



W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 4 NO. 18

February 5, 1996

Weekly Menu

Feb. 5 to Feb. 9

DINNER

- Mon.- Poor Boy Sandwich with Turkey & Ham, Potato Chips, Potato Salad, Assorted Fresh Fruit, 2% Milk
- Tue.- Taco Salad, Dinner Buns, Assorted Fresh Fruit, 2% Milk
- Wed.- Swedish Meatballs over Noodles, Vegetable, Salad, Dessert, 2% Milk
- Thu.- French Dip with Au-Jus, Salad Bar, Tossed Salad, Assorted Fresh Fruit, 2% Milk
- Fri.- Knoephle Soup, Breaded Chicken Filet, Mashed Potatoes, Creamed Gravy, Dinner Roll, Salad Bar, 2% Milk

Feb. 12

- Mon.- Chuckwagon Stew, Baking Powder Biscuit, Salad Bar, Fresh Fruit, Relish Tray, 2% Milk

SUPPER

- Mon.- Braised Beef over Noodles, Vegetable, Salad, Fresh Fruit, 2% Milk
- Tue.- Bar-B-Que Chicken, Baked Potato, Vegetable, Dinner Roll, Salad, Dessert, 2% Milk
- Wed.- Hamburger on a Bun, Soup, Salad Bar, Dessert, 2% Milk
- Thu.- Swiss Steak, Mashed Potatoes, Vegetable, Salad, Dessert, 2% Milk
- Fri.- Spaghetti with Meat Sauce, Vegetable, Salad Bar, Dessert, 2% Milk
- Mon.- Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% Milk

T.A.B.E. Results

The Individual T.A.B.E. Score results are available to all the New Students that have taken this test during January 1996. The results can be picked up at the Student Support Service, Room 114, Vivian Gillette at any time.

For Confidentiality, you must come in person and sign a paper before you receive your scores.

HANG TOUGH. STAY IN SCHOOL

Maybe you think school is too hard.

or too boring

but don't quit!

If you walk away this time, chances are you'll be ducking challenges for the rest of your life.

If you want to prove something, stay in school.

OPEN HOUSE

The Chemical Health Center will be hosting an Open House on February 13, 1996 from 8:00 a.m. to 4:00 p.m. This year we would like to have a student King and Queen for Valentine's Day. All students are eligible to nominate and vote for the student candidates of their choice. Please come to the Open House, cast your vote for a student King and Queen, enjoy some refreshments, receive educational materials and enjoy yourself. Voting will take place at the Chemical Health Center on February 13, 1996, from 12:30 p.m. to 4:30 p.m. The winners will announced at the Cafeteria at 12:15 p.m. on February 14, 1996.



Chemical Health Center FACTS ABOUT ALCOHOL

FIRST TRY

The percentage of teens who have tried the following substances:
Alcohol - 46 percent, Cigarettes - 38 percent, Marijuana - 13 percent.

National Institute on Drug Abuse

ALCOHOL ABUSE

There are about 15.1 million people in the U.S. who have problems with alcohol or who are dependent on it. Nearly 4.6 million, or about one third are women. Studies show that Black women do not drink more than White women and are more likely to totally abstain from drinking.

The Bottom Line

KIDDIE DEATH

For children under 15, motor vehicle fatalities outrank all other injuries and disease as the leading cause of death. One quarter of these deaths are alcohol-related.

Madd Matters

INTOXICATED PEDESTRIANS

Drunken pedestrians are a serious traffic hazard. About one third of the 7,000 pedestrians killed in traffic accidents last year were drunk.

Madd Student Library

PLUNGING GRADES

College students who drink the most alcohol earn the lowest grades, and students at small schools drink more than those at large ones. Students with grade point averages of D or F consumed an average of 11 drinks per week; those with GPA's A consumed an average of three drinks per week.

USA Today

THE WEE ONES...

* 15,000 babies are born each year with AIDS because of their mothers' drug use while pregnant.

* 41,000 babies are born each year with fetal alcohol syndrome because of their mothers' drinking habits while pregnant.

American Council on Drug Education

TEEN DRIVERS

Alcohol is the major cause of all fatal and nonfatal car crashes involving teenage drivers. Nearly eight young people die each day—one every three hours.

Prevention Pipeline

ALCOHOL IS INVOLVED IN:

70 percent of all murders,

70 percent of boating accidents,

65 percent of all arrests, 60 percent of child abuse cases, 50 percent of rapes, 50 percent of skiing accidents, 37 percent of suicides.

IDEA

THE BEER FACTS

The beer industry spends about \$500 million each year to promote their products. And American consumers respond by annually drinking an average of 24 gallons of beer per person. That's 250 cans! (And by the way, that equates to 38,000 calories.)

Madd Student Library

WOMEN DRIVERS

The number of female drivers killed in motor vehicle accidents soared 53 percent between 1975 and 1991, while the number of male drivers killed over the same period fell 10 percent. The highest increase in traffic deaths was among women younger than 35.

USA Today

ALCOHOL AND VEGGIES

The anticancer benefit of eating lots of fruits and vegetables is greatly diminished if you wash them down with alcohol.

USA Today

*News for the next weekly
Newsletter should be turned in
no later than
February 9, 1996
to Arrow Graphics
Wanda Swagger*

STUDENT HEALTH CENTER

SNEEZES, SHIFFLES AND SUCH...

Most are sure that your body's fighting back!

NASAL CONGESTION

- Try steam or hot drinks to help drainage
- Don't use decongestants for more than 3 days without a physician's approval.
- Clear nostrils gently. Blowing hard through one nostril, or while squeezing both nearly closed, may cause mucus to infect ears and sinuses.

SEEK HELP

if mucus is yellow or green; there's pain in the ears, neck or sinuses; or symptoms last over 10 days.



A "PRODUCTIVE" COUGH (one that clears mucus from respiratory tract)

To make mucus easier to cough up, use a cough medicine containing an expectorant, inhale cool mist or steam, or gargle with warm, salty water. (Avoid smoking.)

SEEK HELP

if mucus is green, yellow or bloody; cough brings sharp chest pain or lasts over 10 days; or fever exceeds 102°F.

FEVERS AND CHILLS

- Drink lots of water and juices to combat dehydration.
- Aspirin or substitutes may relieve pain and reduce fever. (Avoid aspirin during a flu-like illness.)

SEEK HELP

if any fever lasts more than 7 days, is over 100°F for 3 days, or goes above 103°F.



A DRY COUGH

- Suck on hard candies to moisten throat.
- Use a cough suppressant if coughing keeps you awake.

SEEK HELP

if cough lasts more than 10 days or fever exceeds 101°F.



A SORE THROAT

Soothe by using a humidifier, steam or warm salt-water gargles, or by sucking on hard candies or throat lozenges.

SEEK HELP

If soreness lasts more than 7 days or is accompanied by an earache, a fever over 100°F for 48 hours, or over 101°F for 24 hours.



INFECTIOUS MONONUCLEOSIS

Symptoms of this viral illness may include a sore throat, swollen glands, extreme fatigue, fever and a rash. Most symptoms are gone within 2 weeks, but fatigue may linger.

SEEK HELP

if you suspect "mono." Bed rest or some restrictions in activity may be recommended.

"STREP THROAT"

Symptoms of this bacterial infection include swollen glands, white or yellow spots at the back of a very sore throat, painful swallowing, fever, chills and headache.

SEEK HELP!

Strep throat must be treated with antibiotics, or serious complications may result.



VALENTINE FOR YOUR SPECIAL FRIEND

February 14 -- VALENTINES DAY -- is fast approaching. Nursing students are selling helium filled balloons with a bag of candy attached -- any time on February 14. Coast \$6.00. Place your order now.

This semester is exciting for nursing students. First year students are learning the beginning skills of nursing. This makes them realize what it's like to be a nurse. Second year students are waiting for the thrill experience of giving an assist in delivering a baby. And there is the NCLEY review course in which they prepare for the Licensure exam. Best wishes, all!

Submitted by Sister Kathryn Zimmer,
Director, AASPN Program

Tips of the Week

* Success tip: Start treating yourself as if you are the most important asset you'll ever have. After all, aren't you?

* Try this simple tip to help you project a good first impression: Notice the color of a person's eyes as you shake hands. Why it works: You'll gain strong eye contact in a way that shows you care.

IF YOU FIND MISTAKES in this publication, please consider that they are there for a purpose. We publish something for everyone, and some people are always looking for mistakes!



29 American Indian Colleges Face Crisis in Federal Budget Battle

Continuing Resolutions' Partial Funding Called "Disaster"

American Indian College Presidents, Students, and Selected Members of Congress to Speak to Crisis

**PRESS CONFERENCE ADVISORY: Wednesday, Jan. 31, 1996, 10:00 am. National Press Club,
The Main Lounge, 13th Floor, 529 - 14th Street, N.W., Washington, D.C.**

WASHINGTON, D.C. - The ongoing federal budget battle threatens to shut down the nation's American Indian colleges where federal funding is the "lifeblood" for 25,000 students.

"The current budget battles are imposing extremely severe financial hardships on Tribal Colleges," says Margaret Perez, President of the American Indian Higher Education Consortium of 29 American Indian colleges. "Without prompt delivery of the balance of this year's funds, it is inevitable that several colleges will close their doors in the very near future," she says.

Since the Navajo Nation created the first Tribal College 28 years ago, the Indian colleges have offered a unique blend of academic excellence and traditional American Indian culture and values. The colleges comply with the strict standards of mainstream universities. Tribal College graduates are four times more likely to complete Bachelor's degree programs than American Indian students who enter as freshmen.

This success is threatened by the federal budget impasse. "The partial payments provided by the series of Continuing Resolutions are simply not sufficient for many of the colleges to make their basic payrolls," according to Perez, the President of Fort Belknap College and the Consortium.

The colleges have received only 20 percent of their funding for the year, but they are expected to run at full capacity. Costs are highest at the beginning of the academic year. "The Tribal Colleges operate on exceptionally minimal funding as compared to state, local, or other federal post-secondary institutions," Perez says. Unlike public community colleges, the 29 American Indian colleges cannot turn to state or local monies for their basic operational funding. Nearly all of the 29 American Indian colleges are funded through the Department of Interior Appropriations bill. With "shoe-string" budgets and little or no cash reserves, some Tribal Colleges are slashing personnel as they operate "payroll to payroll."

Nebraska Indian Community College in Nebraska was forced to lay off faculty, and Sisseton Wahpeton Community College in South Dakota has asked a bank for a loan to cover the federal funding shortfall. Because of the uncertainty of the federal budget, however, banks have refused to provide such interim loans to Tribal Colleges.

Montana's Fort Belknap College has reduced all non-faculty personnel to part-time status. Turtle Mountain Community College in North Dakota has reduced its course offerings. At Southwestern Indian Polytechnic Institute in New Mexico, enrollment has dropped as students heeded administrator warnings of impending budget cuts.

The president of Little Big Horn College in Montana says Indian colleges should not have to seek loans to cover funds promised by federal legislation. Dr. Janine Pease-Pretty on Top says, "The problems are exacerbated by the government's late payments and inefficiency."

This week the presidents of the 29 Indian colleges and universities have gathered in Alexandria, Va., for a previously scheduled conference which they say has become an "emergency meeting."

Meanwhile back home at Fort Belknap College in Harlem, Montana, non-teaching staff have been given part-time furloughs, and an answering machine has replaced a secretary to take afternoon phone calls. A taped message apologizes for the inconvenience.

The Tribal Colleges are predominantly located on poor, rural Indian reservations in 12 states. Dedicated to improving life on reservations with high levels of unemployment, the colleges offer hope for self-sufficiency for 25,000 students representing 250 different tribes.

CHEMICAL HEALTH CENTER

HOW DO YOU USE ALCOHOL?
MODELED AFTER THE MAYO DIAGNOSTIC QUESTIONNAIRE

PART II

YES

NO

1. Marital

a. Do you think that your wife/husband drinks too much?

b. Is your wife/husband concerned about your drinking?

c. Has your wife/husband ever threatened to leave you because of your drinking?

2. Economic

a. Do you sometimes drink even though you cannot afford to?

b. Do you pawn articles to get alcohol?

3. Employment

a. Have you ever missed work because of a hangover?

b. Have you ever lost a job because of drinking?

c. Has drinking ever caused you to be less efficient in your work?

d. Have you ever been threatened with the loss of a job because of drinking?

e. Have you ever been fired from a job due to drinking?

YES NO

4. Physical

a. Has a doctor ever told you to cut down or stop your drinking for any reason at all?

b. Have you ever been hospitalized because of drinking or from a complication due to your drinking?

5. Social

a. Do you associate with people who drink rather than with those who do not?

b. Do you sometimes do things while drinking that you are ashamed of later?

c. Has drinking become so important that family, hobbies, and employment are neglected?

FOR PART II:

AS A RESULT OF DRINKING, A PROBLEM IN ANY ONE OF THE FOLLOWING AREAS IS ALL THAT IS NECESSARY TO ESTABLISH A DIAGNOSIS OF ALCOHOLISM.