

Volume 17, No.8

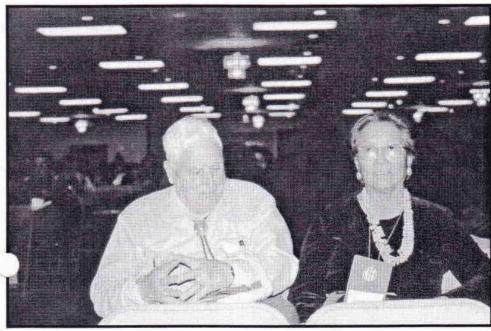
UNITED TRIBES TECHNICAL COLLEGE • BISMARCK, ND

Nov. 12, 2001

Awards received at 2001 NIEA conference

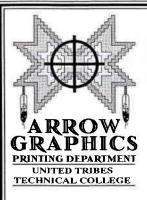


Recipients of 2001 NIEA awards at the 32nd annual conference, were: Dr. David Beaulieu, former director of the Office of Indian Education, USED, for special recognition; Parent of the Year recipient, Lloyd Locklear, (Lumbee); Elder of the Year Albert White Hat, Sr., (Sicangu Rosebud Lakota) with his wife, Marlese; and outstanding Educator of the Year, Dr. Linda Sue Warner (Comanche). Dr. Warner oversees a successful urban based elementary school in Milwaukee, WI. Each of the recipients were recognized by NIEA for their contributions to Indian Education (UTTC Photo by D.M. Gipp)



Here is a well known couple from Indian Country and who have been life long educators. They have both made major contributions to learning. Can you guess who this couple is? Pictured are Dr. Bob Russell and his wife Ruth. He is the founding president of the first tribally controlled community college, known originally as Navajo Community College in 1968 and now called Dine' College at Tsaile, AZ. Ruth has been a Navajo educator engaged in language and cultural studies in schools and at the college since the 1960's

(UTTC Photo by D.M. Gipp)



Newsletter Guidelines

Below are a few guidelines for submitting articles for the newsletter. We would appreciate it if you could follow these guidelines as it makes the newsletter more interesting and more timely for all concerned.

- 1. **All copy submitted** should relate to UTTC, its students, faculty or staff or be directly beneficial to the functions/daily operations of UTTC.
- 2. **PLEASE, EDIT YOUR COPY** before sending it over for publications. This is a "Newsletter" not a newspaper. Limit your article to what is necessary and informative. Also, limit all **posters** to 8 1/2" x 5 1/2". It is not necessary to use the full sheet. Posters or advertisements can be just as effective when half the size.
- 3. If contact persons are required with your article, please make sure you list that person's name and where they can be reached.
- 4. If submitting photos, please submit them either on disk or zip or email directly to the newsletter e-mail site as a **JPEG**, **TIFF**, or **EPS** or **submit the actual photo**. Do not send over photos that have been preprinted on your computer printer. This are not clear and do not reproduce well. Also, if submitting an article needing photos make sure they are attached.
- 5. All articles should be submitted ONE WEEK IN ADVANCE. All articles submitted for the newsletter should be in Arrow Graphics the preceding Monday before the next newsletter is due. (1 week in advance.) Any late article will be included in the following week's newsletter.

We receive a lot of articles and it takes 2-3 days to type all of the articles. **PLEASE** adhere to the deadline and policy. The newsletter is distributed by Monday.

6. If you are sending your articles through e-mail, please send them to <u>nduttcnews @hotmail.com</u>.

SEND ARTICLES AS "TEXT FILES" AND PHOTOS AS EPS, TIFF, OR JPEG., TO ABOVE EMAIL ADDRESS.

Our newsletter is sent all over the nation, so other colleges and organizations can see how we are progressing. Let's show our UTTC spirit with great news articles.

Dennis Lucier's ~UTTC DINER~ WEEKLY MENU

(Each meal served includes 2% or Skim Milk, Coffee or Tea and Salad Bar or Assorted Fresh Fruits/Vegetables)

DINNER

Nov.12- Nov.16

- M Hulipsa Hotdish
- T Taco Salad Bowl
- W Swedish Meatballs over Noodles
- T French Dip with Au-Jus
- F Knoephle Soup, Breaded Chicken Filet

Nov. 19

M Pork Cutlet, Mashed Potatoes, Cream Gravy

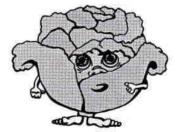
SUPPER

Nov. 12 - Nov. 16

- M Braised Beef w/ White Gravy over Noodles
- T Bar-B-Que Chicken, Baked Potato
- W Hamburger On A Bun, Pasta Salad
- T Swiss Steak, Mashed Potatoes w/Gravy
- F Burritos, Spanish Rice

Nov. 19

M Meat loaf, Oven Browned Potatoes





CONGRATULATIONS!

Sharlene Gjermundson has received an Excellence Award from the Student & Campus Services division for her outstanding performance and dedication to her work at United Tribes Technical College. Sharlene is the Supervisor of the Student Health Center. She was

raised in Trenton, North Dakota and has resided in Bismarck for the past 15 years. She is an enrolled member of the Turtle Mountain Band of Chippewa tribe. She is married to Lyle Gjermundson and they have two children. Shaldon is sixteen and Sadie is eight. Sharlene's "angels", as she calls them, are the joy of her life besides her work at UTTC.

Sharlene has been a Registered Nurse for eleven years and received a Bachelor of Nursing degree from the University of Mary. Before continuing her education at U of M, she obtained her Licensed Practical Nursing certificate from United Tribes. United Tribes gave Sharlene the confidence, education and basic skills that she needed to pursue her nursing de-

gree. While attending United Tribes, Sharlene was also a member of the women's Thunderbird basketball team.

One of the things Sharlene enjoys most in life is to watch her girls compete in rodeo. They are both very strong competitors and Sharlene is proud of them each time they ride into the rodeo arena. Sharlene's other hobbies include reading, making crafts and stained glass. Sharlene finds her job very rewarding and she enjoys working with Indian people. Her staff are wonderful people who know how to have a good laugh and have fun on the job. Sharlene thanks God everyday for her family, friends and opportunities that she has been blessed with.

Thought for the Day

IF

If you can start the day without caffeine,

If you can get going without pep pills,

If you can always be cheerful and ignore aches and pains,

If you can resist complaining and boring people with your troubles,

If you can eat the same food everyday and be grateful for it,

If you can understand when your loved ones are too busy to give you any time,

If you can overlook it when those you love take it out on you when, through no fault of yours, something goes wrong,

If you can take criticism and blame without resentment,

If you can ignore a friend's limited education and never correct him,

If you can resist treating a rich friend better than a poor friend,

If you can face the world without lies and deceit,

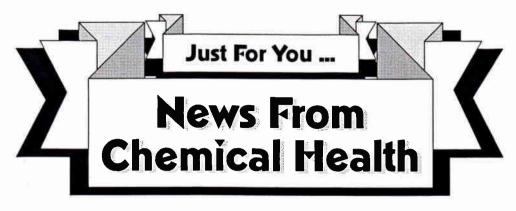
If you can conquer tension without medical help,

If you can relax without liquor,

If you can sleep without the aid of drugs,

If you can say honestly that deep in your heart you have no prejudice against creed, color, religion or politics,

Then, my friends, you are almost as good as your dog!



by Joe McGillis

THE STORY OF SAGE

Years ago when we lived in villages, one village was bothered by spirits. There were many spirits or ghosts in people's lodges and the people were scared. The people did not know what they could do, everything they tried failed.

One young man went out to stand on the hill and cry. Today, this is called crying for a vision, vision quest or fasting. He wanted something to help the people in the village. He found a hill to stand on and there he stood and began to cry and ask the Grandfathers for an answer and a way to help the people. Soon it became dark, the young man continued to stand and cry, praying for an answer.

Before long many spirits, or ghosts were around him. They scared him and chased him from the hill. He would run one way then the other. Wherever he would run the spirits would chase him and even come in front of him. The young man became exhausted, but still he ran, the spirits continued to chase him.

All of a sudden they were not chasing him and he rested for awhile and, after catching his breath, he tried again to go in a certain direction. But before he would get too far the spirits would again begin to chase him. He ran back to the place where they stop chasing him and rested.

He then thought to himself "there must be something sacred here". He stayed the rest of the night at this spot. When it became light he looked around and found himself standing in a large patch of sage. "This is it," he said to himself, "This is what the spirits are afraid of". It is the holiness of this plant that will help the people, He picked large bundles of sage, leaving a gift of Tobacco in its place. He then returned to the village. There he told the people of his experience and how the sage had helped him.

Since that time the people have used sage to smudge their homes and sacred articles, have carried sage on their persons and wear it in their moccasins for protections.

The sage is used in all our ceremonies. It is a cleanser of the spirit and the atmosphere. Even today the people who go on the hill stand or sit on a bed of sage for protection. Certain times of the year people will go out and pick enough sage to last them through to the following year.

This is the story of how sage is used that has been passed on to me by one of my mentors.

Chemical Health open house

November 20th, 2001

9:00 am - 4:00 pm

Grand Prizes

Fun and Food

Come join the Fun!!!

United Tribes Technical College Cultural Committee

Cordially invites all students, staff and families to attend honoring all veterans dinner and presentation of flags at

UTTC Cafeteria on November 14, 2001 at 4:30 p.m.

A traditional meal from the Menu of the Turtle Mountain Band of Chippewa November is National Native American Heritage Month

"Native American comirtogether in Unity to honor and Veterans.

Nursing students participate in community nursing

Evelyn Orth

Room 201 in the practical nursing department took on a different appearance on Thursday, October 25th when UTTC second year nursing students participated in Women's Way, a community nursing health fair and wellness screening event.

This experience differed from their usual clinical in that students did not provide patients care in a health care facility. Instead, students were out in the community teaching preventative health measures.

Students: registered family participants taught breast self exams, gave out a beaded necklace while explaining the significance of each size of bead to frequency of self breast exams, assisted with screening exams conducted by a health care practitioner, conducted mental health depression screenings, and collected evaluations from the participants and registering them for prize drawings.

One student reflected on the experience by journaling "It makes you feel good when you know you may be making a difference for the good in someone's life. It was a good learning experience and educational for all."

American Diabetes Association tip of the day

Submitted by: UTTC Extension Program

Question: Is there a best time of the day to take my medication?

Answer: This depends upon how many times of the day you are supposed to take it. If you take once-daily medications with the same meal each day, your're less likely to forget to take them. It's best to take twice-daily medications with breakfast and your evening meal. Repaglinide (Prandin), acarbose (Precose), and miglitol (Glyset) should generally be taken three times daily with meals. Metformin (Glucophage) should be taken with meals, whether taken two or three times daily.

Arrow Graphics Department

We are pleased to announce that we now at our new location, which is located at the Old Art Gallery building next door to the Art/ArtMarketing building.

Our new extension lines are as follows: Sandy, extension 293, Jan, extension 296 and James, extension 437. Our email address is:

nduttcnews @hotmail.com

Please stop by and visit us at our new location.

WIC

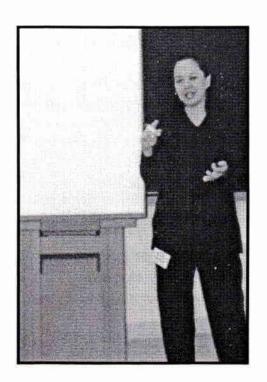
WIC is a nutrition program for woman, infants and children. UTTC WIC is open 5 days a week. Call Ext. 420 to arrange your appointment.

WEEKLY WIC QUESTION

QUESTION: I see there are two WIC Programs on campus. Why?

ANSWER: The Standing Rock WIC staff come to campus two days each month. They have come to UTTC for many years and provide WIC services. They see Indian clients who may or may not be students, but want WIC services.

The UTTC WIC Program is new this year. The office if located in the Infant and Toddler Center and is open Monday through Friday for a few hours each day. UTTC WIC service providers are students from the Nutrition and Dietary Management Program. These students received special training to perform WIC services as part of their hands on practicum experience. Stop in when you drop your infant off at the center and see how you can participate or call Ext. 420 to arrange your appointment. They served 39 clients in October, their first month of service on campus.



UTTC Extension Program hosts strong in body and spirit training

By: Kim Hinnenkamp, Extension Program

The UTTC Extension Program, along with the American Diabetes Association and the North Dakota Diabetes Control Project, hosted a second train-the-trainer workshop for the "Strong in Body and Spirit" diabetes curriculum. It was held October 16-18 at the Heritage Center here in Bismarck. All the tribes in North and South Dakota were invited to attend. Tribes that participated include the Standing Rock Sioux Tribe, Three Affiliated Tribes, Cheyenne River Sioux Tribe, and the Spirit Lake Tribe. Others attended from the Bismarck-Mandan community including staff and students from UTTC.

The Native American Diabetes Project, out of the University of

New Mexico, wrote the "Strong in Body and Spirit" curriculum. The curriculum is built around the needs and interests of Native American people in dealing with their diabetes. The goal of the curriculum is to encourage people to exercise more and eat less fat and sugar.

Trainees were given an opportunity to experience the curriculum being taught by one of the authors, Georgia Perez. Then they were able to practice teaching the curriculum with other members of their Tribal team. Now they are charged to begin offering the classes in their home communities.

Currently the UTTC Extension Program is offering it's third session of diabetes education classes featuring the "Strong in Body and Spirit" curriculum. We will be offering another four-week session next semester. The classes are open to all students, faculty, and staff. You don't have to be a person with diabetes to attend. Anyone who is interested in helping in the prevention of diabetes or has a family member with diabetes is welcome to attend.

If you have any questions about the "Strong in Body and Spirit" curriculum or diabetes education classes, contact Kim Hinnenkamp, LRD at ext. 397.

Great Spirit,

We thank you for your blessings that have provided the healthy foods to nourish our bodies. May we learn to appreciate and not take for granted all that we know to make us healthier. May we be open to accept change that will benefit not only ourselves, but our children as well.

By Georgia Perez, Nambe' Pueblo

Diabetes and mother earth students offer flavor test

by Wanda Agnew

An educational booth titled "How Sweet It Is? cheeni = Tami, Sri-Lanka, peha've = Paiute, suka = German, ziinzhibakwad = Ojibwa, suka = Samoan, canhanpi = Lakota, and s'uga = Norwegian... No matter how you say it - it is still sugar" was presented to staff and student at the UTTC cafeteria on November 8.

Students enrolled in Diabetes Mother Earth class offered printed materials and a flavor taste test from the booth. Two beverages were offered. The beverages were of similar flavor both including raspberry flavor as the base. To beverages were Kool-Aid Brand Island Twists flavor with raspberries and pears and Crystal Light Brand Raspberry Ice Flavor.

The lighter colored beverage, labeled "A", contained real sugar as the sweetener and has 60 calories per cup. The Kool-Aid beverage was made with a packet, which contained a pre-measured amount of sugar. The darker beverage, labeled "B", was Crystal Light brand, which is sweetened with a non-nutritive, non-caloric sweetener called aspartame. The largest selling aspartame product is Equal.

Twenty-seven people participated. Eleven votes indicated a flavor preference for the sugar sweetened raspberry flavored beverage. Sixteen people preferred the raspberry flavored artificially swreened beverage. Opinions voiced

continued on Page 7

continued from page 6

about the sugar-sweetened beverage included: this is sweeter; I think this is artificial sweetener and this must be Crystal Light. Comments shared about the artificially sweetened product included; this is watery, more flavorful, sweeter, and did you just add food color to the same beverage?

Students learned individual perceptions lead our taste buds and individual tastes vary greatly. One other thing we learned was that artificial sweeteners are not offensive to the majority of consumers. Of course, if artificial sweeteners are offensive to you - WATER is still the best sugar free beverage for young and old alike.

Sacred Child Yroject wins **National ECCO Award**

Bismarck, North Dakota--Sacred Child Project was nationally recognized for achievement in communications at the 2001 Excellence in Community Communications and Outreach (ECCO) Awards, which took place October 26, 2001 in Stamford, CT.

Sacred Child Project competed with more that 250 entries submitted by mental health professionals and child advocates from across the country to win a Bronze Award in the Best Video Category. Sacred Child Project's entry was an informational 12-minute video that is intended to promote awareness of the Sacred Child Project. The video is produced by KAT Productions

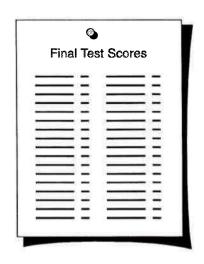
of Bismarck, ND. The ECCO Awards are sponsored by the Comprehensive Mental Health Services for Children and their Families Program of the Federal Center for Mental Health Services (CMHS), Substance Abuse and Health Services Administration, Department of Health and Human Services. The ECCO Awards are designed to highlight communications achievements in promoting children's mental health. The awards celebrate the talents, strengths, and successes of communities that are a part of a CMHS grant program to build community-based "system of care" for children with serious emotional disturbances and their families.

The Sacred Child Project uses a multidisciplinary and family driven approach called the wraparound process, to work with American Indian children and vouth with serious emotional needs. The process is culturally competent and creates a bridge between traditional healing practices and contemporary professional services. The Sacred Child Project serves children on the Fort Berthold, Standing Rock, Spirit Lake and Turtle Mountain Indian Reservations and the Trenton Indian Service Area.

The award presentations by category included: Media Outreach, Community Outreach: Parents and Other Caregivers, Community Outreach: Kids & Teens, Professional Outreach, Partnership Development, Communications Planning, Communications Training, Best Video, and Other, along with a Best of Show award.

All entries were peer-judged, and the criteria included consideration of message, delivery, creativity, audience, originality, production values, inclusiveness, and writing.

For more information about the Sacred Child Project, contact Jeanette Two Shields, Coordinator, Sacred Child Project Tribal Host Learning Community, United Tribes Technical College at (701) 255-3285 Ext. 385.

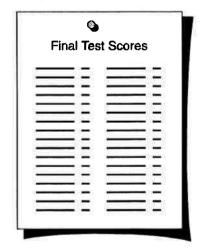


Students exit testing

All students who are planning to graduate in December, 2001 must take the Exit TABE Test. We have scheduled the three following times and dates to do testing:

Wed. Dec. 5th 5:00 p.m. **Education Building Rm B14** Thurs. Dec 6th 5:00 p.m. **Education Building** Rm B14 Thurs. Dec 13th 1:30 p.m. Education Building Rm B14

Graduating students need to schedule a time they will be taking the test with either Carol Johnson, Ext. 342 or Royce Irwin, Ext. 203.





United Tribes Technical College Extension Program

NutriNews

November is National Diabetes Awareness Month!

Volume 3, Issue 3

November 2001

Written bu: Kim Hinnenkamp, LRD Ext. 397 Skills Center 119D

Is Type 2 diabetes a concern for you?

Diabetes is a disease which affects over 16 million Americans and contributes to almost 200,000 deaths a year. Each day about 2,200 people are diagnosed with the disease.

Native American people are at a high risk of developing Type 2 diabetes. The disease and it's complications are affecting their people and communities in epidemic proportions throughout the country.

Diabetes is four to eight times more common in Native Americans compared to the general US population. It is also now affecting large numbers of Indian children.

WHAT IS TYPE 2 DIABETES?

Type 2 diabetes is the most common form of diabetes. When you eat, your body turns food into glucose (sugar) to use as fuel. Before you have diabetes, a hormone called insulin helps the sugar get into your body's cells.

If you have Type 2 diabetes, your pancreas starts to produce less insulin, which does not allow sugar to enter your cells. Your pancreas still produces insulin, but your body cannot use it effectively. Sugar then builds up in your blood.

By making healthy life-

style choices, you may be able to reduce your blood sugar levels to where they were before you had diabetes. This does not mean you are cured.

Complications of diabetes such as eye, kidney, and nerve damage can happen if blood sugar levels aren't kept under control.

THE GOOD NEWS

Lifestyle changes, including weight control and regular physical activity can prevent or delay diabetes, even in people who are at high risk. So, there is hope for our children to live a life free from diabetes.

How can I reduce the risks?

- Exercise on a daily basis.
- Drink more water and less pop.
- Eat five servings of fruits and vegetables each day.
- Maintain a healthy weight.
- Breast-feed your baby for at least four to six months.
- Choose lean meats each day.
- Limit high sugar and fat foods daily.



Are you at risk?



- Are you over the age of 40?
- Are you overweight?
- Are you inactive?
- Are you a woman

who has had a baby that weighed more than nine pounds at birth?

- Are you of Native American ancestry?
- Do you have a parent, brother, or sister with diabetes?

If you have any of these risk factors, you should have your blood sugar checked.

On campus, you can go to the Student Health Center (Education Bldg., Extension 247) and be tested for FREE.

Everyone should have their blood sugar levels checked once per year.



CDC NEWS

A Newsletter for Families

November 19, 2001

For Your Information

The November 5, CDC Newsletter had several misspelled names. Our apologies go out to: Rashawn Archaumbault and Quinn Red Bird.



"Where There Is True Hospitality, Not Many Words Are Needed." (ARAPAHO)

Let Me Introduce Myself:

Hellol

I'm currently the Director for the Child Development Centers here at United Tribes Technical College. My name is Marie Brown, a solo parent. I have four children; 2 girls and 2 boys. All

are over 20 years of age and have given to me 10 grandchildren. Within the extended family system, I would now have a total of 97 grandchildren. I have 11 sisters and brothers of which 6 are older and 5 are younger.

I attended school here at United Tribes and graduated in Criminal Justice. I then went on to Sitting Bull College and there received 2 two year degrees, and then I went to UND, Grand Forks and completed my four year degree in Education and Native Studies. I taught for 12 years on the Standing Rock & Cheyenne River Reservations.

I have been working at UTTC for two years. Stop by and visit anytime. Parents are always welcome at the centers.

Thank You,

Marie Brown



Happy Thanksgiving to all UTTC students and staff and families!



CDC NEWS

Hello from Denise & Evelynn the "New" Kitchen Aides at CDC.

Our job is to get breakfast, lunch and snacks ready for your little ones. We make sure they are eating healthy foods. We also keep the kitchen area clean and do all the laundry that needs to be done. We just add a little bit of "at home" to the center. So if you see someone cute in an apron and hairnet, that would be us! Happy Thanksgiving!

Denise & Evelynn

3 Year Old Group

We have been working on the color blue, and we are starting on the color green. This group made Indian corn and a big turkey out of the children's hands and feet. The children have been busy making themselves nutritious snacks. We would like to thank our dedicated practicum students, Anita Green, Michelle Crazy Thunder, and Marion Serawop for being so helpful, and the children get along so well with them. The children eagerly await their arrival each day. We appreciate all they do for us. Thank you ladies. We hope everyone has a safe and Happy Thanksgiving! Vivian and Jada

Hello,

My name is Doris Red Bird. I am the "new" Billing Tech. for the Child Development Genters. Please feel free to stop in and visit, or if you have any questions on billing please call ext. 248. Thank You, Doris

Reminder!

Winter is in the air.
Remember to dress your children warm and to check on the extra clothing at the center to make sure they are appropriate for the season. Also a reminder that center hours are; 7:45am to 4:00pm. Thank You, Pam
Supervisor at CDC

2-3 Year Old Group

Greetings! This month we will be working on Thanksgiving activities, and we will be getting ready for the holiday seasons. We would like to thank the practicum students, Adeline Cavanaugh and Misty Begay for working so hard with the children. We would also like to all the parents for letting us take care of their children; Reanna Bald Eagle, Ivory Bunting Jr. isaiah Smith, Taryn Starr, Dartagnan Walker, Kaitlyn Walker, Gabrielle Young Bird and Mandi Magnan Happy Thanksgiving Jackie and Carolyn



4-5 Year Old Group

The theme for November has been Thanksgiving. We have read stories about Native Americans helping the Pilgrims survive their first winter, how the first Thanksgiving came about, and a story about an Arikara woman picking corn. Along with the Thanksgiving theme, we continue to work with shapes, colors and the "Lakota" Laguage Curriculum.

It is nice to have Clancie working with this group. Welcome Aboard, Clancie Linda, Miriam, Alexis and Clancie

Hello UTTC Parents.

I would like to take this time to introduce myself. My name is Clancie Sorensen, I am a new Preschool Teacher at CDC. I am an enrolled member of the Mandan tribe located in the heart of Lake Sakakawea. My son, Randy, and I have recently moved here from Wahpeton where I was student teaching at the Circle of Nations. I am honored to have the opportunity to work with the native youth of today. I hope I have the opportunity to meet each and every parent of the children I will be working with. If there is anything I can do to help or make your child's learning experience at CDC more enjoyable, please let me know. Clancie

CDC NEWS



12-15 Month

Area

Hello.

Our theme color for the month of November is brown and orange, Thanksgiving colors. We will also be concentrating on teaching the children where there nose

Rreminder!

If you want your child to eat breakfast they need to be here by 9:00 am. Please check your child's extra clothing at the center to make sure they fit and are season appropriate.

Thank You. Gloria.

> Quotes from Connie Kitchen Aide "How do the Deer Know to Cross the Road at the Deer Crossing Sign?"

Hello.

My name is Crystal Horse Looking. I am married with four children, 2 boys and 2 girls. My family moved to Bismarck from Rapid City, SD. I am enjoying the baby area and am anxious to get to know all the parents. Crystal

18-24 MONTH AREA

Hello Everyone!

This month our theme for activities & storytime is Thanksgiving. We will be making, painting, coloring and gluing turkeys and autumn items.

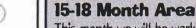
Our practicum students, Kerry Cadotte and Randy Holthusen have been busy teaching lessons to our toddlers and are

very, very helpful to us. We appreciate them sharing their time and talents with us. Thank you so much.

Please remember to bring caps, mittens and warm coats becasuse we go for walks everyday.

Thank You.

Carol & Jean



This month we will be working on the color brown/Gi and eye/ista will be the body part. We are still working on Good Morning/Hihanni Waste and Thank you/Pila ma ya.

Thanksgiving is just around the corner and we have been working on Thanksgiving activities.

Welcome to Cavvi Hertel, a new friend to our group.

It is never too late to teach our children the gift of giving. We would like each child to donate one canned food item. The food donations will be given to the Ronald McDonald House.

Thank You

Brenda

6-12 Month Area

We would like to welcome Kadence Vasquez to our area. We were sad to see Eric Patneaud graduate to Leaha and Valeria's group, but on the other hand we are excited to see him start walking with his new friends. Happy Thanksgiving,

Terry & Juanita

0-6 Month Area

A new friend, Caden Halsey, joined our group November 1st. We are so happy to have him. We also would like to welcome Crystal, a new staff in the baby area. We are so glad to have her

We have been having fun reading to the babies, playing palty-cake and peek-a-boo. Their smiles and coohing make our days. We hope you all have a Happy Thanksgiving. Vivian. Lenore & Crustal









