Every Story
Has an End
But in life
Every End is just A
New Beginning–
Anonymous

Reimagining Math and Science

Students in the INMED Summer Institute program consider Math and Science necessary launch pads for future academic and professional pursuits in medicine and related fields. At INMED SI, they also have a chance to translate their learning into voices for action, resilience, determination, and positive outcomes. This newsletter contains students’ voices, aspirations, and memories couched in poetry, short stories, reports and more! The profile of our past INMED SI counselor conveys what other platforms our students seek to learn from mentors whose present endeavors offer lenses for imagining and reimagining future possibilities.
DIRECTOR’S FOREWORD:

Summertime at the University of North Dakota and the School of Medicine & Health Sciences is a time to acknowledge accomplishment and success. It’s a time to take pride in the new medical graduates who will be leaving our campus and going on to new challenges in their various residency programs. Summertime is also a time to reflect, reorganize and plan for the return of the students in the fall.

Summertime at the Indians into Medicine Program (INMED) is also a period of increased activity and enthusiasm as a new group of American Indian students from reservations across 48 states and Alaska arrive on the University of North Dakota (UND) campus for six weeks of academic enrichment and personal growth. The INMED Summer Institute program and staff annually welcome up to 90 students, grades 7-12, to spend their days building knowledge and skills in coursework and extra-curricular activities that are intended to increase their potential for success in college. SI participants also learn about health careers, how to live healthy lifestyles and gain an awareness of life on the UND campus.

In addition to Summer Institute, INMED provides six-week programs for college level students. The Pathway Program provides graduates of tribally controlled community colleges the opportunity to successfully transition into the University of North Dakota to complete their four-year undergraduate degree in nursing, allied health or pre-medical curriculum. Our medical preparatory program brings together upcoming medical school applicants to study for the medical school admission’s exam. In our fourth summer program recently admitted medical students have the opportunity to review their competencies in biochemistry and physiology, two primary areas of academic content necessary for the successful completion of block one of the medical school curriculum.

Why are summers so important? Down the road is a truly remarkable time especially when one is afforded the privilege to watch that former 7th grade summer institute student walk across the stage of the Chester Fritz Auditorium and get their Doctor of Medicine Degree. It is very rewarding to hear their name called and watch as the Doctor of Medicine degree is conferred upon them.

To date, 204 of these young people have graduated from the University of North Dakota School of Medicine and Health Sciences through the INMED program. Though not all started their quest in summer institute, for many, it began with one summer at UND. I am proud to have had the opportunity to be with each of you.

Signed: Gene
My name is Marissa Grassrope and I am 13 years old. I applied for INMED because I’ve always wanted to help people, and as cheesy as it sounds, I also want to bring that dream to life. Because I am awesomely shy, I was accepted into INMED—I can swear that my autobiographical sketch made me sound like a fifteen year old at the least—but the credit all goes to some very nice people I know. I’m just kidding but truly, I am happy to have joined the INMED summer program. I can honestly say that thanks to this program I know how to play tennis—but let’s just say that I’m not particularly warm towards the gym sessions although they are better for my health—and I’ve even gotten to join the newsletter club through which you are reading this. I come from the Lower Brule Sioux Tribe, which is of course in the town of Lower Brule, South Dakota, and supposedly my family descends from a long line of chiefs. I like to take long walks on the beach—just kidding; I doubt there’s a beach in South Dakota—and my favorite color is a sky blue. I also very much prefer PC to Mac and chocolate over vanilla. I also might be slightly obsessed with Doctor Who, and I mean slightly, but thanks for reading!

INMED offers a chance to write, learn, and read during the summer. Also INMED has offered the chance to meet new people and I love meeting new people. My experience here has been very enjoyable so far. I've made friends with a lot of new people and I am having fun. I came because I want to pursue something in the medical field when I go to college. I feel that INMED will look astounding for my college applications, especially if I get to come back until I graduate 12th grade. I believe INMED is a very great summer institute and I'd love to come back next year!

My name is Samaya Blacksmith and I am 14. I will go to Red Cloud High School this fall. I enjoy writing, reading, drawing, riding horse and meeting new people. I also love listening to music because it sounds so beautiful.
My name is Kallen Rei Blacksmith. I am from Oglala, South Dakota, or more specifically, Lakeside. I went to Loneman School till second grade, and ever since I've been going to Red Cloud Indian School. I plan on attending Santa Fe Indian School next year. I wanted to come to INMED since I was a child, well a smaller child than I am now. My brothers and sisters came here, and I wanted to follow in their footsteps. I wanted to come so I could learn new things and meet new people. So far I have had the time of my life. I am usually an awkward person, but I actually met some really great friends. The classes are challenging, but at least they aren't easy, and I'm learning. The overall program is amazing; it is better than I could've imagined, and I'm very grateful I attended. I hoped everyone would be nice, and that the overall experience would be fun, and so far those expectations have been met. In the future I want to go into the CSI field, or if something more interesting comes along, then that.

My name is Quentin Failing and I am 15 years old. I come from the Assiniboine and Sioux tribes in Poplar, MT. I am also going to be a freshman next year. What I want to do with my life is to work in the medical field but for the military. During the six weeks I have been in INMED it has been the best because I have learned so much. I learned chemistry, biology, and physics which are all really like math because in these subjects you have to do the basic operations of math with some variables.

My name is Keshon McCauley. I am 14. I attend Omaha Nation Public School. I am going to be a freshman. The reason I attended INMED was to experience new things and meet new people. I want to be a therapist or psychologist.

My name is Jasmine Derby. This fall I'm going to be an 8th grader at Our Lady of Lourdes Elementary School. I am from Kyle, SD. I came to INMED because sometime in the future I would want to become either a physical therapist or a nurse. I hope the outcome of this program will help me get ready for one of those careers I want to pursue.

My name is Eve Sallette. This fall I will be in 8th grade at Todd County Middle School in Mission, SD. I am from Mission, SD. I wanted to come to INMED because when I grow up I want to work in the medical field. The reason I want to work in the medical field is because I love the fact that I will be helping people.
I once knew someone who meant a lot to me but had no idea of my existence. No, I’m not talking about a crush, but I will say that I had always admired that person. In fact, the person I’m talking about was someone who everyone bullied. It was you. You were pushed and shoved on a regular basis, frowned upon, and judged so harshly for simply being at school. I was your hidden savior who you never knew about. I was very much against bullying and I did not tolerate it. Especially since you never spoke a mean word towards anybody and you once even saved my life.

When I mean saved my life, it had been a Monday when I was almost run over by a speeding car. I was talking with my friends about pancakes, crossing the street casually, when the car came around the corner. It turned towards me, its engine loud, the driver busily talking on a phone, and I noticed it only too late. I was shoved out of the way by a pair of hands and I fell to the ground harshly. I turned around agonizingly, thinking I was dead, when I saw your face. You were bent over me, asking me frantically if I was okay.

Everything faded into black slowly, a herd of voices shouting my name. The last thing I saw was your face. You had seen the car before I did and pushed me away from death. You don’t realize how terrible a person you are until you’re about to be flattened by a careless driver. I was awakened to how amazing life was and what the meaning of kindness was. After that day, I began to look up to you and I saw something incredible.

You were sweet, kind, thoughtful, selfless, and most importantly, humble. I noticed how you were always the polite one who never failed to offer your phone or pencil to anyone who needed it. But I also heard the mean comments the cheerleaders would say when you were around, the feet that would "accidentally" stick out in your path, the way you always had no partner in projects. It made me so angry how someone so harmless and thoughtful could be treated like dirt. Ever since that day I’ve been grateful to you, but when I saw the bullying that happened to you, I couldn’t stand to see you mistreated, especially someone who would risk their life to save a complete stranger’s. So I became the savior ninja whom no one ever noticed. You were tortured by that bullying, I knew. I did anything to relieve it; still it did little to nothing. I felt so helpless.

My opportunity was graduation. It was the moment everyone had been waiting for, the moment when you know those four long years are over. I was sitting in my row at graduation, waiting for my name to be called, when I overheard whispers. Your name was what I heard, along with “prank” and “bucket.” I couldn’t hear any more of it but instantly I was worried. I looked around frantically for anything amiss and I was so desperate. Then your name was called, you got up with a happy smile on your face, so relieved to be free of high school. I was proud of you, but in that moment I saw someone running towards you with a bucket and a carton of eggs.
I knew what was going to happen and I ran up to you, crying out, "No!" I was just in time to be the one splashed with the cold water and eggs thrown in my face. You couldn't stop gaping at me. Then, I heard a clap.

Clap.

One by one, people began to clap.

Clap.

Soon the entire audience was clapping and I beckoned for you to get the diploma that you had earned through hard work with a triumphant smile on my face. You had never looked so happy before and I was the one to do that. You had a small smile on your face while the diploma was placed into your hands. Afterwards you raised the diploma in the air with a bright light in your eyes. After the ceremony, you came up to me and said in that quiet voice of yours, "Thank you."

I simply smiled and said, "You don't need to thank me; after all, you were the one who saved my life." And so I finally began to see a light in your eyes that had never been there before. It was only the beginning of your success and happiness. Who knew that the first time you ever noticed me, which was at graduation, would be the moment when we truly met each other? We've been married fifteen years, me and you, with three beautiful children to show for it.

Both of us grew up to be successful and you donated thousands of dollars to charities worldwide. We even helped rebuild a new school for our town, despite the relentless bullying you'd received. Now and then both of us like to show off our degrees to our former classmates and laugh about it. After all, all your former tormentors did was stay in the same town, have kids, and have boring jobs. Meanwhile the two of us attended Berkeley together, traveled to exotic places, received our college degrees, became financially successful, and we had each other. That was all we needed and we were so happy. In front of that new school that we so generously helped build, our statues still stand tall and powerful, just like their likenesses.

Kindness always prevails, my friend.
I can't believe it. I look at the fresh diploma in my hands, and smile. I couldn't believe it when I opened the package from my old high school. I always thought that I'd be going there next year. Everyone did. I gave up on my grades, thinking they were going to be all F's anyway. But in December, they said I only had one chance to get them up, ever since then I've been dropping friends.

I gave up going to the courts to do my homework, quit cutting class and started paying attention. Instead of sleeping till the second bell rang, I went to school early and studied. It took all summer to catch up on my credits, but I passed. I finished high school. Oddly enough, all the hard work paid off in the end. Looking at the diploma in my hands, with my name printed on it, my eyes flooded with tears. My mom came in with a cake, she wrapped her arms around me, triggering uncontrollable sobs of joy. I still don't have enough to make it into community college, but now I know that if I try hard enough, I can accomplish anything.

And I will Sing of Birds
that FLUTTER above the rest
Because I have seen a soar
A SOAR
Because of A helping Hand
A hand that is generous
A hand with a heart
With hope for the Goal-getters
A hand that has reached above the star

Thank you
To the Smile that greet many young faces
The Smile that puts confidence in those expectant eyes
Forever cherished, respected and admired

Thank you : INMED STAFF
Learning Beyond the Classroom Context: Report on I.H.S Trip!

The trip to The Indian Health Service was a great experience. We started the tour off with a couple of questions about the services. At that the curious students were allowed to ask questions about their future careers. Throughout the tour, questions were answered, and new things were learned. We learned about the pharmacy, and all the robotics medicine sorters that help save a lot of time and money and space. The robotic sorters also speed along the process of prescriptions. We also learned about how dentists have at least 50 visits a day, which are mostly emergency runs. After everything they took us to their casino for lunch. The lunch lasted about an hour and a half. A speaker from the I.H.S encouraged us to learn and told us that we are going to be successful in the future in the Medical Field. After lunch we traveled for about another hour to a water park. We stayed at the water park for three hours and had a pizza party. Everyone had a lot of fun.

Signed: Grades 7 and 8

First of all we would like to thank all who planned the field trip to Red Lake IHS. Overall, as a class we enjoyed the field trip. In a group survey the 9th grade and 10th graders were asked what their favorite things about the hospital were and what things stood out to them. As usual with teenagers it began with jokes like “I liked how the doctors were sober,” or “I liked how there was no trash on the lawn.” But then things got down to business. Multiple students commented on the politeness and thoroughness of the tour guide. The consensus was that she did a great job of showing us all the necessary gears to a well-oiled machine that was the hospital. Other students noticed and appreciated the encouragement from the doctors for us to become young Native American medical practitioners. Along with the encouragement from the staff, we agreed that it was nice to see active Native Americans with doctorate degrees working. It was made known within the group that it was inspiring to know that it could be done; that making it as a successful doctor was a possibility.

There was even a woman on staff that had attended INMED. That was truly inspiring. Hopefully, sometime in the future, one of us would talk about our experiences with the INMED camp and all the awesome opportunities it had given us. Another thing that gained the praise of the class was that as a hospital there was a friendly environment. We liked how everyone was happy to serve and provide care for the people of the reservation. Also, the field trip gave us a different perspective of a functioning hospital. We even had the opportunity to go into the pharmacy to see how it operated. By far the most impressive thing about the pharmacy was the robot that filled the prescription bottles.

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The trip to the IHS hospital gave many messages. But the most important and resonating was that there was a huge lack of Native American doctors, and we have the power to change that. They showed us that we could get away from all the alcoholism, suicide, and drug abuse. They gave us a goal to work towards by showing us a place that has Natives that beat all of the oppression. They stressed that it is important for us to realize that we can break the stereotype that Native Americans can’t/won’t be as successful as other ethnicities. Lastly, we would like to thank the Red Lake I.H.S for letting us tour their facility. We are thankful for the opportunity to experience how a medical facility works. If we could take another tour we would do it again. It was a good experience for all involved.

Signed: Grades 9 and 10

INMED students from the University of North Dakota went on an exciting field trip to the IHS Hospital in Red Lake, Minnesota. We got up early for our two hour bus ride to the IHS Hospital. Mostly everyone on the bus slept the whole way while others listened to music on their iPods. Our counselors divided us up into three different groups for the thirty minute tour that was to come. The first thing we did was tour the north and south side of the hospital. Then we were privileged to have an exhilarating and elaborate tour through the pharmacy. It was cool and exciting because some of us have never actually been behind a pharmacy counter before. It was a great and awesome experience for those who want to become pharmacists someday. Our tour guide explained to us that part of the IHS Hospital is run by the government and the other part is run by the tribe. We also learned that the tribe helps the community. The next thing we did was tour the emergency room. In the emergency room, we saw multiple, expensive, and large machines. They have had over thousands of visits to the E.R. All together, the hospital has had over 250,000 visits! We think that’s pretty amazing for such a tiny hospital. Then we got to explore the new dentistry area! We liked how they had everything set up in that specific part of the hospital. A few other interesting parts were the optometry area, and the nursing home.

The Nursing Home was quite interesting. They had activities to keep them busy all the time. Some of their activities were bingo, powwows, and other community events. When we first walked into the nursing home it really felt like a real home! It was warm and you could smell delicious food cooking too! Some of the elders were watching TV and some of them were playing cards. Everyone that lived there looked comfortable just the way a home is supposed to be. While on our tour we met a couple of nurses and doctors. We got to get a real look at what they do for a living and it was really exciting because they truly enjoyed taking care of their patients. After meeting a few of the doctors and nurses we were done with our tour and said goodbye to our tour guide. After our bathroom break, we went to a room where a doctor spoke to us for five minutes. He told us how he became a doctor and what he majored in when he was in college. He inspired us to focus on our ambitions. In fact, we enjoyed the tour and the learning experience. It was a wonderful time for us INMED students: this field trip was well worth it.

Signed: Grades 11 and 12
Recently, INMED students went to Turtle River State Park for a field trip. We learned a lot about nature and how to conserve it and respect it. All of us had a lot of fun meeting all the park rangers and scientists. At the Turtle River State Park, we observed and learned about different types of animals and insects.

The first activity we did was natural dyeing. We learned about natural dyes (dyes we can extract from nature) and how they can be used in many ways to dye many different clothing and materials. We learned that dye can come from many different and varied foods, nuts, and plant roots. For example, walnut shells can produce an earthy, brown color that is great for camouflage.

After our first activity, we were taken to a field where we were given nets and plastic sample containers to observe the many insects that we caught in our nets. Dragonflies, beetles, damsel flies, and butterflies were some of the few insects that we were able to catch. We also ran into wildlife such as moles and field mice. It was very exciting and each of us learned a lot about the type of insect we happened to catch.

Geocaching was next on our schedule. In geocaching, we learned the importance of navigation. We were taught how to use a compass and a GPS. In fact, the geocaching teachers talked about the history and geography of the Turtle River State Park. It was a very informational activity as we learned how to locate hidden caches using only a compass and a map. After that, our lunch picnic was very relaxing and enjoyable. We had the chance to enjoy nature along with the delicacies of Subway. A group of students even created a sculpture/tower using the subway sandwich boxes! The sandwiches included choices of roast beef, ham, turkey, and Italian. Adding to our healthy meal was a bottle of water and a cookie, which was absolutely delicious. During lunch, we savored the friendliness of the groups and the food together, which made for a good atmosphere. It was honestly a very good experience.

Next was an activity which was called sound mapping. We met Jane, an intern at the park who supervised this activity. In sound mapping, we had to choose a spot and sit there. We had to listen to the sounds of the wildlife around us and make a map of our observations. It was very peaceful and calming to experience nature in this way. After that particular activity, we were told to make another map, this time by sitting in a spot and recording what was around us in a limited radius.

The activity we did next was very interesting. We went on a nature walk with a very nice park ranger. She took us into a forest and up a hill that came to a large prairie. She pointed out different types of plants that were from different states. The park ranger mentioned that the plants that were brought into the state from Kentucky were used to fatten up cattle back in the day! In fact, we had a very fun time at Turtle River State Park. It was clearly a very fun and valuable experience. I think observing the different insects was the best thing we got to do. We learned from all the activities and we’d do it again any day!
Logan Jensen’s Report . . . in literary language!

It was a wet, humidifying morning as the brightly-burning sun was high in the sky blaring its mighty rays of eye-squinting brightness. As we woke up, the sun was blinding to the young subjects of INMED, those who wore sunglasses that day were finely lucky. Some thought, “okay this should be fun…I hope.” Or, “this better be worth it waking up so early to.” Let’s just say, the young minds were curious and eager: the day though, was pleasant enough to stroll through Turtle River State Park.

Dawn, no child likes to wake up this early during the summer. Children usually prefer to wake up at 10 or 11, possibly late in the afternoon. Maybe going to McDonalds would awaken the slow-pacing minds of the sleepyheads; a nice, warm, tasty, tongue grabbing, stomach pleasing McMuffin with that OJ in that cup.

When we all woke up, we all thought the same thing, “WHY THIS EARLY???” Steamrolling on the highway passing luscious green plants and trees, half were sleeping and the rest were in their own worlds looking out deep into the woods pondering what to expect going to Turtle River State Park. The con side of that day however was dreadful. It was any person’s worst weather nightmare: strong humidity. Upon arrival, we were all startled by the wondrous, plentiful green forest, even though some were still trying to wake up.

Turtle River State Park is in the outskirts of town. It is deep in plant-crawling territory where the birds sing away with their chirps and the animals roam freely. We were all introduced to scientists and staff on arrival. We were all then separated into groups according to our grades, from the seventh to the senior grade level. We later had the chance to observe and “be one with nature.” It was a spontaneous and mind-tingling learning experience. We learned about the different types of insects. We also got to examine the ecosystem and interact with it. Although mosquitoes were eating everybody up as if we were a walking buffet, we were happy to see a snapping turtle, underwater though (sigh).

We left Turtle River State Park feeling inspired because we had learned so much. Although the humid weather made the trip to Turtle River State Park a bit uncomfortable, we were given the chance to know how much there is to preserving Mother Earth!
My name is Delbert Lamb. I am 24 years old and from Timber Lake, SD. I am a second year medical student at the University of North Dakota School of Medicine and Health Sciences. The first two years of my undergraduate career began at the University of Mary in Bismarck, ND and then transferred to UND.

I graduated from UND with a Biology (B.S.) degree in the spring of 2012 and was accepted into UND's medical school the fall of 2012. I began my Indians Into Medicine experience (eleven years ago) as a 7th grader in 2002. In fact, I participated in the summer enrichment program until my senior year, returning all six years. During the summer of my first 2 years of college at UND, I was also a counselor for the INMED Summer Institute.

The Indians Into Medicine program has undoubtedly been the most influential aspect of my educational choices. As a 7th grader, I had always enjoyed the sciences, but never had the medical profession as my career choice. The INMED SI program however made it possible for me to develop more interest in the sciences, learn from medical professionals, and interact with other involved students for 6 weeks. The INMED experience motivated and helped me gear my interests towards medicine, returning back to SI for 6 years. I should add that as an undergraduate student, INMED helped me with class scheduling, mentoring, financial guidance, and career opportunities. Really, the INMED family was my family away from home!

As an INMED counselor, I helped encourage students to enjoy the sciences. I was also given the opportunity to support the future goals of INMED SI students who I saw had the same energy and enthusiasm I had as an INMED SI participant. I have grown up with the Indians Into Medicine program, and could not imagine my experience being any different. I have made friendships that will last a lifetime and learned to not give up on my dreams through this program. I matured educationally, professionally, and personally throughout my time with this program, and will continue to do so.

The purpose of the Indians Into Medicine program is to assist Native American students in their pursuit of a career in healthcare. They assist from junior high to professional levels. The program was founded to address 3 areas: 1) too few health professionals in American Indian communities, 2) too few American Indian health professionals and 3) the substandard level of health and health care in American Indian communities.

By addressing these 3 points, it is important for American Indian students to be continually involved with the INMED program. I have been involved with INMED from the junior high level, until now, and I could not be more proud of being an Indians Into Medicine student.

“Don’t give up. Don’t ever give up.” – Jimmy V.
Photos: Turtle River State Park! Character Challenge! INMED Olympics! Biology Lab! Speech Class!
Special Thanks:

INMED 2013

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