

UNITED TRIBES

On-Campus News

VOL. 9, NO. 2

August 30, 1999

Helen Lindgren



Hi, my name is Helen Lindgren, Vocational Counselor. I am a single mother of four and grandmother of eight. I grew up on a farm north of Elgin, ND, attended grades 1-8 in a one room country school, graduated from Elgin High School. After graduation I attended Yankton College, Yankton, SD (now a SD prison facility) for 1 year, was married, four children later (2 boys & 2 girls), I was divorced and faced with big responsibilities and scared!! I returned to college, and graduated with B.S. from Dakota State College, in Madison, SD. With major in P.E. minor Social Science & Psychology. A few years later time I attended summer sessions and graduated from Northern State University, Aberdeen, S.D., MS in Guidance & Counseling.

I taught at Flandreau Indian School, Flandreau, SD for 2 years transferred to Standing Rock Community High School, Fort Yates, ND for 20 years, and Solen High School, Solen ND for 5 years. My children are graduates from S.R.C.H.S., Fort Yates, ND. My interests are traveling, especially to Phoenix, Arizona, Detroit Lakes, Minn. to see my grandchildren. I enjoy going to my grandchildren events in Mandan. My grandson plays hockey, and my granddaughter participates in music concerts. I like going to the Casino's, playing piano, and reading National Enquirer!!

I am happy to be a part of the UTTC staff. I am a strong advocate for education (talking from personal experience) with out my education I would not have ac-

complish my dreams or goals. My philosophy is helping students toward a progressive, satisfying experience, and personal growth for a rewarding life and future.

My office is B11 in the Education Building, and my telephone extension is 277. I have Home Group 11 and we meet on Monday at 3:30 p.m. in Room B11.

Welcome new and returning students, stop by and say Hi! I look forward to meeting each and everyone of you. Hopefully you'll have a great 1999-2000 year.

Welcome Back to UTTC and to Good News

So good to see all of you again. The break between summer school and opening of the fall semester was a little short but we will manage.

The big news is that the graduates of the class of May, 1999, who have taken their licensure exams have done well. In a couple weeks we should be able to give you a complete report. They have likewise been successful in finding employment.

More Later!

Submitted by Sister Kathryn Zimmer,
Director, AASPN Program

**Staff/Student
Souvenir Sale
will be held on Thursday,
September 2, 1999
between
12:00 noon to 5:00 pm
ONLY!!!**



Weekly Menu

DINNER

August 30 - September 3

- Mon.- Croissant Sandwich with Turkey or Ham, Potato Salad, Salad Bar, 2% or Skim Milk
- Tue.- Taco Salad, Baked Chips, Assorted Fresh Fruit, 2% or Skim Milk
- Wed.- Spaghetti with Meat Sauce, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- French Dip with Au-Jus, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Fri.- Knoephle Soup, Chicken Burgers, Salad Bar, 2% or Skim Milk

September 6

- Mon.- Chuckwagon Stew, Baking Powder Biscuit, Salad Bar, Fresh Fruit, Relish Tray, 2% or Skim Milk

SUPPER

August 30 - September 3

- Mon.- Braised Beef over Noodles, Vegetable, Salad, Fresh Fruit, 2% or Skim Milk
- Tue.- Bar-B-Que Chicken, Baked Potato, Vegetable, Dinner Roll, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Hamburger Hotdish, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- Swiss Steak, Baked Potato, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Fri.- Hamburger Gravy on Noodles, Vegetable, Salad, Dessert, 2% or Skim Milk
- Mon.- Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% or Skim Milk

Student Health Center Notes . .

OFFICE HOURS: Monday thru Friday: 8:00 am to 4:00 pm, Saturday and Sunday: 8:00 am to Noon

Weekly transport to Fort Yates IHS is available through the Student Health Center. Transport is provided for students who are in need of dental, vision, physicals, prenatal appointments, ob/gyn and other chronic medical conditions. See Student Health to make arrangements.

Next Outreach Clinic for those students who are in need of ob/gyn exams, STD testing & treatment, contraceptives, pregnancy testing, & HIV testing is on September 14. Contact Student Health to schedule an appointment.

STRESS . . . DON'T LET IT GET YOU DOWN

Stress is pressure that makes you feel tense inside. It's a part of daily life. Some stress can be helpful. It can keep you on your toes. But too much stress can be harmful. Too much stress can interfere with your daily activities. It can also harm you health and lead to other serious problems. You can't eliminate stress completely, but you can learn to manage it.

Beat stress before it builds up. Start by staying healthy. Eat a variety of healthy foods every day to get the energy you need. Exercise regularly and get enough sleep so that you wake up feeling rested.

Take steps to limit stress. These tips may help:

1. Plan your day. You will use your time and energy more efficiently.
2. Discuss any problems with a close friend, clergy, school counselors, or someone else you trust.
3. Take a break --- it may give you a new outlook.
4. Learn ways to relax, such as medication, deep breathing or deep muscle relaxation.
5. Set practical goals and keep a positive attitude.
6. Avoid making too many changes in your life at the same time.

POWWOW WORKERS NEEDED!

We still need workers for the Front Gates during the Powwow - please sign up "voluntarily" - and become a part of this years event.

We realize all of us have personal lives and responsibilities outside of our work, but if we all work together and put in even 2-4 hours per person, it will help the next person out who ends up putting in 20-40 hours because of lack of help.

Staff/faculty working Powwow will receive "comp time" for hours worked if time is after normal 8-5 working hours.

Home Group #1

Group Leader	Time/Day	Place
Marie Jacobson	4-5 PM	SC-111E
<i>August: 16, 17, 19, 20, 23, 30</i>		
<i>September: 7, 13, 20, 27</i>		
<i>October: 4, 18</i>		
<i>November: 8, 22</i>		
<i>December: 6, 13</i>		

Home Group #11

Group Leader	Time/Day	Place
Helen Lindgren	3:30 - 4:30 PM	Ed Bldg. B11
<i>August: 16, 17, 19, 20, 23, 30</i>		
<i>September: 7, 13, 20, 27</i>		
<i>October: 11, 25</i>		
<i>November: 8, 22</i>		
<i>December: 6, 13</i>		

Home Group #2

*will meet on Thursday's at
3:00 p.m. in the
Education Building, Room 119
September Meeting Dates Are:
September 2, 16, 23, 30
If you have any questions
contact: Marla Zingg, ext. 342*

First Aid/CPR (PE 101) Classroom Changes

- 8:00 am: Tuesday, Room 209, Education Building, upstairs in LPN Dept.
- 3:00 pm: Tuesday, Room 111, Education Building next to Library
- 11:00 am: Wednesday, Room 209, Education Building, upstairs in LPN Dept.
- 2:00 pm: Thursday, Room 111, Education Building next to Library

*I know something
good about you*

Wouldn't this old world be better if the folks we meet would say: "I know something good about you and treat us just that way?"

Wouldn't it be fine and dandy if each handclasp warm and true, carried with it this assurance - "I know something good about you."

Wouldn't life be lots more happy if we praise the good we see? For there is such a lot of goodness in the worst of you and me.

Wouldn't it be nice to practice that fine way of thinking, too - "You know something good about me!" "I know something good about you!"

Author Unknown

Counseling Dept.

**Mini Home for SALE
20 ft. 1976 Chev. 350
New Rebuilt motor. Tires Good.
First \$3000.00 takes it.
Call Ext. 302, Ask for Bud.**

**Catholic Services
Every Sunday at the
Chapel - 10:00 AM**

**Aerobics Class
will meet Tuesday at
12:00 pm upstairs in
Coaches Office**

New students MUST attend Home Group meetings once a week. To find out when your group meets, contact your group leader at the telephone extension listed. Attendance is taken.

<p>Group 1 – Rosie Jacobson Ext. 291</p> <ol style="list-style-type: none"> 1. Baldwin, Toshina 2. Belgarde, Randi 3. Benge, Joe 4. Frisbee, Raymond 5. Kampeska, Antoinette 6. Kills Pretty Enemy, Gil 7. Little Wind, Wesley 8. Long Soldier, Michele 9. Russell, Charles 10. Starr, Kasey 11. Two Shields, Morgan 12. Vallie, Gale 13. Wellman, Niche 	<p>Group 2 – Marla Zingg Ext. 342</p> <ol style="list-style-type: none"> 1. Boggs, Sandra 2. Cloud, Johnna 3. Crow Eagle, Iverene 4. DeCoteau, Shanna 5. Greybull, Jenny 6. Kampeska, Renae 7. Kurlle, Aimee 8. Rogers, Bille Ann 9. Schledt, Alan 10. Selland, Deb 11. Stevenson, Debbie 12. Tree Top, Melissa 13. Wilkinson, Audra 	<p>Group 4 – Josette Peltier Ext. 200</p> <ol style="list-style-type: none"> 1. Barrett, Robert 2. Belgarde, Donna 3. Free, Alma 4. Keller, Tom 5. Knows Gun, Joe 6. Mertz, Jessi 7. Moyle, Amy 8. Old Lodge, Erica 9. Packineau, Mary 10. Parisien, Ryan 11. Schriock, Shane 12. St. Claire, Penny 13. Woodbury, Denise
<p>Group 5 – Harriet Schneider Ext. 268</p> <ol style="list-style-type: none"> 1. Agard, Crystal 2. Bird, Sharissa 3. Blackbird, Darrell 4. Bradley, Nathan 5. Buckley, Kenneth 6. Howard, Lorna 7. Jetty, Cora 8. Laura Pleets 9. Lawrence, Lyn 10. McDonald, Anita 11. Mendez, Alexis 12. Quick Bear, Anthony 13. Rath, Wanda 14. Silk, Charles 15. Tobacco, Caroline 	<p>Group 6 – Joe McGillis Ext. 274</p> <ol style="list-style-type: none"> 1. Archambault, Melissa 2. Baker, Blair 3. Black Lance, Marshall 4. Foote, Jackie 5. Gunn, Amanda 6. Gunn, Fred 7. Hinshaw, Amos 8. Jetty, James 9. LaRoche, Brian 10. Reed, Kristie 11. Silk, Nikkie 12. Silk, Tabitha 13. Two Bulls, Ann 14. Vetter, Linda 	<p>Group 8 – Marge Palaniuk Ext. 292</p> <ol style="list-style-type: none"> 1. Chase, Lisa 2. DeMarrias, Shawn 3. Flying Horse, Justin 4. Flying Horse, Michelle 5. Foote, Rhonda 6. Goes Ahead, Velma 7. Knows Gun, Allen 8. LaForge, Matt 9. Provancial, Marcus 10. Quick Bear, Kelli 11. St. Claire, Sheena 12. Standing Cloud, Jeremy 13. Thunderhawk, Crystal
<p>Group 9 – Kevin Finley Ext. 361</p> <ol style="list-style-type: none"> 1. Cavanaugh, Russell 2. Clown, Dardi 3. Enno, Jamie 4. Hettich, Dawnell 5. High Elk, Lavae 6. Jensen, Travis 7. Johnson, Robert 8. Luke, Waylyn 9. Parisien, Justin 10. Plenty Chief, Anna 11. Village Center, Candace 12. Yellow Bird, Bennett 	<p>Group 10 – Suzanne Codotte Ext. 247</p> <ol style="list-style-type: none"> 1. Buechler, Roger 2. Cameron, Todd 3. Cottonwood, Cyril 4. Frisbee, Marva 5. Hugs, Lynn 6. Leroy, Jasmine 7. Lester, Antoinette 8. Lipke, Fawn 9. Parisien, Tyson 10. Russell, Selma 11. White Buffalo, Rose 	<p>Group 11 – Helen Lindgren Ext. 277</p> <ol style="list-style-type: none"> 1. Armell, Sharon 2. Beardt, Jodi 3. Casey, Sean 4. Espinosa, Joe Jr. 5. Hurley, Kelly 6. Kills Small, Loren 7. Lester, Maurice 8. Little Ghost, Karen 9. Nelson, John 10. Shaw, Lisa 11. Shaw, Marcella 12. Smith, Cameron

WELCOME
TO THE
CHEMICAL HEALTH CENTER
OPEN

MONDAY - FRIDAY 8:00 AM 5:00 PM

CLOSED AT NOON

In case of an after-hour emergency, contact Security, Ext. 200 for the on call counselor.

Services provided include: Prevention education, Evaluations, Referrals, Individual treatment planning, one-to-one counseling, Intervention, Crisis counseling, Aftercare services, Video library, Transportation for evaluations, and Touchstone Lodge for men.

WEEKLY MEETINGS

AA Meetings: Tuesdays at 7:00 PM

AL-ANON Meetings: Thursdays at 3:00 PM

AIATEEN Meetings: Thursdays at 4:00 PM

TOUCHSTONE LODGE AA Meetings:

Wednesdays at 9:00 PM

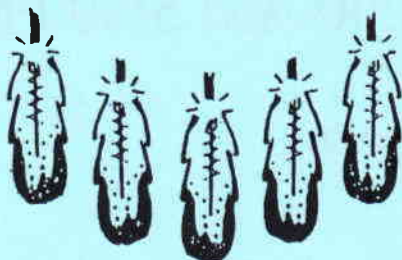
TOUCHSTONE LODGE DORM Meetings:

Wednesdays at 10:00 PM

TURTLE MOUNTAIN BAND OF CHIPPEWA ● BELCOURT, NORTH DAKOTA
ANNUAL LABOR DAY (NIMIWIN) POW-WOW
SEPTEMBER 3,4,5, 1999
 HELD AT THE EAGLE HEART ARENA
 (4 MILES WEST OF BELCOURT AND 1 MILE NORTH OF CASINO)
ALL DRUMS WELCOME: \$5,000.00 WEEKEND SPLIT

Announcers: Dale Old Horn- Crow Agency, Mt,
 Joe McGillis - Bismarck, ND
Admission: \$3:00 Adults, 2:00 Ages 10 to 18
Host Drum: Little Wind Singers - Ft. Totten, ND
Arena Director: Joe McGillis
Grand Entry: Schedule: Friday 7:00 p m.,
 Saturday - 1:00 & 7:00 p m.,
 Sunday - 1:00 p m.

Specials: Must have approval
 of the Pow-wow Committee
 before they are scheduled.
Concession Stands: First 8 to
 pay \$300 for the Weekend
Craft Stands: First 4 to pay
 \$150



Tribal Council: Chairman: Richard LaFromboise
 Vice Chairman: Melvin "Mike" Lenior
 Secretary/Treasurer: Jeff Desjarlais
 District I: Troy DeCoteau, Melvin Lenior
 District II: Ron Trottier, Leon Morin
 District III: David "Sandy" Morin, Jeff Desjarlais
 District IV: Ron Peljter, Billy DeCoteau

The Turtle Mountain Community College will
 provide a meal Saturday Evening.
 Golden Age Women's Traditional Dance Special -
 sponsored by Elma Wilkie Family \$1000 in Prize
 Money

Golden Age: 50 & Over All categories in the
 Golden Age Division will compete together.
Adult Categories: Men's Fancy, Grass,
 Traditional; Women's Fancy, Jingle, Traditional;
 1st \$500, 2nd \$300, 3rd \$200, 4th \$100
Teen Categories: 13-17 Boy's Fancy, Grass,
 Traditional; Girl's Fancy, Jingle Traditional;
 1st \$200, 2nd \$150, 3rd \$125, 4th \$75
Junior Categories: 6-12 Boy's Fancy, Grass,
 Traditional, Girl's Fancy, Jingle, Traditional
 1st \$150, 2nd \$100, 3rd \$75, 4th \$50
Tiny Tots 5 & Under paid dally



NO DRUGS OR ALCOHOL ALLOWED

Security will be provided. Pow-wow committee is not responsible for theft or injury.
 No one sixteen and under will be allowed to camp unless they have adult supervision at all times



For more information: Call Dennis Bercier (701) 477-7862, Denise Lajimodiere (701)
 477-5142 or Steve Davis (701) 477-6957