



W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 4 NO. 27

April 15, 1996

Weekly Menu

April 15 to 19

DINNER

- Mon.- Goulash, Vegetable, Dinner Bun, Salad Bar, Assorted Fruit, Assorted Vegetable Tray, 2% Milk
- Tue.- Bean Soup, Ham Sandwich on a Bun, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk
- Wed.- Roast Beef and Mashed Potatoes, Natural Gravy, Vegetable, Salad Bar, Dinner Roll, Assorted Fresh Fruit, 2% Milk
- Thu.- German Style Sausage and Beans or Kraut, Salad Bar, Dinner Bun, Dessert, 2% Milk
- Fri.- Fishwich and Chips, Dessert, 2% Milk

April 22

- Mon.- Spaghetti with Meat Sauce, Garlic Toast, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk

SUPPER

- Mon.- Hamburger on a Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies, 2% Milk
- Tue.- Pork Chops, Rice, Vegetable, Salad Bar, Dessert, 2% Milk
- Wed.- Swedish Meatballs over Noodles, Vegetable, Salad Bar, Dessert, 2% Milk
- Thu.- Grilled Steak, Baked Potato, Garlic Toast, Tossed Salad, Fresh Fruit, 2% Milk
- Fri.- Lasagna, Garlic Toast, Vegetable, Salad Bar, Dessert, 2% Milk
- Mon.- Baked Ham Au-Gratin Potatoes, Vegetable, Salad Bar, 2% Milk

Theodore Jamerson Elementary

Four students from Theodore Jamerson Elementary will be attending "The Very Special Arts Festival" in Oklahoma City, Oklahoma. The students are: Krista Harlan, Chauncey Black Spotted Horse, Allen Grassrope, and Ben Fast Horse. The festival involves Native American Students from across the United States. The events scheduled are presentations from various dancers, singers, artists, and speakers. The students will also have the opportunity to make crafts and attend a powwow. The festival will run from April 29 to May 1. The TJES students will travel by bus with the Standing Rock delegation.

Various fund raisers are being held around campus. The students appreciate your support. We are planning an "Indian Taco Sale" April 19th in the education building...thanks again for your support of our fund raisers!!!

The Last Lap

For those of you who have been in a track race around the field you know the importance of giving it all you have on the last lap. You may have watched someone run in competition if you haven't done so yourself. At least you know the importance of a good finish in any respect whether in competition, watching or hearing about it.

The same is true with school. The end of the year is not a good time to give up or quit. Give it all you have. Strive for a good finish. Apply yourself in every way you can. The end is near. You will be happier for your investment in time and energy by doing the best you can these last few weeks. You cannot be a failure to yourself when you are doing the best you can.

Often times this finishing period is seen or experienced as a time of stress. Stress is a motivator to do what is necessary to bring things back to normal or comfort. Stress can be the driving force to reach the goal, solve the problem or overcome the crisis.

Continued on page 2



Continued from front page

Stress can be handled to make it work for you rather than against. Tackle the issues first by identifying and listing them all on paper. Prioritize them in order of importance and group them in manageable tasks. For example: SCHOOL WORK - what, time needed, when due; CHILDREN - schedules, special considerations, needs; CAR - repairs needed, maintenance, costs, time frame, who's doing; PERSONAL LIFE - tasks, meetings, special needs, time for self, etc..

Once identified and listed, tasks can be put on a calendar system of orderly accomplishment. All of your life is not bouncing around in your head causing stress without solutions. As you complete tasks, cross them off your list. When new things come up add them on the "to do list" and your calendar for a time frame of task accomplishment. Soon the whole system will make a lot of sense and work for you to handle daily life tasks easier than in a mode of constant stress without order or plan.

Don't forget to cancel out the things that don't matter when you have too much to do. We often end up adding more to our project list than we can accomplish as a way of avoiding the bigger, more complicated jobs. Doing the small things first can use up a lot of time. Priorities are a better way to tackle the list of daily tasks. A planned life is less stressful and more successful.

Paul Schneider, Counseling

GRADUATES

Grad. Invites are ready.
Bring 50¢ for each invitation.
Your name will then be printed on
the invitation while you wait.
Building 51
Arrow Graphics/See Terry

News for the next weekly
Newsletter should be turned in
no later than
April 19, 1996
to Arrow Graphics
Wanda Swagger

Impacts of LD in Adults

The impacts of learning disabilities may compound with age. While individuals with learning disabilities have average or above average intelligence, they may not excel as adults in certain life situations at the same level as their peers. Areas where learning disabilities may affect adults include:

SELF ESTEEM - being criticized, put down, teased, or rejected because of failures in academic, vocational, or social endeavors often leaves adults with learning disabilities with low self-esteem. Adults with low self-esteem tend not to take risks or strive to teach their potential. Also, adults with low self-esteem are less likely to advocate for themselves.

EDUCATION - Learning disabilities that may manifest themselves in difficulties in spoken or written language, arithmetic, reasoning, and organizational skills will affect adults in postsecondary educational and vocational training settings. These students may perform at levels other than those expected of them. Adult educators are not always prepared to address the unique needs of learners with learning disabilities.

VOCATION - Errors are commonly found in filling out employment applications because of poor reading or spelling skills. Job-related problems frequently arise due to learning disabilities that causes difficulties in organization, planning, scheduling, monitoring, language comprehension and expression, social skills, and inattention.

SOCIAL INTERACTIONS - Adults with learning disabilities may demonstrate poor judgement of others moods and attitudes and appear to be less sensitive to others thoughts and feelings. In social settings these adults may do or say inappropriate things and have problems comprehending humor, for example. They may have problems discriminating response requirements in social situations. These traits may result in a difficulty finding and keeping a job or developing long term ships.

INDEPENDENT LIVING - Responsibilities such as writing checks, filing out tax forms, or taking phone messages may present problems for adults with learning disabilities. Adults with LD may find themselves without the support systems (parents, schools, social services, etc.) that they relied on as children and have to incorporate their own accommodations when necessary.

Participation in the Disabled Student Services program and those offered through the Learning Center increases the likelihood of success for motivated disabled students as well as all enrolled students. (Information adapted from National ALLD Center)

Submitted by Jane Hilsendager, Disabled Student Services



Graduation pictures will be taken on April 18th from 9:00 - 12:00. At Robert Knutson/Photography 405 Sweet Ave E

**1 Block west of Civic Center
The fee will be \$20.00.**

***If you are on payroll at UTTC you can have the cost of the pictures deducted from your paycheck. If your not on payroll you'll have to make arrangements for the pictures.**

STUDENT HEALTH CENTER NOTES

April 22-26, 1996 is National Infant Immunization week. If your child is in need of an updates on his/her immunizations, see the Student Health Center as soon as possible. Immunizations can be given Monday-Friday 8-5 p.m., Saturdays 9-12 noon and Sundays 10-12 noon.

Students who have outstanding medical bills in their possession should submit the bills to the Student Health Center before May 9, 1996. As of May 9, the Student Health Center will be responsible for medical bills for those students and their dependents who are enrolled in Summer School. The Student Health Center will not be responsible for medical bills of students and their dependents who are not enrolled in Summer School.

If you have been to the Emergency Room, you must notify the Student Health Center within 72 hours or payment of the medical bill can be denied.

The Weight Loss Contest ended April 12th. Winner of each category will be announced in the next newsletter.

REGISTRAR NOTES

SORRY...THE LAST DAY TO DROP A CLASS WAS YESTERDAY-MONDAY/APRIL 15. Any Drop forms handed in after this date are deemed unofficial AND will NOT be recognized AND you will receive whatever grade given by your instructor.

PRE-REGISTRATION FOR THE 1996 FALL SEMESTER WILL BE HELD APRIL 23-25 WITH YOUR VOCATIONAL ADVISOR. Note: These dates have changed from the original dates of April 16-18.

SOMEBODY dropped the ball regarding the graduates names, this is to clarify that fumble. At some time earlier there were a couple of different lists being made as to how students wanted their names on the invitations, degrees/certificates, program...**ALL NAMES WILL BE PRINTED AS THEY APPEAR ON THE APPLICATION FOR GRADUATION** which have been submitted to my office, unless otherwise changed on the applications as some have done already. See me if you would like to change how you have your name between now and graduation which, unless you've had your head in the clouds, has been set for May 9, 1996 at 1:00 p.m.

For those who were unable to attend the Rod Stewart concert in Fargo last week, **IT WAS A FABULOUS, FANTASTIC** gig, you may never know what your missed.

A special thank you from Diane Ponga LPN for the bouquet of flowers she received from United Tribes while she was hospitalized.

ATTENTION !!!

Within this newsletter you will find an order blank and a replica copy of a 100% cotton coverlet that the Powwow Committee is ordering as a fundraiser for the 27th Annual Powwow.

They should be arriving in Arrow Graphics by approximately May 6th or 7th.

Since we are only ordering 100 at this time (50 Cranberry) (50 Black) - you may want to reserve yours in advance.

They will cost \$50.00 and must be pre-paid w/ cash or check in order to hold one for you. Place your order now - stop by Arrow Graphics in Building 51.

Student Health Center

Parents surveyed about immunizations

THE RESULTS OF A RECENT SURVEY provided startling insight into the level of understanding and awareness parents have about immunizations and their importance. Lederle-Praxis Biologicals supported the "The Vaccine Report: Parents Speak Out on Immunization," a survey in which members of the American Nurses Association and The Gallup Organization participated and disseminated the results to promote consumer/parental awareness about immunizations. Discussed at a press conference/medical writers seminar held at the New York Academy of Science, the results revealed—

- While 89 percent of parents realized that children must be immunized by the time they are 4- to 6-years-old, 59 percent of respondents didn't know that children should receive their first immunizations against pertussis—a potentially fatal disease more commonly known as whooping cough—by two months of age.

- Further, one in five believed pertussis or whooping cough was not contagious.

- Even worse, 47 percent of respondents were not aware that polio is contagious and 32 percent of parents did not realize that measles can be fatal.

- When it was mentioned that the number of measles cases increased during the last decade, only 1 percent correctly stated that the incidence increased by 1000 percent. The vast majority felt the increase was by no more than 50 percent.

- Further, many parents did not know that multiple doses of vaccines are needed to provide adequate protection.

- Thirty-six percent of parents mistakenly believed that the *Haemophilus influenzae* type b conjugate vaccine immunized children in one visit. In reality, children who begin the series at 2 months of age should receive a total of three or four doses of Hib conjugate vaccine (depending upon the brand of vaccine used) to be completely protected.

- Twenty-six percent of respondents were also unaware that protection against diphtheria, tetanus, and pertussis requires more than one dose of DTP vaccine.



- The survey revealed areas where vaccine delivery improvements will help encourage parents to immunize their children. For example, 86 percent of parents said they would be more inclined to have their children immunized if they could get the same protection with fewer injections.

by Virginia Burgraff, M.S.N., R.N.
American Nurses Association

Editor's note: We look forward to continuing to emphasize state and local efforts that promote immunization. If you would like to submit a short article describing a program or success story taking place in your state or community, please contact Larry Furphy, CDC NIP MS-E52, 1600 Clifton Rd, Atlanta, GA 30333. (404) 639-8225. Fax (404) 639-8614.

General Questions

What length of needle should be used for intramuscular injection in an infant?

A 7/8- to 1-inch, 22- to 25-gauge needle should be used.

Which childhood vaccines may be given simultaneously?

All vaccines used for routine childhood vaccination in the United States may be given simultaneously. The only vaccines which should NOT be given simultaneously are cholera and yellow fever vaccines.

What should be the interval between MMR and varicella vaccine if not given simultaneously?

If not given simultaneously, MMR and varicella vaccines should be separated by 4 weeks.

If an infant needs 3 injections (for example, DTP, Hib, and hepatitis B vaccine), which ones should be given in the same leg?

There is no absolute rule for placement of multiple intramuscular vaccines in a single limb. However, a reasonable approach would be to place the most reactive vaccine (DTP) in one leg, and the two other less reactive vaccines in the other leg.

Are any vaccines contraindicated if a household contact is immunosuppressed from cancer treatment?

Oral polio vaccine should not be given if a household contact is immunosuppressed. Inactivated polio vaccine should be used instead. Other live vaccines (MMR and varicella) may be given as usual.

What vaccines are contraindicated if a child is breastfeeding?

Breastfeeding is not a contraindication to the receipt of any vaccine.

What are the vaccination requirements for immigrants prior to entering the United States?

No vaccines are required prior to entering the United States.

DTP

What is the difference between whole cell and acellular pertussis vaccines?

Whole cell pertussis vaccine contains whole inactivated pertussis organisms. Acellular vaccine contains only the 2-4 antigens thought to be most important in developing immunity. Currently in the United States, acellular pertussis vaccine is licensed only for the 4th and 5th doses in the pertussis schedule in children from 15 months to 7 years of age.

Should an infant with a mild upper respiratory infection and rectal temperature of 101 degrees be vaccinated with DTP?

Generally, yes. The decision to administer or delay vaccination because of a current or recent febrile illness depends on the severity of symptoms and on the etiology of the disease. All vaccines can and should be administered to children with minor illnesses such as diarrhea, mild upper respiratory infection with or without low-grade fever, or other low-grade febrile illness.

What is the earliest age that a child may receive the fourth dose of DTP?

The fourth dose of DTP may be given as early as 12 months of age, provided at least 6 months have passed since the third DTP dose. Acellular pertussis vaccine (DTaP) may be used if the child is 15 months of age or older, and has had 3 prior doses of whole-cell DTP.

If a child is in the office at 12 months of age and is eligible to receive DTP #4 (last DTP given 6 months previously), should I give DTP, or have the child return at 15 months to receive acellular pertussis vaccine?

ACIP has recommended that acellular pertussis vaccine be used if the child is eligible. However, a 12-month-old is not eligible for DTaP. Sending the child home without pertussis vaccination would be a missed opportunity to vaccinate. The child should receive whole cell pertussis vaccine at this visit. DTaP could be used for DTP #5, when the child returns for preschool vaccinations.

What are the true contraindications to pertussis vaccine?

Permanent contraindications are a severe allergic reaction to a vaccine component or encephalopathy within seven days of administration of a prior dose of vaccine. Moderate or severe illness, with or without fever, is a temporary contraindication; the child should be vaccinated after the illness has resolved.

Polio

How much of a dose of oral polio vaccine can be spit out before the dose needs to be repeated?

There is no definite rule. However, if, in the judgement of the person administering the vaccine, a substantial amount of vaccine is spit out, regurgitated, or vomited shortly after administration (i.e., within 5-10 minutes), another dose can be administered at the same visit. If this repeat dose is not retained, neither dose should be counted, and the vaccine should be re-administered at the next visit.

continued →

Recommended Childhood Immunization Schedule United States - January 1995

Vaccines are listed under the routinely recommended ages. Bars indicate range of acceptable ages for vaccination.

Age Vaccine ▼	Birth	2 mos	4 mos	6 mos	12 ⁵ mos	15 mos	18 mos	4-6 yrs	11-12 yrs	14-16 yrs
Hepatitis B ¹	HB-1									
		HB-2		HB-3						
Diphtheria, Tetanus, Pertussis ²		DTP	DTP	DTP	DTP or DTaP at 15+ m			DTP or DTaP	Td	
<i>H. influenzae</i> type b ³		Hib	Hib	Hib	Hib					
Polio		OPV	OPV	OPV				OPV		
Measles, Mumps, Rubella ⁴					MMR			MMR	or MMR	

¹Infants born to HBsAg-negative mothers should receive the second dose of hepatitis B vaccine between 1 and 4 months of age, provided at least one month has elapsed since receipt of the first dose. The third dose is recommended between 6 and 18 months of age.

Infants born to HBsAg-positive mothers should receive immunoprophylaxis for hepatitis B with 0.5 ml hepatitis B Immune Globulin (HBIG) within 12 hours of birth, and 0.5 ml of either Merck Sharp & Dohme vaccine (Recombivax HB) or of SmithKline Beecham vaccine (Engerix-B) at a separate site. In these infants, the second dose of vaccine is recommended at 1 month of age and the third dose at 6 months of age. All pregnant women should be screened for HBsAg in an early prenatal visit.

²The fourth dose of DTP may be administered as early as 12 months of age, provided at least 6 months have elapsed since DTP3. Combined DTP-Hib products may be used when these two vaccines are to be administered simultaneously. DTaP (diphtheria and tetanus toxoids and acellular pertussis vaccine) is licensed for use for the 4th and/or 5th dose of DTP vaccine in children 15 months of age or older and may be preferred for these doses in children in this age group. Td (diphtheria and tetanus toxoids for persons ≥7 years of age) is recommended at 11-12 years of age, provided at least 5 years have elapsed since the last dose of DTP or DT.

³Three *H. influenzae* type b conjugate vaccines are available for use in infants: Hib (HibTITER) (Lederle Praxi); PRP-T (ActHIB; OmniHIB) (Pasteur Mérieux, distributed by SmithKline Beecham; Connaught); and PRP-OMP (PedvaxHIB) (Merck Sharp & Dohme). Children who have received PRP-OMP at 2 and 4 months of age do not require a dose at 6 months of age. After the primary infant Hib conjugate vaccine series is completed, any licensed Hib conjugate vaccine may be used as a booster dose at age 12-15 months.

⁴The second dose of MMR vaccine should be administered EITHER at 4-6 years of age OR at 11-12 years of age, depending upon state school requirements.

⁵Vaccines recommended in the second year of life (12-15 months of age) may be given at either one or two visits.

Approved by the Advisory Committee on Immunization Practices (ACIP), the American Academy of Pediatrics (AAP), and the American Academy of Family Physicians (AAFP)

MMR

What is the purpose of the booster MMR?

The second dose is to provide another chance to develop measles immunity for persons who did not respond to the first dose. About 2%-5% of persons do not develop measles immunity after the first dose of vaccine.

Can I give a PPD (tuberculin skin test) on the same day as a dose of MMR vaccine?

Yes. A PPD can be done before or on the same day that measles vaccine is given. However, if measles vaccine is given on the previous day or earlier, the PPD should be delayed for at least one month. Live measles vaccine can reduce the reactivity of a PPD because of mild suppression of the immune system.

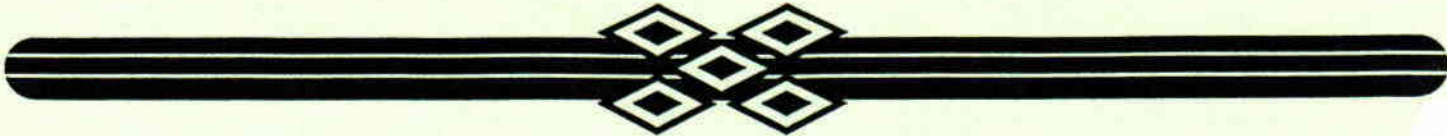
Can empty OPV dispettes be thrown away in the trash can?

Most localities consider containers which held live virus vaccines as infectious waste, and require that they be autoclaved before disposal. So these containers should be disposed with used needles and syringes.

Hib

What is the minimum age for the last (booster) dose of Hib vaccine?

Twelve months, if at least 2 months have passed since the previous dose.



Introducing the United Tribes International Powwow 100% Cotton Coverlet

This beautiful coverlet was commissioned by United Tribes Technical College on behalf of the the United Tribes International Powwow, and was created by "WE LOVE COUNTRY." It is 100% cotton, two-layer, jacquard woven in the U.S.A., preshrunk, colorfast and completely machine washable. It is handsome and practical, measuring approximately 50x70 inches, and fringed on all four sides.

The design captures the history and spirit of the International Powwow with the depiction of the culture and history of the Native American people, celebrating life in song and dance. The perfect gift for family members and friends both near and far, it will become and instant keepsake.

This unique, custom woven coverlet is available in either Cranberry Red or Black with Natural as the second color. The price is only \$50.00, but the perceived value is much higher.

The artwork is solely owned by United Tribes and these may not be purchased anywhere else except through the United Tribes Arrow Graphics Department.

Please enter the desired amount of each color:

_____ Cranberry Red	@ \$50.00 each =	\$ _____
_____ Black	@ \$50.00 each =	\$ _____
	TOTAL =	\$ _____

Cash Preferred, Checks Accepted. Checks should be made payable to: United Tribes International Powwow and must be paid for in advance when ordering. (Please complete order below in full).



Ordered by: _____

Address _____

City, State, Zip _____

Phone: (W) (_____) _____ - _____ (H) (_____) _____ - _____

UNITED TRIBES TECHNICAL COLLEGE

UNITED TRIBES INTERNATIONAL POWWOW



TRADITIONAL



TRADITIONAL



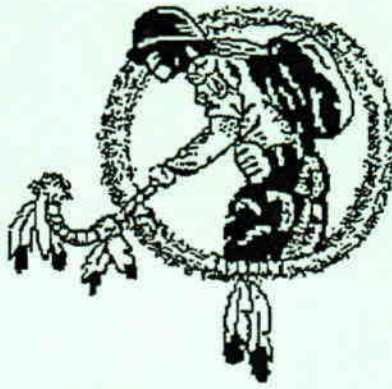
FANCY



FANCY



GRASS

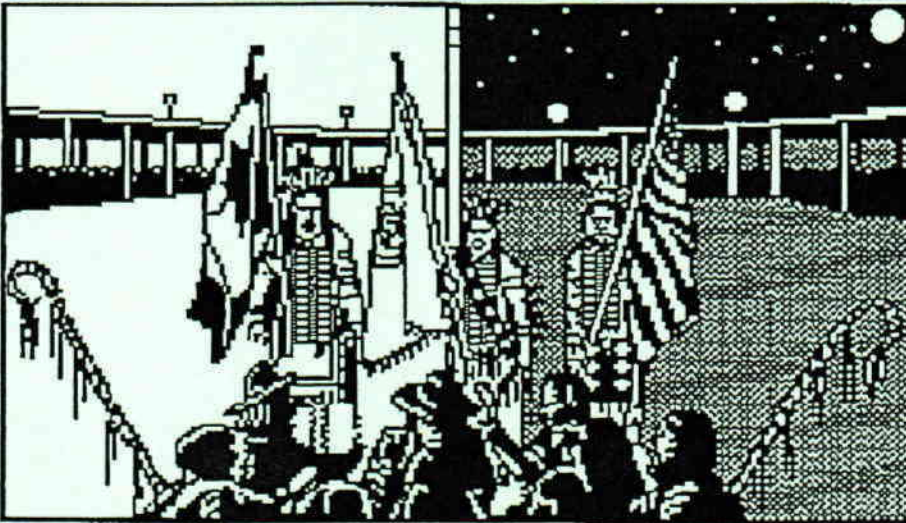


NATIVE AMERICAN VETERANS



JINGLE

"HOME OF THE CHAMPIONS"



BISMARCK, NORTH DAKOTA

UNITED TRIBES INTERNATIONAL POWWOW

WALK/RUN for SOBRIETY

Friday, April 26

2 PM

**United Tribes Technical College
Bismarck, ND**

OPENING CEREMONY in the Lone Star Arena

Prayer, Speakers, Veterans, Elders, Drum

STROLL - WALK - RUN

CLOSING CEREMONY

REFRESHMENTS

**T-Shirts will be available to Participants as far as they go.
Arm bands available to remember victims of Alcohol Abuse.**

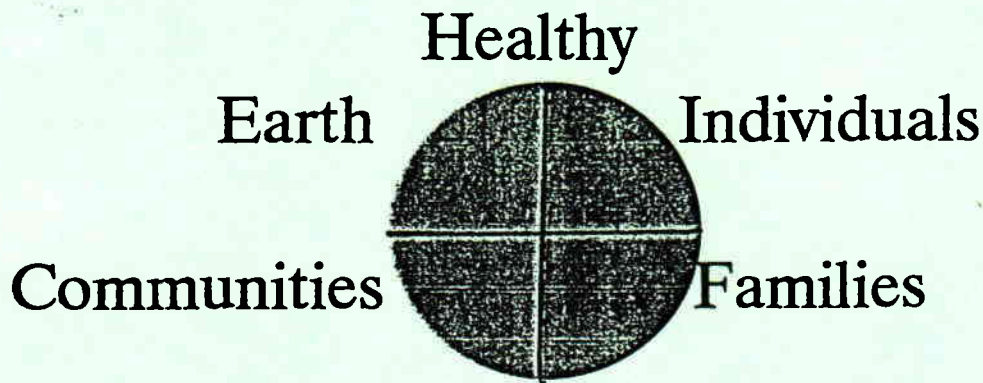
**ROUTE: Lone Star Arena - Circle of Nations -
Campus Perimeter, making 4 circles**

**WE SEND THIS INVITATION TO ALL PEOPLE IN THE
FOUR DIRECTIONS (children, youth, adults and elders).
WE GATHER TO REMEMBER those who have died and
PRAY FOR THE RECOVERY, HEALTH AND WELLNESS
OF ALL PEOPLE TODAY AND FUTURE GENERATIONS**

Sponsored by UTTC Counselors, Staff & Students

POSTER CONTEST POEMS, ESSAYS, SHORT STORIES too

Themes: HEALTH
MAKES THE WORLD GO AROUND



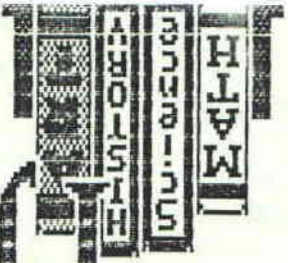
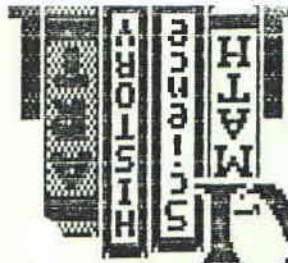
APRIL is:
CHILD ABUSE PREVENTION MONTH
ALCOHOL ABUSE PREVENTION MONTH
EARTH DAY and SPRING

CATEGORIES: Family - Individual Youth (0-15) - Individual Adult (16-up)
Posters, Poems, Essays, or Short Stories

JUDGING CRITERIA:

1. Message 50 points
2. Creativity 20 points
3. Neatness 10 points
4. Use of Traditions Old and New 20 points
5. Fill out Registration Form (Name, Age, Category, & Address)
6. DUE April 24 at TJES Office or UTTC Counseling Dept (Ed. Bldg.)

PRIZES: Cash (25-5), Food Baskets or other Donations
Questions - Contact Barb Danks



THE LIBRARY

& ALL WEEKS!

VISIT US, THIS,

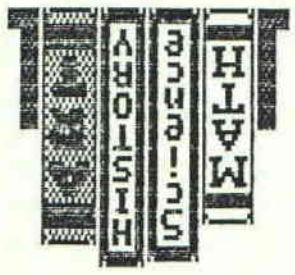
YOU ALL!

APRIL 14-21

LIBRARY WEEK

NATIONAL

HAPPY



ANNE KUYPER

SPRING SEMESTER

1996

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00		Job Keeping- B01	- PREPARATION -		
9:00	Technical Writing B01		Technical Writing B01	Job Keeping B01	Technical Writing B01
10:00		English Essentials	English Essentials B01	English Essentials	
11:00		English Essentials 220		English Essentials 220	Study Skills B01
***** L U N C H *****					
1:00	Art History II B01		Art History II B01		Art History II B01
2:00 - 2:15 C O F F E E B R E A K					
2:00	*****OFFICE*****				
3:00	Job Keeping B14	MEETINGS			
4:00	*****OFFICE*****				