Dear Students and Friends,

Congratulations are in order on several fronts, given the large number of highly motivated and accomplished American Indian students who have much to celebrate as this Spring 2014 Semester comes to a close. First of all, I must thank the UND Indian Studies Association (ISA) and the UND Indian Association (UNDIA) on their successful implementation of the 44th Annual Time Out Week and Wacipi! Members of both organizations are to be commended for bringing such an outstanding array of cultural and educational events to the campus community! The UND chapter of the American Indian Science & Engineering Society (AISES) was also a great help and contributor to the success of these events, and I’d like to enthusiastically thank these students as well!!

The active, coordinated efforts of the UND American Indian student organizations to increase campus and community-wide understanding, sensitivity, and respect for American Indian cultures and contributions are more effective in positively impacting campus climate than anything that could be taught in the classroom. It is also most welcome to see various American Indian student organizations all working together to ensure the success of each other’s valuable community events! Please know that each and every one of you is appreciated for your assistance, as well as for the valuable leadership you provide to our campus and community!

The 2014 Spring Graduation Reception and the UNDIA end of the year picnic are being combined and are scheduled for May 8th from 4 to 6 p.m. at University Park, shelter #1 (weather permitting - alternate location: American Indian Center, 315 Princeton Street). Graduates, please join us and be recognized for your accomplishments! You serve as strong and successful role models for tribal youth all across the region as well as inspirations to many current American Indian higher education students. You’ve worked long and hard to achieve this goal, graduates, so do plan to attend! And to those of you still working on your degrees, please come help us celebrate and congratulate those graduating! I’m so proud of you all!

Finally, I’d like to mention the 2014 NATURE Summer Camp taking place June 2nd through 13th on the UND and NDSU campuses. All student visitors participating in the NATURE Summer camp will spend Monday through Wednesday of the first week at UND, and then spend Thursday and Friday at NDSU. The second week, we will be hosting only the students who chose to spend the remainder of their camp at UND, while the others stay on at NDSU. It is very important that we show these visitors what a warm and welcoming American Indian community we have at UND! So please, for those of you remaining in Grand Forks during the first two weeks of June, be sure to let us know if you can be present at some of the NATURE events, or if you might be interested in providing an informal presentation to our guests about your experience at UND!

On behalf of the entire AISS staff, I would like to thank and commend all of our students for their contributions to our community and the special place they hold in our hearts. You are truly our motivation and reward for coming to work each day, and we so enjoy being a small part of your higher education journey and experiences at UND!

Until next time, enjoy the summer and take good care!

Dr. Leigh D. Jeanotte, Director
Standing Left to Right:

Advisor: Dr. Alan Shackelford, Maui Lunde, Damian Webser, Frank Sage, Sashay Schettler, Dani Miller, Bethany Olson.

Sitting Left to Right:

Emmy Scott, Liza Lynn, Amber Bouret, Jade Serich, and Jackie Loos
Another successful year for the UNDIA. THANK YOU for all your hard work and dedication.

Back Row:
RJ Morin, James Lindgren, Tyson Jeannotte, Deanna Rainbow

Front Row:
Laine Lyons, Courtney Rocke, Bryce Lyons, Jordan Lafromboise, Travis Herman, Harmony Lindgren, and Vincent Grant
### CONGRATULATIONS!!

2014 Spring Candidates for Graduation

<table>
<thead>
<tr>
<th>Name</th>
<th>Degree</th>
<th>Major</th>
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<tbody>
<tr>
<td>Anderson, Brandon</td>
<td>BSN</td>
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<td>Annis, Heather</td>
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<td>Davis, Abby</td>
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<td>Redshaw, Rebecca</td>
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2014 Spring Candidates Continued.

Reynolds, Paul BSN-Nursing
Sanchez, Alexis BSED-Elementary Education
Schutte, Toni BS-Biology
Scott, Margaret BA-Indian Studies
Seene, Darrell BSA-Air Traffic Control
Serich, Jayde BA-Psychology
Smith, Mikel MA-Geography
Spangler, Kayla BA-Psychology
Stone, Jacy MS-Nursing
Storey, Sandra MS-Nursing
Striped Face-Collins, Marla MS-Geography
Thebeau, Kevin BA-Anthropology
Thielbar, Erin MS-Nursing
Thomas, Ethan BSN-Nursing
Tovar, Brittany MS-Nursing
Walker, Pearl MPH-Public Health
Ward, Cole BSCJS-Criminal Justice Studies
Webster, Damian BGS-General Studies
Whitman, Carol BS-Biology/Pre-Health
Whitman, Derek BSCN-Community Nutrition
Young, Zane MD

Students, if you are graduating and do not see your name on this list PLEASE contact AISS at 701-777-2578.

“Let us put our minds together and see… what life we will make for our children.” -Sitting Bull-

“Wisdom and peace come when you start living the life the creator intended for you.” –Geronimo-

“Education is the most powerful weapon which you can use to change the world.” -Nelson Mandela-
University Counseling Center Corner: Life’s Rainbow of Emotions
by Jamie Ramsey, UNDPIC Intern

As humans, we all experience the rainbow of emotions—regardless of whether or not we express all of them, or guard our feelings. What emotions we convey verbally and nonverbally may depend on our personalities, cultures, and any other reasons. However, there are some basic emotions all humans experience and/or communicate to others universally: happiness, sadness, fear, and anger. Some theories include shame, guilt, and interest as well. Generally, any other feelings not mentioned are considered a combination of the basic emotions.

Also as humans, we tend to move toward pleasure and avoid or try to remove ourselves from pain. This connects us also to animals, with the “fight-flight/freeze” phenomenon that serves as a survival instinct. “Fight” for humans can manifest as anger, like an aggressive lion that feels attacked, and “flight” becomes anxiety, like a threatened deer that freezes and runs. Furthermore, mainstream society rewards us for suppressing our problems or negative emotions: “Suck it up” or cheerleading, “It’s okay, you’ll be fine!” But, the more we suppress our emotions, the more fearful it becomes to deal with them. The fear becomes the biggest obstacle, bigger than even dealing with the actual pain or problem.

Despite such natural tendencies, it is good to allow ourselves to open up to the experiences of all our emotions, because both pleasant and painful emotions have purpose and meaning to them. In particular, they help us to more fully understand ourselves and our values. For example, anger may cue to us that something felt unjust, or that we really want our way (or others can take the highway)! Guilt and shame can motivate us to change positively by not doing the same shameful behavior again. Happiness can occur when our goals and values are met, whereas unhappiness is felt with losses or obstacles in the way of such values and valued people. However, sometimes feelings can be treated as truths, and we can go too far, with Trickster thoughts in our heads, beating ourselves up to the extent that we cannot learn from our emotions. For example, someone may think she/he is stupid because of an embarrassing moment or behavior, or someone may feel that nobody likes them after feeling rejected by one person. Sometimes, people think they are an emotion, not experienced as separate to themselves; they become sadness. That is when we need to find balance.

Certainly life is about experiencing pain also, in order to appreciate pleasure. We ideally can learn from our mistakes, remembering also the bigger picture—like the eagle in the sky. As temporary, changing beings on this earth, we experience losses. Nothing lasts forever, which is all the reason to cherish it more, in the moment. Lao Tzu once said along the lines that those who live in the past are depressed, those who live in the future are anxious, but those who live in the present, are at peace. We need to truly enjoy what we have, and our gifts and blessings, now....

There are many very sad and hurtful events in life than can negatively affect us. The consequent emotions can be worsened when we cling onto them too much by unhelpful (Trickster) thoughts or try to forget them, instead of allowing the emotions to come and pass just as they are, ebb and flow, in our experience, like waves. Certainly, knowing our natural avoidance of pain, it is understandable that many try to escape from it, numb it. This includes trying to fill emotional voids, and pushing away negative emotions. By pushing away from pain, really the pain or emotional problem is never dealt with; it remains. Alternatively, we can beat ourselves up with negative feelings festering towards ourselves or others, via negative and even distorted thoughts, so that the original emotions become more extreme and long-lasting than necessary. Thus, the pain can turn into suffering, as we make it bigger and stronger than it really is. Suffering is a vicious, nasty cycle, like a down-
ward spiral; “hell” as a state of being or mind can be experienced on earth.

We can try to stuff the pain away and cope in many ways. For example, some people place the problem and take it out on others in a hurtful cycle, dissociate or mentally leave, or self-medicate. Quick fixes to negative emotions, like drugs and alcohol, can lead to addictions when they become the crutch of life and healthier ways to cope become forgotten. In fact, only more negative consequences and problems can become created by artificial feel-goods that one has to keep taking for the same effects—DUIs, arguments, violence, risky sex, coma, etc. Black outs are particularly dangerous, when the brain totally shuts off but the body still functions; it is possible for lower spirits to then enter and use the body for their own desires. Certainly, the government manipulated Indians with alcohol, firewater, in order to take land. A good friend and Lakota holy man lost his bonnet when he “fell off his horse” to alcoholism… Many good Native individuals, families, and communities have been destroyed by alcohol and/or drugs, used as unhelpful ways to cope with the experienced hurts of this life, and historically toward Natives.

It takes a lot of courage to “be with” our emotions, both negative and positive, without adding any judgment or thoughts to them. It can feel vulnerable in the pain, but yet funny enough, that is how we can grow to become strong and more whole in ourselves. What will your emotions tell you, what do you need to face with the innate strength in yourself? We all have our shadows, but we also all have our gifts and strengths! Listen to your heart, in balance with your wiser mind. This means to check also your thoughts. What are you telling yourself about situations-- Is it hurting or helping you heal? There is always more than one way of perceiving the same situation. For example, you and I can be on the same sinking boat, but in the end you become the hero and survivor, whereas I feel like a victim due to my firm belief that we were doomed and going to die, reinforced by my feelings and behaviors…

We can work with our fears and our pain and suffering that we try to stuff away, and boost our confidence, by remembering and relearning healthy coping skills and activities. We also need to remember our positives in life, the beauty we can share with others, and those who support us and care for us. Perhaps engaging in ceremonies such as sweatlodges to purify and connect to Creator, with prayers, or even pursuing vision quests, will assist in the process of healing and learning from the experiences of all our emotions, negative and positive. Sometimes opening in prayer to the outdoors and what the animals or plants may teach, or what the sunrise and sunsets may show, or what the dancing trees in the wind will tell you, may guide you and make you feel whole. Listening to the external and internal signs, waiting for answers to the questions, is part of the process. I challenge each of you to try to “be with your emotions” if you do not already, for yourself, but if not for you, then for your family, community, and the next 7 generations, so that our children are happier and healthier. To just try, “Just do it!” is a step forward in itself, and a success; every time one tries, regardless of how hard or easy it is then, it is progress because one can learn from the exposure. The more exposure to pain and emotions, oddly enough, the easier it gets. And if the experience becomes too intense or overwhelming for you, take a step back and check out your thoughts: You are not your feelings and thoughts—they are part of your experience, and they may not even ring true or helpful to the actual situation. Otherwise, if it gets too much, you can distract yourself with a healthy, pleasurable activity in order to return to the emotion or concern later, with a fresh outlook. It ain’t easy! But many good things in life don’t come easy. If you wish to ask me questions or have a discussion about this article, I welcome you to contact me via the AIC or the UND Counseling Center.
The University of North Dakota has announced that it has successfully completed its search for an Associate Vice President for Diversity and Inclusion, launched in late 2013, and has named Sandra Mitchell to the position. Mitchell, who currently holds the position of Chief Diversity Officer at Regis University in Denver, will assume her new role on July 14.

In her new role, Mitchell will be responsible for implementing a strategic vision and operational plan for advancing diversity and strengthening an inclusive work and learning environment. She will work to ensure diversity is integrated within each of the strategic priorities of Exceptional UND and will foster collaborations between academic and student affairs and strengthen campus-community relationships.

Mitchell will report to the Provost and Vice President for Academic Affairs and will also have a dotted line relationship with the Vice President for Student Affairs. As a member of the Provost’s Office, she will lead campus wide efforts to develop, strategize, plan, collaborate, and assess with UND community members on various diversity related programs and initiatives. She will also supervise and support the program goals and success of a number of existing diversity-related offices including American Indian Student Services, Multicultural Student Services, International Centre, GLBTQA services, and the Women’s Center.

Said Mitchell, "I am very excited for this opportunity to work with such a wonderful group of faculty, staff, and students, and to help lead UND in this next exciting phase of its diversity initiatives."

Said Provost DiLorenzo, “We are delighted that Sandra Mitchell will be joining the UND community and devoting her considerable experience to strengthening and advance the University’s commitment to diversity and inclusion. The creation of this position is the result of the cumulative work of many UND groups. We thank them, and in particular we thank the Search Committee, who worked so diligently for the past several months to bring this process to a successful conclusion.”

Members of the Search Committee include:

Cara Halgren, Associate Vice President and Dean of Students (Co-Chair)
Debbie Storrs, Dean of Arts & Sciences (Co-Chair)
Daniella Irle, Deputy Director of Athletics and Senior Woman Administrator
Leigh Jeanotte, Director of American Indian Student Services
Kay Mendick, Director of the Women’s Center
Malika Carter, Director of Multicultural Student Services
Julie Anderson, Associate Professor, Nursing & American Council on Education Fellow
Mason Longnecker, President, Ten Percent Society (student representative)
Jacque Gray, Associate Professor, Rural Health
Colleen Berry, Associate Professor, Modern & Classical Languages & Literatures
Kanishka Marasinghe, Associate Professor, Department of Physics & Astrophysics
Daphne Pedersen, Associate Professor, Sociology
Suzanne Gandrud, Administrative Support
Tribal Undergraduate Research Training and Learning Experience (TURTLE)

The TURTLE program is an undergraduate research program for Native American students funded by the Seven Generations Center of Excellence in Native Behavioral Health (SGCoE). The goal of the program is to provide behavioral health undergraduates Community Based Participatory Research experiences and training to prepare them for graduate school in psychology. The program provides a 10-week summer research experience under the direction of selected faculty members with the SGCoE at the UND School of Medicine and Health Sciences. The research themes will include opportunities for research in mental health, suicide prevention, substance abuse, and other issues relevant to Indian Country. Seminar programs will cover the range of basic science to community-based research programs and ethical research in Native American communities.

The TURTLE program has four openings for the summer of 2014 for rising college sophomores, juniors and seniors. Participants will receive $4,000 based on a 10-week, 40 hours per week research experience. Interested participants must complete an application, including an autobiographical sketch indicating their interest in summer research, and submit their college transcript and two letters of recommendation.

The program begins June 2, 2014 and runs through August 8, 2014. Participants must be undergraduate students. Students graduating in the spring of 2014 are not eligible. Applications are currently being accepted until March 8 (or until all positions are filled).

To apply online or download an application form, go to: ndinbre.org/opportunities/turtle/

For more information please contact: Rosalyn Marcellais | rosalyn.marcellais@med.und.edu | 701.777.0786

Seven Generations Center of Excellence in Native Behavioral Health

sgcoe.org • info@sgcoe.org • 701.777.6084
44th Annual Wacipi Celebration
Miigwech! For your years of service and dedication to UND, AISS, American Indian students and the region’s tribal communities.

Kristy Zaste, AISS Recruiter and Program Coordinator (Above).

Ross Zaste, Student Services Coordinator for the Seven Generations of Excellence in Native Behavioral Health (SGCoE) (Right with son, Aero).

Out-going Off Campus Senator, Dash Thunder (left). THANK YOU!
Good Luck during FINAL EXAMS!

Quote to keep your eyes on the prize of graduation.

“You have brains in your head
You have feet in your shoes
You can steer yourself in any direction you choose.”

Dr. Suess

~Important Dates~

<table>
<thead>
<tr>
<th>Event</th>
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<tr>
<td>Last day for Thesis/Dissertation Defense</td>
<td>May 1</td>
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<tr>
<td>Last day for faculty to submit “Final Report on Candidate” to the School of Graduate Studies Office.</td>
<td>May 8</td>
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<tr>
<td>Last day of classes</td>
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<td>Reading and Review Day</td>
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<tr>
<td>Semester Examination Period</td>
<td>May 12—May 16</td>
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<tr>
<td>Official Graduation Date, Commencement, Alerus Center</td>
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**Save the date. Upcoming events.**

**May 8, 2014.** Spring Picnic and Graduation for all UND Graduates. 4-6 PM at University Park, Shelter 1 or alternative location at AISS (315 Princeton St.) if weather is unbearable.

**May 23-25, 2014.** 10th Annual Seven Clans Casino Pow-wow. Thief River Falls, MN

**July 9-13, 2014.** 13th Anniversary of Lori Piestewa National Native American Games. Tempe, AZ

**July 4-6, 2014.** 147th Annual Wacipi. SWO Ceremonial Grounds, Sisseton, SD

**July 10, 2014.** Arikara Celebration, White Shield, ND

**July 22, 2014.** The ND DPI Indian Education and North Dakota Indian Affairs Commission will be sponsoring the “2014 North Dakota Native Nations Educational Summit”. North Dakota State Capitol, Brynhild Haugland Room - Bismarck, ND
American Indian Student Services

The AISS office provides all-encompassing student support services including advocacy, tutorial support, and academic, financial aid, and cultural advisement. It is responsible for coordinating recruitment, establishing communication channels, assisting with institutional planning, and advising UND’s faculty, staff, and administration as to the needs of American Indian students.

The staff is committed to helping students realize success at UND, and each member brings a unique area of specialty to their position such as financial aid guidance, housing assistance, academic advising, and technological or tutorial support. AISS also administers the American Indian Center on campus, and provides guidance and assistance to the American Indian student organizations and their events.

Staff Directory

Leigh Jeanotte, Director of American Indian Student Services (701) 777-3296;
leigh.jeanotte@und.edu

Linda Neuerburg, Assistant Director (701) 777-2578;
linda.neuerburg@und.edu

Darlene Nelson, Administrative Secretary (701) 777-4291;
darlene.nelson@und.edu

Michelle Kozel, Program Coordinator (701) 777-6329;
michelle.kozel@und.edu

Keith Malaterre, Program Coordinator (701) 777-4292;
keith.malaterre@und.edu

Franklin Sage, Administrative Secretary (Temp) (701) 777-6285;
franklin.sage@my.und.edu

American Indian Student Services staff members strive to help build stronger American Indian communities across the state and nation—one successful student at a time.

Let us help you to realize academic, personal, and all around success!
American Indian Center

The Center, located at 315 Princeton Street, provides a place for students to find peer and cultural support, academic advisement, advocacy, and support, find a quiet area for study, or relax between classes. It is equipped with a full-sized kitchen, large screen TV, and a staffed computer learning lab. If you haven’t visited us, drop in and check out what we have to offer! We’d love to hear how your semester is going and let you know about the many programs, opportunities, and services available to help you succeed!

Summer Hours of Operation:
Monday to Friday
8:00 am to 4:30 pm
Closed Saturday & Sunday
All students and visitors are welcome!
“Your home away from home”

American Indian Student Services May 2014 Newsletter