

Morning Star News



Chief Dull Knife College Newsletter

Dancing Across the Gap: From Montana to Mali

By Kathy Beartusk

Four former students of Chief Dull Knife College traveled to Africa in September, 2009, to work with villagers in a remote community in Mali. On April 7, 2010, a documentary of their experience will be aired at Charging Horse Casino.

Janelle Beartusk, Stacy Bearcomesout and Sherri Ewing, along with videographer Josette Woodenlegs, traveled to Mali for this once-in-a-lifetime experience. The group of Northern Cheyenne women participated in the Mali Extern Program, a collaborative effort between CDKC and Montana State University-Bozeman. Dr. Florence Dunkel of MSU serves as the MSU Faculty Mentor

and Bob Madsen, T-CUP Director at CDKC, is a former coordinator. This trip was Dunkel's 26th visit to Mali.

The Mali project culminated in the production of a documentary entitled, *Dancing Across the Gap*.

Dancing Across the Gap
Film screening and food
FREE Admission
Wednesday, April 7, 6:30pm
Charging Horse Casino

Documentary video producer Eric Chaikin recorded the women in Lame Deer before they traveled to Africa and again throughout their time in the Malian village of Sanambele. "There are many beautiful

and real moments of shared cultural understanding," Chaikin said. Woodenlegs, a CDKC graduate and employee, assisted Mr. Chaikin with the video.

For Janelle, Stacy, and Sherri, this was their second visit to Mali, but it was the first time they lived with the people in the village of Sanambele. Since the villagers are subsistence farmers and live without electricity or vehicles, it was a humbling experience for the group.

Project director Dunkel says that the film *Dancing Across the Gap* is about very different "first peoples" learning to know and share with each other.

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April 7, 2010

Volume 1, Issue 1

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Chief Dull Knife College is now on FaceBook



Be a fan!

Students in Good Standing

Congratulations to our students who excelled academically and/or maintained good attendance through midterms!!

Stacy Bearcomesout
Angelita Bearquiver
Darneilia Blackwolf
Frederick Blackwolf
Donna Brien
Maria Charette
Kin Cain
Joey DiTonno
Jon Firecrow
Carla Fisher

Lorna Folda
Becky Fortner
Marilyn Freemont
Bret Gable
Stuart Gardner
April Haugen
Jeremy Helmin
Judi Helmin
Al Holdsthenemy
Conroy Holdsthenemy

Mollie Hurff
Rose James
Ed Jones
Misty Kellum
Sally King
Misty LaFranier
Albert LaRance
Darren Limberhand
Teela Lincoln
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Did You Know?

CDKC is "going green." Check out how on page 4 and learn about your chance to win a \$10 gas card!!

Faces of Chief Dull Knife College



Student: Wayne Roundstone (Science Intern)

Born: Crow Agency

Languages: English

Interests: Science and natural resources management; I would like to see more Native Americans as biologists helping to manage our land and resources. I am very interested in the water filters we are making to take to Africa.

Hobbies: Reading, science fiction, carpentry, wood carving

Favorite song or artist: Recordings of Cheyenne church songs

Favorite quote: "Sometimes you gotta suck it up and be a man!"

Book on your nightstand: Types of Noxious Weeds

Best advice given to you (and by whom): When you go somewhere, leave it in better condition than you found it and always lend a helping hand (from my grandmother)

Why did you choose CDKC?

Coming to CDKC just happened; it made perfect sense.



Student: Sarah Big Eagle (Library Assistant)

Born: Rapid City, SD

Languages: English

Interests: Work, school, pursuing a career in nursing

Hobbies: One thing I enjoy most is spending time with my family; I never really get to see them because of work and school so that is my current hobby.

Favorite song or artist: "Time Marches On," by Tracey Lawrence

Favorite quote: Don't take yourself so seriously—nobody else does!

Book on your nightstand: Eclipse (I am listening to this on CD in my car)

Best advice given to you (and by whom): Always do things for yourself; never

depend on anyone else because no one else will do it for you anyways (from my grandpa Dean Big Eagle)

Why did you choose CDKC?

I chose to attend CDKC because it is close to home. I like learning something new every day and I like working in the library.



Staff Member: Jeff Hooker (Chief Information Officer)

Born: Great Falls, MT

Languages: English, Spanish, French, German

Interests: Paleontology, geology, gold prospecting, philosophy, off-grid living

Hobbies: Travel, four-wheelers, snowmobiles, street rods, antique cars

Favorite song or artist: Alison Krauss

Favorite quote: "A man who dares to waste one hour of time has not discovered the value of life" (Charles Darwin)

Book on your nightstand: I'm not really here, by Tim Allen

Best advice given to you (and by whom): "You must keep in mind that friends

worth having will in the long run expect as much from you as they give to you" (Pres. Andrew Jackson's mother)

Why did you choose CDKC?

This college has unlimited potential for aspiring students and staff. I stay at CDKC because of the large number of opportunities to explore the world through education and still stay in MT.



Faculty Member: Cori Thatcher (Math, Sociology, Walking for Fitness)

Born: Princeton, NJ

Languages: English, Portuguese, Spanish

Interests: Different foods and cultures, history, education

Hobbies: Horseback riding, hiking, watching the sunset, dancing!!

Favorite song or artist: James Taylor

Favorite quote: "We are that to which we pray" (Jewel)

Book on your nightstand: Na margem do rio pedra, eu sentei e chorei, by Paulo Coelho

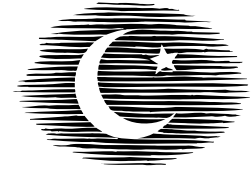
Best advice given to you (and by whom): Every person can make a difference in the world by using his or her unique talents (from my college professor, Dr. Lucky Yapa)

Why did you choose CDKC?

I love the challenging yet relaxed atmosphere; I come to work every day knowing that I am going to keep my mind and talents engaged but I'll still be able to chat and joke with my colleagues. I also love the diversity of students—they bring so many different backgrounds and experiences to the classroom.

Featured Student Work

Poems penned by students at Chief Dull Knife College.



The Moon

By Rebekah Spear

The moon got lost again last night
Want you here, but you're out of sight
But now, it's a brand new day
Eleven days, the sun had its final say
It hurts a lot, because I'm alone again
New beginnings, new thoughts began

You came out, so bright and full
Lost in thoughts, happiness took its toll
Wishes, dreams and secrets are put upon you
They say, "the moon is for the lonesome to talk to"
You're in the sky for all to see
Thoughts of deep and true meanings

The moon is for both you and me
If true love is what you want, just believe
The moon is to put your wishes upon
To have a friend, if you're all alone
Time to say goodnight my friend
Another day and I'll see you again.

Friendship

By John Three Fingers

I hope I helped you the day your sky fell
your spirit torn, ragged and quite unwell
You had hoped for today and wished for tomorrow
love's lost its way and in its place, sorrow.

We lose often our way to try
but many times we find ourselves in others' eyes.
Your life asunder was filled with pain
allow yourself time to feel the rain.



Janelle Beartusk, Stacy Bearcomesout, Sherri Ewing, Josette Woodenlegs, and Dr. Florence Dunkel of MSU with friends in Mali.

Students in Good Standing (continued from Page 1)

Congratulations to our students who excelled academically and/or maintained good attendance through midterms!!

Santee Magpie
Lori McQueary
Florris Medicinebull
Dalrae Medicinehorse
Nicole Nalton
Sister Leann Probst
Wayne Roundstone
Julene Redneck
Merrilee Redrobe
Margaret Risingsun
Mark Roundstone
Monica Rowland
Monty Rowland
Wamblee Rowland

Cameron Russell
Quinn Salois
Kristina Salois
Rhonda Salois
Burdick Seminole
Stella Seminole
SuEllen Shotgun
Crystalynn Shoulderblade
Sheila Shoulderblade
Earl Simpson
Horace Small
Justin Small
LaNada Smith
Colleen Spang

Robyn Spang
Rufus Spear
Maggie Stewart
Meredith Tallbull
Theresa Tracke
Michelle Threefingers
Desiree Twocrow
Anna Weaselbear
Athena Whiteman
Elsie Wick
Hershel Wolfblack
Josette Woodenlegs
Sunshine Woodenlegs
Tomi Woodenlegs

Congratulations to Misty LaFranier for being named the 2010 American Indian College Fund Student of the Year!!

Featured Student Work

Poems and artwork penned by students at Chief Dull Knife College.

Traveling

By John Three Fingers

Twirled glass sitting empty
plucked life waiting to be
flesh heavy, hangs on me.
awaiting space with gentle will
my bones heavy I start to chill
I am asleep, but not yet through
I feel myself sliding away from you.
my soul free to explore with abandon
all that is seen and much that is random.
hidden glimpses of far gone places
my body stiffens held in stasis
I travel worlds away, wonders open to me
visions unimaginable my soul is free.
I travel to see spirit, soul and entity.



Artwork by James Tallwhiteman

Monthly Challenge!

The first person or team to correctly answer the following question will win a \$10 gas card

Your car gets 19 miles per gallon on 85-octane gasoline and 21 miles per gallon on 88-octane gasoline. 85-octane gas costs \$2.79 per gallon and 88-octane gas costs \$2.89 per gallon. Which type of gasoline would be cheaper to buy for

a round trip to Billings (200 miles)?
How much cheaper?



Bring your answers to
Cori in Room 200.

The first correct response
wins!!

“Going Green”: Reducing, Reusing, and Recycling at CDKC

Chief Dull Knife College is committed to protecting and preserving the environment. As part of its efforts, CDKC has partnered with Penn State University to build four strawbale buildings on its campus. Strawbale walls are highly insulating, with an R-value near 40, meaning that little energy is needed to keep them warm in the winter and cool in the summer. By using straw bales to build walls, the college also saves trees and puts straw, a waste product, to productive use! Two of CDKC’s strawbale buildings are also equipped with solar panels, further reducing the college’s energy consumption.

CDKC has also started a recycling program. Look for the green bins for paper and the blue canisters for plastic bottles and soda cans. Please toss your recycling in the appropriate containers!

Did You Know?

There are four strawbale buildings on the Chief Dull Knife College campus. The first person or team to identify all four buildings and their uses will win a \$10 gas card!!

Bring your answers to
Cori in Room 200



Montana State University-Billings

Due to its proximity to the Northern Cheyenne Indian Reservation and its in-state tuition rates, Montana State University-Billings is an excellent option for students seeking to transfer in order to finish a four-year degree.

Majors offered at MSU-B include:

1. Accounting
2. Allied Health
3. Education
4. Human Services
5. Pre Dental Hygiene
6. Sociology

The College of Technology offers additional degrees and certificate programs to students. The MSU-B College of Technology offers programs in:

1. Automotive technology
2. Business technology
3. Computer technology
4. Industrial technology
5. Nursing

**Congratulations to
Maggie Stewart for winning a
\$500 scholarship at the
MSU-Billings preview day!**

Student activities offered at MSU-B include:

1. American Indian Business Leaders
2. Art Student League
3. International Studies Club
4. Habitat for Humanity

American-Indian Peer Mentoring:

An additional program offered by MSU-Billings of special interest to students transferring from CDKC is the American-Indian Peer Mentoring program. Each new American-Indian student is paired with an upperclassman to help guide them through their first year on campus. For more information on this program, contact:

American Indian Outreach Office
Luella Brien
406.657.1672 Luel-
la.brien@msubillings.edu

For more information on MSU-Billings or on transferring, go to www.msubillings.edu or see Rowdy in Room 118.

Study Tips for Final Exams

Finals week is fast approaching! Follow these tips to boost your chances for success.

1. Begin studying early, at least a week before your exam.
2. Plan brief but frequent study sessions—once a day for half-hour to an hour per subject. Even fifteen minutes per day per subject will help you remember information better than studying everything at the last minute.
3. To help your mind internalize the information for your exam, rewrite your class notes. Write them in a logical order, grouping related information together; if you didn't take notes in class, use your textbook to write a set of notes to study from.
4. Study in a quiet place if possible—too much background noise, even music, can prevent your mind from concentrating.
5. If you are a visual person, draw diagrams, pictures, timelines, etc., of your notes to help you remember the content.
6. Create note cards with questions on one side and answers on the other side so your friends and family can quiz you on the material.
7. Don't cram at the last minute! Our brains are much more likely to remember information that we review several times over the course of a few days than info that we try to cram into our minds at the last minute.

Meet Me at the Learning Center!

Prepare for finals week with the support of peer tutors.

For assistance with coursework and studying, stop by the Chief Dull Knife College Learning Center, open to all students. In addition to housing computers and work space, the Learning Center is staffed with tutors who can assist you in a variety of subjects.

Now through finals week, students who meet with a tutor or study group in the Learning Center are eligible for weekly drawing for free coffee from the Flower Grinder in Lame Deer.

Don't miss your chance to learn and win!



Learning Center Hours

Monday through Thursday

8am–7pm

Friday

News and Announcements

Summer Classes June 7th - July 22 Break June 28-July 5

Registration for summer classes remains open through Monday, June 7th. A placement test is required and can be taken at CDKC. Classes begin June 7th.

Final Exams May 3—May 6

Begin studying early for your final exams, which are coming up quickly! See the study tips on page 5 for advice on getting started.

Pre-Registration for Fall 2010 Begins April 26th

Current CDKC students can begin registering for fall classes beginning April 26th. See Rowdy or Audrey to plan your next semester!

Graduation Monday, May 10, 6pm Allen Rowland Gym

Come support Chief Dull Knife College graduates as they receive their diplomas!

Financial Aid

Apply now for Summer and Fall 2010!

1. Get your PIN at www.pin.ed.gov
2. Before school starts, fill out your FAFSA application at www.fasfa.ed.gov
3. Complete your student file at CDKC

Stop in at the Financial Aid Office if you have questions or need assistance, or call 477-6215 ext. 106. A complete list of documents needed to apply for financial aid can be found at www.fasfa.ed.gov/before003.htm or at our office.

Tax Preparation Get assistance through April 15

Low- and moderate-income individuals can get assistance preparing their taxes at the USDA extension offices in CDKC. Stop by or call 477-6215 ext. 111 for more information.

Heart-Healthy Recipe: Cowboy Beans (Rowdy's Favorite)

Ingredients:

- 1 lb. pinto beans, rinsed/drained
- 5 C. boiling water
- 1 onion
- 1 carrot, chopped
- 1 C. barbeque sauce
- 2 squirts ketchup
- 2 squirts mustard
- Salt and pepper to taste

Nutrition information:

212 calories; 1 gram fat; 12 gram protein; 40 gram carbs; 0mg cholesterol; 70mg sodium



In a crock pot, mix beans, water and onion. Cook on high for 3-4 hours. Then add carrots and cook on low for about 4 hours. Drain beans and add the barbeque sauce and spices. Mix it up and serve it in bowls with cornbread and honey on the side. Serve a tossed salad and this makes a complete and nutritious meal!

Snack Attack

Easy, quick and healthy snacks.

Cottage Cheese or Yogurt: Topped w/ honey or sliced fruit, a great calcium-rich and protein-rich snack!

Veggies: Carrots, celery, sweet peppers, and broccoli spears are low in calories and high in nutrients.

Dried fruit: Lots of great fiber, but also lots of sugar, so eat in smaller amounts (about 1/4 cup at a time).

Nuts: High in "healthy" unsaturated fat and protein, also best eaten in smaller quantities.

*Interested in helping with the next newsletter?
See Cori in Room 200!*

Chief Dull Knife College

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Become a fan!

