

Morning Star News

Chief Dull Knife College Newsletter

Francis “Robert” Shot Gunn: In Memory of a Beloved Teacher

Thank you to Stevenson & Sons Funeral Home for sharing the information for this obituary

On September 15, 2010, Ma’heo’o peacefully took Francis Robert Shotgunn II, “Okohkeo’ohnešese” (Two Crows), a beloved instructor and colleague at CDKC. Robert, born in Crow Agency in 1956, is a direct descendent of Chief Wolf Robe.

In addition to being a wonderful teacher and role model for his students, Robert was a loving husband and father who worked hard and enjoyed life to the fullest. He loved hunting and fishing; Indian dancing, drumming, and singing; visiting family and friends; and teaching Cheyenne history, language, and culture. He loved riding his motorcycle on the open highway, visiting historical

Cheyenne sites. He was also a member of the Omaha Society as well as the Church of Jesus Christ of Latter Day Saints.

Robert received his GED in 1975 and then attended SIPI in Albuquerque, NM, where he received a basic drafting degree and met his wife, SuEllen Lyons. SuEllen and Robert were blessed with seven children and four granddaughters.

In 1980, Robert started employment at Bechtel Power (now PP&L), where he worked for 19 years. In 1999 he left his job to pursue further education. He attended CDKC from 2000-2002, obtaining an Associate of Arts Degree. He then transferred to

MSU-Billings where he received a Bachelor’s Degree in Education in 2004.

Robert completed his student teaching at Northern Cheyenne Tribal School where he remained to teach and coach for four years. He was hired in June 2008 at CDKC, where he taught Native-American studies and education courses.

Robert’s life serves as a model for all that is possible through hard work and dedication, as well as for the promise of preserving long-standing cultural traditions in the 21st century.

He is loved and missed by all of us at CDKC.



October 2010

Volume 2, Issue 1

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Chief Dull Knife College is on Facebook



Be a fan!

Students in Good Standing

Congratulations to our students who are excelling academically and/or maintaining 80% attendance!!

Angelita Bearquiver
Jennie Bearquiver
Tevan Bighead
Loren Bighorn
Ruthie Binglefthand
Clinton Birdhat
Kourtney Brady

Joey Cummins
Joey DiTonno
Amber Elkshouder
George Elkshouder
Channon Freemont
Milan Goudreaux
Hannah Hanser

Judi Helmin
Cleone Highwalking
Conroy Holdstheenemy
Edwin Jones
Salley King
Albert LaRance
Continued on page 3...

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: Roxanne Woundedeye (Sophomore)

Born: Crow Agency, MT

Languages: English

Interests: Corrections—I would like to be a detention facility officer

Hobbies: Journaling, reading, drawing native art, beading, attending pow-wows, fishing, having cookouts with my

family

Favorite song or artist: “Dreams,” by Fleetwood Mac

Favorite quote: “We only live this life once.”

Book on your nightstand: *The Secret*

Best advice given to you (and by whom): Stay in school and get your education

(advice from my family and friends)

Why did you choose CDKC?

I chose CDKC because I love the teachers and the environment.



Student: Conroy Holdsthenemy (Learning Center Tutor and Science Intern)

Born: Sheridan, WY

Languages: English, Spanish

Interests: Science, writing, music

Hobbies: Reading, writing short stories, playing video games, playing guitar

Favorite song or artist: August Burns Red

Favorite quote: “Whoever gives heed to instruction prospers, and blessed is he who trusts in God” (Proverbs 16:20)

Book on your nightstand: *As I Lay Dying*, by William Faulkner

Best advice given to you (and by whom): Keep at it and it’ll keep at you (advice

from my father)

Why did you choose CDKC?

I chose CDKC because it is close to my family. I really like the interaction and the great amount of resources that CDKC offers.



Faculty Member: Ashley Williams (Business Instructor)

Born: Miles City, MT

Languages: English

Interests: Sports, animals, the outdoors, learning new things

Hobbies: Roping, barrel racing, skiing, reading, and spending time with family

Favorite song or artist: “This Afternoon”

by Nickelback

Favorite quote: “Every success is built on the ability to do better than good enough” (anonymous)

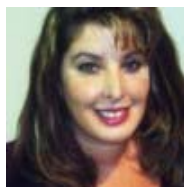
Book on your nightstand: *Twilight*

Best advice given to you (and by whom): Be yourself in a world that sometimes tries to turn you into something you’re not

(advice from my father)

Why did you choose CDKC?

Working at CDKC is a great opportunity to apply my education in a positive way. And I love the friendly atmosphere!



Faculty Member: Valerie Houghton (Science Instructor)

Born: Torrance, CA

Languages: English, Spanish, ghetto slang

Interests: Psychology and immunology

Hobbies: Dancing, singing, learning to play guitar

Favorite song or artist: “I’m yours” by Jason Mraz

Favorite quote: “Be the change you wish to see in the world” (Mahatma Gandhi)

Book on your nightstand: *Echo in the Bone*, by Diane Gabaldon

Best advice given to you (and by whom): “Don’t ever give up on anything—ever!” (advice from my father)

Why did you choose CDKC?

I enjoy teaching at CDKC because it allows me to dedicate more time to each student.

Student Corner

Recognizing the talents and interests of students at Chief Dull Knife College.

Noble

By April Porter

Noble is a word not heard today as often as one would hear it in the past. The true Webster's meaning of the word is "possessing outstanding qualities or ideals." I stop to ponder the meaning or meanings of this strangely tiny but profound word.

Am I truly a noble creature? I have noble ideals that only wait for the spark of education's enlightenment.

Yet sometimes fear of success runs ragged. Chaos pursues my serenity. And I stand and gaze around, feeling hardly noble at all. But determination prevails and I seem to continue on my journey of noble endeavors.

So stop for a moment today and ask yourself, Am I noble? Are my ideals noble? Nobility is not shown in bright shiny crowns or walls filled with trophies. It is shown in kind words between strangers. It is shown in the wizened faces of the old and in the bright eyes of a child. It is shown in kindness.

Walk softly in this world, cry hard, laugh harder and follow your noble pursuits.



Native Fear Factor

CDKC students compete during Native American Week to see who can finish a bowl of raw liver, kidney, and intestines the fastest. Perhaps not a noble pursuit, but definitely worth a laugh! Fernando Littlebird and Denise Americanhorse, pictured above, were the winners.

Students in Good Standing (continued from Page 1)

Congratulations to our students who are excelling academically and/or maintaining 80% attendance!!

Darren Limberhand
Kyle Limberhand
Tena Limberhand
Julia Lippert
Tamara Littlebear
Fernando Littlebird
Iylene Littlebird
Don Lonebear
Dalrae Medicinehorse
Jasmine Milam
Hilda Moss

Chennile Olson
Dashawna Powell
Sister Leann Probst
Kirby Ridgebear
Margaret Risingsun
Williamette Risingsun
Wayne Roundstone
Vann Ryan, Jr.
Marian Seminole
Wendale Shoulderblade
Alfonzo Spang

Kayla Spang
Molly Spang
Wanda Threefingers
Princess Twocrow
Anna Weaselbear
Tamara Weaselbear
Ella Jean Whitecrane
Samantha Whiteman
Steve Whiteshield
Carissa Whitewolf
Britany Wick

Sleeping for Success

Did you know that getting a good night's sleep is key to locking information into your brain?

You're tired, you want to go to sleep, but you still have to make dinner, take care of your family, and finish your homework. By the time you hit your bed, it's past midnight and your alarm will be going off in a few hours.

With so much responsibility, it's hard for students to find time for a good night's sleep. However, research evidence suggests that getting a good night's sleep is just as important to learning as studying is.

While our bodies are sleeping, our brains are working hard to consolidate and store all of the information we learn during the day. When we don't get a full night's sleep (about 8 hours per night), our brains don't have the chance to fully store everything we learn, so some of it is lost.

Making time for a good night's sleep requires good time management. Below are some tips to help you manage your time well so that you can make it to bed by a reasonable hour:

- Use your time between classes to get started on homework
- Start your homework the day it is assigned and work on it a little each day—don't wait until the last minute
- Don't watch tv until you finish your homework—you'll end up getting sucked in for longer than planned!
- If you have children, find games or activities for them to do so that they are occupied while you do your homework
- If you have kids who are also in school, do your homework togeth-

er—if your child doesn't have homework, ask his or her teacher to send home extra practice sheets

- Take turns preparing dinners with another family member or friend so you don't have to cook every night; or, cook a large meal at the beginning of the week so you can heat up leftovers the next few nights.
- To drown out background noise while you sleep, listen to a nature CD or turn on a small fan.

The scientific information for this article comes from Memory Consolidation and REM Sleep, by Robert Miller. The full research brief can be accessed at <http://serendip.brynmawr.edu/exchange/>



Monthly Challenge!

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

Your vehicle gets 17 miles per gallon. If gas costs \$3.20 per gallon at the Depot, how much money will you need to spend to fill up with enough gas to make it to Bear Butte, South Dakota, 196 miles away?



Bring your answers to
Cori in Room 200.

The first correct response
wins a \$10 gas card!!

“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 started a recycling program last spring. 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 and remember to remove the tops from your plastic bottles before tossing them in the blue canisters.

CDKC has also partnered with Penn State University to build four strawbale buildings on its campus. Strawbale walls are highly insulating, 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.

Recycling Challenge

Be the first student to identify the location of all 10 recycling containers at CDKC and you will win a \$10 gas card!!

Bring your answers to
Cori in Room 200



Haskell Indian Nations University (HINU)



Haskell Indian Nations University, located in Lawrence, Kansas, was originally

founded in 1884 as a grade school for American Indian children. By 1993, it grew into a full-scale university offering programs in elementary teacher education, American Indian studies, business administration, and environmental science.

American Indian and Alaska Native culture is integral to Haskell's curriculum, where over 1,000 students are enrolled from federally recognized tribes from across the country.

HINU Academic Vision

The academic vision of Haskell Indian Nations University is to prepare graduates to assume positions of political, economic, intellectual, artistic and environmental leadership in tribal, regional, national and international contexts. In order to achieve Haskell's vision of being a national intertribal center for teaching, extension and research, the academic community is committed to assisting tribal constituents in their efforts to address social, cultural, economic, educational, and environmental development for the twenty-first century.



At Haskell, students can participate in a variety of sports including basketball, cross country, football, softball, volleyball, golf, and cheer leading.

Haskell student government also sponsors concerts, dances, film nights, and field trips every semester.

Student housing is available on campus for out-of-state students.

Talk to Rowdy or Audrey about applying to HINU and making your educational dreams come true!

For more information about Haskell, including pictures of its beautiful campus, visit <http://www.haskell.edu/>.

Study Tips for Midterm Exams

Midterm 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 in advance of an exam than info that we try to cram into our minds at the last minute.

Repetition makes us remember!



Meet Me at the Learning Center!

Achieve your highest potential with the support of tutors.

For assistance with coursework and studying, stop by the Learning Center, around the corner from the Cafe. In addition to housing computers and work space, the Learning Center is staffed with tutors who can assist you in a variety of subjects. All students are welcome to come in.

Learning Center Hours

Monday through Thursday

8am–7pm

Friday

8am–4:30pm



Students seeking help with math can also drop by **Room 211**. A math instructor is always there between 9am–4pm every day to answer your questions and help you understand everyone's favorite subject!

News and Announcements

Points for Progress Beginning October 6

Earn points for practicing your academic skills. Meet with a tutor, join a study group, check out books from the library, and more! See Audrey in the Learning Center for the full list of study skills that can earn you points towards winning student survival kits, gift cards, iPods, and Net books!

Midterm Exams October 18-21

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

Career Exploration Workshops Beginning October 25

Attend a workshop or earn 1 college credit for attending all six workshops!

See Teri Dahle or Devin Wertman for more information, or call 406-477-6215 ext. 121.

Cancer Awareness Day October 22

Representatives from Billings Clinic will be at CDKC to promote cancer awareness. Wear pink or yellow to support the cause!

Financial Aid

Apply now for the American Indian College Fund Scholarship!

Deadline to apply is October 22, 2010, at 4:30 PM.

All CDKC students are eligible to apply.

See Tommy Robinson or call 406-477-6215 ext. 106 for more information.

Student Support Services

Student Support Services (SSS) offers advising, intensive skill development, counseling, monitoring, mentoring, and follow-up services to CDKC students who have low incomes, are first-generation college students, or who have a physical or learning disability.

See Dr. Robert Smith or call 406-477-6215 ext.

109 for more information.

Heart-Healthy Recipe: Fresh Tomato Salsa (Joan's Favorite)

Ingredients:

- 3-4 medium tomatoes, chopped
- 1 fresh Anaheim pepper or one 4-oz can diced green chili peppers, drained
- ¼ cups sliced green onions
- 2 tablespoons lime or lemon juice
- 3-4 tablespoons snipped cilantro or parsley
- 1-2 fresh jalapenos, serranos (hotter), or banana peppers (milder)
- 1 clove garlic, minced
- 1/8 teaspoon salt
- 1/8 teaspoon pepper



Serving size: 1/4 cup

Recipe makes 12 servings

Nutrition information:

8 calories; 1g fiber; 0g fat; vitamin C (56mg); sodium (27mg)

Preparation

Combine all ingredients and presto—you're ready to eat! Great with chips, crackers, or celery.

Check out the Woodenlegs Library cookbook section. There is a wide variety of choices, including cookbooks created for:

- Diabetes
- Healthy hearts
- Low-carb diets
- Crock pots
- Canning
- Wild game
- Foreign foods

Plus, if you check out a cookbook, we'll enter your name in a drawing!

See Joan Hantz for more information.

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

Chief Dull Knife College

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