

UNITED TRIBES TECHNICAL COLLEGE
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staff/student

NEWSLETTER

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PRESIDENT OF UNITED TRIBES TECHNICAL COLLEGE DAVID M. GIPP WINS MARTIN LUTHER KING HOLIDAY AWARD!

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FITTING REWARD: David Gipp, president of United Tribes Technical College, holds an award he was presented by Coretta Scott King for his work in establishing a state holiday honoring the slain civil rights leader, Martin Luther King Jr. The pyramid came from the Martin Luther King Federal Holiday Commission, and was presented to Gipp in Santa Fe, N.M., at the national planning conference in April. Inside it carries the legend, "LIVING THE DREAM, LET FREEDOM RING." Gipp served as chairman of a committee which successfully lobbied for the holiday, which was adopted by the 1991 Legislature.

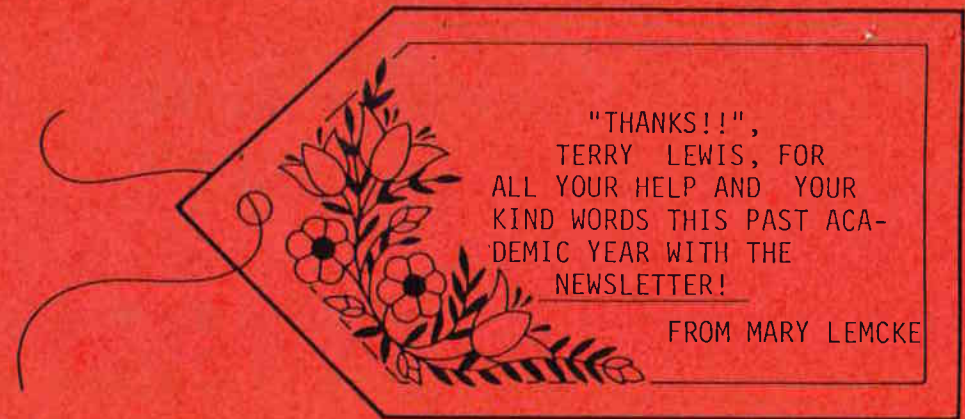
Cafeteria Moon Menu:

Dates: MAY 13 to MAY 17

Mon. - Sausage 'n Kraut
Tues. - Swedish Meat Balls
Wed. - Taco Salad
Thurs. - Pork Cutlets
Fri. - Hamburger-on-a-Bun

VERY IMPORTANT ANNOUNCEMENT! VERY IMPORTANT ANNOUNCEMENT!

The final meeting of the Parenting Class will be on May 14, 1991 -- TUESDAY, not on May 15th, Wednesday! The class will begin at 11:50 AM and will be held in the Personal Development area of the Education Building.



TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA! TRIVIA!

WHAT HAPPENED TO ALL YOU KILLER TRIVIA PLAYERS OUT THERE?! There was no Trivia Winner for last week's game! The answer to the question about who was the former professional fighter who has become an actor in movies such as GODFATHER III and GOOD FELLAS is VITO ANTEFEURMO.

Okay, so let's try another question this week.....How about this? There are two famous expressions that originated from the boxing game -- tell Lois what movie this one came from: "I COULDA BEEN A CONTENDAH!" -- and who said these famous words: "YOU CAN RUN BUT YOU CAN'T HIDE" (Actually, he said, "He can run, but he can't hide" but the expression has been adapted over the years.)

Call in any intelligent guesses to Lois Lane at EXT. 227 and you just might be a "contendah" yourself!

CONGRATULATIONS ARE IN ORDER TO BUD ANDERSON AND THE MAINTENANCE STAFF AND TO "SWEDE" THIBERT FOR THE OUTSTANDING JOB THEY DID IN PREPARING LIVING QUARTERS FOR GUESTS OF UNITED TRIBES WHO ATTENDED THE SPIRITUALITY CONFERENCE ON CAMPUS RECENTLY. THE FOLLOWING LETTER IS FROM A LADY WHO STAYED IN ONE OF THE LIVING UNITS ON CAMPUS. THIS IS WHAT SHE SAYS:

"Dear United Tribes-

Thank you for the use of this unit -- we used the single bedroom and the room with two dressers. We brought our own towels so the ones here aren't dirty. The beds were comfortable and we got a good night's sleep. You have done so much for us. It's all very much appreciated.

Thank you again,

Barb Anderson

(Mother of Stephan Bentzlin and Grandmother Mrs. Rosalie Marlow)"



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IN LOVING MEMORY OF MY FATHER, GABRIEL DESJARLAIS

by Larry Desjarlais

FROM THE HAPPY HUNTING GROUNDS,
AN OLD MAN IS AT PEACE WITH HIMSELF,
LOOKING ALL AROUND AT HIS NEW SURROUNDINGS
AS HE SMILES.

YA'HE IS NO LONGER WITH US.
ALL OUR LOVE WENT WITH HIM,
GONE FROM MOTHER EARTH WHERE HE LOGGED
HIS WEARY MILES.

IN THE FADING MOMENTS OF HIS LIFE,
HE WAS BLESSED WITH HAVING ALL HIS SONS
BY HIS SIDE:
THE PAIN AND AGONY,
THE FEAR OF THE UNKNOWN
IN HIS FACE HE COULD NOT HIDE.

AS LIFE WAS RAPIDLY LEAVING HIS BODY
HE BOWED HIS HEAD.
MEMORIES OF FAMILY CREPT THROUGH HIS MIND
AS HE CRIED:

HOPING,
JUST MAYBE,
HE WOULD GET TO SEE HIS LOVING DAUGHTERS
ONE MORE TIME BEFORE HE DIED.

WHEN AT LAST HE KNEW IT WAS NOT TO BE
HE BEGAN TO PRAY AS HE CALLED UPON "THE GREAT SPIRIT"
CREATOR OF THE LAND:
"OH, GREAT FATHER, HEAR MY DYING WORDS:
I AM OLD AND GROWING WEAK.
THE TIME HAS COME FOR ME TO MAKE MY JOURNEY.
IT WOULD BE AN HONOR IF YOU WOULD LET ME SHAKE YOUR HAND."

Reservation wages war on diabetes

By SONJA BARISIC, Associated Press Writer

NEW TOWN (AP) — Fred Baker has a personal as well as professional stake in the diabetes program he directs at the Fort Berthold Indian Reservation.

Baker developed diabetes in his 40s, as did his father. So he takes to heart the program's goal of getting Indians to revamp their diet and exercise more often in order to curtail and perhaps even end the health problem.

"I watch my diet, I use the (exercise) machines," Baker said. "I need to be some kind of role model, to try to have a positive effect on other people."

Incidence of diabetes, which involves an imbalance of sugar in the body, is three to four times higher among Indians than other races nationwide, said Madonna Azure, a public health nurse with the program.

At least 264 of the 3,000 Indians at Fort Berthold have diabetes, according to medical records of

people receiving health care on the reservation, Azure said.

"Just about everybody on the reservation is at risk (of developing the disease) because they have diabetes in their family history," said Ivetta Spotted Bear, the program's physical fitness director.

The federally funded, year-old program is based in New Town, but staff members also travel to four other communities on the reservation: Mandaree, Parshall, White Shield and Twin Buttes.

The program has been able to reach about half the diabetics on the reservation thus far, Azure said.

"We're seeing some results, with people's blood sugar and blood pressure levels going down," she

said. "Some also have gone off blood pressure medication."

No one's sure exactly why Indians are so susceptible to diabetes, but experts have pointed to a sedentary lifestyle and poor diet.

"People aren't as active as they used to be," Azure said. "They don't garden as much, walk as much."

Diet also has changed. Indians once ate a lot of venison and buffalo meat, but needy reservation residents now get food through federal nutrition programs that is high in fat and salt, said Kim Heintzman, the program's dietitian.

The most common form of diabetes usually develops after age 40, but some Indians on the reservation have been afflicted as early as 18, Azure said.

Potential complications from diabetes include heart disease, high blood pressure and kidney disease. Sometimes a limb must be amputated.

Eating properly and getting enough exercise can help prevent diabetes and also reduce a diabetic's dependence on medication, Azure said. Patients get diet and fitness assessments as well as medical checkups.

Heintzman helps individuals and schools to develop healthy menus with more whole grains and less fried foods.

Spotted Bear evaluates patients' body fat and flexibility, then starts them on an exercise plan.

Body type also is very important, she said. People generally either are apple-shaped, with more upper body fat, or pear-shaped, with more lower body fat. The apple shape is considered more unhealthy because excess fat surrounds the body's major internal organs.

Unfortunately, Indians tend to be apple-shaped, Spotted Bear said.

People tend to have a fatalistic attitude toward diabetes, Azure said. "They think amputation," she said. "They see a poor quality of life, and that doesn't have to be true."