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# Hearing held on Indian civil rights

**BISMARCK** — An advisory board to the U.S. Civil Rights Commission held hearings here in December on the status of American Indians in North Dakota's criminal justice system.

While the testimonies of over 18 witnesses questioned by the board varied on issues of discrimination and fair trials for Indian defendants, common ground was held on other points.

In a day-long hearing, the North Dakota Advisory Committee on Civil Rights was told this by a roster of attorneys, judges, law enforcement officials, and Indian group representatives:

- Housing discrimination against Indians in Bismarck and the state remains a chronic problem;
- Equal Employment Opportunity officers for state agencies have only recently been hired, and, in some cases, their positions are facades;
- A fatalistic attitude by Indian defendants sometimes hinders their chance for a fair trial;
- The lack of a statewide public defender program is a detriment to Indian defendants securing competent legal counsel;
- Jury panels in North Dakota are almost always exclusively white;
- Alcoholism or drinking were factors in almost 100 per cent of the arrests of Indians in Bismarck over the past year;
- Only one out of 64 officers on Bismarck's police force is Indian, while the Burleigh County police force has no Indian officers;
- There is inadequate support by tribal governments of alcoholism programs on North Dakota reservations.

Louis Plante of the Dakota Association of Native American told the board that a "typical pattern of not only prejudice but outright discrimination" against Indians by landlords exists in Bismarck.

According to Plante, DANA regularly refers its urban Indian clients seeking housing to local landlords. Many times the Indian, once his race is revealed, will be told by the landlord that a particular house or apartment is already rented. But upon calling back later, Plante said the landlord will say the unit is available.

"It's not just an inability to find a house at a reasonable price," said Plante. "It's hard to find any."

According to N.D. Indian Affairs Commissioner Juanita Helphrey, some state agencies, while following the letter of federal equal employment laws, are sidestepping their intent. Helphrey told the board that just in the past couple of months have state agencies added Equal Employment Opportunity officers to their staffs, as required by federal laws.

"In some agencies," said Helphrey, "they've done it by making their executive secretary the EEO officer, apparently only because of federal requirements."

Helphrey also noted that North Dakota is one of only three states in the nation without a human rights agency to hear and arbitrate civil rights violations and disputes.

Cultural differences between an Indian defendant and a white legal counsel and court sometimes frustrate his chances for a fair trial, Bismarck attorney Irv Nodland told the board. Differences in how Indians and non-Indians think of law and lawlessness and the

seriousness of a certain crime sometimes makes defending an Indian client difficult.

"Sometimes an Indian defendant wants to plead guilty because he doesn't think he can get a fair shake," Nodland said. "It's an attitude of fatalism, that spending some time in prison is a part of growing up."

Nodland noted the lack of a statewide public defender program, saying: "I can't imagine a more unequal system of counsel than what we have now." Under North Dakota's present system of court-appointed attorneys for indigent defendants, Nodland said attorneys appointed to cases have difficulty in receiving prompt and equitable payment from county commissioners for their service.

Burleigh County States Attorney John Olson, along with Nodland, said he favored a full-time public defender system for handling cases of defendants too poor to hire counsel.

"The roster system of court-appointed attorneys didn't work out for us," Olson said, noting it was hard to move cases through the courts because court-appointed counsels were normally busy with their private practices.

Both attorneys testified to the virtual absence of Indians serving on North Dakota jury panels, with Olson saying their presence is "almost nil."

Said Nodland, "In 12 years of legal practice I can remember one Indian on a jury panel. That was in Minot. I can remember Indian names in the past on jury lists, but they were excused from service for various reasons."

Alcoholism emerged as a factor closely linked with Indian crime. Board members were told by States  
(Continued on p. 4)

## DANA CENSUS

### 32 per cent of urban Indians unemployed

By Greg Mattern

**BISMARCK** — Results of a Dakota Association of Native Americans (DANA) census of off-reservation Indians reveal that 59 per cent of North Dakota urban Indian families make less than \$6,000 a year, and that over 32 per cent are unemployed.

The DANA census was conducted from March to June of 1976 and covered five major urban centers in North Dakota.

Pamela Stawasz, coordinator of the DANA census, when asked why the census was conducted said: "The federal government census was so nebulous. In compiling our census we wanted to prove that Indians are not just living on the reservation."

Stawasz said: "The census will not only meet DANA's needs, but also a number of state, local and federal projects in developing programs and to help bring about satisfactory solutions to some of the problems encountered by off-reservation Indians in North Dakota."

Stawasz added that the problems that off-reservation Indians face boil down to that of economics. "You need money to relocate from reservation to an urban setting. Money is needed for things like housing, but if an individual wasn't working while on the reservation, it becomes difficult to find the money required for

downpayments, deposits and general living expenses. Also many Indians lack the training and education needed for many of the jobs offered."

The area encompassed by the census enumerators covered a radius of approximately 20 to 35 miles outside the cities of Minot, Grand Forks, Fargo, Williston and Bismarck. The data obtained was tabulated and compiled during the month of June.

Results of the off-reservation Indian census have been published by DANA in cooperation with the North Dakota Comprehensive Employment Training Act Administration. According to the census:

- 32 per cent of the 1,630 Indian heads of household are unemployed.
- 59 per cent of the Indian families in the census have an income below \$6,000. 31 per cent are below \$3,000.
- 64 per cent of the heads of household have three or more dependents. 26 per cent have 5 or more dependents.
- The total number of off-reservation Indians in the areas of Bismarck, Fargo, Grand Forks, Minot and Williston is 4,090.
- 38 per cent of the heads of household have not graduated from high school. 24 per cent have completed one to three years of college with only six per cent completing four or more years of college.

27 per cent of the heads of household have had previous vocational training. 44 per cent of those 434 had training in trades and crafts along with 18 per cent in business and office and 12 per cent in nursing and other health related fields.

Bismarck and Williston had the highest concentrations of Indians with 24 per cent of the city's population, followed by Grand Forks with 22 per cent, Fargo with 20 per cent and Minot with 10 per cent.

Williston has the lowest unemployment rate with 27 per cent followed by Bismarck with 28 per cent, Grand Forks with 32 per cent, Minot with 41 per cent and 48 per cent for Fargo.

Thirty-eight per cent of the female heads of household are unemployed compared to 25 per cent of the Indian males.

Stawasz said DANA hopes to complete cross tabulations of the census this coming spring along with a more detailed comparison of the DANA census and the United States Department of Commerce census.

Funds for the off-reservation census were granted by the Comprehensive Employment Training Act of North Dakota which invites short term demonstration projects which illustrate methods or means of expanding local, state and federal programs.

In the true spirit of Christmas, I am not ready for it, nor am I ready to give up on December. I do know, though, that ready or not, December will go on without me and this column, so here goes . . .

We must apologize to our subscribers and readers for combining two months, and on one occasion three months of the United Tribes News, in one issue. David Roach said it very well in his article, "The Indian Journalist and the Indian Press," in the January 30, 1976 issue: "if you ask, they may tell you it is not easy. That there are frustrations. They will be telling you the truth." And, this usually has to do with funding. Were it not for our subscribers, advertisers and the generous donation we received from the General Reconciliation Program of the Christian Church, we'd be out of business. What it boils down to is money; and for editors, Indian or wherever, that can be a hairy, destroying thing.

It has been the philosophy of the United Tribes News to bring credibility to the Training Center in the various projects, and indicate in the best way we know how what United Tribes is all about. We also like to show to the families and friends of students who attend United Tribes, not only for North Dakota, but throughout the United States, that the United Tribes News is a vital part of recruitment, and making them aware of the facilities and services of United Tribes.

I realize that our readers are more compelled to communicate with us when they are displeased or do not agree with a particular story. However, it would serve as useful mechanism in not only planning future issues of the United Tribes News, but continued justification of the NEWS itself.

According to Mary Ann Aman, a United Tribes student, and the secretary of TUITT (get to it) . . . their objectives are to unite all UTETC people; to increase pride, dignity and respect for UTETC; to share responsibility for the betterment of our community; and to promote understanding of UTETC, ourselves and those we serve. TUITT meetings are held every Wednesday at 4:15 p.m. in Building No. 71, unless otherwise announced. She says, "Reread the objectives . . . if we all unite, many problems and misunderstandings could be avoided" . . . so get TUITT.

The Civil Rights Acts of 1964 and 1972, outlaw discrimination based on race, religion, color, sex or national origin, and applies to employers of 15 or more, as well as, to unions and employment agencies. It is unlawful for an employer to discriminate in hiring, firing, compensation, terms, conditions, or privileges of employment.

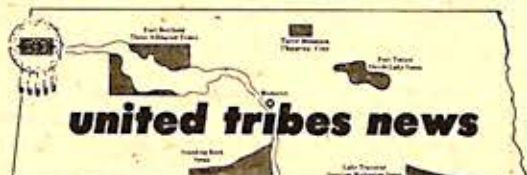
It is also forbidden for employers to limit, segregate, or classify employees in any way which tends to deprive individuals of employment opportunities, or adversely affects their employment status, because of their race, color, religion, sex, or national origin. In addition, it is unlawful to discriminate on any of these five bases, in apprenticeship training or retraining programs.

One of the major changes in coverage made by the 1972 Amendments was to broaden the definition of "employer" to bring state and local governments and their agencies, political subdivisions, and departments, within the Act's coverage. One of the exceptions was for elected officials, their personal assistants, and their immediate advisors. The chief enforcement authority for Title VII rests with the Equal Employment Opportunity Commission (EEOC).

Women here at UTETC's Women's Leadership Training Program have been hearing a lot about an old term that's received much use in the last two decades: assertiveness. Dr. Eddy Tyree, director of the Women's Program, says that women need help in becoming more assertive.

In the past, and even now, many men in our society see nonassertiveness in women as an asset to be rewarded. But now with the rights of women being recognized and proclaimed, assertiveness will become a key to actually using those rights. "The New Assertive Woman," by Lynn Sloom, Karen Coburn and Joan Pearlman is a good guidebook on assertiveness.

The differences between assertion, aggression and nonassertion are best pointed out by Dr. Tyree in this way. Being assertive is a direct statement of wishes. Being aggressive is disregard of the wishes and feelings of



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# Skye's Horizons

by harriett skye



others. Being nonassertive is the accommodation of the needs of others at the expense of your own.

If you respond aggressively or nonassertively, perhaps you could use some understanding about the various approaches. She says to remember there's no problem whatsoever if you genuinely want to do what's being asked of you.

Assertive behavior, as the authors above defined it, is "the golden mean between aggressiveness at one extreme, and nonassertiveness at the other." While the purpose of aggressive behavior is often to dominate and to get your way at someone else's expense, the purpose of assertive behavior is direct and honest communication that does not infringe on anyone's rights.

Nonassertive behavior, on the other hand, seeks to avoid conflict. Often in the process, the passive, non-assertive person become victimized by others. At this point, the victim may become angry and aggressive, when she just can't take any more.

If being assertive is a good way to be, why aren't more women more assertive? Sometimes blocks are set up and games are played to avoid changing responses, because of anxieties about what negative things may happen if women are so direct. In discussing this with many women it is apparent that these anxieties come from irrational beliefs, and that our emotions and feelings about ourselves can change by our replacing the irrational beliefs with rational ones.

To apply this to assertiveness training, each situation must be realistically assessed. If you really don't want to do something, ask yourself what's the worst thing that could happen if you refused. Realize that there is more than one possible outcome (look at your alternatives), that even if you do get a negative response to your directness, you can handle it. You can choose not to be devastated by it.

While no one can change our lives but ourselves, it has been my experience in counseling and being counseled, that I can take charge of my destiny. That there are other alternatives; new insights and being direct doesn't always have to be negative. Such is assertiveness.

I received the following from an Indian inmate at the North Dakota State Penitentiary, and with his permission I am going to share it with our readers.

*From the very start of this ordeal that is my life, I have been caught up by forces I could neither understand nor control. I have found a sense of freedom and identity in acts of violence. I walk in a lost world of my own creation; I am sincere and I say little for effect.*

*I was born to violence. My life was violence, I am of a world that is violence. I am skilled in the ways of violence. Born for a time, and when that time is gone, I will go as the day has gone. Some day I will die by violence. I have not chosen the way, but it is my way and I have lived among men who often understood no other way.*

*I have learned to trust my instincts. Attention may lag, reason may fail, but the instincts were first born and will be the last to die . . .*

*I have no right to love, care, understand, or place hope and faith in another. Nor do I have the right to allow another to have these feelings for me. No right to ask anyone to share the lost world of my own creation, yet I am human. I want to belong, to love and to be loved. Only there is no place for these feelings in me life. I know this now and have always known it deep in my subconscious. Only now it comes back with new force.*

*Feelings are easily explained away, my explanations are my beliefs. Hope? That is a word invented by dreamers. Faith? That is a word invented by priests. Love? That word is the biggest farce of them all. It is a word invented by people to disguise their biological needs. Caring? There is nothing more to people than the desire to exist, most do not care how, just exist day to day, year to year for nothing. Understanding? Few will try, fewer will succeed. To me understanding is for the few who take.*

*When people know this and are still happy with life is something I do not understand. The truth is no one knows or truly understands and I am one who admits it. He who stands alone is strongest and is the base of my world. Pride, honor and respect play the major part in my life. To me, PRIDE is the satisfaction of knowing you've done the best you can. HONOR is that you are able to risk all that is important to keep your commitments to others. RESPECT is earned upon your fulfillment of the other two.*

*Underestimate no one, treat everyone fair, favor no one, and always look for the weakness in everyone.*

*There are only two things in life that mean anything, birth and death. A man is born beside the road to death, the journey is what matters, and what one does along the way. It is not that he succeeds or fails only that he has lived proudly with honor and respect, only then can he die proudly . . .*

I happened to run into Joe Havener at his office at the North Dakota State Penitentiary, and he told me about an exciting project that is an outlet for all crafts and hobby work that's been opened in the GP Warehouse in downtown Bismarck.

The shop is located on the second floor of the Warehouse and is run by one of the inmates, George Brickzin. I checked the shop out shortly after it opened, had a nice visit with George and I believe that compliments are in order. He's done a nice job of arranging the crafts and provides useful and informative ideas if you want something special made that he doesn't have in his show case. The manager of the Warehouse, Vern Peterson told me how excited he was about this venture with the "Village Jail" and said he hoped that it proved profitable.

Warden Havener also told me that there are positions open at the Penitentiary, and he was interested in recruiting American Indians for these jobs. Call him at 224-2980 for further information.

Through a joint effort of cooperation between Mr. Herman Solem, Warden of the South Dakota State Penitentiary and the Native American inmates, an Indian inmate organization has recently been formed to act as the collective voice of the Native American inmates in the proposing, development, and scheduling of culturally and socially related activities which will be of benefit to all inmates interested in participating.

The newly formed inmate group has been named: The Native American Council of Tribes. It is comprised of seven Indian inmate Councilmen who are the governing body of the organization and how will be responsible for implementing activities and in working within the framework as established by the Constitution and the correctional officials.

The Native American Council of Tribes, has planned on making application for a state charter as a non-profit organization directed towards the objectives of providing alternative activities in education, exchange of views, and for purposes of self-improvement on the part of the individual participants.

At present the Council is very much in need of support from various Indian organizations, agencies, groups and or interested individuals. This support may be in terms of materials, financial donations, or the scheduling of activities that can be arranged with the prison officials and presented to the general inmate membership upon approval. Due to the fact that the Council is an inmate organization, prior exchanges of communications and proposed activities is of vital importance so as to allow local officials time in which to consider and approve any such proposed projects.

The Council urges your support, assistance, and involvement in the positive development of a badly needed program within the prison system of South Dakota. A program which very well may determine the future and destiny of many young and old Native Americans presently serving sentences, and wondering if anyone cares . . .

Please give the Council your considerations in the future scheduling of culturally or socially related activities. Address your letters to:

Charles Poor Thunder Jr.  
Native American Council of Tribes  
P.O. Box 911  
Sioux Falls, S.D. 57101

# Program offers help to parolees

For many American Indians ex-offenders, a new program of education here at UTETC is helping to pave their often rocky road from conviction and incarceration to a successful life in society's mainstream.

The program is the United Tribes Indian Offenders Program, and it promises to unlock doors of opportunity never before opened to some Indian offenders. Working through UTETC's educational system, the program is providing counseling, vocational and academic skills, and help in securing employment for Indian parolees and those on probation with suspended sentences.

"We're trying to offer those essential ingredients that can often make the difference between a parolee 'going straight' or returning to crime and eventual reincarceration," said Joe LaFromboise, director of the Offenders Program.

Located on the UTETC campus, the Indian Offenders Program boasts two new pre-fabricated buildings which will be used as halfway house dormitories. The two new buildings, along with an already existing house now in use by the program, will provide space for up to 15 offenders.

The Indian Offenders Program is a recent member of the International Halfway House Association.

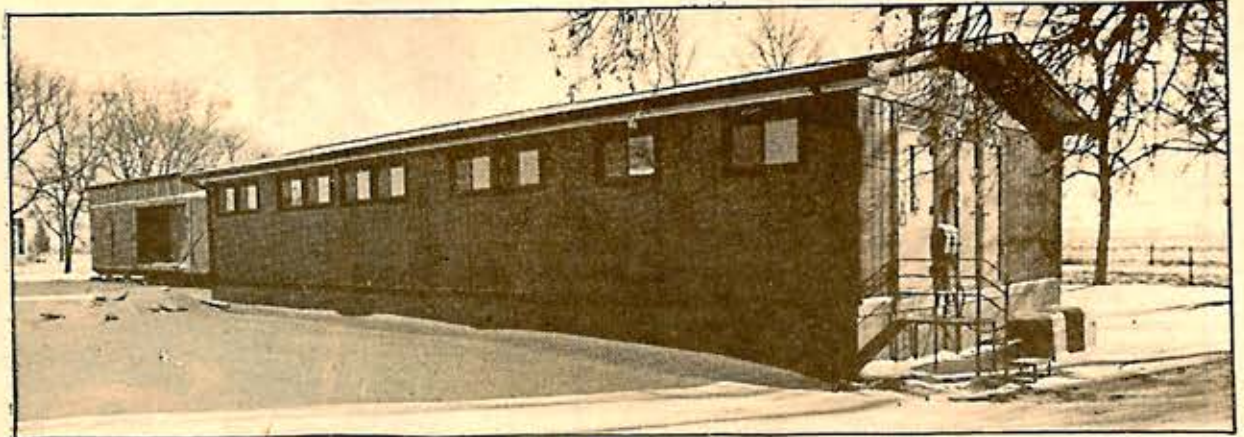
"Once released to our halfway house at UTETC," said LaFromboise "the parolee or offender on probation attends the vocational and academic classes, receives counseling, and take part in recreational activities like any other student going to school here."

"Near the end of his studies at UTETC, our office will work with him in finding a job," LaFromboise added.

The Indian Offenders Program with its halfway house and vocational training at UTETC is the first program of its kind in the nation that is specially designed for American Indians. It receives its funding from the U.S. Bureau of Prisons.

The ex-offenders during their stay at UTETC remain under federal jurisdiction and are required to participate in seven weeks of alcoholism awareness training offered through UTETC's Alcoholics Anonymous Program and the Indian Offenders' halfway house.

According to LaFromboise, the program is greatly enhanced by its setting at UTETC where educational programs are specially designed to embrace and complement Indian culture and heritage.



Above, one of the two new halfway house dormitories sits amidst a snowy setting on the southeast corner of UTETC's campus. At left, Indian Offenders Director Joe LaFromboise displays his program's membership certificate to the International Halfway House Association.

"We've got the right environment here," said LaFromboise. "Problems that could arise in a program like this because of cultural differences are minimized. And the staff and instructors predominantly Indian, the ex-offender doesn't experience the alienation that can come from conflicting cultures. There's a comfortable, familiar atmosphere here."

At present, the Indian Offenders Program has housing and personnel to handle only male ex-offenders. LaFromboise said he hoped that at some future date, women

ex-offenders could be worked into the program.

"I don't believe the validity of the halfway house concept or the need for halfway facilities for ex-offenders can be disputed or overstated," LaFromboise said. "In our particular case, joining the halfway concept with UTETC's educational program has only enhanced the concept. The ex-offenders gain the time they need to adjust to life outside those prison walls. They get the chance to build self-confidence that may have been absent and, at the same time, to learn trade skills and find a job they can do and want to do."

## NDIEA MEETS

### New formula may mean less JOM funds

By Jim Walker

**BISMARCK** - Some public schools with Indian students may be facing considerable cuts in federal support monies next fiscal year if new government regulations are not modified, according to a speaker at a recent Indian education conference here.

The use of a new formula for calculating government aid under the Johnson O'Malley Program will be required for fiscal year 1978 of all public schools with Indian students. The formula, said Jim Ross, Aberdeen Area BIA education specialist, could mean substantial reductions of Johnson O'Malley funds for some schools.

Johnson O'Malley is a federal program providing supplemental funds to public schools with Indian pupils.

Ross was one of several speakers at the third annual North Dakota Indian Education Association held here early in December. Topics of discussion during the two-day meeting included vocational education, Indian community colleges, adult education, and Indian curricula for public schools.

According to Ross, Johnson O'Malley regulations for this year gave schools the option of using the new formula for computing monies entitled them under the JOM program or of receiving the same funding year prior — less a 25 percent reduction. For FY 1978, there apparently will be no option; the formula will be mandatory for all schools.

In an interview with the NEWS, Ross said North Dakota schools for this year had chosen to take — minus 25 percent — the same funding as last year, rather than use the

formula. That gave them \$215 of JOM monies per Indian student.

Ross said if the formula had been used, schools would have received on \$127 per Indian student. And he added, that will be the figure North Dakota schools will receive in FY 1978 when the formula becomes mandatory, provided that the numbers of

Indian students remain the same.

While Ross said the formula was ostensibly designed to equalize JOM payments nationwide, the result may be a decrease in funds to many schools.

"Tribal people are going to have to get to their congressional representatives and get this changed," Ross said. "The time to do

it is now while the FY 1978 federal budget is still being put together."

Howard Snortland, newly elected North Dakota public instructions superintendent, told the conference audience that the striving for Indian education must begin in each separate Indian family and home. The lack of importance put on education by some Indian families in the past has been a major stumbling block to equal educational opportunities for Indians, Snortland said.

Snortland noted that the reduction of the North Dakota state sales tax from 4 percent to 3 percent, approved by voters in a referendum this November, will take a big bite out of future funds for education. Projects that Snortland listed as ones that should be established or expanded are public kindergartens, vocational and special education, and curricula about Indian heritage and culture.

Indian curricula is important, Snortland said, so that Indian students can learn and be proud of their Indian heritage. "Regardless of the accident of birth," said Snortland, "everyone should have an equal opportunity for equal education. How to get this right is to support public kindergartens."

North Dakota Indian Affairs Commissioner Juanita Helphrey told the audience that a survey done by her office on the success of Indian-sponsored bills in the state legislature revealed a "terrible" passage record.

Helphrey said Indian affairs bill usually fail to pass in the state's legislature because there isn't effective support or lobbying by supporters of the bills.

### Plume elected as president

Five new NDIEA board members were installed during the recent education conference with Randy Plume, elected as NDIEA president, heading the list.

Plume is currently the Title IV teachers aid supervisor at Standing Rock Community College, Fort Yates, ND. He previously served as principal of the Theodore Jamerson Elementary School, located on the UTETC campus at Bismarck.

New board members of the NDIEA are: Edward Johnson, Turtle Mountain; Delaine Nagel, Fort Berthold; Lee Jeanotte, Turtle Mountain; Larry Parker, Fort Berthold; and Dennis Blue, Turtle Mountain. Blue also was elected vice president of the board.

The Association also presented Rose Good Left, Fort Yates with its first

annual North Dakota Outstanding Indian Educator Award.

Good Left, a Yanktoni Dakota and life-long resident of Standing Rock Indian Reservation, is currently a teacher's aide at the Fort Yates Elementary School and a Lakota language instructor at the Standing Rock Community College.

She previously had been an instructor with the Fort Yates Follow-Through Program and a consultant to the University of North Dakota Linguistics Department.

Plume said that as NDIEA president, he hopes to strengthen the organization through a membership drive. He added that besides publishing a newsletter, more responsibility should be given the NDIEA board for informing the Indian public of important legislation.

# Indian bills readied for legislature

By Jim Walker

BISMARCK — Thirteen Indian-related bills are ready for introduction into the North Dakota Legislative Assembly next month, with several other bills now being drafted, according to Indian Affairs Commissioner Juanita Helprey.

As many as 22 bills relating to Indian affairs in the state could be ready by the Jan. 15 deadline for introducing bills into the state legislature, said Helprey.

Lobbying for passage of those bills will be the Indian Legislative Task Force, a coalition of North Dakota Indian leaders and state representatives. The Task Force, formed early this year, was instrumental in the drafting of the bills.

According to Helprey, more involvement by Indians is needed for passage of the bills. Earlier this month, the Commissioner told an audience at the North Dakota Indian Education Association that lack of support for Indian-related bills in the past had resulted in a "terrible" track record through the state legislature.

The thirteen bills now ready for introduction when the state legislature meets next month are:

- **MOTOR VEHICLE TAX DISTRIBUTION STUDY** — State law divides revenue gained from purchase of license plates by ND residents at a ratio of 63-37%. 63% to be used for state highways and 37% redistributed to counties. Indian people asked for study by ND Indian Affairs Commission to see how 37% is expended and to see if Indian people receive adequate revenue from county budgets.

- **VOCATIONAL EDUCATION BILL** — was submitted by Voc Ed Department and asks the Legislative Council to study new vocational needs for the state. Study will affect Indians and results may be beneficial to fulfilling employment needs of Indian people.

- **REQUIRED INDIAN STUDIES FOR TEACHERS** — Bill drafted asking that North Dakota teachers have a certain number of credit hours (3-6) toward units in Indian studies, especially North Dakota Indian units. Bill also give teachers certain length of time to acquire credits.

- **RESOLUTION FOR SUPPORT OF CONGRESSIONAL POLICY TO INDIANS** — Asks Legislative Body to support fulfilling federal responsibility to all Indian Tribes, especially treaty responsibilities, with directive of said support to the Congress of the United States.

- **INDIAN CURRICULUM BILL** — United Tribes is asking for funds from the Department of Public Instruction to assist them in further development and distribution of their Indian curriculum developed for school systems. Curriculum geared to North Dakota Indian Tribes and to cultural and present day aspects.

- **TRIBAL-STATE TAX AGREEMENTS** — Bill to be reintroduced that will allow North Dakota Tribes to contract through agreement with State Tax Department and Treasurer's Office for collection and sharing of certain sales taxes.

- **ND INDIAN AFFAIRS COMMISSION SCHOLARSHIP PROGRAM** — amending law to increase amount of yearly scholarships by \$500.00 per student to keep up with costs increasing.

- **RESERVATION JURISDICTION STUDY** — Bill to be reintroduced asking the Legislative Council to do a state, federal and tribal study on jurisdiction which affects cooperation and coordination between said agencies.

- **RESOLUTION FOR SUPPORT OF COMMUNITY COLLEGES ON INDIAN RESERVATIONS** — Federally funded community colleges need recognition and support from state agencies.

- **CREATION OF AN INDIAN-STATE RELATIONS TASK FORCE** — Asking Legislative body to create Indian-State Relations Task Force to study specific items of great concern to Indian people. Specifically to study the services of those agencies within the state that have services for citizens for the state, which includes Indian people.

- **HUMAN RIGHTS BILL** — Prohibits discrimination in housing, credit, public service, public accommodations, education and public transportation. No person can be discriminated against because of race, color, religion, national origin, sex, age, sensory, mental or physical disability, or status with regard to public assistance.

- **HUMAN RIGHTS AGENCY BILL** — Will create means to settle complaints of discrimination.

- **REVISED AGE REGULATIONS RESOLUTION** — Asks for support for adoption of revised age regulations in federal programs that currently discriminate against American Indians who are in need of elderly programs at an earlier age than non-Indians.

# Everyone's good at something



Freelance photographer Jeff Carter shows seventh-grader Darin Means the techniques of film winding in preparation for developing.



Above, Christine Barrett displays her oatmeal box, pinhole camera. At left, professional dancer Connie Kuntz works with Melinda and Willa Incognito.

"Suck your stomach in."  
 "Keep your toes pointed."  
 "Dance," explained instructor Connie Kuntz, "helps the kids learn to discipline and control their body's which in turn will help them in other areas."

The dance class is one of many classes taught to the kids of Theodore Jamerson Elementary School under a Title IV Gifted Indian Children program.

The program provides funding for classes in weaving, photography, dance drama, and poetry which enable the students to express themselves and their ideas.

The program was designed by principal Joan Estes and Dean of Education Mike Ward. "We took the positive approach," said Estes about the program. "Everyone is good at something. We want to help improve the children's self-image through what they can do."

Jamerson Elementary School is located on the UTETC campus and serves the children of both UTETC students and staff members.



A stylish pose by Lisa Slater.



# Discrimination remains

(Continued from p.1)

Attorney Olson that alcoholism or drinking had been involved in almost 100 per cent of the arrests of Indians in Bismarck over the past year.

Dr. Ronald McNichol, director of the North Dakota State Hospital Alcoholism Program, testified that there isn't enough support for alcoholism programs on the reservations, particularly ant abuse treatment programs.

"There is a desperation and helplessness to alcoholism," said McNichol. "Local administrators do not seem concerned about alcoholism. Only Fort Totten has an antabuse program, that I know of."

Both Bismarck Police Commissioner Harry Pearce and Burleigh County Chief Deputy Richard Peck told the board that alcohol, in their experiences, has been the biggest problem encountered with Indians arrested. Pearce said that serious alcohol problems account for 80

to 90 per cent of the arrests of Indians in Bismarck for disorderly conduct.

Bismarck Police Chief Dr. Vernon Folley was questioned by the advisory board as to how many American Indians were currently employed by his department. Folley said that out of 64 employees on the Bismarck Police force, only one was Indian. The Police Chief said his department has only limited resource funds for recruiting Indians, and that he had found it extremely hard to find qualified Indians to be police officers.

According to Harriett Skye, chairwoman of the North Dakota Advisory Committee, a report will be written on the findings of the hearing and will be submitted this spring to the U.S. Civil Rights Commission.

Other members of the Advisory Committee are Edward Milligan, Bottineau; Robert Feder, Pam Holand, Ellie Kilander, and Frank Mirgain, Fargo; and Ben Garcia, Art Raymond, Paul Pitts, and Jane Summers, Grand Forks.

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- Virginia Stroud-Cross — Cherokee
- George Curtis — Cheyenne
- Van Jean Hessing — Choctaw
- Joan Hill — Cherokee
- Rance Hood — Comanche
- Ruthie Blalock Jones — Delaware/Shawnee
- Loren Pahsetopah — Osage/Cherokee
- Will Sampson — Creek
- Bert Seabourn — Cherokee
- Willard Stone — Cherokee
- Carrie Wahnee — Comanche
- Sharon Ahtone-Harjo — Kiowa

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# New administrators hired by United Tribes

Three new faces appeared on United Tribes' staff this month. Mrs. Evadne Gillette has assumed the position of assistant dean of social services, while the vacant position of assistant director of administration was filled by Ron Lavendure. Arnie Guimont was also hired as project manpower specialist for the UTETC sponsored Indian Lignite Manpower Program.

Gillette, a Mandan-Hidatsa from the Fort Berthold Reservation, replaces Marlene Ward who had served as acting dean of social services. A Licensed Practical Nurse (LPN) and a graduate of the Pierre School of Practical Nursing, Pierre, S.D., Gillette participated in a two-year program at St. Joseph Hospital at Minot where she received training in the hospital's surgical and psychological departments.

Gillette received a Bachelor of Arts degree from the University of North Dakota and a Masters of Social Work with a concentration in psychological social work, from the University of Denver. A mother of eight grown children, four of them college, she also has seven grandchildren.

"UTETC is really needed," said Gillette. "Since there is a lot of American Indians on the staff, it makes communicating a little easier between staff and students. Also, it helps the individual Indian student to acquaint himself with an environment outside the reservation."

Lavendure, a Chippewa originally from Belcourt, ND, comes to his new job as assistant director with an associate degree in computer science from the North Dakota State School of Science at Wahpeton, and a Bachelor of Science degree in accounting and business administration from Mary College, Bismarck.

Lavendure, 29, was most recently the chairman of the Division of Special Educational Services at Mary College. He has served as a credit officer for the BIA agency at Fairbanks, Alas., and also as a grants application officer at that agency.

Guimont, 22, a Mandan from Mandaree, N.D., earned a Bachelor of Science, majoring in agriculture, from the North Dakota State University. He has worked for the Fort Berthold Land and Livestock Association.

"Lately, I've been just looking over the power plants," said Guimont of his new duties as manpower specialist. "But we plan to visit the reservations to try to recruit Indians." The recruitment is aimed at involving Indians in the growing lignite gasification industry in the Northern Great Plains.



Evadne Gillette



Ron Lavendure



Arnie Guimont

## ACTION volunteers start work at UTETC

During November, eight ACTION workers arrived on the UTETC campus to begin a one-year assignment of volunteer work.

United Tribes for the past several years has had an arrangement with ACTION, a federal volunteer agency, to provide ACTION workers at UTETC. All of the new workers are VCS, standing for Volunteer Cost Shared. The name VCS acknowledges that UTETC and ACTION split the cost of the volunteers' subsistence-level salaries.

New VCS's assigned to the UTETC Program Planning Dept. are Vickie Graffenberg, 24, Farmersville, Penn.; Susan Braunstein, 23, Aberdeen, S.D.; and Allan Foster, 27, and Mary Galligan, 22, a married couple from Rayton, Mo. Assigned to the Social Services Dept. are Sue Ellen Mitzner, 22, Columbia, Md.; Mike Bartholomew, 24, Meadville, Penn.; and Marilyn Crovatin, 34, New York, N.Y. Working with the American Indian Curricula Development Program will be Stu Shrawleler, 23, Hummels Wharf, Penn.

Currently, UTETC has five other ACTION volunteers already at work. They are Dave Kite, Kansas City, Mo., in the Legal Dept.; Mary Jane Sylvia, of Santa Clara, Calif., in Counseling; Dave Sullivan, Fargo, ND, in Program Planning; Heather Kern, Fargo, ND, and Greg Mattern, West Hope, ND, are both volunteers working in the UTETC Office of Public Information.



Beginning from the ground up, Program Director Eddy Tyree transcribes the agenda for the conference.



Above, a session on body conditioning stresses physical health to complement mental vitality. At left, small group discussions brought security and intimacy to the conference.



A respite after a rigorous conference session.



A hair trim and wash for Marlene Ward, the originator of the Women's Program, served as a demonstration in the beauty and cosmetics session.

# WOMEN

## Conference trainees search for insight

By Heather Kern

Listen. She said, "I've always tended to put myself down. I've never noticed the good in me."

It was that kind of self-discovering insight which she and 64 others — five men and 59 women — worked hard to attain. All were trainees at a five-day, women's leadership conference held in Bismarck in early December.

The conference, sponsored by United Tribes, centered on the self-development of Indian women: physically, mentally, socially, and emotionally. Trainees of the conference concentrated on discovering "Who am I" and "How can I become the person I want to be?"

The leadership conference and 16 two-day workshops planned for this winter and spring are part of the Women's Educational Equity Program. The program, began this fall and located at the United Tribes Educational Technical Center, is seeking ways for Indian women to find their potential and then to use it.

Said Marlene Ward, former UTETC assistant dean of students and originator of the program: "We just can't 'be.' We are in a stage in time where what we learn should be used for Indians. We need active, involved women on the reservation. If women came together, they could change the reservations." A change for the better, Ward added.

The 65 conference trainees were selected earlier this winter from over 150 applicants. Although the program was originally designed with Indian women in mind, the conference included four white women, one Mexican American woman, one white man and four Indian men as trainees.

With the conference designed to make all trainees begin to understand themselves, Program Director Dr. Eddy Tyree said: "Each of us speaks, moves, thinks, and feels in a different way — each according to the image of himself that he has built-up over the years. In order to change our mode of action, we must change the image of ourselves that we carry within us.

"If you are searching for what you believe in, then you're going to have self doubts," Tyree told the trainees. "And the more other people influence you, the more self doubts you'll have."

Some women came to the conference to think and listen. Others came, intending to learn how to say "no" or to attain leadership skills. Some wanted to know how non-Indian women feel about Indian women and how Indian women feel about other Indian women.

To make communicating among trainees greater and easier, small groups were formed. According to Tyree, through a group process, the trainees would gain a renewed concept of themselves.

Through group discussions and feedback, trainees working together came up with thoughts, feelings, ideas, and answers to questions such as "what career options do you have?"

At one point, the similarities and the back grounds of Indians and non-Indians were discussed. Said one Indian woman trainee: "Budgeting is not a cultural thing to Indians. I can honestly say a dollar was a dollar — to provide food to eat."

"It's hard for Indians to deal with money," added another trainee. "We never realized the value of it, what the dollar can do for you. How many Indians look ahead to the future?"

"There are whites also who aren't taught the value of a dollar," a white woman declared.

**"I learned that I was the one to rely on. It was easy to look at other people and their problems, but I learned I have to look at my own."**

— a conference trainee

Stereotyped roles emerged as a topic of discussion. Said one of the handful of conference trainers assisting Tyree in running the conference: "I don't see any difference between Indian and non-Indian kids. We are still raised to be homemakers whether Indian or non-Indian. Men are still raised to be 'macho' whether Indian or non-Indian."

Focusing on the concept of competitiveness and the common view of both Indians and women as being less competitive than white males, Program Director Eddy Tyree said, in dealing with Indians, she had found them less competitive.

**"We just can't 'be.' We are in a stage in time where what we learn should be used for Indians. We need active, involved women on the reservation. If women came together they could change the reservation."**

— Marlene Ward

A different perspective came from an Indian woman trainee: "Indians compete at different levels. Indian boys feel they don't have to show their competitiveness. In a sense, they compete with themselves."

A declared objective of the women's program is helping women develop decision-making abilities which would improve their personal lives as well as their careers. Conference trainer Barb Froke developed a ten-step scheme to assist in decision-making.

The scheme consisted of writing down a dilemma faced, listing alternatives, and devising a plan of action. Trainees at the conference used the scheme to confront their own personal dilemmas. Some trainees were deciding whether or not to go back to school, to go back to work, or to get a divorce. Some were trying to figure out how to make it to Bismarck for the series of winter and spring workshops.

After using the decision-making scheme, the trainees were introduced to "role playing." "Role play," writes Tyree in one of her training manuals "is an effective method for having participants experience a situation in its concrete reality."

The trainees, separated into small groups, selected one member's problem and acted it out. In one case, conference trainee Angelita Dickens, director of UTETC's American Indian Curricula Development Program, tried to decide whether or not to go back to school. Members in her role playing group acted as her son, her financial counselor, and her friends.

The role play, said Tyree, permitted analysis of behaviors as well as a possibility for replay with certain roles enacted in another way. For the trainees the role play, besides being fun, helped them gain a clearer picture of their problems and the ways to solve them.

Other highlights of the conference's five days were mini-workshops on cosmetics, hairdressing, body conditioning, and nutrition. An evening banquet and fashion show featured the creations of "Indian Originals" dress designer Laverne Heiter from Rapid City, S.D. Her fashion selections were modeled by trainees of the conference.

Conclusion of the conference came with a "wrap-up" session where trainees compared their initial conference expectations with what they had covered during the five days and with what they had accomplished.

Most of the trainees said they had learned how to better express themselves. According to them, they had set new goals and had found improvements in themselves. They decided they had not yet learned to deal with sexism, loneliness, or racism.

They also wanted to know what Indian women can do for Indians as a whole. One trainee suggested developing a workshop devoted to that topic alone.

"I learned that I was the one to rely on," declared one woman. "It was easy to look at other people and their problems, but I learned I have to look at my own."

"It made me more aware that my personal happiness depends only on me — not my husband," said another. "I always expected everyone to make me happy."

### Schedule of Workshops

| Dates       | Workshop                  | Location     |
|-------------|---------------------------|--------------|
| Jan. 10-11  | Social Interaction        | Kirkwood Inn |
| Jan. 20-21  | Value Clarification       | Holiday Inn  |
| Jan. 27-28  | Assertiveness             | Kirkwood Inn |
| Feb. 3-4    | Legal Rights              | Kirkwood Inn |
| Feb. 14-15  | Employment Discrimination | Kirkwood Inn |
| Feb. 24-25  | Money Management          | Kirkwood Inn |
| March 3-4   | Social Awareness          | Kirkwood Inn |
| March 7-8   | Career Options            | Kirkwood Inn |
| March 24-25 | Street Maintenance        | Holiday Inn  |
| April 5-6   | Sexuality                 | Kirkwood Inn |
| April 14-15 | Nutrition and Health      | Ramada Inn   |
| April 25-26 | Negotiation and Influence | Kirkwood Inn |
| May 5-6     | Self-Defense              | Kirkwood Inn |
| May 9-10    | Alcohol and Drug          | Holiday Inn  |
| May 19-20   | Life Planning             | Kirkwood Inn |

(The Kirkwood Inn, Holiday Inn and Ramada Inn are all located in Bismarck, North Dakota)

# The Mandans



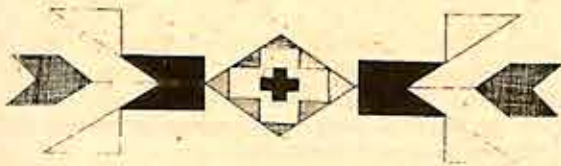
*(The following is an excerpt from "Indian Country," one of the five books comprising the American Indian Curricula Development Program's junior high school teaching kit. Artwork was done by Butch Thunderhawk.)*

"I am going to tell the origin of the Mandan. We have come from the inside of the earth. I do not know all of the story, but I will try to tell what I have heard and was told to me.

There was a continuous rain that washed out certain places on the earth and a young man happened to see the sunlight through one of these cracks. Hanging from the crack was a vine. He climbed the vine and came out from the earth. He saw the green countryside, the sunshine and everything was beautiful. There were animals all over the place.

He went back down where his people were and told them of his discovery. Many, many people started climbing up the vine and came out on the earth. Among those waiting to climb was a large, heavy woman. (Some versions say that the woman was heavy with child.) The elders advised her not to climb because they felt she would be too heavy for the vine, but she was determined to climb. When she had climbed so far, the vine broke and she fell down. Now there are still Mandan people inside the earth."

Annie Eagle



We believe our people have lived along the Missouri River for more than 500 years. Our forefathers came here from the lower valleys of the Mississippi and Ohio Rivers.

"It is often mentioned that the Indians of today know very little of the old Indians way of life. My grandfather, Wolf Chief, used to tell of his experiences and other things that were Indian, such as legends, values and history. He used to say the Mandan came up from South America and after many years of river life along the Mississippi, followed the Missouri River up to the general area of Mandan, North Dakota."

Percy Reynolds  
Hidatsa-Sioux

A French fur trader named La Verendrye was the first White man to visit our home. At this time, in 1738, we had nine villages on the Missouri River near the mouth of the Heart River. Our people numbered 9,000.

We lived in earthlodges and cultivated our gardens. We worked hard to grow a surplus of corn and vegetables, for one of our important activities was to trade food for other things that we needed. Many people from other tribes came to our villages to trade with us. The Indians from the East coast gave us guns and European goods. The Western tribes brought products of their buffalo hunts. All these items flowed through our villages because we had corn, a food everyone desired.

For over 100 years (1750-1862) we were visited by many White men: explorers, scientists, military men, missionaries and traders. The French, British, Spanish and American trading companies all competed for our trade. La Verendrye wanted to trade with us and we were anxious to trade directly with the French. Other tribes wanted the White men's trade, too, and that is why the Assiniboine, Cree and Sioux were at war with us at times. We would have been happy to have a trading post established at our village site but other surrounding tribes opposed it.

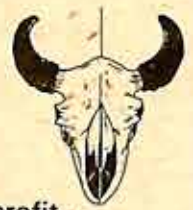
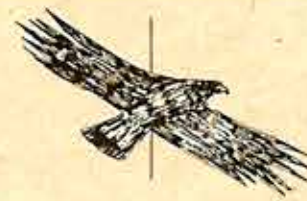
In 1780, after our people had suffered through epidemics of smallpox, whooping cough, cholera and measles carried on traders' boats, the Teton Sioux took advantage of our weak state. Pressed from the East, they used their guns and horses to drive us from our villages. Our people moved north and settled near the Hidatsa tribe on the south side of the Knife River. Our community there was composed of two Mandan villages, three Hidatsa villages and eventually a trading post, Fort Clark, which was built in 1831.

"Before the great epidemic came, we were very happy people. We lived in harmony, we had plenty of food to eat. I would like to tell that this thing that brought the disease, smallpox, was the steamboat named the St. Peter. I have heard these facts from my grandmother and my grandfather. I believe it."

Ralph Little Owl

The population of our tribe was near 1,600 in the early 1830's. In 1837, the American Fur Company's steamboat, making its annual visit, carried smallpox to Fort Clark. We were helpless against the disease. Through the summer and into the winter, hundreds of people died. Members of the tribe were dying so fast that there was not time to bury the dead. The disease spread like fire and was uncontrollable. Hoping to escape the smallpox, the survivors fled from their villages. By springtime there were only 133 Mandan people remaining. One of our villages was burned by the Sioux. We moved five miles north to live with the Hidatsa. The Arikara took over our second village. We had become a small tribe, weakened by the loss of many relatives and the loss of our home.

We moved little by little up the Missouri River for a number of years. Finally we arrived at a peculiar fishhook-shaped bend on the river where we and the Hidatsa built Like-a-Fishhook-Village.



The American Indian Curricula Development Program is a non-profit, tax-exempt organization wholly owned and administrated by American Indians. Its purpose is the development of Plains Indian social studies curricula and teacher-training to meet the needs of both students and teachers, Indian and non-Indian alike.

AICDP's materials are endorsed by the North Dakota State Department of Public Instruction and the North Dakota American Revolution Bicentennial Commission.

There are curricula kits for grades from kindergarten through senior high school with slide-tape shows available to complement some of the units.

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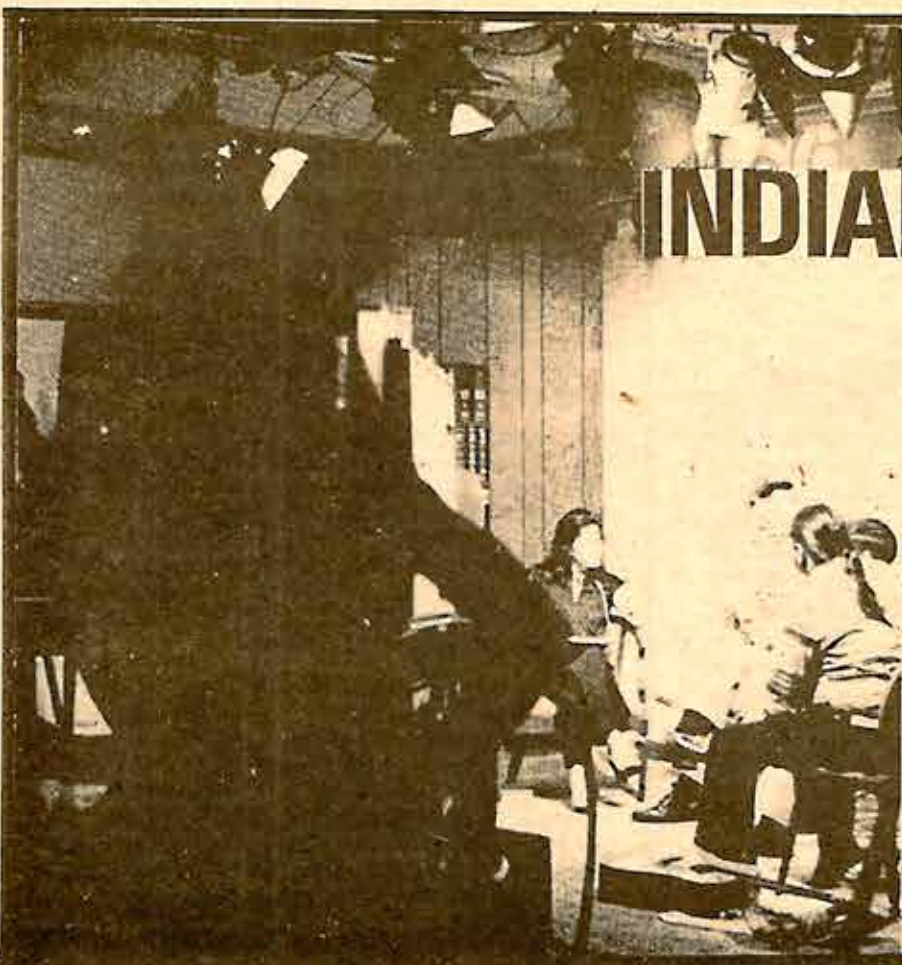
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# New law group names 'justice' as goal

SALT LAKE CITY — Twenty-five American Indian lawyers have joined together to form the American Indian Bar Association, agreeing to collectively work for justice and more effective legal representation for all Indian people.

The group was formed at the annual National Congress of American Indians convention held here last month. Elected president of the new Association was W. Richard West Jr., a Cheyenne and associate attorney for the Washington, D.C. based firm of Fried, Frank, Harris, Shriver and Kampleman.

The group set continuing legal education and increased communication within the Indian legal community as areas requiring Association attention. The declining enrollment of Indian students in law schools was also noted as a matter for concern.

Elected vice-president was LeRoy W. Wilder, a Karuk in private practice at Fremont, Calif. Larry Echohawk, a Pawnee in private practice at Salt Lake City, Utah, was chosen as secretary-treasurer.

Joining the officers on the Association's board of directors are Vickie Santana, a Blackfoot from Montana, Joseph Meyers, a Pomo from California and Charles Lohah, an Osage from Oklahoma.

## Whitesell goes to Phoenix

PHOENIX — Richard C. Whitesell, member of the Standing Rock Sioux Tribe, has been appointed assistant area director for community services at the BIA Area Office here.

Whitesell, until his recent appointment, had been superintendent of the Flandreau Indian School at Flandreau, S.D.

A former marine, Whitesell was education program administrator at Riverside Indian School in Oklahoma before going to Flandreau.

He is a graduate of the North Dakota State University at Fargo, ND, and earned a Masters in education from South Dakota State University.

## Moran Sisters cut first LP

PHOENIX, Ariz. — Four Chippewa girls from Columbia Falls, Mont. — the Moran Sisters — have had their recording debut with a Canyon Record release of an 8-track tape album.

The recording offers a variety of styles because "we like to think of ourselves as being versatile in our music. We do all types: country, blue grass, pop, rock and roll, easy listening, and disco," according to the sisters.

The girls — Kathy, Carol, Wanda and Julie — are enrolled members of the Turtle Mountain Band of Chippewas.

The album can be obtained from Canyon Records, 4143 N. 16th St., Phoenix, Ariz. 85016.

## Book on treaties published

WASHINGTON — The Institute for the Development of Indian Law has announced it has a number of the "Proceedings of the Great Peace Commission of 1867-1868" now on sale.

In this new book, the minutes of the treaty councils held by the commission with the Plains tribes have been reproduced and edited for easy reading.

(The Great Peace Commission was authorized by Congress in July, 1867, to negotiate peace treaties with the Indian tribes of the Great Plains.)

Single copies of the book are available for \$7.00 plus fifty cents for postage and handling. Write: Institute for the Development of Indian Law, 927 15th St., NW, Suite 200, Washington, D.C. 20005

The Institute also has available a number of other publications on Indian law and treaties, and will send a list of them upon request.

## Treaty series republished

WASHINGTON — The Solicitor's Office of the Interior Department has announced the republication of "Kappler's Indian Affairs, Laws, and Treaties," Volumes 1-5. The series covers treaties, statutes, and executive orders through 1938.

The five-volume set is available from the Superintendent of Documents, Government Printing Office, Washington, D.C. 20402. The price for the set is \$75. Orders for the set should include its stock number (024-000-817-7) and its catalog number (Y4.IN2-2:144 - Vols. 1-5.)

New volumes supplementing the reprint volumes will be available at a later date.



## Hall wins special ed post

ALBUQUERQUE — Dr. Robert Hall, BIA director of special education, has been elected secretary-treasurer of the National Association of State Directors of Special Education, Inc.

The Association is composed of people within state education agencies having statewide responsibility for the education of exceptional children, both handicapped and gifted. (The BIA's federal school system is considered for administrative purposes, comparable to a state system).

Hall had served at his present post since 1967. He was formerly with the Bureau for the Education of the Handicapped in the Department of Health, Education and Welfare. He is a graduate of Pepperdine University; he earned his masters at San Francisco State and his doctorate at George Washington University.

Hall's office is part of the BIA's Indian Education Resource Center in Albuquerque, N.D.

## LeBeau takes new job

MINNEAPOLIS — Casimir L. LeBeau, an enrolled member of the Cheyenne River Sioux Tribe, has recently been named Assistant Area Director for the BIA's area office here.

LeBeau had been the tribal operations officer at the Minneapolis area office since 1967. The office serves Minnesota, Iowa, Wisconsin and Michigan.

A Coast Guard veteran, LeBeau began his career with the BIA in 1946 at the Cheyenne River Agency. He spent 10 years, beginning in 1957, as a BIA field representative for the Minnesota agency before transferring to the area office.

## Law convention slated

BERKELEY, Calif. — The Claremont Hotel here is the scheduled site for the American Indian Law Students Association's annual convention on Feb. 4-5, 1977.

Keynote speaker for the convention will be Thomas Tureen, Esq., the chief legal counsel for the Maine Indian's land claims. Other scheduled speakers are noted Indian attorney and author Sam Deloria and F. Browning Pipestem, Indian attorney from Oklahoma.

For more information, write Association President Richard J. LaFromboise, 2141 Allenhurst, Norman Oklahoma 73071. Telephone (405) 329-4625.

## Pine Ridge gets 'super'

PINE RIDGE, S.D. — Anthony Whirlwind, member of the Oglala Sioux Tribe, has been appointed superintendent of the BIA agency here.

Prior to his appointment, Whirlwind Horse had been the education program administrator at Pine Ridge. As superintendent, he succeeds Albert Trimble who is now tribal chairman of the Oglala Sioux Tribe.

Whirlwind Horse, 49, went to work at Pine Ridge as a teacher in 1957. He spent four years, 1963 to 1967, at the nearby Cheyenne River Agency as a principal and teacher, and then returned in 1967 to Pine Ridge as a principal.

A Navy veteran, he attended Bacone College and Northeastern State, both in Oklahoma. Whirlwind Horse earned a B.A. in education at Black Hills State College, Spearfish, S.D.; and a M.S. in education at Northern State College, Aberdeen, S.D.

## Keen transferred to trust

WASHINGTON — Ralph F. Keen, a Cherokee from Oklahoma, has been named acting director of the BIA's Office of Trust Responsibilities.

In this position, Keen has responsibility for administering more than 50 million acres of tribal lands held in trust by the federal government.

A native of Hominy, Okla., Keen succeeds Martin Seneca who has accepted a position with the federal Energy Administration.

Keen, who completed law studies at the University of Tulsa and practiced law in Tahlequah, Okla., was business manager of the Cherokee Nation of Oklahoma from 1967 to 1969. He previously had been director of the Bureau of Indian Services at the University of Utah and executive director of the Inter-tribal Council of Nevada.

Keen, 42, is a member of the American Bar Association and the Oklahoma Bar Association.

## NACIE looks for director

WASHINGTON — The National Advisory Council of Indian Education (NACIE) is now accepting applications for executive director of the Council.

Applicants for the position should have substantial experience in Indian education and an understanding and appreciation of the educational and cultural needs of Indians.

They should also have demonstrated experience in management, evaluation and dissemination procedures with experience in executive and legislative procedures.

A Master's Degree and a freedom to travel is preferred.

The NACIE executive director's job is a G.S. 18 Level position. Resumes and Standard Form No. 171 should be submitted by Dec. 31 to the: National Advisory Council on Indian Education, Pennsylvania Building, Suite 326, 425 13th Street, NW, Washington, D.C. 20004. Telephone: (202) 376-8882

## Ott goes to management

WASHINGTON — Billie D. Ott has been appointed assistant director for management services in the BIA's Office of Administration.

Ott, a member of the Choctaw Tribe in Oklahoma, had been assistant director for support services in the administrative office until his new appointment. He replaces Sidney Mills who is now executive assistant to the Commissioner.

A Naval Academy graduate, Ott worked in private industry before coming to BIA in 1975. He was the vice president and general manager of Eastern Operations for the General Telephone and Electronics Information Systems at Stamford, Conn., from 1973 to 1975.

A native of Comanche, Okla., Ott resigned from military service in 1958 after completing flight training as a Naval aviator and after combat service in Korea.



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# Native recipes

## Baked Wild Rice with Carrots

(Makes 6 Servings)

- 1-1/2 cups wild rice, washed in cold water
- 2-1/2 cups water
- 2-1/2 teaspoons salt
- 1 onion, peeled and chopped
- 4 mushrooms, wiped and corsey chopped
- 4 slices bacon, cut into julienne strips
- 1 cup finely grated carrots
- 1/2 cup light cream
- 1 egg

1. Place the wild rice, water, salt in a large saucepan, and bring to a boil. Boil vigorously for about 10 minutes. Turn off heat, cover, and let rice stand for about 20 minutes or until all the water has been absorbed.
2. Brown the bacon, remove from drippings, and drain on paper toweling
3. Sauté the onions and mushrooms in the bacon drippings until the onions are golden and transparent.
4. Mix the bacon, sautéed onions and mushrooms, and grated carrots into the wild rice.
5. Beat the cream and egg until light, and fold into the wild rice mixture.
6. Bake, covered, in a buttered 1-1/2 quart casserole in a moderately slow oven, 325 degrees F., for 30 minutes. Remove cover stir the mixture well with a fork, bake for 15 minutes at the same temperature. Stir once again and bake, uncovered, for 15 minutes longer.

# getting by

## Heart attack and its prevention

*(The second of a two-part installment on heart disease, the following was written by Helen Walker, coordinator of the Standing Rock Reservation Cardiovascular Education Project. Technical assistance in preparing this series was received from Nanette K. Wenger, M.D., professor of cardiology at the Emory University School of Medicine, Atlanta, Georgia.)*

Everyone can reduce his risk of heart attack. Atherosclerosis can be slowed by decreasing coronary risk factors; and the chances of death or disability from heart attack can be reduced.

High blood pressure, a diet high in cholesterol and in saturated fats, and cigarette smoking are important risk factors of heart attack. Daily stress, obesity, and a lack of regular exercise also can work to your disadvantage. Most of these risk factors, however, can be corrected to avoid heart attack.

Risk factors which neither you nor your doctor can change include heredity, age, race and sex. In some families, there is a tendency towards heart attack. The incidence of heart attack also increases with age. Black Americans have a greater risk of heart attack due to the increased occurrence of high blood pressure among Blacks. And men are more likely to suffer heart attacks earlier in life than women.

The risk factors just mentioned — heredity, age, race and sex — can't be modified. But by changing your lifestyle and correcting the risk factors, you can control and improve your chance of living a longer, healthier life.

Prevention of heart attack is the best way to deal with the problem. It's never too late to change habits that could be harmful to your heart. This means having regular medical checkups and following the doctor's advice about coronary risk factors, including treatment of high blood pressure if present, avoiding foods high in cholesterol and saturated fats, and stopping smoking.

Most heart attack victims enter hospital Coronary Care Units for specialized treatment and round-the-clock care. Most hospitals now have specialized equipment and trained nurses to monitor the heart beat.

With prompt, proper care, the heart begins to heal. In the healing process, blood vessels near the damaged area of the heart take over the work of the closed off artery. The new blood supply brought by the nearby vessels is called collateral circulations. Scar tissue forms at the damaged area of the heart. The time required for a heart attack patient to recover depends on the extent of heart muscle injury whether any complications develop.

Rehabilitation can begin soon after the patient has a heart attack. But the rehabilitation program isn't just for the patient. The family's participation is important. The prescription for recovery can work only with the cooperation of both patient and family. This means understanding the treatment of heart attack, which may include changing diet or physical activity, the taking of medications, and controlling coronary risk factors.

Anxiety over returning to normal life disturbs many coronary patients. By knowing what to expect during recovery and the return toward normal living, the patient's outlook becomes more hopeful.

In the hospital, a program of gradually increasing physical activity reassures the patient and increases his strength. As he prepares to return home, he moves into basic self-care, exercise, and walking. These continue during convalescence.

Most patients can and should return to work after recovering from a heart attack. Some may have to change occupations or alter their lifestyle. Continued guidance and management by the doctor is important. It varies for each individual and usually follows a long-term health plan which the doctor draws up for the patient.



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# Reifel is appointed BIA commissioner

WASHINGTON — Ben Reifel, former South Dakota Congressman and an enrolled member of the Rosebud Sioux Tribe, has accepted a "recess appointment" as Commissioner of Indian Affairs.

President Ford announced the appointment of Reifel in December following a recommendation by Secretary of the Interior Thomas Kleppe. Reifel succeeds Morris Thompson who left the post November 3 to return to Alaska as vice president of the Alcan Pipeline Co.

Reifel, 70 worked 22 years with the Bureau of Indian Affairs before beginning five terms in Congress in 1960. He started with the BIA as a farm agent on the Pine Ridge Reservation in South Dakota.

Reifel was born on the Rosebud Reservation in 1906. His mother was a full-blood Indian and his father a German-American.

## Indian horsebreeders organization formed

SALT LAKE CITY — Indian horsemen nationwide will be getting an extra boost into their saddles with the recent formation of a horse breeders organization to help deal with problems of breeding, raising and marketing.

The organization called the National American Indian Horsemen's Association was formed here during this year's All-Indian Rodeo Final. The organization is currently being sponsored by the National American Indian Cattlemen's Association.

A four-man steering committee has been appointed to formulate guidelines for the association. The committee is composed of Ben Nighthorse, Elk Grove, Calif.; Dan Old Elk, Crow Agency, Mont.; John Tall Chief, Fairfax, Okla.; and Darrel Warren, Warm Springs, Ore.

Some of the future tasks for the Association will be developing markets for Indian-raised horses, establishing a national registry for American Indian horse breeders, publishing a monthly Indian horsemen's newsletter, upgrading Indian-owned breeding programs, and establishing an Indian-owned stallion directory.

The Association hopes to work within the framework of existing breeder's associations to register individual animals, but it eventually will issue additional registration certificates to horses raised by Indian people.

For information, write: National American Indian Horsemen's Association, 1660 Albion St., Suite 918, Denver Colo. 80222 Telephone: (303) 759-5379.

## Kahrahras elected as DANA chairman

GRAND FORKS, ND — Bernard Kahrahras, director of the University of North Dakota's Indians Into Medicine Program (INMED), has been elected chairman of the board for the Dakota Association of Native Americans.

Named as a DANA board member in August 1976, Kahrahras will serve a one-year term as chairman of the four-year-old association.

"As chairman of the DANA board," Kahrahras said, "I will intend to make the association more responsive to contemporary issues. Through discussion of current issues, the board will determine those services and educational program which will aid the constituency benefiting from DANA."

Two other DANA board members from Grand Forks are Cindy Carroll, graduate student at the UND Center for Teaching and Learning; and Dwight Kalash, local attorney, director of the North Dakota Judicial Commission, and UND Law School faculty member.

DANA is a nonprofit organization which furnishes services to off-reservation Indians, and provides educational programs to make the general populace of North Dakota more aware of Indian people and their Culture.

## Indians advised to use the media

KAHEETA LODGE, Ore. — Representatives from Northwest Indian tribes and agencies met here last month on the Warm Springs Reservation with journalists and television broadcasters to discuss ways of improving press coverage of Indian news.

Don Sider from Time Magazine's Washington, D.C. bureau told the group that national publications have little interest in Indian affairs — and even less knowledge. Except for bizarre stories, Wounded Knee, and others, Sider said, "You have a real problem getting to us. You are just one million out of 200 million — not a very significant part of the population."

### news briefs

Sider urged the Indians to make media contacts before their story is "ripe." He related how the Passamaquoddy Tribe got Time Magazine coverage about a claim to large parts of the state of Maine by alerting him early, giving him background information, and keeping him informed about developments.

"When that story ripened — and it was a good news story — we knew about it," said Sider. "We understood it and we were ready for it."

Indian leaders were advised by Rick Meyers of KATU-TV in Portland that they should take advantage of the federal regulations requiring the broadcast media to serve and be responsive to all community elements.

"Make contacts at your local stations and push for your share of time," Meyers urged.

The meeting was sponsored by the BIA's Portland Area Office and was organized by Portland BIA officer Roy Sampsel. Sampsel announced plans for a tribal newspaper training program and a seminar for tribal officials on public relations.

Lynn Engles, BIA public information officer from Washington, D.C., said his office would work with other BIA area offices to help them develop similar programs for improving tribal communications and public relations.

## Scholarships awarded to college students

WASHINGTON — A total of 104 Indian Education Act fellowships totaling over a half million dollars has been awarded to American Indian college students this year, according to U.S. Education Commissioner Edward Aguirre.

One-to-four-year fellowships went to 67 students for degree programs in professional schools and to 37 students for undergraduate studies.

The recipients, according to Dr. Aguirre, represent 44 tribes and live in 25 states. Thirty-eight are women.

Authorized under the Education Amendments of 1974 and offered for the first time this academic year, the fellowships average \$5,000 per student for each year of study. They cover most educational and subsistence costs.

Fellows were selected competitively from among 800 applicants.

While the fellows were free to select the institution they wished to attend, their program of study must lead to a professional degree.

## Indian Stereotypes remain prevalent

CHICAGO — American Indians are lazy, habitually drunk, and dumb.

Those images are inaccurate stereotypes that still pervade American literature and movies, said three scholars here recently at a conference on Native American language, literature, and cultures.

"From the nation's earliest days, Indians have been depicted in the stereotyped concepts of the Europeans who immigrated here," said Art Raymond, an Oglala Sioux and director of the University of North Dakota's Indian Studies Dept.

The continuation of stereotypes of Indians, according to speakers at the conference, gives whites a distorted view while teaching Indian children to think of themselves as helpless — that they are incapable of making decisions for themselves.

The conference was held in conjunction with the annual convention of the National Council of Teachers of English. It was co-chaired by Dr. Gina Harvey of Northern Arizona University, and Dr. M.F. Heiser of Colorado State University.

According to Raymond, one of the myths perpetrated about Indians is that they were scalpers, even though that practice was introduced by Europeans.

Subtle prejudices towards Indians are seen in such stereotypes as their being good with their hands, said Dr. Harvey. Not all are, she said, nor are all good artists or athletes or anything else the stereotypes present them as.

## Ford turns down drought assistance

PIERRE, S.D. — Gov. Richard Kneip says federal help for South Dakota's drought apparently must wait until Jimmy Carter's administration takes office next month.

President Ford denied the state's request for a major disaster declaration for 57 counties and all of the Indian reservations in the state.

"I'm obviously disappointed that the current administration didn't approve the major disaster declaration," Kneip said. "How they can say it's not a major disaster when we're looking at a loss of \$1.5 billion in agriculture economy is hard for me to comprehend." The governor added "But absolutely any outlay of money is going to be difficult for the state to handle without federal help," he said. "We've had food cooperation among all of our own agencies and have offered all the technical assistance we can."

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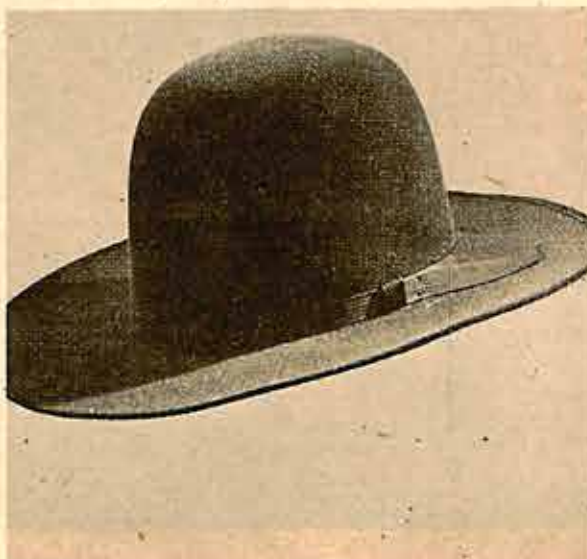
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