

UNITED TRIBES



On-Campus News

VOL. 9, NO. 6

September 27, 1999

Financial Aid News:

• American Indian College Fund Scholarship Application (AICF) are out. They can be picked up at the Bookstore, Library or the Financial Aid Office, Deadline is October 8.

• Students who have not made an appointment to sign required Financial Aid Documents need to do so (ASAP) as soon as possible. Call Debbie at ext. 354 to set up a time. You may get a refund!

Students learn about RAIN Program

RAIN representatives, Deb Wilson and Barbara Dahlen, from the University of North Dakota, College of Nursing, visited with Native American Nursing students at a luncheon meeting held in the Nursing Department on September 27. Nursing faculty and other interested faculty also attended.

The program offers good benefits to those wishing to earn baccalaureate and higher degrees.

RAIN is the acronym for Recruitment/Retention/of American Indians into Nursing.

* * * * *

Congratulations to Nursing students who were nominees for the Student Senate: Cheron Davis and Holly Hosie for president and Arna Wilkinson for Parliamentarian.

Submitted by Sister Kathryn Zimmer,
Director, AASPN Program

New United Tribes Technical College Employees . .

Karen Siegfried

Student Support
Services Counselor

Born: August 15, 1968
Birthplace: Minot, ND



Education: Elgin High School, 1986, Elgin, ND, University of Mary, 1990, Bismarck, ND. Majors: Social Work and Social/Behavioral Sciences Minor: Psychology. Minot State University, 1991, Minot, ND. Certification in Developmental Disabilities.

Career: Residential Technician/Manager of Housing, Industry, Training, Inc., Bismarck, ND from 1988-1992, Social Worker/Counselor at United Tribes Technical College from 1991-1994, Center Coordinator at the Association for Retarded Citizens, Alameda County, Oakland, CA from 1994-1995, Social Worker at the Standing Rock Sioux Tribe Child Protection Services, Fort Yates, ND from 1995-1999.

Awards: I can't recall ever receiving an award! So if someone wants to give me one...

Personal: Enrolled member of the Standing Rock Sioux Tribe. Two dependents, a very large blue doberman pinscher named Yukon and a very tiny white finch named McGwire. Licensed foster parent for the Casey Family Program. I am single and keeping my eyes open.

Hobbies: I enjoy playing softball, watching baseball and football, traveling, going to concerts, and learning new things.

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Weekly Menu

DINNER

September 27 - October 1

- Mon.- Chuckwagon Stew, Baking Powder Biscuit, Salad Bar, Fresh Fruit, Relish Tray, 2% or Skim Milk
- Tue.- Ham Sandwich, Soup, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Chicken Stir-Fry w/Oriental Noodles, Rice, Cranberry Sauce, Salad Bar, Pumpkin Bars, 2% or Skim Milk
- Thu.- Bar-B-Que Beef on a Bun, Soup, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Fri.- Fish Sandwich, Soup, Salad Bar, Lemon Bars, 2% or Skim Milk

October 4

- Mon.- Goulash, Vegetable, Dinner Bun, Salad Bar, 2% or Skim Milk

SUPPER

September 27 - October 1

- Mon.- Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% or Skim Milk
- Tue.- New England Dinner, Boiled Potatoes, Boiled Vegetables, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Pepper Steak, Rice Pilaf, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- Turkey Roast Dinner, Tossed Salad, 2% or Skim Milk
- Fri.- Roast Pork, Mashed Potatoes & Gravy, Vegetable, Salad Bar, Dessert, 2% or Skim Milk

October 4

- Mon.- Hamburger on a Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies, 2% or Skim Milk

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Favorite TV Show: ESPN Sports Center, E.R., and Jeopardy

Favorite Movie: The Jerk, When a Man Loves a Woman, and the really old one where I tip my brother over face first into the snow...

Kind of Music: Pop, Rock, Heavy Metal, and Country!

Favorite Foods: Lasagna, salmon, hamburgers, and pizza.

HOME GROUP #8 and #2:

Bowling and Supper on us

The bowling activity planned for Wednesday, September 22 was postponed and rescheduled for Tuesday, September 28 at 3:20.

Please meet in Room 119 at the Education Building. We should be back about 6:30.

BOWLING: Midway Lanes

SUPPER: Mandan McDonalds

Please contact Marge at Ext 292 or Marla at Ext. 342 as soon as possible.

Student Health Center Notes:

A special thank you to the staff who assisted at the First Aid Station at the powwow. They are as follows:

Carol Manifold	Sherry Messmer
Harriet Schneider	Marla Zingg
Allison Hertel	Diane Ponga
Bernice Laundreaux	Suzanne Cadotte
Liz Miller	

Students who have not submitted Medical Assistance Numbers and Social Security Numbers to the Student Health Center should do so as soon as possible.

A reminder to students who are referred to the Med Center One Walk-In Clinic, you must register at the front desk before you go to the Walk-In Clinic.

Vision & Dental Screening

Vision and Dental Screening for children enrolled at TJES will be held at the Student Health Center on September 28, 29 and 30. If you have any questions concerning the screenings, please contact a nurse at the Student Health Center. Letters will be sent out to the parents of the children who need to be referred downtown.

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Sodium - A little goes a long way

Sodium is a mineral that is essential for good health. You must have a balance of sodium and water in your body fluids and tissues at all times. Too much sodium or too much water will upset the balance. Unfortunately, most of us eat far more sodium than we need—a little sodium goes a long way.

How Much Sodium? According to the National Research Council 1100-2200 milligrams of sodium daily is enough. However, Americans consume 2-6 times that amount! Sodium is most commonly found in salt but is also found naturally in foods and is used as an additive in foods and drugs. Salt is 40% sodium and the rest of the compound is chloride. There are approximately 2000 mg. Sodium in a teaspoon of salt.

Side Effects of Sodium - Hypertension or high blood pressure is major risk factor for heart disease and stroke. Individuals with hypertension often need to reduce sodium in their diet as part of good blood pressure management. The direct link between high sodium intake causing hypertension is not definitive.

Reading of Labels of Sodium - Even if you never salt your foods, 90% of all processed foods contain sodium. In reading labels watch for the words "sodium" or the symbol "Na" and eat these foods moderately. It is important to note that liking salty foods, it will take the taste buds 2-3 months to readjust to the new sodium level. So be patient! You will eventually like less sodium.

A Life and Death Experience

Narrative Essay, Gary Standing Crow, United Tribes Technical College, September 23, 1999

I experienced a lot of life and death situations in my lifetime, but this experience was different in a way. It involved a black couple. The husband was the victim. The wife could not speak English. It seemed like nobody wanted to help, which made this situation very difficult and terrifying.

As we went shopping in Mandan. We entered a store to look for a clock. While browsing I noticed a lady holding up a man from behind. As I looked at her she seemed terrified. Her eyes were big and watery. She seemed so scared, like she didn't know what to do. The man was shaking erratically. He was having a seizure attack.

I took first aid and CPR training while going to school at United Tribes under Kevin Finley. The first thing I did was go to the lady to assist her with her husband. I took

hold of the victim. I looked at his wrist to see if he was wearing a bracelet, he wasn't. While doing this I asked the lady if he was epileptic or if he was a diabetic. She seemed to not understand me. First of all I thought she was in shock. So I called out to my girlfriend. She seemed startled at the situation at first. I told her to go call for an ambulance. As this was going on a man walking by just glanced at us and kept on walking, like he didn't want to bother or was afraid to get involved.

My girlfriend went to the cashier to get her to call 911. She pointed to the scene. The cashier just stood there in awe, like she was in shock. The man who passed by scene a couple of seconds earlier asked the cashier to call for help. She then proceeded.

While this was going on I proceeded with what I learned in class. At first I felt so afraid. My heart felt like it was beating a thousand times a minute. I remembered that I had to stay calm. It's like I could hear Coach Finley's voice telling me what to do.

After getting no answer from the wife, I proceeded. I checked the scene it was ok, I laid him down, and I checked his mouth for any objects. I noticed a pen in his back pocket I removed it so that he wouldn't get hurt. I checked to see if his belt was loose enough so to not cause any problems. He kept shaking and shaking erratically. Sometimes he would stop then start up again. A man walked by, looked and smiled and kept on going. I thought to myself, why isn't anybody going to help me.

He was breathing fast and heavily, then all of a sudden he stopped breathing or assumed. I checked his wrist and neck for pulse. I found a pulse but it was weak. Saliva and blood was starting to come out of his mouth. I positioned his body onto his left side so he would not choke. I positioned his legs and his arms so that he could breathe easier. It worked. He started breathing normally. I felt good.

The cashier called 911., She told the operator that we entered the building together and that we could not speak English. As I knelt on the floor holding the man on the side he seemed to calm down. He was breathing okay. I had the situation under control. A lady from the front desk hollered some instructions as told by the 911 operator on what to do while we were waiting for the ambulance. I told her I had already done that and he was doing okay. This made me feel good that the ambulance was on the way, but he was still unconscious.

The ambulance crew came. I felt relieved. As I stood up my knees felt wobbly, like I could not stand. I told the EMT's that the wife could not speak or understand English. All she gave was his name. They called out the victim's name and he started to respond. He opened his

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eyes slightly and slowly blinked. I helped them get him into the ambulance. I told the EMT's I had recently took a course in CPR and First Aid training. They gave me the thumbs up and said good for you and smiled and left. I stood outside for a couple of minutes to catch my breath and watched as the ambulance pulled away.

I called the hospital the next morning to see how he was doing. They told my they could not release his name and any information. All I know that his first name is Jullian.

I learned a great deal that day on how people judge other people differently because of the color of their skin. I was stunned at the remarks the cashier had relayed over the phone that we all could not speak their language. Even more so when they did not want to assist us in the victim's time of need. All these questions kept coming to my mind: How could a person ignore a life and death situation? Or were they afraid to help? Or maybe they just did not know what to do? Or was it just plain ignorance? I am glad that I took part in saving a life.

CHEMICAL HEALTH CENTER

THE EDUCATION PROCESS

What you can do now for your education.

- | | | |
|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| 1. | Learn <ul style="list-style-type: none">◆Finish Your Education◆Study Different Materials◆Get On The Job Experience◆Have Good Role Models | Skills <ul style="list-style-type: none">◆Desire To Learn◆Have An Open Mind |
| 2. | Have A vision for your future. <ul style="list-style-type: none">◆Higher Education◆Employment | Self Confidence <ul style="list-style-type: none">◆Imagination |
| 3. | What do you need to do? <ul style="list-style-type: none">1.2.3. | Goal Setting <ul style="list-style-type: none">◆Commitment |
| 4. | Motivate Yourself to do it. <ul style="list-style-type: none">1.2.3. | Risk Taking <ul style="list-style-type: none">◆Assertiveness |
| 5. | Keep striving for your goals. <ul style="list-style-type: none">◆What are you doing to get there? | Be Objective <ul style="list-style-type: none">◆Be flexible◆Keep trying |

1999 December Fall Graduates

News Flash

Students who will be graduating in December need to meet with placement personnel before October 13, 1999 regarding jobs, higher education and the completion of placement files. Please stop by in either (Room 122 or 120) and arrange a meeting. If we are not in our offices please leave voice mail on extension 280 leaving a name, and how to contact you. This meeting is mandatory if you are going to graduate in December. Please act now as graduation ceremony will be here sooner then you think.

Potential Cooperative Education Students:

Since students from the Bismarck/Mandan area leave for Higher Education else where in the state or nation, there is a surplus of jobs that open up in the month of September. I have observed this fact in the Tribune Job Market flyer since I view it all the time. These jobs are in the areas of Food Service, Law Enforcement, Health, Construction, Assistant Management, Dietary, Mechanics and Clerical. Remember that this is the same flyer that is taped to my door. So if you are looking to be in the Cooperative Education Program this semester please stay in contact with me at least once a week and be aware of the potential job opening on my door.

Thank you.

Vince Schanandore, Placement Counselor

**Information for the
Next Newsletter
must be
submitted to
Arrow Graphics
no later
then October 1
Attn: Wanda Swagger**

**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**

WIN \$300

DESIGN A LOGO

FOR THE
NATIVE AMERICAN BAR ASSOCIATION OF WASHINGTON D.C.

MAIL LOGO DESIGN ENTRIES TO:

Native American Bar Association of Washington D.C.
1220 L Street NW, Suite 100-209
Washington, DC 20005-4018

Please include Name, Return Address, and Telephone Number

All entries must be postmarked by **October 29, 1999**
Winner will be notified by telephone

ORGANIZATION PURPOSE:

The Native American Bar Association of Washington D.C. is established to promote the educational and professional advancement of Native American attorneys. We are committed to promoting the sovereignty of Native American tribes and their communities, the legal rights of Native Americans, their communities and tribes, providing community outreach and education about legal issues that affect Native Americans and promoting the cultural heritage of Native Americans, their communities and tribes.

LOGO: Should include a merging of Native and Legal imagery.

NABA D.C. LOGO MAY BE USED FOR: stationary, fax cover sheets, t-shirts, etc.

Please note:

*Entries will not be returned-winning logo will be the sole property of NABA.

*Copyright © and art selected belong to NABA, D.C., Inc.

Attention Parents

Parenting Teen Series

(Includes addressing substance abuse)

**Tuesdays, Sept. 28, Oct.5, & Oct.12
7-9PM**

Location: Morton County Courthouse, Rm 100, 210 2nd Ave. NW
or
If enough UTTC people register, the location will be moved to United Tribes.

Register by calling 667-3342
Monday, Sept. 27th

Sponsor: Region VII CSCC Family Resource Center
Instructor: Verona Lechler, NDSU Extension Service

UTTC Contact Person is Barb Danks, ext. 236
I recommend this class as an excellent resource for parents.

**Red Ribbon Week (Oct. 24-31)
is a National Week of
Awareness / Prevention of Substance Abuse.**

Interested?

**Come to the planning meeting with your
ideas, creativity and commitment!!**

UTTC Staff, Faculty, Students, TJES, & Friends are invited.

**Planning Meeting
Tuesday, September 28
3:30 PM
@ the Small UTTC Gym**

Contact Persons:

Julie Bison ext. 318, Tami Georgeson ext. 295, & Barb Danks ext. 236

United States Census 2000

INFO/GRAM

An Information Service of the Denver Regional Census Center - www.census.gov - Week of Sept. 20, 1999

Where You Can Find Our Data

State Data

<http://www.census.gov/population/www/estimates/statepop.html>

County Data

<http://www.census.gov/population/www/estimates/county.html>

Metro Data

<http://www.census.gov/population/estimates/metro-city/ma96-05.txt>

Census 2000

www.census.gov

IT'S A BIG STORY!

STATE & COUNTY POPULATION CHANGES FOR THE NATION'S RACIAL AND HISPANIC GROUPS

The Census Bureau has released annual estimates, from 1990 to 1998, of the population by race, Hispanic origin, age and sex for the nation's 50 states, the District of Columbia and 3,142 counties.

"These estimates show that the number of Hispanics, and the number of Asians and other racial groups living in the United States has increased substantially during the 1990s," Census Bureau Director Kenneth Prewitt said. "However, Census 2000 will provide more precise information on the demographics of America. We need a good snapshot from next year's census to document the increasing diversity of the country. That is why the Census Bureau is moving full-steam-ahead in its efforts to count every person residing in this country, assuring that next year's Census 2000 is the most complete and accurate census ever."

Population Estimates For States in the Denver Region

1990	1990-1998 1998	Diff. %
	Arizona	
3,665,339	4,668,631	27.4%
	Colorado	
3,294,473	3,970,971	20.5%
	Montana	
799,065	880,453	10.2%
	Nebraska	
1,578,417	1,662,719	5.3%
	Nevada	
1,201,675	1,746,898	45.4%
	New Mexico	
1,515,069	1,736,931	14.6%
	North Dakota	
638,800	638,244	-0.1%
	South Dakota	
696,004	738,171	6.1%
	Utah	
1,722,850	2,099,758	21.9%
	Wyoming	
453,589	480,907	6.0%

Denver Regional Census Center

Media Specialists

Doug Wayland

Colorado, Montana

Aujali Olgeirson

Nevada, Utah

George Martelon

Nebraska, North Dakota,

South Dakota, Wyoming

Adriana Zorrilla Velasquez

New Mexico & Minority Media

Enrique Medina Ochoa

Arizona & Nevada Minority Media

303-231-5050

1999 AUSTIN POWWOW



AMERICAN INDIAN HERITAGE FESTIVAL



Saturday, Nov. 6, 1999

10 a.m. to 10 p.m.

(Grand Entry 1:00 & 6:30 PM)

At the Toney Burger Center (3200 Jones Rd.)

- ❖ Incredible Traditional & Contemporary Music & Storytellers.
- ❖ Traditional & Contemporary Native American Foods.
- ❖ Hundreds of Traditional Native American Dancers.
- ❖ North America's largest single day Powwow!
- ❖ The Best Native American Artists.

Free Admission!

For more info: call 414-0159

Proudly presented by the Austin Powwow Committee and
AISD's Native American Parents Committee

Benefiting AISD's American Indian Educational Program and scholarships
for continuing education for Native American students.

ABSOLUTELY NO DRUGS OR ALCOHOL PERMITTED

The 8th Annual
Austin Independent School District's



AUSTIN POWWOW

And American Indian Heritage Festival

November 6, 1999

Toney Burger Activity Center
3200 Jones Road - Austin, TX

\$12,000 + Cash Prizes

Master of Ceremonies Tim Tall Chief, Osage
Head Man Dancer..... John Butler, Sac & Fox
Head Lady Dancer..... Kathy Butler, Alabama-Coushatta
Head Judge Bill Takes Horse, Crow
Arena Director Ed Ketcher, Cherokee
Host Southern Drum..... Scizzortail
Host Northern Drum Little Eagles
Gourd Dance Co-Host Texas Kiowa Tia-Piah Society
Gourd Dance Singer..... Pat Oyebi, Kiowa
Head Gourd Dancer John Mouse, Cherokee
Cherokee Nation Color Guard .. Tahlequah, Ok

Schedule of Events

10:00 a.m. - Special Educational/Heritage Program - Grand Entry
(Extra points awarded for dancers participating)
12noon - Gourd Dance/Lunch Break
1:00 p.m. - Grand Entry
5:00 p.m. - Gourd Dance/Supper Break
6:30 p.m. - Grand Entry

[Due To Time Constraints - Absolutely No Specials]

American Indian & Western Arts and Crafts

Contest Categories

Men's Traditional, Men's Straight, Men's Fancy, Men's Grass
Ladies Buckskin, Ladies Cloth, Ladies Fancy, Ladies Jingle
Junior Boys Southern (12-16), Junior Boys Northern (12-16)
Junior Girls Southern (12-16), Junior Girls Northern (12-16)
Little Boys (6-11), Little Girls (6-11), Tiny Tots (5 & under)

Contest Payout

Golden Age: \$300 First Place ~~~~
All other Adult categories pay 5 places, First Place: \$500
All other categories pay 5 places

NO DRUGS OR ALCOHOL ALLOWED



For Information:

Call: 512/338-9860

email: v_bland@yahoo.com

Arts and Crafts:

Call: 512/445-3590

All Drums Welcome