH.

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The photograph pictured RIGHT was taken at the November 21, 1990 GRADUATION of UNITED TRIBES TECHNICAL COLLEGE STUDENTS. From Left to Right, these Administrators and Honored Guests are: FATHER NIX: BENNET YELLOW BIRD (UTTC Vice-President), RUSSELL HAWKINS (Chairman of Sissiton-Wahpeton and Board President), JUANITA HELPHREY, (N.D. Indian Affairs Commissioner and Guest Speaker) and DAVID GIPP, (President of UTTC.)

"WHO ARE YOU? WHERE ARE YOU GOING?"

UTTC Graduation Speech

November 21, 1990

Presented by: Juanita Helphrey

WHO ARE YOU?  
WHERE ARE YOU GOING?

In thinking about the speech that I have been honored to give to you graduates today, I thought about each of you individually. I wondered who you were, where you came from, and where you wanted to go - in other words your goals in life. I wondered about your struggles thus far, the barriers you've had to attaining goals, painful experiences in life and all the good things that may have happened to you.

Is this getting too personal?

I don't mean to get personal with any of you but I want to talk about this because I do want to motivate you into thinking about who you are and what you want to do since I believe graduation speeches should be designed to uplift the student, to motivate.

Why did I choose only the two questions? WHO ARE YOU AND WHERE ARE YOU GOING?

Because answering those two questions for yourselves can be the format for providing solid direction for you. They certainly have for me.

YOU HAVE TO KNOW YOURSELF, KNOW WHERE YOU CAME FROM, KNOW YOUR NEEDS AND DESIRES, KNOW FROM THE GOOD AND BAD OF YOUR LIFE'S EXPERIENCES, AND KNOW YOUR SPIRIT WITHIN, BEFORE YOU CAN MOVE FORWARD.

WHO ARE YOU? Are you lonely? Did you come from a home where there was little affection shown? Did you come from a home where there was a lot of drinking and anger? Were you abused as a child, an adult? Did you have to drop out of highschool because your attendance was so bad from family worries that you got behind? Or because you had other family members that needed your attention? Do you feel insecure and uncertain, unloved? Do you feel you don't have any self confidence or self esteem because you had a lot of hardships while growing up? Did you abuse alcohol or drugs during any time in your life? For what reasons? Do you abuse alcohol or drugs now? For what reasons? Do you wish you had a good job and security but feel unable to attain that goal? Do you get easily discouraged and give up on some of your hopes and dreams because of this? Do you have hobbies? Do you enjoy quality time with friends or with your children and family? Do you think you'll ever get what you want out of life? Are you happy?

WHO ARE YOU? If I asked you what your good qualities were would you provide me with a long list or a short list? If I asked you what you thought your defects of character were would you provide me with a long list or a short list?

Would you say you were kind and good, a decent person, a loving and gentle person, a humorous person, an honest person, a person who is loyal to friends and family, a person who tries to find the good in others, a person who is talented, who secretly writes poetry, who desires to become a well known painter?

Or, would you find a longer list of faults and tell me you are a procrastinator, that you find it hard to be honest, that you find fault in others, that you are a "quitter", that you are always angry and resentful, that you drink too much, that you strike out to your spouse or children in anger, that you feel suicidal at times, that you blame others for your problems, that you feel very inconfident, that you feel like a failure?

WHO ARE YOU?  
WHERE ARE YOU GOING?

You're probably wondering by now how the WHERE ARE YOU GOING FITS IN! Basically, the where you are going depends entirely on who you are and how you see yourself and accept yourself! WHEREVER YOU GO YOU TAKE YOURSELF!

WHERE ARE YOU GOING? Where do you wish to go? What do you desire to achieve when you get there?

Is your basic desire to achieve security - to "pay the bills"? Or do you wish for happiness and contentment in whatever you do?

Once you get job security will you continue to look for ways to improve yourself, to prepare yourself for promotions or better jobs in your profession once you have gained the experience? Or, if you are unhappy will you allow this unhappiness to rule your emotions causing a lot of discouragement and "finding fault" with the job.

Again, where you are going depends on who you are taking with you - yourself!

Today's world is highly materialistic, plastic and competitive. Are you prepared for this? Are you prepared for reality and the pain that goes with it?



You can be IF YOU KNOW YOURSELF!

I don't know if you've given any thought to what I've asked thus far, I know I have - I've taken a hard and painful look at myself and here is what I've found:

My personal story is provided to you in a way I hope you accept. In a way I hope you can gain as we used to do in the old days, the old ways. Wisdom from someone older, someone who has experienced many of life's ups and downs, helps younger ones to grow in wise ways.

In my household my grandfather was that wise person. He was always willing to listen and to provide us with words of wisdom. Though I looked up to my parents and acknowledged that they were my disciplinarians, it was my grandfather who, with his gentle humor, was always a source of comfort.

I am a recovering alcoholic - I admitted this sometime in April, 1984 - but not before others with knowledge told me. I did finally see it myself, accepted their advice and entered treatment.

How did I become an alcoholic? My family life in my much younger years did not have alcoholism - though I can recall occasional abuse by family members. But, it did not disrupt my life.

I believe I became alcoholic because I did not know who I was. Not knowing who I really was caused me to strive to become a person I felt other people wanted, or expected.

I had never accepted my gifts - my good qualities, nor did I really recognize them.

I did everything everyone expected me to do and I accomplished a lot. But I did not recognize nor acknowledge my accomplishments. The more I did the more stress I had.

Finally, I began to abuse alcohol in order to alleviate stress.

In addition, I strongly believe I had all the underlying character traits that alcoholics have in common even before I began to abuse it. In other words, I believe I had the my traits and even family inherited genes to be alcoholic.

Treatment was painful because I was forced to look at myself in ways I hated, in areas I denied existed!

And yes, I found a lot of faults! In fact, when I left treatment 30 days later, my list of assets was very short. My group found more good in me than I did!

Talk about low self esteem and a lack of confidence! Here I was, with a good and responsible job, two wonderful and supportive sons, and surrounded by a family who loved me and I had no self esteem!

I've come a long way in my recovering years and now have faith in myself. I have self esteem, I have self confidence, though at times that wavers. And, I can truly say I love myself! That other person, the person who entered treatment still surfaces at times - in fact we have quite a few arguments with each other almost daily, but the side I found after treatment - after staying drug free - is the side I want to be always.

To make a long story short - I discovered God and I discovered my spirit. I no longer rely on myself for decisions and direction - remember, as an alcoholic I was not, nor will I ever be reliable again. Why? Because I am an alcoholic, with an alcoholic's mind, so I have to rely on a Higher Power!

I used to be lonely. I used to be angry. I used to blame others. I had a lot of self pity. Though I had a good childhood, I felt unloved and unwanted (how could anyone love a "mess" like me?).

I've learned - I've learned that I am worthy, I've learned that I have wonderful gifts provided me by the Great Spirit, I've learned, with direction - from my Higher Power and from the program of Alcoholic's Anonymous - to be grateful for these gifts and to use them to the best of my abilities.

I KNOW WHO I AM AND I KNOW WHERE I AM GOING!

What words of wisdom can I provide you today?

In the program of AA there are many words of wisdom that work if you listen and use them in your life.

I have found a lot of merit in these words - because if you listen they have strength:

- Let go and Let God

- To thine own self be true
- You gain through pain
- Reach out
- One day at a time
- Live and let live
- To each his/her own
- Honesty, openness and willinness

Today you go forth into the world. You're ready to pursue your dreams - to continue your journey.

Do so with the knowledge that you are unique, there is only one of you. You have been born with and acquired many gifts. Recognize them, use them, expand on them and enjoy them.

Please, do not focus on the negatives in life, remain positive and always be honest, open and willing. Trust yourself, trust in God.

Finally, life is a continuing learning experience. All who surround you are teachers. Listen carefully and learn. Self education is a wonderful tool. The fact that you have access to all you need to learn, by living in this country, by having Freedom of Speech, Freedom of Religion, and freedom of choice. Choose whats good for yourself and for your loved ones. Know your rights.

And, always help others. The experiences, hopes and strengths that you have you've gained and grown from for a reason - a purpose - and that is to help others.

I've found that helping others helps me.

I'd like to close with a brief poem:

#### KNOW THYSELF

TO KNOW THYSELF IS TO KNOW YOUR GIFTS, THE GIFTS  
THE GREAT SPIRIT DID PROVIDE

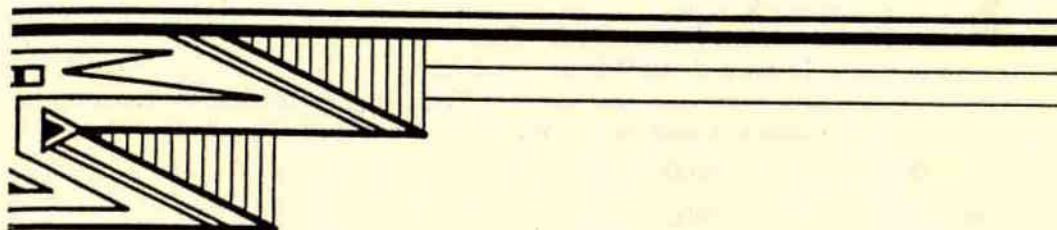
YOU'RE UNIQUE, YOU'RE PRIVILEGED, A SPECIAL HAND  
MADE YOU, WHOSE SPIRIT IN YOU RESIDES

MAKE USE OF YOUR GIFTS FOR THE BENEFIT OF OTHERS  
SINCE DOING SO ADDS MEANING TO LIVING

AND WHAT IS LIFE BUT A BRIEF JOURNEY - A TIME TO  
GROW SPIRITUALLY AND GIVING

SO LIVE LIFE WITH HOPE AND WITH FAITH IN YOUR  
JOURNEY AND TRUST IN YOUR SPIRIT WITHIN

FOR YOU ARE LOVED, YOU ARE CHERISHED, YOU ARE VERY  
SPECIAL AND WITH THOSE GIFTS YOU CAN ALWAYS WIN!



The Administration, Faculty, Staff, and Students of United Tribes Technical College wish to thank JUANITA HELPHREY for coming to U.T.T.C. to give this moving speech to the graduates and guests on November 21, 1990, and for providing the text of the speech for the NEWSLETTER.



The UNITED TRIBES TECHNICAL COLLEGE NEWSLETTER is an on-campus publication of the United Tribes Technical College, 3315 University Drive, Bismarck, North Dakota 58504. Phone: 701-255-3285, EXT. 227.  
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PRINTER: Terry Lewis  
CONTRIBUTORS: Faculty, Staff, and Students of UTTC



UNITED TRIBES STAFF AND STUDENTS ARE ENCOURAGED TO ATTEND THIS EVENT  
DEC. 9th and 16th, at the NORTH DAKOTA HERITAGE CENTER.

## Wounded Knee, A Century Past: Remembering Lakota History

North Dakota Heritage Center  
Bismarck, North Dakota

Sunday, December 9, 1990

### Prayer Ceremony and Traditional Feast

11:00 A.M. Prayer Ceremony

*David Archambault, Pete Catches, Isaac Dog Eagle, Ron McNeil, Hunkpapa Oka  
Drum Group, Governor George Sinner (invited)*

12:00 P.M. Traditional Feast

Sunday, December 16, 1990

### Remembering Lakota History: A Symposium

1:00 P.M. "Remembering Lakota History: An Overview"

*Michael L. Lawson*

1:15 P.M. "The Feminine Role in Lakota War"

*Beatrice Medicine*

1:45 P.M. "Lakota Beliefs and Images of the Ghost Dance"

*Arthur Amiotte*

2:15 P.M. "James McLaughlin and Sitting Bull"

*Carole Barrett*

2:45 P.M. Break

3:15 P.M. "Sitting Bull Remembered"

*Isaac Dog Eagle*

3:45 P.M. "Wounded Knee Survivors: Oral Histories"

*Michael Her Many Horses*

4:15 P.M. "Continuum of Culture: Education Past, Present, and Future"

*Jack Bardon, Isaac Dog Eagle, Pat Locke, Jay Taken Alive,  
Peter Taken Alive, Yvonne Wynd*

5:00 P.M. Concluding Remarks and Comments

*Michael L. Lawson and the audience*

### Symposium Speakers

**Arthur Amiotte** has a B.S. in education from Northern State University and an M.A. in interdisciplinary studies in anthropology, religion, and art from the University of Montana. A well-known artist, Amiotte has received numerous awards and honors, including a Bush Leadership Fellowship and an honorary doctorate of Lakota Studies from Oglala Lakota College. A resident of Custer, South Dakota, he is currently adjunct professor of Native Studies and Art for Brandon University, Brandon, Manitoba.

**Carole Barrett**, who has an M.A. in English from Saint Louis University, received her training in Indian studies at the University of Wyoming and Sinte Gleska College. An instructor in Indian studies at the University of Mary in Bismarck, she has researched the role of American Indians in Buffalo Bill Cody's Wild West shows, the events surrounding James McLaughlin's "March of Civilization" in Bismarck, and Red Horse's pictographic account of the Battle of the Little Bighorn.

**Isaac Dog Eagle**, of Little Eagle, South Dakota, is a great-grandson of Sitting Bull and has been a Sun Dance leader for seven years. He is a lay pastor of the Messiah Congregational Church in Little Eagle and is a former tribal council member for the Standing Rock Sioux Tribe.

**Michael Her Many Horses** is a tribal council representative and chairman of the Finance Committee for the Oglala Sioux Tribe. He received his B.A. from the University of South Dakota and is a former instructor of Lakota studies at Oglala Lakota College. A recognized scholar of Oglala history, he lives at Wounded Knee, South Dakota.

**Michael L. Lawson** received his M.A. from the University of Nebraska, Omaha, and his Ph.D. in history from the University of New Mexico. He is employed as a historian for the Branch of Acknowledgement and Research of the Bureau of Indian Affairs, Washington, D.C. Lawson has written on the heirship land problems on Indian reservations, and his book, *Dammed Indians: The Pick-Sloan Plan and the Missouri River Sioux, 1944-1980* (Norman: University of Oklahoma Press, 1982), won the Phi Alpha Theta International Book Award.

**Beatrice Medicine** received her B.S. from South Dakota State University and her Ph.D. in cultural anthropology from the University of Wisconsin, Madison. Throughout a long and distinguished career, she has taught at such schools as the University of Montana, San Francisco State University, and the University of Washington. She recently retired as professor of anthropology and director of the Native Centre at the University of Calgary and now lives in Wakpala, South Dakota.