

UNITED TRIBES

On-Campus News

VOL. 9, NO. 7

October 4, 1999

A Remembrance and A Commitment to a Student

In the past week, we have all had a most difficult time with the loss of Charles Silk—known as Chuck to his family and friends. His tragic passing is one which we will not forget.

Chuck, a Construction Technology student, was buried this past Saturday, October 2, 1999, at his hometown of Fort Yates, North Dakota in the St. Peter's Catholic Cemetery. He was age twenty, being born on January 28, 1979, and died, Tuesday, September 28, 1999. Chuck's Indian name from the Standing Rock Sioux Tribe is Tatanka Hota, Grey Buffalo Bull.

Nearly 400 attended the services held at the old gymnasium at Fort Yates. His parents, Duane and Melody, his sisters Sharla, Tabitha, Duanna and adopted sister Kimberly Fool Bear, braved the day, along with his boyhood friends, relatives and friends from the community and United Tribes.

The ceremonies and a Catholic Mass, with songs by his Aunt Jeannie Azure, and a poem "To Our Brother", written by his sisters, was read. A Lakota song of honor and memorium by Jesse Taken Alive were a part of this sad day.

Chuck and his family have long been associated with United Tribes. He was the third generation to have attended and been associated with the College.

His maternal grandmother, Jenny Azure, was the first student to be accepted at United Tribes—then known as United Tribes Employment Training Cen-

ter in September, 1969. Chuck's father, Duane, was a graduate in the painting vocation in the 1970's. His mother, Melody, was the first registrar when this

post was created as a technical college. Chuck's paternal grandmother, Gladly Two Horses,

was a former teacher at the on-campus Theodore Jamerson Elementary School. Likewise, he

has many relatives who are alumni of the College.

Chuck is, indeed, a loss to all of us. Those of you who were his friends know this all too well.

What can we do in a situation of great shock?

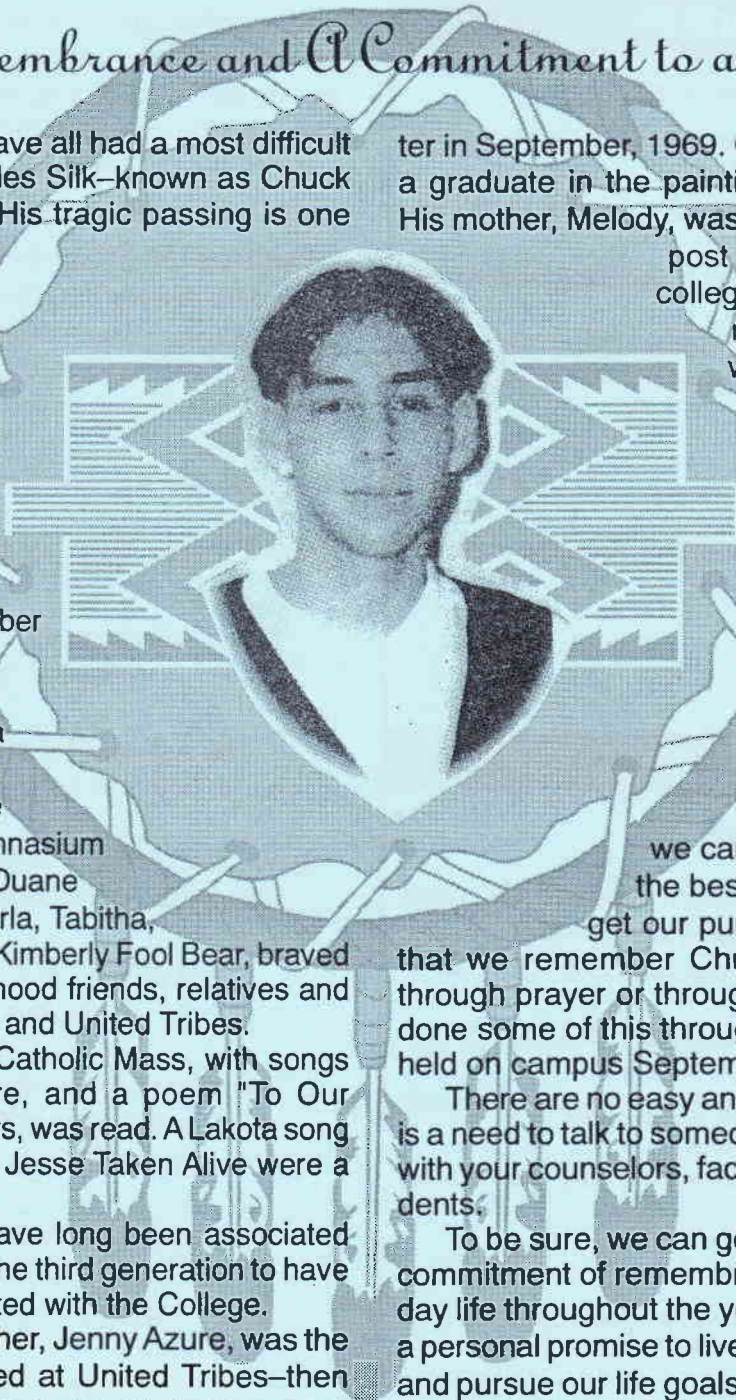
What is important is that we carry on with our daily lives in the best way we can and don't forget our purpose. What is important is

that we remember Chuck in a good way—either through prayer or through a commitment. We have done some of this through the services which were held on campus September 28 and 29.

There are no easy answers, however. Yet, if there is a need to talk to someone about this, do so. Speak with your counselors, faculty and staff and fellow students.

To be sure, we can go a step further by making a commitment of remembrance to Chuck in our every day life throughout the year. We can do this through a personal promise to live a better life, to study harder and pursue our life goals, to live an alcohol and drug

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Weekly Menu

DINNER

October 4-8

- Mon.- Goulash, Vegetable, Dinner Bun, Salad Bar, 2% or Skim Milk
- Tue.- Bean Soup, Fry Bread, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Wed.- Turkey Club Sandwich, Soup, Salad Bar, Assorted Fresh Fruit, 2% or Skim Milk
- Thu.- Variety Pizzas, Salad Bar, Dessert, 2% or Skim Milk
- Fri.- BLT, Soup, Salad Bar, Dessert, 2% or Skim Milk

October 11

- Mon.- Honey Roasted Turkey Sandwich, Soup, Salad Bar, 2% or Skim Milk

SUPPER

October 4-8

- Mon.- Hamburger on a Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies, 2% or Skim Milk
- Tue.- Pork Chops, Rice, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Wed.- Meatballs over Noodles, Vegetable, Salad Bar, Dessert, 2% or Skim Milk
- Thu.- Grilled Steak, Baked Potato, Garlic Toast, Tossed Salad,
- Fri.- Fresh Fruit, 2% or Skim Milk
Lasagna, Garlic Toast, Vegetable, Salad Bar, Dessert, 2% or Skim Milk

October 11

- Mon.- Baked Ham, Baked Potato Wedges, Vegetable, Salad Bar, 2% or Skim Milk

Continued from front page...Charles (Chuck) Silk free life, to do a good deed (with humility) for oneself or someone else each day.

Look upon life as positive challenge—rather than a world which is filled with negative obstacles. Take care of ourselves, but also look after one another—in class or on campus or in town or back home.

Those of you who knew Chuck also know that he was outgoing and positive. "He loved to hunt, fish, draw, play basketball and the outdoors." He was an optimist. And, you should be, as well!

Like Chuck, who is both Chippewa and Dakota, you are First Americans who can make a better life and a better future. We can address this through a commitment to positive change for ourselves and as an honor to the spirit of Charles Silk. Mitakuye Oyasin (We are all related).

by David M. Gipp, President, UTTC

Painting On Stone donated by to the College

The Silk Family has offered a gift to the College and its Students in honor of Charles, their son. It is a painting on stone, "The End of The Trail." It is on display, and sits on the fireplace mantel at the United Tribes Cafeteria.

To Our Brother

You brought lots of love into our lives and now you're gone.

You will always be our brother and we will always love and keep you very close to our hearts.

Even though our hearts are broken into a thousand pieces we will always have tons of memories.

Our prayers and thoughts will help you on your new journey.

But always remember even though you're gone, you'll always live on in our hearts and we'll keep our memories close.

Remember always that we love you with our whole hearts and that you'll always and forever live on through us.

We love you, Chuck.

Joan Estes Memorial

The Joan Estes Memorial will be held Saturday, October 23rd at the UTTC Small Gym. There will be a church service at 11:00 am followed by a dinner and giveaway. Joan was a former principal of UTTC's Theodore Jamerson Elementary School before working with the ND Department of Public Instruction. For information or questions about the memorial, contact Anita Charging-Baird at 222-8193 or 663-2252.

INDIAN CLUB MEETING

(Organizational Meeting)

Tribal Arts Building

Wednesday, October 6th, 1999

4:00 pm

Located by the

Arrow Graphics Office

Formation of an Art Club at UTTC

Any students, faculty, or staff members that are interested in joining an Art Club are invited to meet at the Art Building on Wednesday, October 6th at 3:30 pm. For any questions or information you can call Wayne Pruse at extension 360.

Nurse Heid expanding her skills

On September 30 and October 1, Anne Heid, UTTC Nursing Instructor, was a guest speaker at the Carrington Health Center's yearly "Days of Reflection" employee workshop. The focus of the workshop was on managing stress related to work. Anne's presentations covered ways to practice aromatherapy for stress management.

While in Carrington, Anne also addressed the Carrington Health Center Auxiliary's District VI mem-

bers at their fall seminar. That presentation was also about uses of aromatherapy.

Anne is currently studying aromatherapy at the Institute of Integrative Aromatherapy in Boulder, CO. The course is for health care providers who wish to incorporate the use of essential oils into their practice.

Submitted by Sister Kathryn Zimmer,
Director, AASPN Program

REMINDER!! FACULTY AND STAFF

Please return the Bookstore Assessment surveys as soon as possible. This is a very important tool to our college to aid in improvements, and findings its strengths and weaknesses. As of today, the Bookstore has received 33% of the surveys back. Let's try and improve that percentage. If you need a new survey, call the Bookstore at Ext. 357. Thank you for your cooperation.

Cathy Mastrud
Bookstore Manager

Hospitality Management



Hospitality Management students served the reception of the Miss Indian Nations introduction of candidates held at the North Dakota State Capitol held in the Great Hall on September 8th. Students include (L-R) Jonathan Young, David Strange Owl, Shari Armell, and Winston Sam.

Chemical Health Center:

"CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY"

A PROMISE OF HOPE: The dictionary defines insanity as "inability to manage one's own affairs and perform one's social duties without recognition of one's own illness."

The definition certainly applies to those of us who have just admitted that our lives had become unmanageable. Assuming this is our first walk through the steps, we are not able to recognize the full dimension of our illness. It is very likely that we are at the point of denying or minimizing the seriousness of the problem. We may still be blaming circumstances or other people for our drinking rather than accepting the responsibilities for our own behavior. The "BIG BOOK" identifies us as selfish and self-centered, driven by a hundred forms of fear, self-delusion, self-seeking and self-pity. One aspect of our insanity is our distorted self-image. Somehow, each of us come to think of our problems as being so unique that what will work for others will not work for us. These negative beliefs work against us and keep us sick. Step 2 does not mean that we must immediately come to believe in GOD as he may be presented in some formal religious denominations. Step two, like all of the Steps, is a suggestion made by other recovering alcoholics that "this is how we did it." They found that in the second step of their recovery they came to believe there was hope if we come to believe that the **source of power we need in our recovery lies outside ourselves**. If we have the desire to stop drinking and using, and if we are looking for restoration to sanity, we should find ourselves regularly at a weekly A.A. meeting. That's where the process of coming to believe is activated. The evidence shows that the A.A. program works for those who believe in it.

Hazelden Foundation

Our A.A. meeting at the Chemical Health Center are held every Tuesday at 7:00 p.m. and are open to students, staff, both men and women.

Home Group 2 & 3

Sack Lunch Meeting

12:00 Thursday, October 7 in

Marge's Room 113 - Skills Center

Lots to discuss, we'll provide the lunch.

Campus Contractor

Small jobs, good work, reliable, friendly

Does all carpentry work: doors, shelves,
doghouses, etc.

Sheetrock: repair & installation

If you need any of these things done right the first time. Get a hold of me ate either after 8:00 pm at 250-7119.

Or E-mail me at means2@hotmail.com

Information for the
Next Newsletter
must be
submitted to
Arrow Graphics
no later
then October 8
Attn: Wanda Swagger

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

STUDENT HEALTH CENTER NOTES:

The Student Health Center is in the process of completing dental and vision screening at the elementary school. Letters will be sent to those parents whose children need to be referred to a local dental or vision clinic. If the child is eligible for assistance through Medicaid, Medical Assistance or Private Insurance, the parent can schedule the appointment. If the child does not receive financial assistance from a source other than the Student Health Center, the parent must see the Student Health Center to schedule an appointment. We encourage the parents to schedule the appointments as soon as possible.

Parents who have not submitted Medical Assistance or Social Security numbers to the Student Health Center should do so as soon as possible.

Custer Family Planning will be at the Student Health Center on October 12 from 1-4 p.m. Students and staff who are in need of services such as ob/gyn exams, contraceptives, screening for sexually transmitted diseases, pregnancy testing, and HIV testing should make an appointment. If you are interested in making an appointment or if you have questions, please call the Student Health Center at Ext. 247 or 286.

Dance like no one's watching

We convince ourselves that life will be better after we get married, have a baby, then another. Then we are frustrated that the kids aren't old enough and we'll be more content when they are. After that we're frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage. We tell ourselves that our life will be complete when our spouse gets his or her acts together, when we get a nicer car, are able to go on a nice vacation, when we retire.

The truth is, there's no better time to be happy than right now. If not now when? Life will always be filled with challenges. It's best to admit this to yourself and decide to be happy anyway. One of my favorite quotes comes from Alfred D. Souza. He said, "For a long time it had seemed to me that life was about to begin - real life. But there was always some obstacle in the way, something to be worked through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life."

This perspective has helped me to see that there is **5**

BELL'S PALSY

(Information is from the National Institute of Neurological Disorders and Stroke).

Bell's Palsy is a form of facial paralysis resulting from damage to the 7th (facial) cranial nerve. This nerve disorder afflicts approximately 40,000 Americans each year. It can strike almost anyone at any age; however, it disproportionately attacks pregnant women and people who have diabetes, influenza, a cold or some other respiratory ailment. In addition to one-sided facial paralysis with possible inability to close the eye, symptoms of Bell's Palsy may include pain, tearing, drooling, hypersensitivity to sound in the affected ear, and impairment of taste.

There is no specific treatment for Bell's Palsy. Treatment is usually aimed at protecting the eye from drying at night. Some physicians may prescribe a corticosteroid drug to help reduce inflammation and an analgesic to relieve pain.

The prognosis for Bell's Palsy is generally very good. With or without treatment, most patients begin to get significantly better within 2 weeks, and about 80% recover completely within 3 months. For some, however, the symptoms may last longer. In a few cases, the symptoms may never completely disappear.

no way to happiness. Happiness is the way. So, treasure every moment that you have. And treasure it more because you shared it with someone special, special enough to spend your time - and remember that time waits for no one.

So stop waiting until you finish school, until you go back to school, until you lose ten pounds, until you gain ten pounds, until you have kids, until your kids leave the house, until you start work, until you retire, until you get married, until you get divorced, until Friday night, until Sunday morning, until you get a new car or home, until your car or home is paid off, until spring, until summer, until fall, until winter, until you are off welfare, until the first or fifteenth, until your song comes on, until you've had a drink, until you've sobered up, until you die to decide that there is no better time than right now to be happy.

Happiness is a journey, not a destination

Author Unknown

Student Senate Elections

**Tuesday (October 5)
3:00 - 5:00 p.m.**

Skills Center - Exhibit Hall

*****All students need to vote again as
this is a re-election to determine your
student senate officers*****