

Apply for these scholarships!

Dale E. Fridell Memorial Scholarships

The 2005-06 Dale E. Fridell Memorial Scholarships are open to anyone aspiring to attend a university, college, trade school, technical institute, vocational training or other post-secondary education program in the 2004-2005 OR 2005-2006 academic year. Please complete the essay below after you check the Tips for a Winning Essay. Eligible students may not have already been receiving or awarded a full-tuition scholarship or waiver from another source.

International students are welcome to apply. Application form is available at:
<http://www.straightforwardmedia.com/fridell/form.php>

Answer the following questions:

Why is the completion of a postsecondary program important to you, and what do you hope to achieve once you get a degree?

How will a StraightForward Media Dale E. Fridell Scholarship help you meet your educational and professional goals?

1. There is no paper application for this scholarship; only the email form above.
2. The scholarship is open to future (attending in the 05-06 OR 04-05 school year) and current postsecondary students, as well as international students.
3. Essays will be accepted via this e-mail form only: no postal mail or faxes will be accepted.
4. Your essay must be received by midnight (PST) on April 15, 2005.

Jane T. Anderson scholarship

One scholarship is available for a current graduating senior from a public high school in Lancaster County, Nebraska. Students must major in art, art history or museumology and demonstrate scholastic performance, artistic talent and intention to continue his/her education.

Deadline: April 15

Application form and related attachments

The following items must be completed and submitted (postmarked or delivered) to the Lincoln Community Foundation, 215 Centennial Mall South, Suite 100, Lincoln, NE 68508 by April 15 to be eligible for this scholarship:

Application Form at:

<http://www.lcf.org/pdfs/Scholarship%20Application%20Form.pdf>

Copy of ACT/SAT scores -- Please include your name and the name of the scholarship for which you are applying.

Grade Transcript(s) -- Please attach grade transcripts from all high schools and colleges/universities you have attended and include your name and the name of the scholarship for which you are applying. Copies of transcripts are acceptable, however, copies printed from school websites are not acceptable.

Letter of Recommendation -- Please attach a current letter of recommendation (no more than one year old) from your high school art teacher. Please be sure your name and the name of the scholarship for which you are applying are included in the letter. The letter may be attached to the application or sent directly to the Lincoln Community Foundation. (Letters from family members are not acceptable.)

Cornhusker Bank-Lincoln Northeast High School

One scholarship is available to a current graduating high school senior at Lincoln Northeast High School in Lincoln, Nebraska, who will attend a public or private four-year Nebraska college or university. Must pursue full-time studies. Must demonstrate qualities of leadership, good character and citizenship. Must demonstrate interest in business through class choice, work experience or extracurricular activities. Must have been, or is actively, involved in at least two extracurricular activities or sports programs while at Lincoln Northeast High School. Must have a 2.5 GPA or better on a 4.0 scale and demonstrate financial need.

Deadline: May 1

Application form and related attachments

The following items must be completed and submitted (postmarked or delivered) to the Lincoln Northeast High School Counseling Department, 2635 North 63rd Street, Lincoln, NE 68507 by May 1 to be eligible for this scholarship:

Application Form at:

<http://www.lcf.org/pdfs/Scholarship%20Application%20Form.pdf>

Financial Aid Form at:

<http://www.lcf.org/pdfs/Financial%20Aid%20Attachment.pdf>

Copy of ACT/SAT scores -- Please include your name and the name of the scholarship for which you are applying.

Grade Transcript(s) -- Please attach grade transcripts from all high schools and colleges/universities you have attended and include your name and the name of the scholarship for which you are applying. Copies of transcripts are acceptable, however, copies printed from school websites are not acceptable.

Letter of Recommendation -- Please attach two current letters of recommendation (no more than one year old) written by teachers, counselors, clergy, employers, neighbors, etc. Letters may be attached to the application or sent directly to the Lincoln Community Foundation. Please be sure your name and the name of the scholarship for which you are applying are included in the letters. (Letters from family members are not acceptable.)



STUDENT ART COMPETITION
OFFICE OF INDIAN EDUCATION, NE PLAYERS ASSOCIATION & JOHNS HOPKINS UNIVERSITY

OPEN TO NATIVE AMERICAN STUDENTS K-12!

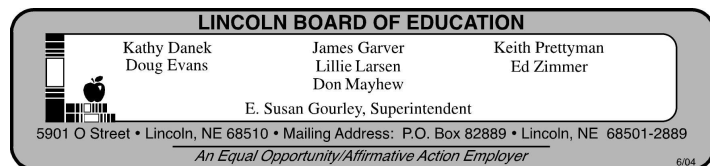
More Information:
Visit www.indianeducation.org for complete rules, judging criteria and an application.

Questions should be directed to:
Kauffman & Associates, Inc. at (509) 747-4994

SCHOLARSHIP AWARDS:
(Juniata & Bennett Only)
FIRST PLACE: \$1,000
SECOND PLACE: \$500
THIRD PLACE: \$250

Other Prize Categories for K-12 Students

ENTRIES MUST BE POSTMARKED BY MARCH 31, 2005



LINCOLN BOARD OF EDUCATION

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6/04



"Live as if you were to die tomorrow. Learn as if you were to live forever."

-Mahatma Ghandi

March 2005

Indian Education hosts scholarship workshop

Indian Education is once again teaming up with college admissions staff and Educationquest for it's annual Scholarship Workshop. All parents and students are encouraged to attend to receive individual assistance completing all forms and scholarships needed to apply for admission into college. If you have not completed the FAFSA form we are providing you with a list of materials you will need to complete this form on the inside of this newsletter. Computers will be on hand if you would like to bring this information and complete the form with some assistance at the workshop. We are providing as much information as we can in this month's newsletter to explain what you can plan to hear and prepare you for any questions you might want to bring with you. College is a very important but difficult step in a family's life so we hope that you will attend this very helpful workshop to make the process much easier for everyone! We are very proud to be able to provide you with this opportunity! The meeting will be held on Wednesday, March 16th at LPSDO in room 111E from 7-8:30pm. Snacks will be provided. We look forward to seeing you!

Congratulations Honor Roll students

Culler Lila Byron and Kathryn Masters
Dawes 8th grade, Georgianna Beaudette
Mickle 7th grade, Peyton Sheridan and 8th grade, Brittany Diaz
Scott 7th grade, Amanda Brown
Lincoln High 12th grade, Rachel Bahr and Sarah Hart
East 9th grade, Evgenia Rohlman
North Star 10th grade, Nia Bickert and 12th grade, Adam Ambriz

North Star students need your help for Denver March Pow Wow Educational Experience



Grand entry at Denver March Pow Wow 2004

This Educational Experience is intended to showcase the rich culture and multi-discipline areas that are involved in one of the nation's largest Pow Wows to American Indian Students who attend Lincoln North Star High School. This is an opportunity to show American Indian students how many different skills and talents are being used at this event and how they may make a connection to any one of several skill areas being used; the dancers, vendors, artists, singers, historians and the vast array of literature on the culture will provide their own unique application to content areas. As North Star continues to work toward implementing the Academy approach, this would be an excellent opportunity for the students to see how an area of interest that relates to their culture will fit into one of the academies and give them a connection to their education, an Academy, their school, and their future. The deadline is March 17th and fast approaching! Any amount of donation would be helpful and greatly appreciated!

Paying by Check? Please make all checks payable to the Foundation for Lincoln Public Schools. Mail checks to: Foundation for Lincoln Public Schools, 5901 O Street, Lincoln, NE 68510 or go to, <http://www.foundationforlps.org/giveagift/details.asp?gid=1353>.

Southeast Native American Caucus shares culture

Southeast High school caucus is off to a great start. This is their first year with school sponsor, Brent Toalson. Southeast's projects for second semester include making fry bread to share with other caucus groups at Southeast High School, learning to make dreamcatchers and then teaching students how to make them at Irving middle school's annual Prairie Festival.

Fellow classmate and traditional dancer, Jay Ferguson, will join other scheduled dancers at Irving's Prairie Festival on April 7th as well. You can also find the caucus volunteering at the Saratoga fun night with a cake walk done to traditional Native music and drumming from club members. Keep up the great work, Southeast!

creighton retreat continued...

and participants during the retreat.

Juniors and Seniors must have a 2.0 grade point average.

The student must be a mature Native American freshman, sophomore, junior or senior in High School.

The student must be responsible, cooperative, demonstrate good judgement, and be in good academic standing.

The student must be considering college, or a school counselor or teacher believes the student has college potential.

The Native American Retreat Organization Registration Form along with the Retreat Participant Application must be completely filled out and submitted prior to the application deadline. Creighton reserves the right to reject applicants who score low on the counselor evaluation and who do not adequately complete the essay.

Only 70 students will be permitted to attend, so apply early. The application deadline is March 18, 2005. No applications will be considered after March 18, 2005.

Please note: all arrivals are scheduled between 3:00-4:00 p.m. in the

Deglman Circle on 24th Street. Anyone arriving after 4:00 must report to the Student Center.

Please mail or fax applications to:
Office of Undergraduate Admissions
Attn: N. Omar Valentine
2500 California Plaza
Omaha, Nebraska 68178
Phone: (402) 280-2703, Toll-free:
(800) 282-5835
Fax: (402) 280-2685
nvalentine@creighton.edu

Parents! LPS students need sponsors!
Please contact Creighton or Indian Education for additional information about how you can help!

Announcements

"Good Medicine" Middle School Camp

Helen Longsoldier in collaboration with LPS Indian Education, Colette Mast from the Indian Center and Epscor IDEA (Experimental Program to Stimulate Competitive Research, Institutional Development Award Program) have created a summer camp for LPS middle school students called "Good Medicine".

At this camp, students will have the opportunity to interact with Native role models and peers who share common interests in mathematics and science. The camp has been specifically designed to approach these subjects through American Indian culture and history.

This camp will run June 6-11th. All students are encouraged to apply! The camp is free of charge and will provide all transportation and meals. Call Helen Longsoldier at 420-1854 or Kate and Kris at 436-1963 to sign up or request more information.

Need CI hours?

Hey Juniors! Get a head start on your CI hours needed your senior year! This summer work at the "Good Medicine" summer camp for middle school Native American students held June 6-10 at the Indian Center. We need high school volunteers to be counselors for the camp. The really cool part is you will fulfill your CI community service hours in the mornings and get paid for each afternoon. Call Kris or Kate for more information. 436-1963

Creighton University's All Nations

Creighton University's All Nations Powwow, Saturday, April 2, 2005, from 1:00 - 10:00 p.m. at the Kiewit Fitness Center, Creighton University, 2500 California Plaza, in Omaha, Nebraska. Free dinner, music and activities, registered dancers are paid. Host drums: Southern: Yellowhammer, Northern: Black Lodge. Look at www.creighton.edu/powwow for more information. Sponsored in conjunction with the 9th Annual Native American Retreat, March 31 - April 2, 2005. Contact Ricardo Ariza at (402)280-2469 or email him at Ariza@creighton.edu for more information about the Retreat.

Indian Education Summer Programs

Indian Education Summer Program offers morning workshops for three days to both boys and girls in grades K-3. This program has an academic component for a wide variety of students, including those with learning differences. This camp provides a small structured and nurturing setting for students to get the personal attention they need to build their self-confidence in and out of the classroom. This is a general activities program. The students will be doing everything from creating art, touring different sites around the city, and much more! The camp will begin June 6th. Times are yet to be determined. Breakfast, lunch and transportation will be provided. This camp is sponsored by Indian Education. All students are invited to participate free of charge. Call Kris or Kate at 436-1963 to sign up.

Indian Education is excited to invite all 4-6 grade students for a full day at Pioneers Park. We have planned for you to take an outdoor adventure complete with storytelling and exploring. This is definitely a day you don't want to miss out on! Students will meet at McPhee at 9am June 10th. Students will also need to be picked up at McPhee at 10pm. Breakfast, lunch, snacks and dinner will be provided. This camp is also sponsored by Indian Education. All students are invited to participate free of charge. Call Kris or Kate at 436-1963 to sign up.

Voting for IPAC members

IPAC (Indian Parent Advisory Committee) has been established to enlighten the public toward a better understanding of Indian people. IPAC's role is to promote and preserve Indian cultural values and to ensure that each Indian student receives an equal and balanced education. Its objective is to seek unity among the public school system, American Indian families and Indian organizations to assist with the collective needs of all families with native students to assure quality education and comprehensive delivery to all American Indians enrolled in the public school system.

Nominations for IPAC are fast approaching. If you would like to be considered and would like to have your name or someone you feel would be positive advocate for Indian Education on the nomination ballot, you may write your name on as a write-in vote. The next IPAC meeting will be April 1 at LPSDO in room 111E. Please ask the front desk for assistance. Everyone who has a Native American child enrolled in LPS is invited to run for all open terms.

Are you ready for college?

Entrance Exams

The ACT and SAT are entrance exams that measure all students by a single standard. Colleges like them because they compare the ability of students from all over the country.

Take the ACT and/or SAT in spring of your junior year, and again in the fall of your senior year. You may increase your score the second time because you'll be familiar with the format and you'll have more education under your belt.

Most colleges in the middle states prefer the ACT, and most coastal states prefer the SAT. However, most colleges will accept either score.

Talk to your guidance counselor about ACT/SAT preparation courses in your area. You'll find several good review manuals at your local bookstore, and online at www.act.org and www.collegeboard.org.

Tips for Taking Standardized Tests

Review the instructions and format ahead of time - You'll receive a sample test and instructions a few weeks before you take the test. Review the information carefully to save precious time on test day.

Answer the easy questions first - If you get hung up on a question, mark it and move on. The time you use to solve a difficult question is better spent on four or five easy ones.

Mark your answer sheet with care - If you get to question #50 in your test booklet and the answer sheet says #49, you're in trouble. Double-check the numbers as you go -- especially if you skip any questions.

Know your calculator - You are allowed to use just about any four-function, scientific or graphing calculator. Make sure you've had plenty of practice with the calculator to avoid wasting time.

Beware of trick questions - If a question appears strangely easy, especially after a string of hard ones, it's probably a trick. Try to find the underlying logic of the problem.

Extracurricular Activities

Colleges look for well-rounded students who have excelled academically and developed outside interests. There are even more reasons to get involved. You'll impress scholarship donors. You'll develop leadership and teamwork skills. You'll explore potential career interests. You'll become more organized. It's fun!

When do I apply for college?

Apply to three or four colleges in the fall of your senior year. Keep your options open by applying to your dream school, a sure-bet school, and one close to home that allows you to commute.

The Admissions Process

The Admissions Process

The college admissions team will first review your academic record -- transcript, class rank, GPA, and ACT/SAT score.

They will also consider your extracurricular activities. They want well-rounded students who can handle the rigors of college.

Some colleges offer "early admissions" in the fall of your senior year, but that may lock you into a school before you compare your top choices.

Most students apply in the fall and get accepted or rejected in the spring. The college will send housing and deposit information to students accepted for admission.

Colleges and Their Degrees

There are several types of colleges to meet your needs. Review our list of college types before you begin to narrow your college selection.

Liberal Arts Colleges award four-year bachelor degrees to students who complete required undergraduate courses.
smaller than most universities
classes tend to be smaller
emphasizes humanities, social sciences, and natural sciences

Universities are a collection of individual colleges, such as the College of Arts and Science, and the College of Engineering that confer bachelor degrees.

offer a great range of academic choices
class size tends to be larger
usually offer advanced degrees such as masters and doctorates

Community Colleges (also called technical or junior colleges) are public institutions that offer certificates, diplomas, and two-year associate degrees.

reasonable cost
variety of programs
courses may transfer to a four-year program

Private Career Schools specialize in technology-related fields, or trades such as business or cosmetology. Most private career schools award diplomas or certificates.

career path set in a short amount of time
small class size

Public colleges are operated and subsidized by the state in which they're located.

Private colleges rely on endowments, tuition and fund-raising campaigns for their money. They do not receive government subsidies so expect tuition to be more expensive than public colleges.

Religious-affiliated colleges have a sponsoring denomination, but most welcome students who don't subscribe to their faith.

Military colleges offer tuition-free education. You don't pay in dollars, but you will pay by serving your country for several years in the military.

Campus Tour Tips

Campus visits are vital when selecting the best college for you. Follow these tips for a successful visit.

1. Contact the admissions office at least two weeks before your visit to schedule a tour and overnight stay.
2. Visit while school is in session. You won't get the true flavor during summer, fall break, spring break or finals week.
3. Meet with an admissions representative and financial aid counselor.
4. Stay overnight - preferably in the residence hall. You'll discover each hall has its own personality.
5. Read the campus paper and posters to get an idea of activities and hot campus issues.



Pine Ridge woman is first American Indian woman in Legislature



BRAD PERRIELLO Associated Press
PIERRE, S.D. - In a Legislature where both women and American Indians are in the minority, Theresa Two Bulls stands out as the first Indian woman to serve as a state lawmaker in South Dakota. And she is proud of that distinction. "This can also show other women, not only Native American but white, that they can accomplish the goals they set," Two Bulls said.

Two Bulls, D-Pine Ridge, said her first day in the Senate was slightly intimidating. "There was a big question mark on my forehead saying, 'What am I doing here?'" she said. But her trepidation soon was dispelled by her fellow legislators. "All the senators have offered their help," Two Bulls said.

After serving as Oglala Sioux tribal secretary from 1990-1998 and vice president from 2000-2002, Two Bulls took a sabbatical from her post as tribal prosecutor to serve in the Senate. State-level politics are completely different from tribal government, she said, because the issues affect the entire state. "In tribal politics, you just concentrate on tribal members and tribal issues," Two Bulls said. "The decisions that I vote on passing are going to benefit the citizens of South Dakota, regardless of race or color."

Another difference is the efficiency of legislative committee meetings. "When they set a time, they're there, they hear testimony, they go on," Two Bulls said. "I really hope tribal council will come and spend a couple of days so they can see how it runs, and maybe we can run our tribal council this way," she added.

Creighton Retreat "Live Fearlessly, Learn Passionately"

The Native American Retreat is a three day event that encourages Native American high school students to think about college and help prepare them for the challenges ahead. During this event, attendees will:

- Learn What College is All About.
- Meet other Native American Students Interested in Attending College.
- Meet Native American Students Attending Creighton.
- Learn How to Prepare for College.
- Learn How to Apply to College.
- Participate in Fun and Challenging Activities.
- Explore Different Career Options.
- Stay in the Dorms and Eat Real College Food !

Programs and Activities

Nationally Recognized and respected Native American speakers will speak to the students on various issues that Native Students face when pursuing their education.

Career Tours

Students will all have a chance to take career tours in which they will get to tour facilities and talk to professionals in a career field the student has expressed an interest. Students can select from careers in the health sciences, education, information technology, journalism and others.

As one of four Indian lawmakers in the Legislature, Two Bulls had worried she would encounter racism. But, with one exception, she said she has felt nothing but welcome. During her first days at the Capitol, as she was learning to navigate the sometimes confusing layout, she stopped to ask for directions to a committee hearing and was brushed aside, she said. She believes a white person would have been treated differently. "That kind of made me feel bad. I only told one person about it, and he said, 'That won't happen again.' But that's the only thing I felt. The other people are really nice," Two Bulls said.

Rep. Tom Van Norman, D-Eagle Butte, said Two Bulls brings a fresh and badly needed perspective to the Legislature. "She is really in touch with a lot of people who are faced with severe unemployment and reduced job opportunities," Van Norman said. "A lot of the time our legislators and business leaders overlook those issues." Rep. Paul Valandra, D-Mission, said Two Bulls' presence has invigorated him after his 15 years in the House and Senate. "It's a treat for the rest of the Legislature, too," Valandra said.

One of the most important legislative issues for tribes is Indian gaming, she said. SB210 would require the Legislature to approve state-tribal agreements that set conditions for tribal casinos. Two Bulls told the Senate State Affairs Committee that the current negotiation process has worked well and that there is no need to involve the Legislature. A renewal or change to a compact could be delayed while everyone waits for the next session of the Legislature, which meets only two months a year, she said. SB210 had been passed by the Senate; the House State Affairs Committee sent it to the full House on Monday.

Two Bulls sees casinos as a way to address the grinding poverty and unemployment of reservation life. "There are Indian casinos making millions and millions of dollars, but ours isn't one of them. Ours is barely touching the tip of the iceberg," she said of the casino on the Rosebud Indian Reservation.

Asked if she plans to run again, Two Bulls said she hoped to stay in the Legislature for a long time. "A lot of them have been here 15, 20, 25 years. I really admire that they're dedicating their lives to making sure that people in South Dakota are heard. I want to be that type of person," she said.

Who Can Attend?

If you are interested in attending college and you want to learn more about college and resources for college, you should attend this conference. The Retreat is for high school students and their chaperones (teachers, faculty, counselors, staff, administrators, parents, and others).

The participating schools or organizations are responsible for providing chaperones and travel expenses to and from the Retreat. We require 1 adult chaperone for every 5 student participants. All meals and lodging are provided for chaperones

How do I pay for college?

When do I apply for scholarships?

Scholarship deadlines are year-round. You can apply for some as a junior, others throughout your senior year. Follow these guidelines for a successful scholarship search.

Talk to your guidance counselor about scholarships your junior year, and visit them weekly your senior year to stay on top of deadlines.

Track your academic honors, extracurricular activities, volunteer service, and paid jobs - vital information for scholarship applications.

Line up letters of recommendation from teachers, counselors, coaches, employers or other adults who know your strengths and abilities. Give them a copy of your Activities Resume to help them highlight your achievements.

Complete college-specific scholarship applications - many have a fall deadline. If you apply to a large university, ask about department-specific scholarships.

Expect to complete 30-40 applications if you're serious about finding scholarships.

What's available for financial aid?

Scholarships come from private donors or from your college. Some are based on financial need, but many are based on academics, leadership, athletics, etc. Use our

Grants are based on financial need and you don't repay them. The largest grant program is the Federal Pell Grant. Other federal, state and college grant programs are also available for qualifying students.

Work-Study, also based on financial need, allows you to earn money while attending college. You get paid for hours worked, so don't expect money up-front to pay tuition.

Student loans are a type of financial aid you must repay. They're available for students and parents.

What is the FAFSA?

The FAFSA (Free Application for Federal Student Aid) is the form you complete to apply for state, federal and college-specific financial aid. Pick up the FAFSA at your high school, college, or EducationQuest.

How do I complete it?

Completing the FAFSA is easier than you think - if you're prepared. In January, start gathering the following items.

- student's and parent's most recent W-2(s) and tax return (when completed)
- Current bank statements
- Student's driver's license and social security number
- Records of untaxed income
- Value of business and farm (exclude family farm)
- Value of investments (exclude retirement plans and home equity)
- Eligible non-citizens - INS documentation

Complete the FAFSA and submit it to the Federal Processor by March 1 to get the best financial aid package. Visit EducationQuest for help - we'll file it electronically to save processing time.

What happens after I submit the FAFSA?

Expect your Student Aid Report (SAR) 3-6 weeks after submitting your FAFSA. This acknowledges that your form was processed, and can be used to make corrections to your FAFSA.

Your college may request federal tax returns or other documents to verify your FAFSA information. Send the documents to the college financial aid office.

Your college will send you a financial aid award letter detailing the assistance they're offering. Sign and return the award letter to the college.

The FAFSA will calculate your Expected Family Contribution (EFC), and the colleges you applied to will subtract this amount from the cost of attending their school (Cost of Education). This determines how much financial aid they can offer you. They will come as close as possible to meeting your Financial Need.

How do I borrow for college?

Your award letter will indicate which loans you qualify to borrow. Some colleges have you borrow directly from the school (Perkins) or from your lender (Stafford Loans). Others have you borrow from the federal government (Direct Loans). You may even qualify for a combination of loans.

Your parents may qualify for the PLUS loan. The interest rate is slightly higher than student loans, so complete the FAFSA to apply for all types of student aid first.

The FAFSA determines what type of loan you receive and how much you can borrow. Follow instructions from your college as the procedure may vary from school to school.

High school courses required for colleges in Nebraska

English — 4 years including reading, writing and speech

math — 4 years including geometry and two in algebra

foreign language — 2 - 4 years of the same many colleges require 4 years

social studies — 3 1/2 years including American history, world history, American government or geography

natural sciences — 3 years including at least two courses of biology, chemistry, physics or earth sciences. One must include lab work.

College Selection

EducationQuest FOUNDATION

College Selection

How do I find the best college for me?

There are several types of colleges out there — you'll need to do your homework to find the best fit. Are you most comfortable with a four-year school, a two-year school or a technical school?

Spend your junior year narrowing your college choices. Talk to college reps visiting your school, attend the college fair in your area, and visit the colleges that interest you.

During your senior year, get to know the admission reps at the colleges you're interested in. They'll tell you about deadlines for admission, college-specific scholarships and housing.