

UNITED TRIBES

On-Campus News

VOL. 10, NO. 12

March 27, 2000

Good advice from Indian wisdom



During the fall semester of 1970, I took a graduate course at the University of South Dakota entitled, **Modern Indian Psychology** taught by the late Dr. John Bryde, a former Jesuit priest at Holy Rosary Mission located on the Pine Ridge Indian reservation in South Dakota. This was a very enlightening and one of the most inspiring courses that I took as a graduate student. The fact that Dr. Bryde took the necessary time to learn and speak the Lakota language says something about his commitment, enthusiasm, and personal beliefs. He began to learn more about Lakota thought including traditional values. One of these intrinsic values he called "**Good Advice from Indian Wisdom.**" Wisdom was very high with the Lakota's in that the whole community revered those individuals who possessed wisdom and gave good advice. Wisdom was much more than gaining some knowledge about a particular subject or accumulating wealth and riches. A person with wisdom could be able to help another individual in times of crisis, trouble, trials and tests. Such a person had the unique ability to be able to discern between right and wrong, good and evil, truth and error, fact from rumor, and gave another individual good advice. Another value revered by the Lakota's was **Respect for One's Innermost** and closely related to **Wisdom**. The Lakota's believed everything was sacred and holy including plants, animals, and human beings. Regarding the latter, the most sacred aspect of a human being was his or her most innermost (spirit). It was considered akin to sin to upset the innermost of another human being. Can this explain the fact that both conversation and the power of the tongue are considered so very important as part of traditional Indian culture and values? The power of communication was and continues to be a very integral part of the Indian value system. Those who are able to control their tongue and learn to communicate in ways that uplift, motivate, encourage, support, help, assist, and offer good advice possess such wisdom. Those who cannot control their tongue may be left to their own weaknesses and shortcomings and may leave themselves open to communications that leave a message of divisiveness, hatred, animosity, discrimination, jesting, and despondency, thus, offering poor advice to others.

Is experience our best teacher? Perhaps. The Lakota's relied on the wisdom of the tribal elders before making any final decisions that may affected the whole community. Certainly, they looked to those elders who had proven by their communications and way they lived that they could be trusted, counted upon, and often sought divine guidance in the decision-making process. Many of our tribal leaders possess vision, lived worthy lives, made a living off the land, worked tirelessly in the best interest of the tribe and community, and when it came time to make decisions sought the advice of those tribal members who possessed such wisdom. Those tribes that have survived owe a lot to their ancestors who possessed wisdom and related

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ON THE INSIDE...

Financial Aid - College Work Study
Nursing Faculty Become Research Enriched
NDSU Cultural Diversity Tuition Waiver



Weekly Menu

*(Each meal served includes
2% or Skim Milk, Coffee or Tea)*

DINNER

March 27 - 31

- Mon.- Goulash, Vegetable, Dinner Bun
- Tue.- Bean Soup, Fry Bread
- Wed- Turkey Club Sandwich, Soup
- Thu.- Variety Pizzas
- Fri.- BLT Sandwich, Soup

April 3

- Mon.- Honey Roasted Turkey Sandwich, Soup

SUPPER

March 27 - 31

- Mon.- Hamburger On A Bun, Fries or Patato Chips, Soup
- Tue.- Pork Chops, Rice, Vegetables
- Wed- Meatballs over Noodles, Vegetables
- Thu.- Grilled Steak, Baked Potato, Garlic Toast
- Fri.- Lasagna, Garlic Toast, Vegetables

April 3

- Mon.- Baked Ham, Baked Potato Wedges, Vegetable

Continued from front page...

values in order to preserve their heritage and culture. One of the primary reasons from preserving tribal history and culture is for succeeding generations to surpass the accomplishments of the previous generation.

Today, we don't have to learn by experience, but if we take heed can learn from those who posses wisdom, respect, and the personal examples from their way of living. In that regard wisdom has no age, gender, race, or religious barrier. The number one goal of education is to seek the truth. We can acquire wisdom at a young age by making the right decisions as opposed to seeking false values based upon greed, envy, and related activities.

In closing, it's our sincere wish that all of our students acquire their degree or certificate and continue to make the most of the talents and abilities to benefit others less fortunate. Let's continue to focus on those worthwhile activities that have long lasting benefits for all of us. Hopefully, it is our goal to restore true values from our tribal history and culture to past onto the next generation of Indian young people.

Sincerely,
John Derby, Academic Dean

REMINDER • REMINDER • REMINDER

THE UTTC FINANCE OFFICE IS CLOSED FRIDAY AFTERNOONS AND THE LAST BUSINESS DAY OF EACH MONTH.

College Work Study Jobs . . .

Tutoring Math and Science to Native American students at two local Elementary Schools for \$8.00 per hour. Will run until June 30, 2000. Stop by Financial Aid Office.

The following list of students need to stop by Financial Aid Office to complete paperwork, files that are not completed:

- | | |
|--------------------------|----------------------|
| Lee A Brown | Alexis Mendez |
| Dolly Charging Whirlwind | Natasha No Heart |
| Deborah Chaske | Tamara Patneaud |
| Chad Conica | Dani Jo Perkins |
| Frank Cottier Jr. | Rodney Reeds |
| Michelle Cottier | Carl Reichenberg |
| Francine Delorme | Vina Snider |
| Clarice Fox | Crystal Stands Alone |
| Shelly Harvy | Shelby Webster |
| Thomas Jeno | Stacey Were |
| Aimee Kurlle | Mason White |
| Lisa Landin | Georgene Williams |

Nursing Faculty become research enriched

Anne Heid, Sherry Messmer, faculty, and Sister Kathryn Zimmer, Program Director of the United Tribes Clinical College Nursing Program, participated in the Sigma Theta Tau Research Day at Holiday Inn on March 23. It was a well attended gathering with a special presentation on dealing with stress.

Nutrition, sleep and activity are the best preventions - Research hears this out!

Submitted by Sister Kathryn Zimmer,
Director, AASPN Nursing Program

Note: Stop in to see the new mural in the nursing department - developed by Thomas Red Bird.

Thought for The Day . . .

- Mon:** • Why is that night falls and day breaks?
Tue: • Why do they call it Alcoholics Anonymous when the first thing you have to tell them is your first name and that you're an alcoholic?
Wed: • If men are so competent, then why do you always see signs that say, "Danger, Men Working."
Thu: • The things who come to those who wait are really gotten by those who got there first.
Fri: • Getting married costs thousands - divorcing costs millions.
Sat: • Its not the pace of life that kills us - its the stop at the end.
Sun: • God never gives you more than you can handle - unless of course you die of something terminal.

Information for the Next Newsletter must
be submitted to Arrow Graphics
no later than **12:00 NOON!**
Friday, March 31.
Attn: Sandy Erickson

PLEASE FOLLOW DEADLINE !

APPLICATION DEADLINE IS APRIL 15

At North Dakota State University in Fargo, the 2000-2001 Cultural Diversity Tuition Waiver applications are due on April 15th.

Please let your students know about the program and the deadline for submitting their applications.

If you need additional copies of the waiver, or have any questions, call us at (701) 231-1029 or call UTTC Financial Aid Office.

(Remember: The students must be in the process of being admitted to this institution in order to be considered for the waiver. Also, waivers will be awarded in May 2000.)

The waiver allows a student to attend NDSU tuition-free for five consecutive years.

SAVE THE DATE

North Dakota Tribal Diabetes Conference
June 14 - 15, 2000 † Holiday Inn † Bismarck, North Dakota



Featured Speakers: Yvette Roubideaux, Deputy Director
Center for Native American Health
Tucson, Arizona

Sally Davis, Project Investigator
National Diabetes Prevention Center
Albuquerque, New Mexico

Billy Rogers, Director
Health Promotions Program
Norman, Oklahoma

Sponsored by the United Tribes Diabetes Education Center

For Further Information Contact: Marsha Azure 701.255.3285 Ext. 327

CHEMICAL HEALTH CENTER

INDIAN BROTHERHOOD

THE TWELVE STEPS TOWARD SOBRIETY

1. I admit that because of my dependence on alcohol that I have been unable to care for myself and my family.
2. I believe now that a greater spirit can help me regain my responsibilities and model the life of my forefathers.
3. I rely totally on the ability of the Great Spirit to watch over me.
4. I strive every day to get to know myself and my position within the nature of things.
5. I admit to the Great Spirit and to my Indian brothers and sisters the weaknesses of my life.
6. I pray daily to the Great Spirit to help me.
7. I pray daily to the Great Spirit to help me correct my weaknesses.
8. I make an effort to remember all those that I have caused harm to and with the help of the Great Spirit achieve the strength to try to make amends.
9. I do make amends to all those Indian brothers and sisters that I have caused harm to whenever possible through the guidance of the Great Spirit.
10. I do admit when I have done wrong to myself, those around me and the Great Spirit.
11. I seek through Purification, Prayer, and Meditation to communicate with the Great Spirit as a child to a father in the Indian Way.
12. Having addressed these steps, I carry this Brotherhood and Steps of Sobriety to all of my Indian brothers and sisters with alcohol problems and together we share all these principles in all of our daily lives.

Snacking for Good Nutrition

(Source: The American Dietetic Association, <http://www.eatright.org>, 1996-1999)



Did you know that 75 percent of men and women eat at least one snack a day?

Snacking can be a nutritious addition to an eating plan or launch it into chaos. It's really what you choose and how much you eat that counts. Adding healthful snacks to your routine can help you control calories as well as overeating. Snacks help keep your body fueled so you feel energized and perform at your peak.

The best snacking plan starts with good food choices. To learn tips for healthy snacking, stop by the cafeteria on Wednesday, March 29 from 12-1 PM. The UTTC Food and Fitness Program along with the NDSU Extension Service's Family Nutrition Program will have a table set up with information and free samples of healthy snacks. Come and enjoy healthy snacking.

Submitted by: Kim Hinnenkamp, UTTC Food and Nutrition Program

Attention: Participants of the UTTC Food and Fitness Exercise Program

You've made it eight weeks. Hang in there! The end is near with only two weeks to go. Remember that the program ends on Wednesday, April 12. Watch the newsletter for future announcements on where to turn your cards in. Thanks again for participating! Call Kim Hinnenkamp at Ext. 397 if you have any questions.





United States
**Census
2000**



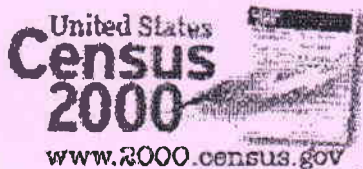
INFO/GRAM

An Information Service of the Denver Regional Census Center

This Week

Fill It Out.
Mail It Back.
By April 1st
It's Important
It's Confidential

March 22, 2000



Government by the People

C E N S U S D A Y

A P R I L 1, 2 0 0 0

If your readers, viewers or listeners need help filling out their census questionnaire,

refer them to:

www.2000.census.gov

To receive telephone questionnaire assistance, call:
1-800-471-9424

April 1st is Census Day! It will be a day of renewed civic responsibility and participation. It will also be a measure of the public's level of understanding of the importance of Census 2000.

Everyone is encouraged to complete the questionnaire and mail it back by April 1st.

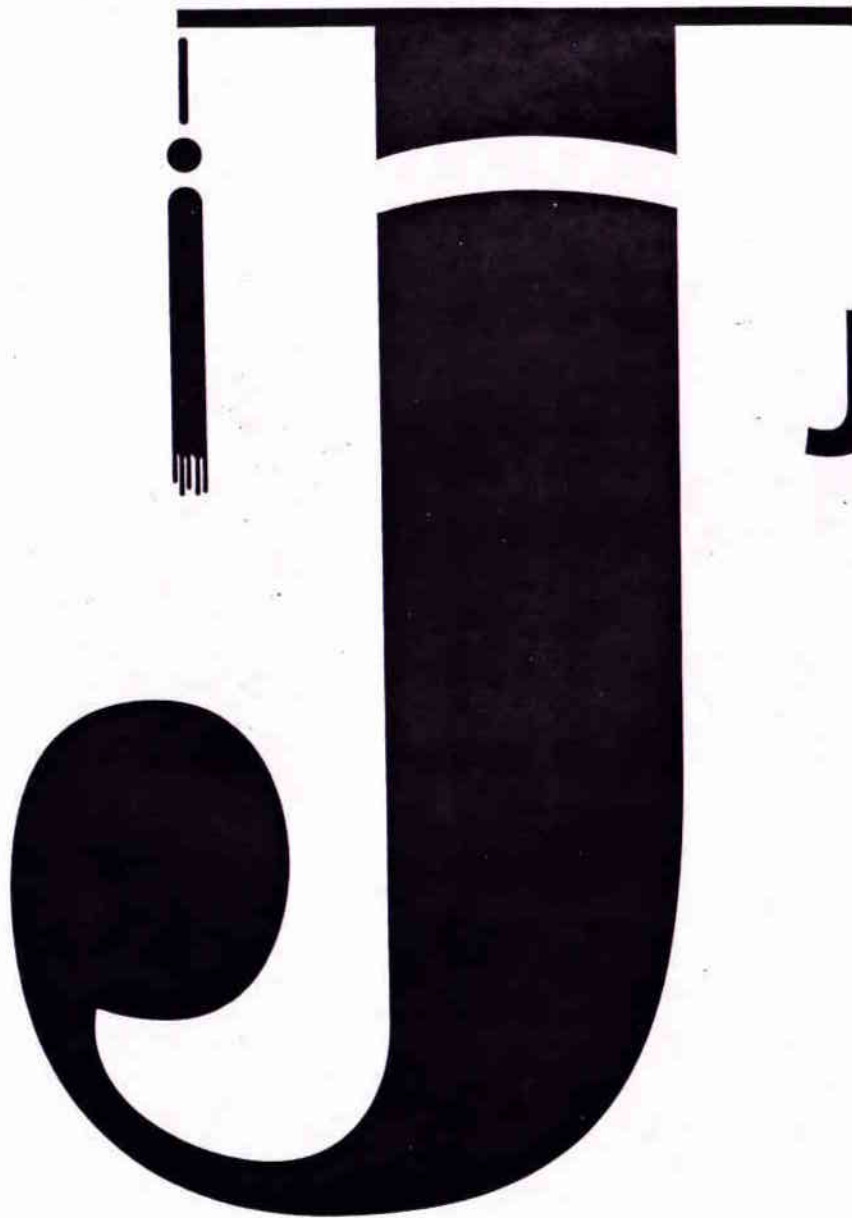
A high mail response rate could reduce the cost of the census.

Confidentiality and the Media

Title 13 of the U. S. Codes guarantees those responding to census forms that all information about them will be kept confidential. This means that no media representative is permitted to directly observe or record any activities or documents dealing with material covered by Title 13--including enumeration, or any follow up procedures with respondents. We ask that you observe the following guidelines as you go about covering your stories:

- You may not follow staff while they are working. They have instructions to stop their work if media representatives are close enough that individual respondents, their conversations, or their addresses can be identified.
- You may approach census staff before and after their work to request interviews. In such interviews, staff are required by Title 13 not to reveal specific information, such as individual addresses or dwellings, who they talk to, or other information that will compromise the confidentiality of the information they have gathered.
- Of course, you may approach respondents after the census process. The decision whether to talk with the media or not is the choice of the individual.
- Our goal is to avoid confrontations between census field staff and TV crews and still photographers by supplying a viable alternative such as: We have B-roll, photos.

If there are any questions regarding these guidelines please contact a Media Specialist at 303-231-5026.



**Accounting to Welding, if you
are looking for a job, come to**

Job Fair 2000

Wednesday, April 12 ~ Radisson Inn

800 South Third Street, Bismarck, ND

9 A.M. to 12 Noon College Students

12 Noon to 4 P.M. General Public Welcome

ADMISSION IS FREE

Full-time, part-time, and summer jobs

Bring your resume and be prepared for an interview!

**For more information contact: University of Mary Career Services, 255-7500, ext. 414;
Bismarck State College, 328-9841; United Tribes Technical College, 255-3285, ext. 208;
or Job Service at 328-5026**