

W UNITED TRIBES TECHNICAL COLLEGE R WEEKLY NEWSLETTE

VOL. 4 NO. 24

March 25, 1996

Weekly Menu

Mar. 25 to Mar. 29

DINNER

- Mon.-Spaghetti with Meat Sauce, Garlic Toast, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk
- Tue.-Steak Sandwich, Oven Browned Potatoes, Garlic Toast, Tossed Salad, Assorted Fresh Fruit, 2% Milk
- Wed.-Oven Baked Chicken, Rice, Vegetable, Salad Bar, Assorted Fresh Fruit, 2% Milk
- Thu.-Hamburger on a Bun, French Fries, Salad Bar/Fresh Fruit, 2% Milk
- Fri.- Old Fashioned Tomato Soup, Grilled Cheese, Potato Chips, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk

April 1

- Mon.-Poor Boy Sandwich with Turkey & Ham, Potato Chips, Potato Salad, Assorted Fresh Fruit, 2% Milk

SUPPER

- Mon.-Baked Ham, Au-Gratin Potatoes, Vegetable, Salad Bar, 2% Milk
- Tue.-New England Dinner, Boiled Potatoes, Boiled Vegetable, Salad Bar, Dessert, 2% Milk
- Wed.-Salisbury Steak, Hashbrowns, Salad Bar, Dessert, 2% Milk
- Thu.-Shish-ka-Bob Casserole, Wild Rice, Salad Bar, Dessert, 2% Milk
- Fri.- Fish Platter, Oven Baked Potato Wedges, Salad Bar, Dessert, 2% Milk
- Mon.-Braised Beef over Noodles, Vegetable, Salad, Fresh Fruit, 2% Milk

INTO THE REAL WORLD OF NURSING

UTTC Students in their second and final year of nursing education -- at their suggestion -- participated in the All Nursing Conference sponsored by St. Alexius Medical Center and held at the Radisson Inn on March 19. Nurse faculty members also attended.

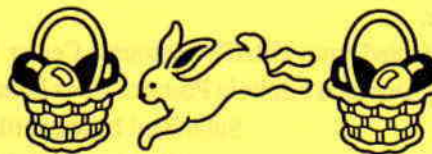
There were about 600 nurses in attendance. The 14 nursing students were complemented for choosing to attend. In particular, the students appreciated what Julia Blazer and Dr. Connie Curran had to say.

Ms. Riley spoke on "Creating Energy through Humor: Jumpstart your Day". She used a decorated wand to make her points.

Dr. Curran spoke on "Health Care Reform Begins at Home: and "Managed care under the microscope". Increasingly, nursing care takes place in the community rather than in the hospital. Utilizing technology is the trend of the future. Other talks included "The Circle of Life: Family and the American Indian Patient" by Carole Barrett. Another topic that was covered was child abuse.

Students and the entire department express thanks to all who helped make funding possible for attendance at this informative conference.

submitted by Sister Kathryn Zimmer,
Director, AASPN Program





Learning Disabled Adults

Learning disability, ID is a hidden handicap. Unlike the person who uses sign language or walks with crutches, the learning disabled person shows no visible characteristics of the disability. The casual observer does not realize the difficulty in processing information causes the person to cope differently from others in learning and living situations.

The difficulty in processing information may also influence the person's performance. One who can think logically and clearly may nonetheless be physically unable to read a set of instructions. One who can organize a complicated set of arrangements on the telephone in order to achieve a desired goal, may become hopelessly confused in a chattering classroom, supermarket, or a metropolitan transit system. LD individuals who have had difficulty interpreting facial expressions, tone of voice and other body language, may not have learned appropriate skills to manage many of life's social situations.

By adulthood many of the psychosocial aspects of the disability may have begun to take their toll and may be equal in importance to the problems educators had focused on in a person's early years in school. Repeated failure to achieve success in school and with friends may have led to low self esteem. Inability to sustain interpersonal relationships may have led to social isolation and/or poor judgement in selecting friends. Stresses of covering up the disability may diffuse energies better spent in searching for and using learning styles. Therefore, feelings of anxiety, inadequacy, and frustration are not uncommon among LD adults. Frequently people whose learning disability is not diagnosed until adulthood are relieved to find that their frustrations have a name and that there are ways to deal with them.'

Most professional agree that learning disability refers to perceptual handicaps birth or from early childhood due to causes other than impairment of vision, hearing, mobility, mental retardation, emotional disturbance, or environmental disadvantage. A learning disabled person is not retarded. LD adults have normal or above normal intelligence, a factor which helps many devise extraordinary coping mechanisms to hide or overcome the disability.

Watch for a Learning Disabilities Checklist to be published in a future Newsletter.

(Information adapted from HEATH Resource Center brochure entitled "Learning Disabled Adults in Postsecondary Education">)

Submitted by Jane Hilsendager
Disabled Student Services

Science Fair

The local School Science Fair was held on Thursday, March 14, 1996 in the small gym. We had alot of interesting and very good projects.

The following were awards given to each class, with 1st, 2nd, 3rd Place Winners:

Kindergarten - Body Systems

1st Grade - Volcanoes

2nd Grade - The 5 Senses

3rd Grade

1st Place - Animals - 3rd Grade Group

2nd Place - Immiscibles - Billy Falcon

3rd Place - Magnets - Kelly Harlan

4th Grade

1st Place - Dinosaurs - Allen Grassrope

2nd Place - Kangaroo's - C.J. Miner

5-6 Grades

1st Place - Leprosy - JoElla Many Bears, Amanda Peltier

2nd Place - Electricity - Timothy George, Brandon Redday

3rd Place (Tie) - Frogs - Krista Harlan

Bears - Joseph Atencio

7-8 Grade

1st Place - Ebola Virus - Jesse McKay III

2nd Place - Tornado - Mike Ten Fingers

3rd Place - Solar Energy - Easton Harlan

Thanks to all the Students who put alot of work into their projects. Good luck to all of you at the State and National Science Fair this week in Bismarck. For all you Science Fans Please Attend.

Student Health

Monday - Friday: 8:00 am - 5:00 pm

Saturday: 9:00 am - 12:00 noon

Sunday: 10:00 am - 12:00 noon

Please use the south door on the weekends, it will be the only door open.

NOTES from SHC:

Results of survey done one 3/22/96 for number of prizes to be given out for women's weight loss category will be in next week's newsletter.

Children who are in need of immunizations should receive them as soon as possible at the Student Health Center.

Head checks at Elementary School will be done on April 11th. Please remind your children to abstain from using hair spray, gel, etc on that day.

TIPS ON WEIGHT LOSS ON THE NEXT COUPLE OF PAGES.

Reading labels

Do's

- Remember that contents are listed on labels according to the volume of each ingredient. If water is listed first, there's more of it than anything else in the product.
- Compare labels of dietetic foods with those of regular foods. If there is little difference in the amount of sugar, fat or salt content, you may as well select the lower-priced item.
- Look for "low calorie" or "reduced calories" on the label. The Food and Drug Administration has set standards for these items. "Low calorie" means that the product must contain no more than 40 calories per serving and no more than 0.4 calories per gram (an ounce is 28.5 grams). "Reduced calories" means that the product must be at least a third lower in calories than a similar item—and contain the same nutritional value.
- Make sure you know what you're buying in health-food stores. Some foods labeled "natural" contain more sugar, fat or salt than those not so labeled. (This can be true in your regular grocery store, too.)
- Look for foods marked "light" or "juice packed." They contain many less calories than those packed in syrup.

Don't's

- Don't be fooled by "no preservatives" tags. If a lot of sugar is present, no preservatives are needed.
- Never think that frozen yogurt has less calories than ice cream; it's actually just as rich! The difference is that frozen yogurt doesn't have as much saturated fat.
- Try not to forget to watch for the words "salt," "monosodium glutamate," "sodium phosphate," "sodium nitrite," "baking soda" and "baking powder." Be aware that each of them adds to the salt or sodium content, and thus water retention properties, of a product (see p. 51).
- Never buy a product without looking for the words "sugar," "dextrose," "glucose," "fructose," "corn syrup," "honey," "molasses," "turbinada" and "brown sugar." All are types of SUGAR, and even honey, highly recommended as a "natural" sugar, has a high glucose count.

Problem Times of the Day

Successful dieters are aware that HUNGER and APPETITE are not the same. Actual physical need is the basis of true hunger, which you should feel about six hours after an adequate meal, while appetite can be triggered by thought or sensation. But perhaps you really ARE hungry and do need food midway through the morning or afternoon or when you get home from work. Most diets can be adjusted to

allow you to eat a little something then, and some are actually set up to include four, five or even six small meals a day. A fruit, a light protein snack or a small salad may make the difference between comfort and discomfort—and may keep you from overeating later. You can't eat at just any time, though, and there are a variety of ways to handle your cravings.

Between meals

- Plan something to do that is interesting and pleasurable, during any time of day that's regularly a problem for you—think of it as a "mini-break" and learn to look forward to it.
- Do a few calisthenics or yoga postures, go up and down stairs a few times or just stretch and bend; this should distract you and diminish your appetite.
- Take five deep breaths—and skip the food.
- Do a small chore when hunger strikes suddenly—tighten all the screws in the house, load the washer, sort the magazines, take out the garbage. You'll feel good about yourself for having accomplished something, and you won't have eaten.
- Sip a drink of water slowly, or use a straw. If chilled, fresh spring water is available to you at work, that's ideal. Otherwise, keep some water handy in a jug with a spigot for easy serving.
- Lie down and relax to find out if you're really hungry or just tense. If you're tense, try exercise.

David Brenner

"Never eat between meals and have meals only on Tuesday and Saturday nights. Avoid anyone wearing the color blue and never sit on a bus heading for Kutztown, Penn."

*News for the next weekly
Newsletter should be turned in
no later than
March 29, 1996
to Arrow Graphics
Wanda Swagger*

Low-calorie toast and sandwich spreads

- Let toast cool before spreading with soft butter or diet margarine. Cool toast absorbs less spread than hot.
- Spread toast or bread with low-fat ingredients such as cottage cheese or a combination of low-calorie mayonnaise and yogurt.
- Use a tablespoon of jelly instead of butter (calorie savings: 53 calories per tablespoon).
- Chop or grind bits of meat and mix with pickles, mustard and low-calorie mayonnaise or yogurt to make terrific open-face sandwiches.



After work, before dinner

- Enter the house by way of a door that doesn't take you through the kitchen, if possible. Stay out of the kitchen altogether, if someone else is doing the cooking.
- Do something, right away. Open and read the mail, read the paper, change your clothes, take a quick shower or a short nap, take a brisk walk outside, talk over the day's events with your spouse or child.
- Have at least part of the evening meal prepared ahead, so you won't have to spend a

- great deal of time in the kitchen and be tempted to snack or throw together a quick, high-calorie meal.
- Have something permissible available to eat. When people are hungry, their cravings are usually for something soft rather than crunchy. Cold, cooked vegetables are "fool yourself" fillers; they seem like more than raw ones.
- Have a warm, low-calorie drink—a cup of tea or bouillon, perhaps—if coming in from the cold makes you feel hungry.

During the evening

- Consider eating dinner late, but only if it's a light meal.
- Make the kitchen strictly out-of-bounds after dinner.
- Read a gripping suspense novel that will make you forget everything else.
- Be aware that some people's temperatures drop in the late afternoon and early evening: their bodies cool, causing them to feel false hunger. If this happens to you, try a hot, low-calorie drink, or warm up by putting on an extra sweater or covering your legs with a blanket.
- Don't allow yourself to eat in front of the television set or in your cozy reading chair;

- stick to the rule that you eat only at your place at the table.
- Go for an early evening walk around the neighborhood.
- If you must have a bedtime snack, turn off the light and eat in the dark. Not seeing food seems to make it less tasty.
- Take a long, soaking bath to relax yourself and fill the time. Or get a family member to give you a relaxing massage.
- Schedule evening activities that will get you out of the house and away from the kitchen, such as meetings, bowling, tennis or cultural events.
- Go to bed early to shorten the evening.

Holiday celebrations

- Plan the holidays carefully; structure the days so there won't be time to think about food. Include plenty of physical activity.
- Concentrate on being thankful, giving, sharing and decorating instead of on the traditional meals and treats. You can decorate the tree or set the table while others cook.
- Hold down your expectations of both yourself and others. You don't want your disappointment in anyone's failures to make you compensate by eating.
- Try something active that you've never done before on a holiday—take a one-day ski trip; go on a nature hike; organize a bike trip.
- Consider taking your vacation at holiday time to get away from all the pressures.
- Serve a festive brunch with wholesome, low-calorie foods instead of the traditional heavy dinner.
- Consider having a "harvest dinner" at Thanksgiving, emphasizing a vegetarian menu—a "new" tradition to start, since the holiday began with the harvest idea!
- Rehearse your ability to say no before joining a crowd when food will be served (see p. 68).
- Eat a filling and low-calorie snack before you go to a party, just as you do when it's not the holiday season.
- Choose not to attend a big holiday dinner at all, if you know you'll be unhappy. Your unhappiness may make you feel worse than the possibility of disappointing others by your absence.
- Don't bake holiday gifts; substitute other handmade items if you like to make your presents.
- Try not to overindulge! Consider taking a LITTLE vacation from your diet during the holidays, and simply try to maintain your weight.

After the Holidays

And if you get through the holidays without breaking down, think how much stronger your resolution will be. (If you can pass up Grandma's fruitcake, surely a supermarket doughnut won't be much of a threat!)

At bedtime

- Stave off middle-of-the-night hunger by having a protein snack or a piece of fruit before going to bed.
- If hunger pangs keep you awake, lie quietly and relax your body, muscle by muscle. Think of the most pleasant thing you can.
- Try listening to the radio until you fall asleep.
- Take ten deep breaths, breathing as gently as you can. Then count backwards from 100 until you're asleep.
- Read something that will make you fall asleep.
- Go back to bed immediately, if you get up during the night. Lie quietly and wait for sleep to come back.

Jayne Meadows Allen

"I often don't eat after 5 p.m. if I want to lose quickly. I go to a dance class, either ballet, jazz or tap, daily, and when possible, all three. The relaxation curbs my nervous appetite and helps me sleep well. Nerves make us eat too much."

Make promises for just a day at a time. It's not too hard to avoid eating between meals "just for today."