

UTTC Library



UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 5 NO. 12

November 12, 1996

Weekly Menu

Nov. 13 to Nov.15

DINNER

- 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

Nov. 18

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

SUPPER

- 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

Adults Night Out!!! Ceramic and Craft Classes

Choose from many different project items to make. Bring a friend, a sister, or maybe even a brother! Create something new for your family - or maybe you have a hunter in the house. This is the season for gifts.

All new classes with more ideas...Light them up, dress them up, put a hat on them or a tie. Put a hat on them or a tie. Put flowers in their hair. Why not come join us for some fun!

- Starting Date: November 12, 1996
- Days: Tuesdays
- Time: 6:00 - 8:00 pm
- Fee: \$25.00 per person (Fee includes greenware, tools, firing, paints, brushes, craft items. All material needed to create you own ideas) (6 items)
- Ending Date: December 18, 1996 (6 Week of Fun!)
- Location: World War Memorial Building, 215 No. 6th St. Phone: 222-6454
- Code # for Class: #3828
- Registration: Bismarck Park & Recreation Office
420 E Front Ave.
Phone: 222-6455

Chemical Health Center

Dangers of Tylenol and Alcohol

Antonio Benedi had the flu. He took the recommended Tylenol dosage of two tablets, four times a day. He knew that taking alcohol with Tylenol increases the risk of liver failure so he did without his usual two to three cans of beer after dinner. He developed terminal liver failure and was saved only by an emergency liver transplant. It is a proven fact that Tylenol is very dangerous to people who drink alcohol, even those who drink in moderate amounts.



Thank You Note

We would like to thank all the Basketball teams that participated in this past weekends Basketball Tournament. And the fans that supported them. Also, we'd like to thank all the individuals that helped out with the tournament. And Jane's Down Home Cooking and Dave Ingstad of Dacotah Paper for their donations. All the teams showed good sportsmanship. That's what we like to see in a tournament.

from
Duane Steele and Family

4 Sale:
Konica 34mm Camera
Valued at \$130.00
Now at \$80.00
Call Terry, Ext. 296

Phil Bird Horse
acquired a new Indian
name last week,
it is
Ten After Six
We hope you re
feeling better!

Learning Center
Evening Hours
for the week of November 11-15
Tuesday, November 12: 4-8 pm
Wednesday, November 13: 4-8 pm

Great American
Smoke Out
Thursday, November 21

Quit Smoking Now

Reasons to quit

Surveys have shown that people decide to give up smoking for a variety of reasons, from the deadly serious to the relatively frivolous. All are equally valid. Some people quit because they don't want to end up like a relative who has just had a heart attack, while others are simply tired of having yellow teeth and bad breath, says Dr. Thomas Houston, a family physician and director of preventive medicine and public health for the American Medical Association (AMA). Saving money spent on cigarettes is another motivator, Dr. Houston has found. Lately he's also seen many parents give up the habit to protect their children.

Understanding your Addiction

A lot of smokers don't like to admit it, but one reason they keep smoking despite all the drawbacks is that they're addicted. In fact, nicotine may be one of most addictive drugs ever discovered. If you usually smoke your cigarette within a half hour of waking up in the morning, your addiction is probably quite strong. Fortunately, two prescription aids, the nicotine skin patches and nicotine chewing gum, can curtail the physical discomfort of withdrawals. But physical addiction is part of the story. There are psychological and social aspects to smoking as well, which is why many people relapse weeks after the physical dependency is gone.

Identifying your smoking patterns

As you prepare to become an ex-smoker, Dr Houston suggest keeping a "smoke diary" in which you write down every cigarette you have, what you were doing at the time you smoked it and how much you really wanted it. Did you have a strong craving or did you just light almost without realizing it? By helping to identify
continued on page 3

Information for the
Next Newsletter
no later than November 15
to Arrow Graphics
Attn: Wanda Swagger



Continued from page 2

your smoking patterns, the diary will help you anticipate and prepare for the rough times ahead.

The craving for a cigarette lasts only a minute or two, so the trick is to find something that will distract you until the craving passes. Changing behaviors associated with smoking can also be a help. So if you always have a cigarette with your morning coffee, switch to tea; if you habitually end your meal with a cigarette, don't linger at the table take a walk or brush your teeth.

For many people, alcohol and cigarettes are inextricably linked. In any cases, alcohol weakens your resolve. If you can, abstain from drinking altogether during the first few weeks after you quit smoking. If you can't abstain from drinking, at last try to stay from bars and other smoke filled places.

BLOOD SUGAR, BLOOD PRESSURE & CHOLESTEROL SCREENING

**Monday, November 18th
9:00 am at the Skill Center
Staff Fee: \$3.00
Snack will be available.**

TJES News

November 22 - Book Fair

November 27 - 1:30 Dismissal for Thanksgiving

December 2 - Back to School

Kindergarten Class: Working with numbers 6 through 10.

1st Grade: The class is bringing home books to read. Please take some time to listen to your child read.

2nd Grade: Made their "Book It" goal for the month of October

Third Grade: In Social Studies have been working with using resource maps and climate maps.

Fourth Grade: Field Trip on November 7 to State Laboratories

"Thunderbirds" Off to 3-1 Start

With the beginning of a new school year the UTTC men's basketball team is optimistic about the upcoming season. "We're 3-1 right now but it's early in the season" says coach Finley. "I have been very pleased with the effort this year's team is making, they are pressed to work hard in the classroom and on the floor". The team opened the season with a road trip to Wyoming traveling into one of the toughest regions in the nation, they lost their season opener to Eastern Wyoming in Torrington by a score of 68-78 in a game which pitted the T-Birds against the top defensive team in their region. The next night it was on to Casper College to face the 7th ranked team in all of the NJCAA, "Casper is a very solid team, their front line was 6'9" and 2 6'8"s with a point guard who was lightning quick, we gave them all they could handle but they were just too big and we made too many mistakes to keep the game close," the final score was 86-61. Casper however played with an ineligible player and the coach forfeited the game to UTTC. November 8 & 9 saw the T-Birds traveling to Williston to participate in the Can-Am classic, the Thunderbirds picked up their 2nd win of the young season with a victory over Briercrest Canada, "Briercrest is a four year school so to come away with a win here really boosted the team's morel, especially after the tough losses in Wyoming," the final score was 98-87. Against Canadian Bible College the T-Birds opened the game with a full court press and a half court trap forcing 39 turnovers and picking up 56 rebounds, "we wanted to pressure the ball and force turnovers and the team responded very well, we never intended to run the score up on them so we took the press off about 10 minutes into the game and went man to man the rest of the way" the final score was 141-53. The T-Birds are off for a week before traveling to Trinity Bible College in Ellendale, ND Saturday November 16, 1996, the home opener is scheduled for Saturday and Sunday November 23-24, 1996 with the "Thunderbirds classic," we hope to see you there.

Table 2. Tips for Quitters

BEFORE

☛ Pick a definite quit date in the month ahead and when it arrives, stop cold turkey. Throw out all your cigarettes and smoking paraphernalia. Do some positive things like getting the drapes cleaned or the car cleaned—things that will get rid of the smoke smell and reward you for turning over a new leaf.

☛ Write down your reasons for wanting to quit and keep the list where you keep your cigarettes. Review it periodically as your quit date approaches and afterward to maintain your resolve.

☛ Tell everyone you're quitting. That can keep you from changing your mind.

☛ Keep a diary of every cigarette you smoke. Include what you were doing at the time and how strong the craving was.

AFTER

☛ When you get the urge to smoke, do something else—suck lemon drops, take deep breaths, take a shower.

☛ Get plenty of exercise. It will help burn off calories and alleviate depression.

☛ Drink lots of liquids, especially water, to help flush nicotine from your system.

☛ Avoid or cut back on alcohol for the first few weeks. Stay away from bars and pass on the parties for a while.

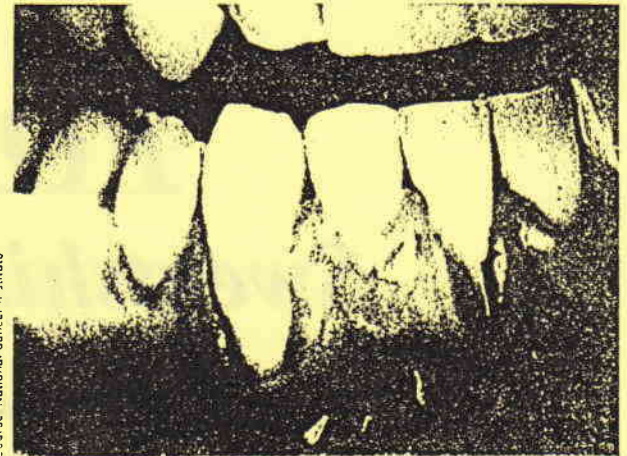
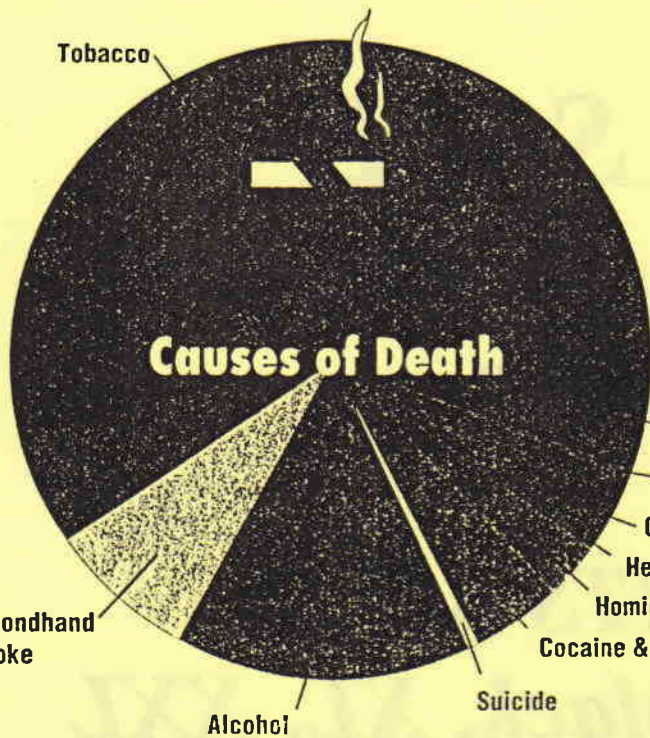
☛ Keep your hands busy—knit, sew, play an instrument.

☛ Find someone you can call or visit when the craving strikes.

☛ Reward yourself for passing certain milestones—ie, the first week, first month, etc. Use the money you would have spent on cigarettes and put it into a savings account or use the money to do something for the family.

QUIT SMOKING NOW

Source: Smokefree Educational Services, New York, NY



Source: National Cancer Institute

Smoking often causes gum damage and tooth loss.

Smoking kills more Americans each year than alcohol, cocaine, crack, heroin, car accidents, homicide, suicide, fires, and AIDS combined.

Table 1. Why Quit?

- Smoking causes about 30% of all cancers, including cancer of the lungs, bladder, mouth, pharynx, esophagus, pancreas, and cervix. New evidence suggests that breast cancer is more lethal in women who smoke.
- Women smokers aged 35 years or older are 10.5 times more likely to die from emphysema or chronic bronchitis than nonsmoking women.
- Smoking doubles the chances of having a heart attack. In addition, more than 35,000 nonsmokers die each year from heart disease caused by long-term exposure to other peoples' smoke.
- Children of smokers have more respiratory infections, asthma, inner-ear infections, and a higher risk of lung cancer later in life than children who live in smoke-free households. Maternal smoking before or after pregnancy increases the risk of sudden infant death syndrome (SIDS), or crib death. Smoking during pregnancy accounts for up to 14% of preterm deliveries and about 10% of all infant deaths.
- Smoking thins out the collagen layer in the skin and undermines the supporting tissue, contributing to premature wrinkling of the skin and poor wound healing.
- Smoking causes periodontal disease and tooth loss.
- Smoking is linked to the development of cataracts, glaucoma, and macular degeneration, all of which can cause visual impairment and blindness.
- Smoking adversely affects ovarian function and leads to diminished fertility in women. Men who smoke may eventually experience a decreased ability to get or maintain an erection.

FOR SALE

***Sweatshirts, T-shirts and
Jackets,***

SWEATSHIRTS \$22.00

red white or black, XL, XXL

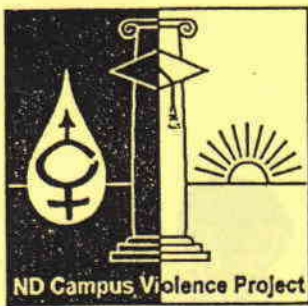
T-SHIRTS \$10.00

grey/red and black XL, XXL

JACKETS \$85.00

may be payroll deducted

**Also have season passes available
for 1/2 of regular door cost,
contact any team member or call
ext 361**



North Dakota Campus Violence Project

418 East Rosser #320

Bismarck, North Dakota 58501

701-255-6240 Fax 701-255-1904

PRESS RELEASE

"The Date Rape Drug"

It's colorless. It's odorless. You cannot even taste it. It dissolves quickly in liquids, especially carbonated ones. It causes drowsiness, dizziness, loss of coordination, and at higher doses, amnesia.

When mixed with alcohol or other drugs, it can be lethal. When slipped into a person's drink, it makes for an easy target for rape.

Its sedative effect lasts from 1 to 8 hours, depending on the dosage. The victim can't protest -- can't even say "No." The victim probably won't remember exactly what happened, or who the attacker was.

By now, the prescription sleeping aid Flunitrazepam -- otherwise known as Rohypnol (*row-hip-nahl*), Roachies, La Rocha, Rope, Rib Roche' (*row-shay*), Roofies, Ruffies, Mexican Valium, R-2, and Roach-2 -- is sweeping across the nation.

The tablets are white, resemble aspirin, and have the name "Roche" imprinted on one side. Often sold illicitly in bubble wrap, they cost about \$5 per tablet on the street.

"We need to spread the word to our friends, families, classmates, coworkers," says Karen Van Fossan, Project Director for the North Dakota Campus Violence Project (CVP), a statewide organization funded by the Bush Foundation. "Whether it's a soft drink, a juice drink, or an alcoholic beverage," she says, "open it, order it, and pour it yourself. Then be sure to watch your drink."

That's the message CVP members at Bismarck State College are giving to their peers. Peer educators at the college have copied and distributed flyers on campus, warning students about the drug. "It's frightening," says Shawna Gunsch, second-year student at BSC, "but we're getting the word out."

What if a person has already come into contact with the drug? "If you think you've encountered Rohypnol in any way, contact the police immediately," says Van Fossan. "Call 1-800-472-2911 for the sexual assault crisis center nearest you, if you think you may have been victimized."

According to Bonnie Palecek, Executive Director of the North Dakota Council on Abused Women's Services, the sponsoring organization for the CVP, "Legislation is pending in the state legislature to make possession and use of Rohypnol a felony. Certainly, we would support such legislation."

Illegal in the U.S., Rohypnol is smuggled into the country from Mexico and Latin America; most reports of illicit use come from Florida and Texas, though it seems to be taking the rest of the U.S. by storm. Just three months ago, the state Bureau of Criminal Investigation seized more than two dozen tablets in Grand Forks. The State Health Laboratory, however, has not yet established actual use of Rohypnol in North Dakota.

Originally, Hoffmann-La Roche developed the drug for the treatment of severe sleeping disorders. Today, Hoffmann-La Roche is working on a tablet that will not dissolve quickly in liquids, and will have taste and color. They've developed a preventive pilot program in Florida, and have made available to law enforcement a testing capability to detect Rohypnol in urine. The company has also accelerated the removal of the stronger dosage from the world market.

Even so, Karen Van Fossan urges, "Spread the word: Watch your drinks."

a Project of the N.D. Council on Abused Women's Services with primary funding from the Bush Foundation

Did You Know?

- ▶ Young children can drown in less than two inches of water in seconds.
- ▶ Some children are needlessly burned because they believe clothes protect them from flames.
- ▶ Drinking mouthwash can cause a young child to fall into an alcohol coma.
- ▶ A child can fall out of a window that is opened only five inches.
- ▶ In a crash at 30 mph, an unbelted child would hit the dashboard with as much force as a fall from a three-story building.

Injuries from accidents like these are the leading health risk facing American children today. Every year, accidents kill and disable more children than kidnapping, drugs, and disease combined. Each year, one in four children will be hurt badly enough to need a doctor's attention.

We call them "accidents," but most childhood injuries can be predicted and prevented. The fact is some basic safety steps can save thousands of children from death, and hundreds of thousands more from being disabled for life.



How can you protect your children from injury?

Think safety and practice safety.

Accident prevention is not difficult. It doesn't cost a lot or take much time. But it does require your attention and some effort. And it's worth it—both for you and your children.

You may not be able to prevent every bump, cut, or scrape. But some simple safety measures will lower the risk of *serious* injury to your children. And give you less to worry about.

Start by reading this booklet. It presents 13 steps to follow to prevent the most serious kinds of accidental injuries to children. Some steps you may have already taken—some not.

Make safety a habit in your family. Set a good example. Teach your children to think safety. Show them how to act safely. Share this booklet with babysitters and grandparents. Ask them to follow the steps, too. Remember—

SAFE KIDS are no accident.

THIS BOOKLET MAY BE PHOTOCOPIED.

Five leading risk areas

- Trapped in vehicles
- Drownings
- Burns and scalds
- Choking and poisoning
- Falls

