



W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER R

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Weekly Menu

Jan. 15 to Jan. 19

DINNER

- Mon.- Chuckwagon Stew, Baking Powder Biscuit, Salad Bar, Fresh Fruit, Relish Tray, 2% Milk
- Tue.- Baked ham, Mashed Potatoes, Salad Bar, Vegetable Relish Tray, Dessert, 2% Milk
- Wed.- Turkey-Ala-King, Baking Powder Biscuit, Rice, Cranberry Sauce, Salad Bar, Pumpkin Bars, 2% Milk
- Thu.- Bar-B-Que Beef on a Bun, Fries, Salad Bar, Green Beans, Assorted Fresh Fruit, 2% Milk
- Fri.- Chicken Nuggets/Fish Platter, Wild Rice, California Blend Vegetables, Salad Bar, Lemon Bars, 2% Milk

Jan. 22

- Mon.- Goulash, Vegetable, Dinner Bun, Salad Bar, Assorted Fruit, Assorted Vegetable Tray, 2% Milk

SUPPER

- Mon.- Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% Milk
- Tue.- New England Dinner, Boiled Potatoes, Boiled Vegetables, Salad Bar, Dessert, 2% Milk
- Wed.- Chicken Breast on Rice, Au Gratin Potatoes, Salad Bar, Dessert, 2% Milk
- Thu.- Pepper Steak, Spanish Rice, Tossed Salad, Garlic Toast, 2% Milk
- Fri.- Roast Pork, Mashed Potatoes & Gravy, Vegetable, Salad Bar, Dessert, 2% Milk
- Mon.- Hamburger on a Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies, 2% Milk

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Welcome to New and Returning students from the Student Support Counselors on campus. We would like to extend our personal welcome to you. What has been planned is one of the counselors will be visiting with you and your family soon. This visit is only to make more accessible the services that are available to you. The hope is that if something were to come up you would speak to your counselor before the situation becomes to big of a problem and begins to interfere with your education here. This is so the problem can be taken care of right away and you can continue to concentrate on you studies. Thank You!!

Sincerely,
Student Support Counselors

Thunderbirds

resume season at home

With 1996 just 9 days old the UTTC "Thunderbirds" will continue their season with home games the whole month of January beginning Tuesday January 10 with NDSCS Wahpeton. Up to this point the team has a 2 win an 13 loss record with the most recent loss being by two points to Haskell Indian Nations University in Rapid City just before the break. Going into the "second season" coach Finley had this to say about the team, "We are really struggling right now, athletically we have a talented group, but mentally we are not committed to ourselves as much as the game at this level demands, and it shows, our work ethic is a reflection of our record, no one puts the extra effort into their game outside of practice and until we realize just how demanding this game can be the road will be all up hill. The "Thunderbirds" are 1-2 in the Mon-Dak Conference and have 4 conference games at home this month. "We are going to have to fight for everything we can get from here on in,

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this team had been compared to the team that finished their season 30-3 here one time and it was a legitimate comparison, but we have never dedicated ourselves to the team or our academics but hopefully we can put that behind us and improve in all aspects of the game, I'm looking forward to the second half." The team members will be selling season tickets as a fund raise for jackets, they can also be purchased from the athletic office.

Individual averages after 15 games

Name	GP	PPG	RBS	ASTS
Geno Levaldo	14	26	11	1
Joe Sazue	13	17	3	3
Sonny Webster	14	13	3	1
Marcus Hollow Horn	11	9	3	--
Charlie Long Tree	10	3	1	1
Tom Fox	12	2	--	--
Dave Jackson	15	2	--	2

SUPPORT MEETINGS

AI-Non - Wednesdays - 4 pm

AA - Wednesdays - 7 pm
Building 68

Public Awareness campaigns and stiffer drunken driving laws are credited with a 40% overall decline in alcohol-related traffic fatalities since 1989, but young adults still aren't getting the message.

People aged 21-34 are responsible for more alcohol-related accidents than any other age group, compromising half of the impaired drivers in fatal crashes. They have the highest blood alcohol concentrations, and are twice as likely as other drivers to have had prior crashes and 4 times as likely to have had their licenses revoked or suspended.

President Clinton, in a proclamation designating December as National Drunk and Drugged Driving Prevention Month, takes notice of the high rates involving 21 - to 34 - year olds - especially males - and declares " a critical need for additional prevention efforts aimed at this group."

The National Commission Against Drunk Driving is focusing on why young adults haven't stopped their deadly behavior, trying to find how best to reach them in pilot programs set for Sacramento, CA; Greeley, CO; Orlando, FL; Flint, MI; and Madison, WI. The campaign includes working with health officials, employers, police and businesses that sell alcohol to alert them to the problem among 21 - to 34-year-olds and teach them the techniques for effective intervention.

Chairman Robert C. Stempel says "We hope to learn what works and what doesn't, then to compile that knowledge for other com-

munities across the nation.

Meanwhile, says temple, "judges and prosecutors should understand that underlying alcohol problems need to be addressed along with imposing penalties for driving under the influence. To do this, mandatory alcohol-screening and treatment requirements should be incorporated in the judicial process."

The commission also calls for a .08 BAC minimum for legal drunkenness, zero tolerance for drivers under 21, license plate confiscation, vehicle impoundments and stiffer penalties for repeat offenders.

JOCKS ARE BIGGEST BINGERS

Athletes are usually the worst binge drinkers on college campuses, according to researchers at the Harvard School of Public Health.

Dr. Henry Wechsler and colleagues find 61% of men involved in intercollegiate athletics admit to binge drinking, compared to 44% of all college students.

"These are the students who set the norms," said Wechsler. "These are the socially accepted students who say it's okay to get smashed."

"Coaches have to take the moral responsibility here," he says. "I'd like to see the NCAA do something. Athletes' behavior is very visible. And what we call the 'second-hand effects' may be the most troubling--non--bingers who are beaten, sexually harassed or just can't get to sleep."

Wechsler says alcohol ads linked to sports may play a role in binge drinking by athletes, and he laments and denial by college athletics officials and coaches.

New Cases Reported in North Dakota

The total number of HIV infections reported in North Dakota is now 180 with four additional cases having been reported this quarter. These cases are also each defined as AIDS cases bringing the total number of AIDS cases reported in North Dakota to 54. The new cases are males between the ages of 30 and 49; exposure categories are males having sex with males and heterosexual contact. North Dakota continues to be the state with the fewest reported AIDS cases.

News for the next weekly
Newsletter should be turned in
no later than
January 19, 1996



The following NEW students MUST see Student Health (Education Building Room 118) as soon as possible to fill out Medical Forms:

- | | |
|----------------------|----------------------|
| Brown, Marilyn | Hertz, Jamie |
| Buffalo, Contessa | Hunts Along, Kristie |
| Conko, Theodore | Kills Plenty, Elliot |
| Darrell, Christopher | Little Owl, Shawn |
| Dillman, Kelly | Red Road, Kelly |
| Dreamer, Rochelle | Redroad, Robert |
| Dust, Bernadette | Swift Hawk, Paul |
| Fast Horse, Carlita | Trottier, Todd |
| Fox, Christopher | Vivier, Richard |
| German, Jolene | Weasel, Lorencia |
| Grady, Kyle | White, Gregory |
| Hall, Donna | Yatskis, Lisa |
| Hall, Jeffrey | |



FEVER: WHEN TO CALL THE DOCTOR

Fever in children is often alarming to parents because they think that the amount of fever is proportional to the seriousness of the sickness," says S. Michael Marcy, M.D., a pediatrician at Kaiser Permanente Medical Center in Panorama City, CA. But fever in itself isn't dangerous—it's a symptom, not an illness. "What's equally important," adds Dr. Marcy, "is how the child behaves and looks." For infants younger than six weeks, however, any fever is cause for a call to the pediatrician. Other times to phone:

6 weeks-3 months	Fever above 100.2°
3-6 months	Fever above 101°
6 months-5 years	Fever above 103°, or if there are any of the following signs: seizures, dehydration, vomiting, sluggishness, chills, loss of appetite, severe diarrhea, poor color, or difficulty breathing
5 years +	Fever above 103° that lingers for more than 24 hours, or if the child exhibits any of the signs above

To cool a high temperature, try acetaminophen; ask your doctor for a recommended dose. To help a feverish kid feel more comfortable, place a cool washcloth on her forehead, sponge her with lukewarm water, and give her plenty of water and juice to drink.

THE HEPATITIS B VIRUS

Incidence

- College students are among those highest at risk for Hepatitis B infection.
- Seventy-five percent of all Hepatitis B cases strike young adults between the ages of 15 and 39.
- Heterosexual contact is the most common method of sexual transmission with Hepatitis B cases among young adults, increasing 77 percent in the last decade.

Transmission

- The Hepatitis B virus is as widespread and **100 times** more contagious than HIV, the virus that causes AIDS.
- More than half of Hepatitis B cases in the U.S. are now contracted through sexual transmission.
- One-third of those who contract Hepatitis B have no known source of infection.

Consequences

- Some of the symptoms of Hepatitis B include nausea, vomiting, loss of appetite, abdominal pain, jaundice, skin rashes, and arthritis.
- Unlike many other STD's, the debilitating symptoms of Hepatitis B can be so severe that those affected are unable to attend school or work for months.
- Between 6 and 10 percent of those infected become chronic carriers of the virus; about 25 percent of carriers develop chronic active Hepatitis, which often progresses to a potentially deadly liver disease called cirrhosis. Fourteen people die each day from Hepatitis B related cirrhosis and liver cancer.
- Approximately 1.25 million people in the U.S. are chronic carriers of the Hepatitis B virus.