

# FOUR DIRECTIONS

a monthly newspaper produced by  
the students of United Tribes Technical College  
Bismarck, North Dakota

Volume I Number 1

February, 1991

## North Dakota Indian Desert Storm Ceremony Held at UTTC

Bismarck, ND . Honoring two soldiers of Ultimate Sacrifice and those who are serving in Operation Desert Storm was the order of a warm, winter day at Lone Star Arena, United Tribes Campus, on February 9.

Some 350 Indians from the North Dakota Tribes and others from surrounding communities gathered for prayers, Indian flag and honor songs, service awards and posting of flags for the men and women who are serving in the conflict to free Kuwait. Veterans groups from all the reservations were represented in the activities.

Among the first reported killed in the conflict were Marine Lance Cpl. Steve Bentzlin, a member of the Sisseton-Wahpeton Sioux Tribe, and Air Force Capt. Jeffrey Olson, Grand Forks, ND. Cpl. Bentzlin was killed near Khafji, Saudi Arabia, January 29, and Capt. Olson died after a bombing raid when his B-52 crashed before reaching its island base in the Indian Ocean.

"It is a great honor to be here in the spirit and memory of my son Steven," said a composed Barbara Anderson, the mother of 23 year old Cpl. Bentzlin, as she accepted the North Dakota American Indian award from Tribal Chairman Russel Hawkins and United Tribes President, David M. Gipp.

"I watched with great pride in the dance and Indian ceremony ... which provided me an opportunity to welcome my son Steven home," she announced.

North Dakota Lieutenant Governor, Lloyd Omdahl accepted an award for Capt. Jeffrey Olson saying he "would deliver it to the family in



A Grieving Mother, Barbara Anderson, receives a special service award from United Tribes Chairman, Russell Hawkins and President, David M. Gipp, for her son Marine Lance Cpl., Steve Bentzlin who was killed in Saudi Arabia, January 29, 1991.

the common goal of freedom and justice we share for all in this country and internationally."

Marine Lance Cpl. Kenny Wells, Three Affiliated Tribes of Fort Berthold, who had arrived back from the Mideast to see his comatose father, Alvin Wells, Sr., was honored with a flag song. He said the soldiers' morale was high. His father died February 15 in a New Town, ND, nursing home.

Mrs. Anderson, who hugged the young Cpl, noted that somehow she felt her son and Wells might have met. "I believe every person who crosses life's path does so with a meaning, and so it was ... to be able to give this young man a hug was to give my son a hug, in his spirit," she said of her

meeting Cpl. Wells.

One-hundred-seventy-six flags were posted by name for each American Indian who was on the current list as serving from the tribes associated with United Tribes. A reading of those, as well as others on active duty, was made by Announcer, Austin Gillette, commander of VFW Post No. 253. Relatives of Desert Storm veterans danced, flags in hand, to special flag and honor song in the arena.

Reverend, Julian Nix, OSB, and United Tribes Chaplain, Ed Johnson, gave opening and closing prayers. Tribal Chairmans Charles W. Murphy, Standing Rock Sioux; Russell Hawkins, Sisseton-Wahpeton Sioux; Wilbur Wilkinson, Three Affiliated

Tribes; and Ila Lohnes, Devils Lake Sioux, gave remarks. Turtle Mountain Chippewa Councilman, Jim Baker provided remarks for his tribe.

Carl Whiteman, Jr., Fort Berthold Indian Reservation, conducted a special Indian prayer and pipe ceremony. A reception followed after the 176 flags were posted in the James Henry Community Building, where they will remain until service members return from Operation Desert Storm.

Volunteers, organized by Anita Baird and Linda Gonzales, both of Bismarck-Mandan, and the College provided assistance for the state-wide American Indian event.



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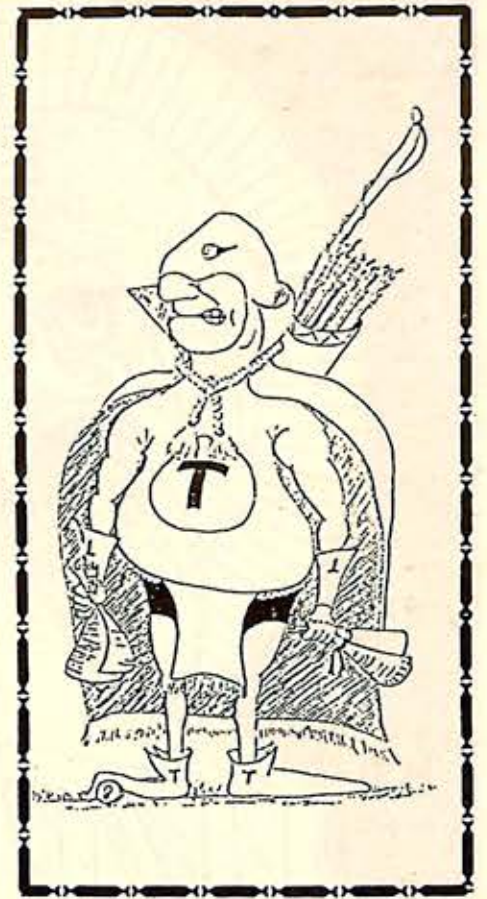
# Beware of The Terminator

One thing students tend to forget is why they are here. Students come here to better themselves by getting an education. Most students get caught up in the party scene and after awhile it catches up with them. When you start falling behind in your studies, it becomes hard to keep up.

Instructors are more than willing to help students when they fall behind. Common knowledge states that when you are in the party scene, you lose your motivation and will power to learn.

After so many unexcused absences or security reports, the student will be requested to attend a hearing. The whole procedure is spelled out in the Student Handbook. All students should take the time to read it.

After the hearing the outcome could be suspension, some pay held back or termination. So stay in class and put forth your best effort. If you are having a problem, talk to the instructors or counselor and get the problem taken care of before it gets too serious.



# Indian Education Editorial

Wichita, KS — The component of American education most need of reform is Indian education, which traditionally has been inadequate. Overseen by the U.S. Interior Department's Bureau of Indian Affairs (BIA), Indian schools, including several in northeast Kansas, suffer from chronic underfunding and neglect. Their record in preparing young native Americans for life in a society whose values often run counter to tribal values is less than exemplary.

That situation may be about to change. Interior Secretary Manuel Lujan has proposed a sweeping plan to sever Indian education from the BIA. Schooling for native Americans would become the responsibility of a new free-standing agency devoted exclusively to education.

For more than a century, the BIA has been responsible for a wide range of dealings with the nation's Indian tribes, education being just one of them. Despite federal promises to school the young in treaties with tribes, the agency has never done this

job well, or been held accountable for it. Shifting the education component to a new agency would assure accountability.

Best of all, Mr. Lujan proposes redefining the jobs of teachers and administrators so they can focus on what goes on in the classroom. As a Lujan assistant puts it, that "would pay large dividends by freeing up time that people are spending fighting the system to get things fixed."

Mr. Lujan next year will try to sell Congress on his plan, and seek new money for Indian schooling. It would be spent on training teachers — ideally Indian teachers — the special skills necessary to deal effectively and sensitively with Indian children, and on repairing school buildings, many of which are dilapidated.

This is one place where Congress can loosen the federal purse strings without being accused of pork-barreling. The nation has never met its legal and moral obligations to Indian youngsters. It's time to make good on the treaties' unkept promises.

# Letter To The Four Directions Editor

*Congratulations to the UTTC Four Directions student newspaper staff!*

To the readers: You are seeing the "Real Thing!" It is a genuine paper from the students at United Tribes. It was done at the initiative of concerned and dedicated students who want to communicate the news as they see it. Much of the information published in "UTTC Four Directions" is the direct result of newsgathering, writing, editing, photos, typesetting and layout by the students.

When Student Newspaper Editor, Alex Lunderman, Jr., and his fellow students Arlene Fogg, Russell Swagger, Stephanie Gillette, and Shari Daniels approached me about the idea of a student newspaper, I was more than pleased to lend support to this initiative.

I have often seen efforts in the past—not always followed through by students yet, the proof of persistence by this group is in this issue.

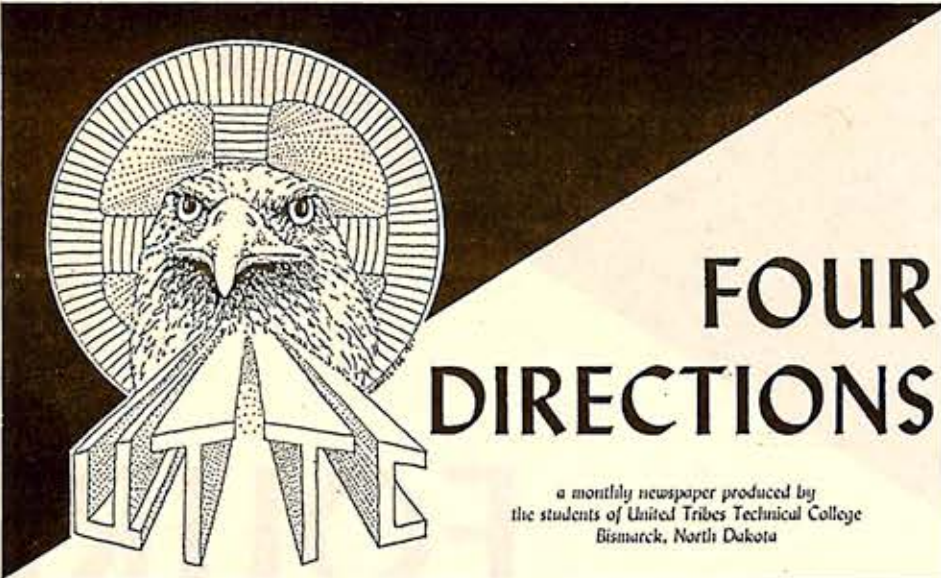
Starting with few resources the newspaper staff have managed to set up an office, gather materials and supplies and have called—very effectively—upon other students and staff to assist them. While there are many details to work out in future issues, the student newspaper staff are not remiss for ideas or improvements—as it regards the paper or college services.

Their plan for a monthly issue is a good one, balanced between maintaining themselves as good students and contributors to their inter-tribal college student life.

Readers have a special role as well, to pick up information which is valuable and educational. Likewise, some of you may wish to contribute in the student plan to present factual news.

I urge students, staff and others interested in United Tribes to read UTTC Four Directions.

Signed: David M. Gipp, President



# FOUR DIRECTIONS

a monthly newspaper produced by the students of United Tribes Technical College Bismarck, North Dakota

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# Letter from the Editor

I hope you find our monthly newspaper informative and entertaining. This is the first issue so we hope you enjoy reading about campus life here at United Tribes Technical College in Bismarck, ND.

Bismarck is a beautiful, clean city located in central North Dakota. Our campus is just south of the Bismarck airport. For a small college there are a lot of activities going on here each month. One of the good things about the college is we are always willing to show our support for the City and other organizations in the area by participating in their activities. The Native American culture is still carried on through us since the students come from all over the United States. It's a good feeling seeing our students sharing their cultures with each other. I can tell that each and every one of us have a lot of pride and respect for our people and our beliefs.

This pride and respect shows me that if we take the time to sit down and talk with the students, staff and administration, together we can open the lines of communication to make this a school we can be proud of. The potential is there, we just need to work on it.

This is the primary reason why we students decided to start a student newspaper. We felt our Student Senate should play a major role in having a say in what direction our school is going, and bring about needed changes and developments. We feel there is a breakdown in communication between the Student Senate and students. Hopefully, we can help by getting information out on their activities, minutes and future projects.

We will report news and events on campus fairly. We will report both sides of an issue. We welcome any suggestions or comments of a constructive nature. If you wish to express your opinion and ideas, we have an opinion page for this purpose. Due to limited space, Letters to the Editor are limited to 150 words or less. Each letter must be signed and dated with your current address. We still need more reporters and production people, so if you are interested, please contact Bev Huber, or myself, in the Education Building.

The Four Directions Newspaper is here for you students, staff and administration. Let's make good use of it.

*If you would like to subscribe to "FOUR DIRECTIONS", please complete the form below and return to:*

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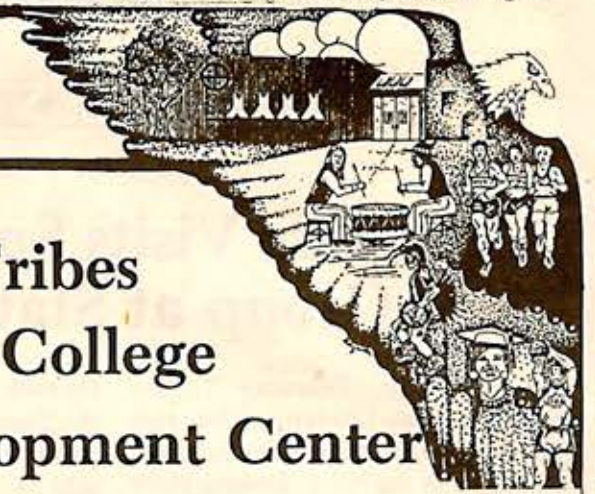
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# CAMPUS NEWS



## "Home" Is The Theme Of New General Education Curriculum

Spring quarter will mark the beginning of an exciting learning experience for some UTTC students — General Education/English and Humanities.

The new offering is modeled after the core curriculum program at the University of North Dakota. Included each week will be a lecture or movie, discussion sessions, and cooperative learning units. Students will read books, short stories and essays, listen to guest speakers, and write on and discuss many topics and issues relating to the theme "Home and Beyond."

The class will include a full day of activities on Tuesdays and one hour each Friday. Students will earn six credit hours: three credits of English; three credits in Humanities.

General Ed Teachers, Bev Huber, Brian Palecek, and Anne Kuyper, say that the all-day class will be conducted like a workshop with a great variety of activities.

General Education classes will be offered to those Criminal Justice, Medical Records, and Business Clerical students on the Associate Degree track. Students should contact their vocational instructors.

## Title 111 Computer Center

The United Tribes Technical College's Computer Center is located on the second floor of the Education Building. There are approximately 30 computers and printers available for the student's use.

Students are invited to visit and use the equipment and software any time from 8:00 a.m. to 5:00 p.m., Monday

through Friday. Limited amounts of software are available for all the vocations except Police Science and Plumbing. However, additional software includes word processing, typing, math, games, GED studies, etc. For additional review or to type a paper for class, or to get some background in computers, WE ARE AVAILABLE.

## UTTC Indian Education Technical Assistance Center

Bismarck, ND — The United Tribes Technical College (UTTC) will continue technical assistance services to over 210 Title V, Indian Education grantees in a seven state area through a Department of Education contract for the North Central Indian Technical Assistance Center (ITAC).

The award, made in early February, will enable the assistance center to develop, design materials and provide information and training to grantees, parents committees, BIA schools, public schools, and Indian tribes and organizations.

The United Tribes (UTTC) has provided these specialized services since 1981. A staff of educational professionals and resource persons is under the direction of Phillip Baird.

The ITAC group will work closely with state educational agencies, as

well, in South Dakota, North Dakota, Minnesota, Nebraska, Iowa, Kansas and Wisconsin

In addition to Baird, other staff include: Richard Bad Milk, evaluation specialist; Clyde Eagle, adult learning specialist; Mary Cook, information dissemination specialist; Carole Anne Heart, home school specialist; and Wanda Pretends Eagle, office manager, and Cynthia Wellington, secretary.

For further information, inquiries may be made to ITAC at 1-800-437-8054, contact person, Mary Cook.

Five other regional educational centers serve the East, Southeast, Southwest, Northwest and Alaska areas. The programs are enabled under the Title V of the Indian Education Act.

## Learn While You Eat

The Expanded Food and Nutrition Education Program (EFNEP), has been conducting classes during noon hour on Tuesdays. EFNEP is a federally funded program, administered by the NDSU Extension Service. Marge Perkins and Eleanore Aune are the Program Assistants and are team teaching these classes.

Some of the topics for the weekly sessions are: meal planning, shopping basics, home invaders, nutrients we need, feeding your preschool child and eating right and light. Classes are very informal, students eat lunch while listening. Folders, provided by

EFNEP are used for handouts of additional information and recipes.

All the sessions are geared to help families budget within their incomes; plan, shop for and prepare nutritious meals. The current group has indicated that they are interested in two programs not originally scheduled, Eating Right and Light and Feeding Your Preshcool Child. These were scheduled on February 19 and 26, 1991.



## United Tribes Technical College Child Development Center

The United Tribes Child Development Center has been in operation since September, 1969. The new Pre-school and the nursery area are state licensed facilities for well children only. The two areas are licensed to care for one hundred children from the ages of eight weeks to five years of age.

The primary function of the Child Development Center is to provide the best possible care in meeting the needs of the "whole" child.

Growth is an orderly, predictable, sequential process. A teacher or parent can help the child grow to his full potential by recognizing these stages and by offering suitable experiences that nurture and challenge him as he develops. Therefore, the Primary Objective of the Child Development Center is to facilitate the child in reaching his full potential at his own pace.

We at the Child Development Center "strive to provide a climate that nourishes and sustains emotional health, encourages physical growth and muscular skills, fosters satisfying social interactions, enhances creativity, develops language skills, and promotes the development of mental ability. These needs must be met with warmth, affection, and acceptance of the uniqueness of each child".



## Crowning Of Miss UTTC 1990-91

(See Article on Page 4)

UNITED TRIBES TECHNICAL COLLEGE  
3315 UNIVERSITY DRIVE  
BISMARCK, NORTH DAKOTA 58504 • PHONE 701-255-3255

February 14, 1991

Miss Sherri Daniels  
Miss United Tribes Technical College 1990-91  
United Tribes Technical College  
Bismarck, ND

Dear Miss Daniels:

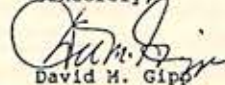
On behalf of the United Tribes Technical College, its board of directors, students, staff and faculty, congratulations! We are especially proud that you have been selected as Miss United Tribes 1990--1991. You will represent all of us from United Tribes Technical College through this year until our upcoming International Pow Wow in September, 1991.

We are honored to have you represent us. We will request that you represent us at public ceremonies in behalf of the College here on campus and on various occasions at functions off campus, as well.

Your fellow students and your Tribe are to be also commended for your achievement.

If you should need assistance during your term, please, do not hesitate to call on us.

Sincerely,

  
David M. Gipp  
President  
UTTC

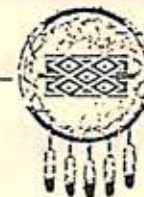
cc: Russell Hawkins, Chairman, UTTC  
Charles W. Murphy, Chairman, SRST, and Vice Chairman, UTTC Board







# CAMPUS



## Class Visits Spiritual Group at State Pen

On Thursday, February 7, the Native American Literature Class met with the Native American Spiritual Committee at the North Dakota State Penitentiary. The main topics of discussion were the Inipi Ceremony (sweat lodge) and personal healing. The members of the Native American Literature Class who attended were Lynesse Larabee, Tracy Wilkie, Greg Bad Hawk and Wendell White Eyes. Brian Palecek, the class instructor also attended.

The spiritual advisor of the spiritual committee at the Penitentiary is Johnny Mexican. He told the group that their group would be willing to help with the planning for a sweat lodge at United Tribes. Some of the members of the class are also officers in the United Tribes Cultural Club. The Cultural Club has been meeting with various spiritual leaders and United Tribes officials to discuss the possibility of conducting sweat lodge ceremonies at United Tribes. Mr. Mexican's suggestion was to go ahead if it seems like the right thing to do.

He said, "If it feels right for you, do it. There are always some obstacles you have to deal with." Mr. Mexican said he would be willing to help by writing suggestions or by making a tape.

Concerning personal healing, one of the members of the spiritual committee told the class that the healing process is not about cuts and scars but is rather about the mind and heart. It involves accepting yourself and your mistakes.

Another member of the spiritual committee said that he is pleased that the United Tribes Cultural Club is interested in setting up a sweat lodge. He added that he felt that other young people will be influenced in a good way by this action. He also added that people need to be more aware of their cultural heritage and to follow that good road.

The members of the Native American Literature Class would like to visit again with the members of the spiritual committee in the future. They found this visit to be very interesting and useful.

## UTTC College Bowl Team In Training

Who was Black Kettle? What is one story by Louise Erdrich? What is the Lakota word for the Sweat Lodge Ceremony? These are just some of the questions on Native American Culture and History that the United Tribes College Bowl Team are studying. Every year teams from the 27 Native American Colleges of the United States and Canada gather at the American Indian Higher Education Consortium for a contest of memory and information on Native American Culture. This year's consortium will take place at Cable, Wisconsin, April 22 - 24.

The United Tribes training group for the game, which is played by the rules of the TV game show Jeopardy, is made up of Mary Ann Plenty Wounds, Russell Swagger, Alex Lunderman, Gerald Packineau and Greg Bad Hawk. The coaches are English Teacher, Brian Palecek and Registrar, Melody Silk. All teams receive a book list on Native American

History and Culture which the team studies in order to answer the questions.

Some of the books on this year's list are *The Ancient Child* by N. Scott Momaday, *A Kiowa Novelist and poet from New Mexico*; *Love Medicine* by Louis Erdrich, *Chippewa Customs* by Frances Densmore, *The Broken Cord* by Michael Dorris; *Bury My Heart at Wounded Knee* by Dee Brown; *Indian Givers* by Jack Weatherford and several others.

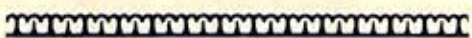
The team has been meeting at noon on Monday, Wednesday and Fridays in Room 213 at the Education Building or in the Library. Staff and students are invited to meet with the group and enjoy learning together. Students and staff can also, help the team by reading and outlining some of the material and writing questions for their practice sessions.

If you are interested in participating in some way, contact one of the team members listed above or contact Melody Silk or Brian Palecek.

## UTTC G.E.D. Class REMINDER

This is a reminder to all students attending United Tribes Technical College who need their G.E.D.: G.E.D. classes are held every Tuesday and Thursday from 9:00 a.m. until noon, and from 1:00 p.m. until 4:00 p.m. Classes are also scheduled by arrangement for those students for whom the Tuesday and Thursday periods would not work out

Please contact Mary at Ext. 227 or come to the English area in the basement of the Education Building to make arrangements for G.E.D. classes if you are not currently working on the studying, pre-testing, and testing for the G.E.D.



UNITED TRIBES TECHNICAL COLLEGE  
3315 UNIVERSITY DRIVE  
BISMARCK, NORTH DAKOTA 58504 • PHONE 701-255-3235

January 14, 1991

Mr. Wilmer Day  
UTTC Student  
3315 University Drive  
Bismarck, North Dakota 58504

Dear Mr. Day:

On behalf of the staff, students and board of directors I wish to express our best wishes to you in your departure and service to the country.

We are well aware of the great importance and challenge that you and many other servicemen face in protecting the principles of freedom for all your countrymen. It appears that a great challenge faces us in the Middle East.

On the otherhand, we pray that you will return quickly and safely to United Tribes. We look forward to seeing you upon your return and our best wishes are with you always.

Sincerely,  
  
David M. Gipp  
President

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## Automotive: A Students' View

by James Gladue

The Automotive Shop on the UTTC Campus is a very good learning experience for students. When a student has a problem with their car, they have first priority to get it repaired.

When a student brings his car in the shop, the students who are training for an automotive career get to work on the car. The instructor will diagnose a car with a computerized analyzing tester which hooks up to the car battery and other motor parts, it then tells what is wrong with the car. This is where we, the students, get our experience.

In my opinion, this is a pretty good

benefit for us, the students. When I first started auto mechanics, I didn't think it would be anything like this. I was glad to start with hands-on-experience right away. This is the only way to learn. Oscar Wilkie and Joe Helmer, the two Auto Mechanic instructors, are "Number One" master mechanics. They know how to teach.

The one thing I like about this trade is, I spend a good part of the day in the shop. I have two hours in the morning and the whole afternoon, which gives me alot of time to learn.

My advice to anyone who wants to learn this trade is that this is a good place to become a "grease expert."

## Miss UTTC 1990-91 Crowned

Bismarck, ND . "Thank you for this honor ... I know I can do a good job," said Shari Daniels, as she accepted the crown as the new Miss United Tribes 1990-91. She will represent the students and College for this academic year.

Shari, an Assiniboine-Sioux, is from Poplar, Montana. She is a Business Clerical student at United Tribes.

During the coronation exercises Shari danced in a colorful shawl and fancy dancer's dress.

As she entered the main Skill Center hall, the Black River Crossing Student Drum sang an honor song, led by head singer Manuel Cooley and his fellow student singers: Wendell White Eyes, Waylon Young Bird, Eddie Patterson and John Moves Camp.

Greg Bad Hawk, Secretary of the United Tribes Student Cultural Club, gave opening remarks about the work of the student cultural group and their sponsorship of the Miss United Tribes Coronation.

The Cultural Center Club President, Terri Tree Top, presented roses to both Shari and Crystal Smart Enemy, the out-going Miss United Tribes. Crystal Smart Enemy, a member of the Crow Tribe and

second-year business student, presented the new banner and crown to Shari. The official letter of recognition and a United Tribes emblem watch were given by College President, David M. Gipp.

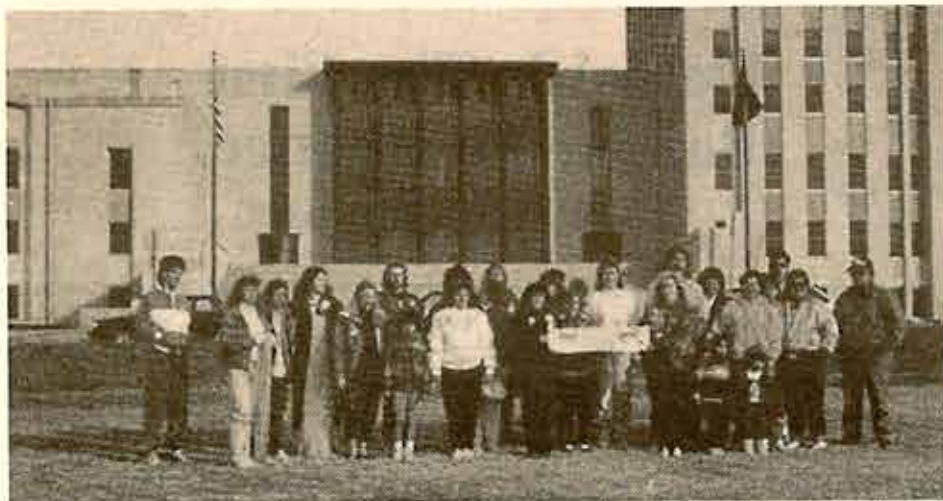
In her address before the students and staff, she said "I look forward to representing the College at various pow-wows and conferences over the summer. "I like meeting new people." About being Miss United Tribes she noted, "I have accomplished something ... I will try for Miss Indian World next."

When she graduates she plans on finding a business-related job in an urban area, but also plans on attending a university after completing the two-year business program at United Tribes. As part of the coronation ceremonies, Shari danced to a fancy dance song, accompanied by her escort, Lance Chase, a former student.

Following announcements, a reception was held for Miss Daniels. Shari was raised by her maternal Grandmother, Mary Red Feather. Mabel Daniels is her grandmother on her father's side, Robert Daniels, Sr.



# HAPPENINGS



UTTC joins six other North Dakota Colleges to show their support for the safe return of the troops from the Persian Gulf. Students tied yellow ribbons along the interstate and rest areas in early February.



Students at Theodore Jamerson Elementary School tied yellow ribbons on the National Guard fence located near the UTTC Campus. The ribbons symbolize respect and support for our troops in Operation Desert Storm.



Business Clerical Student, Marilyn Eagle makes Math Instructor, John Kauffman "earn his money."



Students, Steve Cadotte and Marilyn Reed enjoy an exotic meal at the cafeteria.



Future electrician, Gerald Packineau savors another delicious gourmet entr'ee at the cafeteria, compliments of the chef.



UTTC Finance Technician, Diane Claymore opens new account for new Student Newspaper.



Stan "Bart" Walking, Carpentry student, beams at a job well done.



"Garcon, the wine list please." Gus Little and Iris Looking Back "The Littles," share a quiet candle light dinner at their favorite, reserved table in the mess hall.



"Lean on Me," says Al Conley, Vocational Counselor, who's always there to lend a helping hand.



# HEALTH AWARENESS



## February Is National Heart Month What Cholesterol Does To Your Heart

The whole issue of cholesterol can be very confusing. You may have heard that some cholesterol is good for you while other cholesterol can be harmful, but you may not know which is which. You may have been told that too much dietary cholesterol increases your risk for heart disease, but you may not know how. You can improve your cholesterol consciousness by learning about what cholesterol is, where it is found, and what it actually does to your heart.

LDL cholesterol deposits itself on arterial walls and HDL removes cholesterol from the bloodstream.

### What is Cholesterol?

Cholesterol is a lipoprotein - a fatty substance in the blood that is coated with protein. The body itself manufactures about 1,000 milligrams of cholesterol daily.

There are several different types of cholesterol, but the two most important are LDL (low-density lipoprotein) and HDL (high-density lipoprotein). LDL has a thin protein layer and tends to deposit itself on the walls of the blood vessels, while HDL has a thick protein layer and actually removes cholesterol from the bloodstream.

### Cholesterol and Atherosclerosis

Excess cholesterol and other fats can build up on the inner walls of blood vessels - a condition known as atherosclerosis. These fatty build-ups can restrict, and in some cases totally block, the flow of oxygen-rich blood through the blood vessels. When atherosclerosis occurs in the blood vessels that nourish the heart (coronary artery disease), chest pain and heart attack can result.

### Cholesterol Measurement

The only way to determine whether you have too much cholesterol in your bloodstream is to have a laboratory blood test performed. This test will measure how many milligrams of cholesterol are present in a deciliter of blood. Depending on age, total cholesterol over 200 mg./dl. is considered to be undesirable high. If your total cholesterol level is elevated, your physician may ask that further testing be done to find out the percentage of LDL to HDL. (Remember, LDL deposits itself on arterial walls; HDL removes cholesterol from the bloodstream.)

### Cholesterol Control

In most cases, a cholesterol/reduced diet and regular physical exercise can help lower cholesterol in the blood. Some people, however, require cholesterol-lowering drugs to keep their cholesterol within safe levels. The best advice for all of us is to reduce our intake of dietary cholesterol and fats, to exercise vigorously three to five times a week, and to have our cholesterol levels checked regularly.

Dietary cholesterol is not essential

for health, and can actually be harmful.

### Free Cholesterol Screenings

In recognition of National Heart Month, Mid Dakota Clinic and St. Alexius Medical Center are offering FREE Cholesterol Screenings on February 21 through February 28, 1991.



## Cholesterol In Foods

Food	Cholesterol (milligram)
1 medium egg	274
3 oz. beef liver	372
3 oz. lean pork/ham	80
3 oz. lean beef	77
3 oz. poultry (no skin)	
dark meat	82
lean meat	76
3 oz. lean fish	43
3 oz. canned tuna	55
½ cup lobster	90
½ cup shrimp	96
2 tbsp. peanut butter	0
1 cup cottage cheese	31
1 cup whole milk	33
1 cup skim milk	4
1 oz. part-skim mozzarella	16
1 oz. cheddar cheese	30
1 tbsp. butter	31
1 tbsp. safflower oil margarine	0
1 tbsp. corn oil margarine	0

### Detach and Save

Despite all the terrible things you've heard about it, your body has to have cholesterol. Without it, your body couldn't grow new cells or even digest food.

However, your body naturally produces enough to meet your needs. So if you eat more cholesterol and saturated fats than your body can dispose of, you end up with too much cholesterol circulating in your blood. And that extra cholesterol can clog your arteries and eventually may lead to heart disease.

The American Heart Association recommends that you limit daily cholesterol intake to 300 milligrams and saturated fat to one-tenth of total caloric intake. The handy chart below will help you control your daily cholesterol consumption.

## Denial Is The First Barrier To Change

Taken from the Todd County Tribune  
- May, 1990

Too often in rural communities crime and violence go largely unnoticed. Sometimes only the police, ambulance and hospital staff know. At other times rumors flicker over the moccasin grapevine. In many cases, only the victim and perpetrator know.

It is a tendency in rural communities, such as we have here, to cover up, ignore or skim over problems that in a large city or suburb would probably provoke public outrage.

Why is that? Well, the answer may lie in understanding, say, the psychology of addiction, which alcoholism and drug abuse counselors deal with on a daily basis.

The first barrier to recovery from alcohol and drugs can be summed up, counselors say, in one tiny but all-important word. That word is denial.

Psychologists can't say precisely at what point denial sets in, but health providers readily point to it as the first hurdle to beginning recovery from any mental health problem, including overeating, gambling, personality disorders, or any of a host of mental illnesses identified since psychology became a popular way of dealing with the complexities of being human.

Denial, according to Lakota medicine men, also is the primary barrier separating the seeker from achieving a true spiritual awakening.

Although the psychological make-up of any one individual is a complex study in and of itself, it is relatively easy, say the experts, to understand that denial is really a defense mechanism geared to preserving that which the person feels most comfortable with - namely the person he believes himself to be and is familiar with even though it may be extremely painful being that person.

In short, denial is the failure to acknowledge reality.

The same concept can be applied to groups. When several persons together are into denial, and that number is multiplied by a dozen or

more, or until it becomes an entire community that denies its own problems, then we have a serious dilemma.

Today, tribes are under tremendous pressure, both internally and externally, to perform, to rise above poverty, to shake off the shackles of apathy and denial, and to move tribal members into a new era (while preserving cultural traditions and beliefs), that they tend to downplay or ignore internal problems. Blaming and over-explaining to defocus from the real issue also are symptoms of denial.

When denial rules a community, growth is impossible.

Yet all through Indian country, many tribal members are learning to cope with this dilemma. Many are banding together to stop crime in their neighborhoods, providing outreach clinic, and stressing an alcohol and drug free society. Sobriety walks and marches have spread from coast-to-coast.

True change in any community or tribe means first breaking down the barriers of denial that prevent us from seeing clearly into the real problem, and thereby providing the optimum precondition for change.

As one alcoholism counselor admitted in a recent workshop: "If we don't break down the denial that exists in our communities, we'll never really break down the denial that will continue to plague our children long after we are gone. We must awaken now because, whether we like to admit it or not, time is running out."

Knowing this, we should consider what role denial is playing in current tribal affairs, and pledge ourselves to seeing that the tribe pulls itself together and continues down the good Red Road fought for by those Lakota who care.

When it comes to nations, the victim and perpetrator can sometimes be one and the same.



## Student Health Center

The Student Health Center located in Building #32, offers acute and chronic comprehensive care to UTTC students and their dependents. The SHC is open from 8:00 a.m. to 5:00 p.m. each week-day including noon hour.

The following services are also offered to the students:

- 1) Emergency dental services
- 2) Eye glasses in cases where no other funding is available
- 3) WIC recertification for students as well as local WIC recipients - as a courtesy to the Fort Yates WIC Clinic
- 4) Over-the-counter medications

for non-acute illnesses

- 5) Day Care for children who are not acutely ill or who do not have contagious diseases
- 6) The Charles Hall Youth Services, donates mittens and caps every year
- 7) Medication for head lice upon request
- 8) Immunizations to student and staff dependents

Each month the SHC will contribute an article to the paper. Since February is HEART MONTH, this month the SHC article is on cholesterol.



## MSU American Indian Day

Minot, ND — On Thursday, September 17, 1990 Minot State University had its first American Indian Day in honor of the national holiday. The event was held to inform the campus and Minot community about Native American Cultural awareness.

The events began at noon around the Busse Fountain. Keith Bear of New Town, ND spoke to the crowd about his traditional Indian outfit. He completed his performance by playing his flute. Keith is presently a student at the Fort Berthold Community College.

Also speaking was Wanda Johnson, Miss Indian American XXXIV, of Springstead, New Mexico. Wanda received her prestigious title September 1989, in Bismarck, North Dakota. She explained her objective as Miss Indian American is to bring the best representation of the Native American culture and heritage to communities throughout the North American Continent.

# NATIONWIDE NEWS

## Plains Indian Seminar: Call for Papers

Cody, WY — The Plains Indian Museum of the Buffalo Bill Historical Center in Cody, Wyoming will celebrate the fifteenth anniversary of its nationally recognized Plains Indian Seminar on October 4, 5, and 6, 1991 with a weekend devoted to the Indian art of the Canadian Plains.

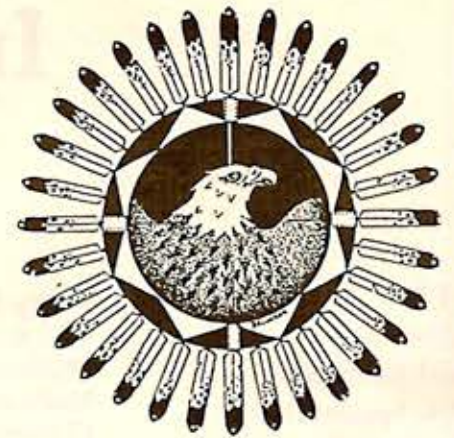
Experts from tribal communities, scholars, hobbyists and other interested persons are invited to submit a 450 word abstract or completed paper accompanied by a resume by April 19, 1991 to:

— CALL FOR PAPERS —  
Attn: Lillian Turner  
Buffalo Bill Historical Center  
P.O. Box 1000  
Cody, Wyoming 82414 USA

Papers must relate primarily to Canadian Plains Indian art or to the artistic comparisons between plains tribes in Canada and the northern United States. Presentations, if accepted, would be 45 minutes in length and augmented by visuals.

Geographically and culturally, the term "Plains Indian" has included those tribes living in the area between the Rocky Mountains and the Mississippi River as well as the adjoining region in Canada. The 1991 Plains Indian Seminar will focus on that Canadian connection.

For further information, contact Lillian Turner, Public Programs Coordinator, Buffalo Bill Historical Center, P.O. Box 1000, Cody, Wyoming 82414 USA, (307) 587-4771.



## Sinte Gleska College Eyes New, Broader Name

ROSEBUD, SD — Sinte Gleska College is investigating a possible name change in keeping with its goal of expanding education opportunities to Lakota people, an official announced.

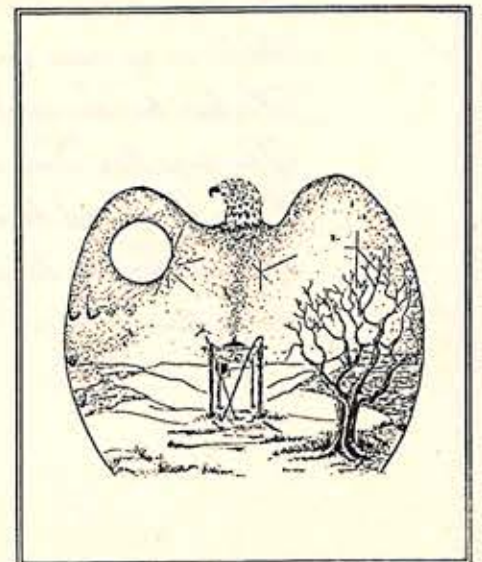
College president Lionel Bordeaux said Friday the school's board of directors has requested he investigate the possibility of renaming the school.

The name change entails dropping only one word and adding another one, but a new meaning is given, Bordeaux said. The proposed name is "Sinte Gleska University."

Bordeaux, speaking at dedication ceremonies in St. Francis, said the college has been working to develop a "blueprint for education" on the reservation "so that we all work as one."

The United States was interested in education and now was the time for tribes to focus more on tribal education and developing long-range plans, he said. Part of that meant uniting school districts locally since a significant number of students at each are Lakota.

"There may be a Sinte Gleska University on the reservation," Bordeaux said. The school celebrates its 20 years on the reservation February 13 at Digmann Hall in St. Francis.



Noline's unit was involved in a fire exchange with Iraqi soldiers. His unit began to move closer to the border when there was a collision between the light armored vehicle in which Noline was standing guard at his machine gun station, and another (LAV). Noline died in the collision.

## Science and Environment Mound Builders' Great City Still a Mystery

taken from Rocky Mountain News  
COLORADO — Build a pyramid, become a legend. It worked like a charm for the Egyptians, Incas and Aztecs.

So why not the Cahokians? they spent a couple of hundred years building a 10-story pyramid and more than 100 smaller ones, pretty much with their bare hands.

Near what is now St. Louis, they established the greatest city North America would see until the 19th century. (Philadelphia, the largest early American City, reached more than 30,000 in 1800.)

But while other pyramid-building societies have become household words, the Cahokians have remained little known outside archeological circles. What we do know can be examined at Cahokia Mounds State Historic Sites, just across the Mississippi River from St. Louis near Collinsville, Ill.

"Less than 1% of the site has been excavated, so there is a lot more that is unknown," says Bill Iseminger, an archeologist there. Everytime we do a dig, we learn a lot more."

We know that while Europe struggled through the Dark Ages, the city of Cahokia was becoming a trading

power and cultural center. As late as 1250, Cahokia was larger than London.

But by the time the European Renaissance began in the 1300s, Cahokia was fading fast. And when Columbus arrived in the New World in 1492, the entire tribe was gone. No European ever laid eyes on a Cahokian, as far as archeologists can determine, and no Indian tribe today can trace its lineage to the Cahokians.

"What happened to them is pretty much still a mystery. We can't say it was any one thing. More likely it was a combination of factors," says Iseminger.

"In essence, it became a city with problems. Once you get crowds of people living close together, you have all kinds of resulting problems. What happens to the city then is a matter of how you adjust to those problems."

Archeologist disagree on the size of the city of Cahokia at its peak, with some estimates running as high as 40,000. It's likely another 10,000 lived in the "suburbs."

Whatever the precise number, Cahokia was certainly large enough to cause rapid depletion of resources, particularly wood, Iseminger says. That in turn would reduce the habitat

for animals, forcing hunters to travel farther and farther for food.

A slight climate change between 1250 and the late 1500s is thought to have cooled the region enough to damage growing conditions. Since farming was the backbone of the Cahokian economy, a disruption of crops probably led to social upheaval. Disease and pollution - from so many campfires burning in such proximity - also are thought to be likely.

Whatever happened, the Cahokians didn't leave behind any writings on the subject. But then, they never learned to write, period.

Except for writing, however, Cahokia had virtually all the essential characteristics of modern cities. Its population density of 4,000 residents per square mile in 1150 compares with 7,500 for St. Louis in 1980. Cahokia also developed specialization of labor, surplus capital, long-distance trade, social stratification, organized government, monumental public works, science and art.

But the fact that they never learned to write about it may be the reason history largely forgot them. A good PR agent could have done for the Cahokians what Homer did for the ancient Greeks.

## First Arizona Casualty of Desert Storm

San Carlos Reservation — Twenty-year-old Mike Noline, a San Carlos Apache, has become the first Arizona casualty of the Persian Gulf War.

Word of his death was received in San Carlos Saturday, January 26, 1991. His father was officiating a basketball game at the Central Mountain Junior High School District

basketball tournament in Warrior Gymnasium when he received the word of his son's death in the Saudi Arabian sands near the Kuwait border.

Noline was a scout for Bravo Co. of the 3rd Light Armored Infantry Battalion. He entered the Marine Corps on January 29, 1990, and had been in

Saudi Arabia for 5 months and 1 week at the time of his death.

Marine Corps officials told Noline's parents that their son was killed about 3 a.m. Saturday morning (Arizona time). He and other scouts in the outposts along the front lines of the Saudi Arabia/Kuwait border are the first line of warning for the allied forces.



# Indian Men and Women of Desert Storm

**UTTC**

Wilmer Day  
**Fort Berthold**  
 Mylo Spotted Horse  
 Waylon Luke  
 Edmund White Bear, Jr.  
 Frank Chase  
 Russell Mountain  
 Mike Driver, Jr.  
 Kenneth Wells  
 James White Bear  
 Kenneth Matthews  
 Duane Bowen  
 Victor Lee Starr  
 Fabian Charging  
 Robert(Robin)Fox  
 Kirby Reynolds, Jr.  
 Darin Bruce  
 Tony Incognito  
 Luke Fredericks  
 Donald McKenzie  
 Leighton High Elk  
 LeRoy Crow Flies High  
 Donald Chapin  
 Henry Sun  
 Gary M. Fredericks  
 Matthew Lone Fight  
 Brian Fimbres  
 Greg Burbank  
 Carlisle T. Mahto  
 Robert Taylor  
 John Taylor  
 Scott Satermo  
 John Morris  
 Brenda Bell  
 Patty Cummings  
 Russell Burr  
 Sam Burr  
 John Jimenez, Jr.  
**Standing Rock**  
 Tyrone White Temple  
 Marc Serlin  
 Randolph W. White Bull

Phillip McLaughlin, Jr.  
 Carl B. Iron Eyes  
 William C. McLaughlin  
 Melbert J. Mutchler  
 Clifford One Feather  
 Woodrow Wilson Star, III  
 William D. White Bull  
 John Berru  
 Yutona S. Cadotte  
 Kenneth A. Spotted Horse  
 William Sherwood, Jr.  
 Eugene Plenty Chief  
 Janet Alkire Thomas  
 Pearle Steele  
 Ray Glaser  
 Travis Cottonwood  
 Kevin Jamerson  
 Lawrence Montclair  
 John Montclair  
 Harry H. Black Hoop, Jr.  
 William G. Putnam  
 Rawlin Aspass  
 Dean Gillis  
 David D. Harrison, Jr.  
 Jane L. Alkire  
 John Hudson  
 Orin Tsabetsaye  
 Timothy Greybull  
 William Freedly  
 Cedric LaFromboise  
 Joseph A. Desormeaux  
 Gary Drummond  
 Jody Cadotte  
 Lloyd Montclair

**Fort Totten**

Casey Brown  
 Adrian Frederick  
 Aaron Greene  
 Fabian Greene  
 Marlyn Greene  
 Shane Greene  
 Jay Hartle  
 Angie King



Oh Great Spirit, hear our prayer ...  
 Take the hands of our armed forces and lead  
 them safely through this storm.

Kristie Nelson  
 Shane Peltier  
 Shawn Sager

**Sisseton/Wahpeton**

Brian Bourelle  
 John Christopherson  
 Iver Cloud, Jr.  
 William Cox  
 Craig DuMarce  
 Rhonda DuMarce  
 George Frenier  
 Henry Hanson  
 Jarrod Lee  
 Kenneth Locke  
 Delvin Lufkins  
 Perry Lufkins  
 Gary Neilan  
 Kenneth Pettie

Merlin Jay Renville  
 Mike Roberts  
 Greta Simon  
 Donovan White  
 Martin Diamond

**Turtle Mountain**

Todd M. Bercier  
 James Robbins  
 Tahanee Azure  
 Gene Amyotte  
 Darrell Beck  
 Dale Bercier  
 Larry Belgarde  
 Albert Bruce  
 Michael Belgarde  
 Tony Belgarde  
 Todd Dionne  
 JoAnn Berg  
 Mike Brien  
 Pierre "Chip" Brien  
 Cory Bruce  
 Frank Chase  
 Valerie DeCoteau  
 Gary Delorme  
 Duane Dubois  
 Kevin Eller  
 Errol Gooden  
 Glen Goulet  
 Jeffrey Grant  
 Terry Hamley  
 James Hartlett  
 Leonard Henderson  
 Roxanne Henry  
 Terry Henry  
 Brent High Elk  
 Mark Johnson  
 Angie Kinny  
 Patrick Laducer  
 James Laducer, III  
 Delmar Langan, Jr.  
 Julie Longie  
 Todd Lundstrom

Donna Marcellais  
 Kurt McCloud  
 Marlin Morin  
 Lawrence P. Morin  
 Randy Morin  
 Linus Nadeau  
 Scott Nadeau  
 Robert Parson  
 Larry Patnaude  
 Dale Perronteau  
 Todd Poitra  
 Tony Simms, Jr.  
 Kevin S. Smith  
 Jerry Thibert  
 David Thomas  
 Alan Renault  
 Mark Weir  
 Charles B. Vondell  
 Shawn Walters  
 Corey Wilkie  
 Tim Wilkie  
 Stacy Wilkie  
 Sean Willerson  
 Jeff Woods  
 Terry Payer  
 Stuart Leonard  
 Brent Hartleib  
 Matthew Harrison  
 Daryl Dionne

**Crow**

Leon Stewart

**Rosebud**

Thomas Michael Stone  
 John Charles Stone  
 Philip J. Witt  
 Joseph Hacker  
 Clarence Hacker  
 Scott Hyatt

*Untitled*

*This boy I've seen grow up become a man  
 He left to learn how to fight, to struggle  
 He came home different always has a shield  
 There is no ease in the man  
 He has become outspoken and harsh  
 The time has come to break away  
 Come home and be a brother, the helper, the comedian  
 We will feel no tension when we all stop and feel peace  
 Toward each other.*

*Cynthia Crazy Thunder*



*Feelings*

*Erasing the mind of bad feelings is hard to do  
 Feelings come and go  
 The good ones that linger become memories  
 The bad ones leave old wounds from these we should learn  
 to avoid being left to endure the bad ones  
 It's the good ones that make one go on to feel free  
 To make solid memories, to have feelings come out  
 That were hiding, to make one and companion feel good.*

*Cynthia Crazy Thunder*

*Here was no man's garden,  
 but unhanselled globe.  
 It was not lawn, nor pasture,  
 nor mead, nor woodland,  
 not lea, nor arable, nor  
 waste-land. It was the  
 fresh and natural surface  
 of the planet Earth, and it  
 was made forever and ever.*