

## Announcements

### Native American Boxing Club



Open to all young men and women ages 10-18.

Learn about boxing and self defense. Learn nutrition and body conditioning.

Three Tier Program:

1. Fitness/Nutrition
2. Boxing and Self-Defense Skills
3. Amateur Competition (USA Boxing) (Upon Agreement of Parental and Coaches Consent)

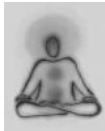
Equipment and training will be provided at no cost. Parental participation and suggestions are encouraged.

Contact Will Wagner at 438-5231 ext. 114 or (970) 946-4555 (cell).

### Lakota Language Classes

Tuesdays 6:30-8:30pm  
F Street Recreation Center  
Admission is free!

### Native Images Nutritional Workshop



Native American Youth Program invites student and families for the Native Images Nutritional Workshop on October 5, 2005 from 6:30-7:30pm at the Indian Center

on 1100 Military Road. For more information contact Colette at 438-5231 ext. 114.

### Dance and Sewing Group

Learn to dance your style and how to make your regalia. Parents Supervision is required. Lincoln Indian Community Church. Saturdays at 1pm.

## UNL 14th Annual Pow-wow



**Saturday, November 20  
Nebraska Union**

Contact: UNL OASIS  
333 N. 14th St.  
Lincoln, NE 68588-0450  
(402) 472-5500

## Summer Highlights

### LPS students enjoy first "Good Medicine Camp"



Students in attendance at "Good Medicine Camp"

Indian Education collaborated with Helen Long Soldier, The University's EPSCOR and the Indian Center for the first ever "Good Medicine Camp" this summer. The turn out was phenomenal and we hope everyone involved had a great time. The student's learned how their own Native American culture is deeply involved in the areas of math and science.

Students had the opportunity to visit the SAC Museum, Mahony Park, Pioneers Nature Center, Museum of Nebraska History and speak with important members in their community. We hope this camp is something to expand on in the future!

### Native American Preschool celebrations



Mercedes Dominguez and her grandmother

"Celebrate Literacy" was the theme for the final days of the Native American Preschool grant. Activities such as "Splash Day" and "Zoo Day" began at the beginning of summer for families and friends of Native American Preschool. Many students and families attended! We all had a blast!

"Celebrate Literacy" was hosted at Pioneers Park Nature Center where dinner was served, gifts were exchanged, and Many Moccasins performed. Special thanks to everyone who attended!

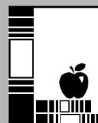
### Eastridge student, Emily Hernandez wins recognition

Emily was one of seven students randomly chosen from 7500 "high five" winners. She won a \$500 savings bond, \$25 gift certificate to Valentinos, a t-shirt, a professional picture taken, and a plaque recognizing 7 chosen students. Students become high five award winners by teacher recommendation and there are a total of 48 public and private schools participating each year.

### What is IPAC? How can I get involved?

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. Meetings are the first Friday at 12:30 every month. If you would like to attend please call LPSDO at 436-1988 or 436-1963 for locations and questions.

#### LINCOLN BOARD OF EDUCATION



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6/04

# LINCOLN PUBLIC SCHOOLS INDIAN EDUCATION

"I'm just a human being trying to make it in a world that is very rapidly losing its understanding of being human."

-John Trudell  
(Native American Poet and Activist)



October 2005

## Indian Education hosts a big hit with Mary Kay Mueller!



Mary Kay Mueller

### "The Skills you Need to Reach Your Dreams"

Indian Education was proud to sponsor the 2005-2006 Transition Workshop featuring presenter and motivational speaker Mary Kay Mueller. The workshop included a free Valentino's Buffet for middle and high school students and their families. Mary Kay was a huge hit! Everyone in attendance received a book, video, CD or cassette from Mary Kay. This was definitely a fun beginning to a new year!

Mary Kay Mueller is the author of "Taking Care of Me: The Habits of Happiness" and Heartland Hero Award Winner.

International trainer, keynoter, author and motivational coach Mary Kay Mueller has learned life's most important lessons the hard way. For Indian Education's transitional workshop, she brought her insights and inspiration to our Native American students and families in a powerful presentation.

Her innovative and original teachings on the FGH Positive Attitude Formula, How to Make Every Decision the Right One and How to Love the Half-Jerk and Half-Jewel People in Your Life have transformed individuals and organizations at their core during her 15 years as a speaker.

Mary Kay's dynamic presence, her positively personal sharing, her contagious enthusiasm and her heart-hitting music (she is Omaha's #1 jingle singer, too), Mary Kay reaches audiences others thought unreachable. Mary Kay has touched many people facing a challenging time and wanting to bring in the best for increased success and happiness. Thanks Mary Kay on behalf of Indian Education, IPAC and all in of our students and parents in attendance!

### Students and families share their thanks



Kris and Kate. Thank you for having me in the Native American Club at school. I wanted to tell you, you two are the most wonderful people that come to Culler Middle School. -Student

Thank you for the pizza party and the Indian Education parties and stuff. Thanks for making Indian Education Clubs at our schools. -Student

Thank you IPAC for making it possible for us kids to eat at Valentino's. It was very thoughtful. Pilmayaye (which means thank you). -Student  
IPAC. Thanks for doing this. It was fun and I learned things and the food was good! -Student

Thank you IPAC. Wonderful presentation. Very useful for all. I enjoyed watching all the young students getting involved. Understanding about risk. Also, very good meal. -Parent

Thank you IPAC for having this good conference for our kids and parents. We need more things like this to educate our children. Thank you so much. -Parent

Thank you parents for everything you did for me, waking me up and going to school to get my education. -Student



Thank you IPAC for the lunch and Mary Kay Mueller. It was very refreshing and knowledgeable. I would like to continue the meeting later in the year. -Parent

Thank you for letting us eat here. Kris Ross, it was good to see my friend and thank you IPAC. -Student



Thank you for today. Thanks for teaching me that if I believe hard enough it will come true. I also want to thank you for helping me realize that school is so important to me. Also for helping me see that I don't want to drop out of school without getting my diploma. -Student

Kate thank you for all you do to help motivate Native American kids to become more than what's around them. It's people like you who give hope to kids who are less fortunate. Without you and others I wouldn't do the stuff or try to become a better person and become somebody in life because I wouldn't believe I deserved it. But thank you for never giving up even if some of your events weren't as successful as you thought they would turn out. -Student

thanks continued...



Thank you IPAC. Sometimes people take things for granted, they don't take risks and end the possibilities in life. Today I visited Mary Kay Mueller and I am glad I took the time because she gave me reasons to believe. I would like the thank you for this amazing opportunity today! This is truly something I will always be grateful for, yet never forget. Thanks you again. -Student

Pilamayaye for having this workshop at Valentino's. I learned a lot about achieving my goals. The buffet was wonderful, the food was good, and best of all it was free! I am really glad I came. I saw a lot of people I knew. -Student

## Indian Education expands Native American Club Day

Since Indian Education has established a growing response to Native American Club Day at Dawes and Culler Middle Schools for the last couple of years, Kris and Kate are excited to announce that they are planning to expand this opportunity to many more Middle Schools this year!

Native American Club is a day once a month when Native American students have the chance to come together and learn about their culture from elders, storytellers, students and various other resources in our community. Below you will find the dates and times for the month of October when we will be visiting your schools! We look forward to seeing you and all of the fun we are going to have this year!

### Middle School Club dates

Thursday, October 6  
Culler • Irving

Thursday, October 13  
Dawes • Pound

Thursday, October 20  
Lefler • Goodrich

# Eastridge Elementary students experience "Gathering of Nations"

Written by Rita McClure, Grandmother

On April 28th of this year, Eastridge school students, Emily and Evan Hernandez took their first airplane ride. They went on a trip they will never forget. Members of the Iowa Tribe of Kansas and Nebraska. They went on an adventure. They were going to a powwow, but never dreamed how large in attendance it was going to be. They went to the "Gathering of the Nations." Located at the University of New Mexico, Albuquerque New Mexico. Largest powwow in North America, representing over 500 tribes. Where there were over 3,000 dancers and singers in full regalia, and 100,000 people attending within two days.



Emily and Evan Hernandez pictured with Miss Native America

The dancers kept coming into the arena from the north, south, east and west. It never stopped. You couldn't see the arena floor at all. Emily and Evan knew this was going to be a different powwow from something that they had never seen or been to before.

Time flew by at the arena. We were there all day from sunrise to way past sunset. The powwow went on for two full days.

There were people attending from all over the world. We sat by a group on tour from Frankfort Germany. Made friends and exchanged emails. Not only was the powwow going on. But there was the Indian Traders Market and many food vendors. Table after table displayed beaded necklaces, earrings, dream catchers, turquoise jewelry, clothing, crafts and art prints all vying for your attention.

The cultural outreach and fun was the most wonderful part of our trip. The Gathering of the Nations is a festival of dancing and drumming. The regalia is a blend of tradition and ones own personal taste.

Depending on ones dance preference or specialty. There are tassels, buttons, jingles, feathers, bustles and fine beadwork. Dance contests for all ages from elder dancers (70 years of age and older), junior and teen categories, and even a tiny tot competition. Wonderful musical performances from flute, guitar to violin and more. Even a Miss Indian World.

The Gathering of the Nations was an educational experience, a family reunion, cultural heritage identity, dancing, music competition and a great shopping opportunity. The Gathering of the Nations is an experience, we'll never forget.

## Dawes writes ideas for this year's club

I'll call my mom and ask her to bring dreamcatchers here. I make dreamcatchers and need a war dance outfit. -Student

I have 2 sets of regalia I could bring. I also know how to dance if you need examples. I know fancy shawl and traditional. -Student

Native American games. Make Native American food. Have a field trip to a pow wow. Have dancers come. -Student

I have a Sioux dictionary and a prayer feather I can bring. I also have pics of a pow wow and of Sitting Bull Nat'l Park. -Student

Learn to speak my Native Tribe's Language. -Student

Make another family photo album. -Student

Try to speak a Native language. Have more storytellers. -Student

Watch Native American movies. -Student

# Seniors, get ready for college now, save this page!

## 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](http://www.act.org) and [www.collegeboard.org](http://www.collegeboard.org).

## 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.

## Geographical, Need-Based, and Other Scholarships for Freshmen

The University offers a wide variety of scholarships that consider an applicant's academic profile along with other factors such as the applicant's county and state of residence, financial need, ability to enhance student ethnic diversity, musical and artistic talents, or other donor requirements.

For scholarship consideration, incoming freshmen must complete an Admissions Application and submit supporting documentation by January 15th, as well as take the ACT or SAT by the December national test dates. Some of the scholarships listed below require the completion of additional forms or applications.

### Davis Scholarship

Available to graduates of Nebraska high schools, the value of the Davis Scholarship varies and can cover up to the full direct cost of attending the University of Nebraska-Lincoln over four years. A separate application is required and is due by February 1st. The application is available at [admissions.unl.edu/apply](http://admissions.unl.edu/apply).

### Gupta Scholarship

The value of the award is the equivalent of a standard residence hall contract, limited to four academic years.

### Nebraska Achievement Scholarship

Available to graduates of Nebraska high schools, the value of the Nebraska Achievement Scholarship varies and can cover up to full tuition. The scholarship is renewable for up to four years.

## 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!

## Native American Heritage Scholarships

The value of the award varies and can cover up to the full direct cost of attending UNL, limited to four academic years. Preference is given to students with strong tribal affiliation with one of the indigenous tribes associated with the geographic area of Nebraska in prehistoric, historic, and modern times. A separate application is required and is due by February 1st. The application is available at [admissions.unl.edu/apply](http://admissions.unl.edu/apply).

## Summer Institute for Promising Scholars

The value of the award is tuition, fees, books, room/board, and part-time employment during the summer term prior to the first fall semester of enrollment; and \$1,000 for the first year of enrollment. A separate application is required and is due by February 1st. The application is available at [admissions.unl.edu/apply](http://admissions.unl.edu/apply).

### Applying For These Scholarships

1. Take the ACT or SAT on or before the December national test dates (entering freshmen only).
2. Submit admission materials no later than:  
**Freshmen - January 15**  
**Transfers - March 15**
3. Freshmen who wish to be considered for leadership scholarships must complete the Résumé Form available online.
4. Freshman or transfer students who wish to be considered for need-based scholarships must complete the FAFSA.
5. Contact your UNL academic department or college about any additional scholarship requirements.

**For details and assistance call 472-2030.**

