

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 6 NO. 1

JANUARY 13, 1997

Weekly Menu

Jan. 13 thru Jan. 17

DINNER

- Mon.- Spaghetti w/Meat Sauce, Garlic Toast, Salad Bar, Assorted Fresh Fruit, 2% Milk
- Tue.- Steak Sandwich, Oven Browned Potatoes, Garlic Toast, Salad Bar, 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, Lettuce, Tomato, Onion, Pickles, Cheese, 2% Milk
- Fri.- Old Fashioned Tomato Soup, Grilled Cheese, Potato Chips, Salad Bar, 2% Milk

Jan. 20th

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

SUPPER

Jan. 13 thru Jan. 17

- 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

Jan. 20th

- Mon.- Braised Beef over Noodles, Vegetable, Salad, Fresh Fruit, 2% Milk

STUDENT HEALTH CENTER NOTES

New students and/or their dependents **MUST** fill out medical forms at the Student Health Center (Educational Bldg.). Bring copies of your children's social security numbers, immunization records and medical assistance numbers when filling out medical forms.

Students who receive medical bills in their mail boxes are encouraged to submit them to the Student Health Center secretary for payment.

Students and staff interested in joining a weight loss contest are encouraged to enter between January 22nd and 24th. The entry fee is \$10.00. Entries must be paid on or before January 24th. Categories will be determined by gender and age. Prizes will be awarded. The contest will run from January 24th to March 27th.

Monthly head checks at the elementary school are scheduled for January 14th. Vision and Dental screenings for new elementary children are scheduled for January 15th and 16th. Scoliosis screenings for new children grades 5-8 are scheduled for January 23rd.

See additional Health Information on Pages 3 and 4.

RECREATION



FALL 1996 Semester 1st Aid/CPR Students:

If you have not taken the hands-on portion of the Final - you have until 3:00 FRIDAY, JANUARY 17, 1997 or your grade will change to an "F". Come to my office and complete the test. Call Ext. 361 to make an appointment.




RECREATION

"THUNDERBIRDS" 9-7 Going into "2nd season".

With the beginning of a new semester the UTTC men's basketball team has a 9 win and 7 loss record going into the conference season, "I think we are doing just fine considering the tough schedule we've played in the beginning of the season" says coach Finley, "these guys have proved they have the heart to play the game at this level," of the 8 players remaining, 7 of them are on either the Presidents or Vice-presidents list, "that is a statement in itself, I really believe in education before athletics and this being my first recruiting class I hope they have set the standard for what our basketball program is all about, I don't take any credit for their accomplishments in the classroom but I do push them to get to class and to get their work done and I really appreciate the support from some of the faculty, especially James Steen, Dorvin Froseth, Liz Miller and the Chemical Dependency staff who frequent our home games. The "Thunderbirds" open conference play at home on Tuesday, January 16, 1997 at 7:30 pm vs MSU-Bottineau, "We only have 7 players available as of today and we will not pick-up any more, it just wouldn't be fair for the guys who have come this far to have someone walk in at mid season, we do however have a couple of new recruits in Lonnie White Eyes and Delvin Wolf who will play next year practicing with us so we'll be o.k.". Here is a look at the mid-season stats:

PER GAME AVERAGES AFTER 16 GAMES

Name	Points	Rebounds	Assists	Steals	Blocks
Tanner Albers	27	2	1	0	0
Terry Lee	19	10	2	2	1
Jason Logg	19	9	2	3	0
Travis Albers	10	6	2	3	3
Brandy LeBeau	6	2	1	0	0
Craig Clown	5	4	2	0	0
Dusty Traversie	5	4	1	0	0
Todd Thomas	2	1	0	0	0

PLEASE BE ON TIME
SENDING IN YOUR NEWS.
WHEN YOU ARE LATE -
SO IS THE NEWS! 

Information for the
Next Newsletter
no later than January 10th
to Arrow Graphics
Attn: Sandy Erickson



Letting Go Of Worry and Anxiety

Worry and fear are emotions that often get stuck, influencing your outlook for hours, days, or even weeks. You may not even remember the original situation that made you fearful or worried. Such anxieties may hold you back from your usual efficiency. They can cut into your output at work, your willingness to participate in recreational activities, and your interactions with family and friends.

In fact, because worries and fears seem to arise unconsciously throughout the day, you may think they operate outside your control.

Who's In Control Here?

The truth is you select your emotions. No matter how spontaneous negative emotions may seem, they actually result from a complex internal processing of attitudes, information, memories, expectations, and appraisals. But these causes can be faulty, the results of painful or repressed memories, previously dashed hopes, inappropriate habits, and so forth.

Experiences may influence your attitudes. But experiences in themselves are neutral. Each person makes a conscious or unconscious decision on how to react to them, how to feel about them.

How to Get Unstuck

You can regain control over emotions without giving up spontaneity. Here are some pointers to get you started:

- Put your worries and fears into words, whether written or spoken. Use the "I feel/when" format: "I feel worried when my spouse is late getting home;" or "I feel anxious when I'm among strangers." Using this format focuses on your feelings and keeps you from skirting the issue or shifting responsibility for your feelings to someone else.

- Write down your worries and divide them into two categories: those you *can* influence and those you can't. Then focus on those problems you can influence and let the others go.

- Confront anxiety by identifying what's causing it. It may be the expectations of co-workers or family members, or it may be a more generalized anxiety.

- Listen to your thoughts. Are they filled with worrying "What if" statements like "What if the plane crashes?" Or "What if I don't get the promotion?"

- When you feel yourself getting worried or anxious, take several deep, slow breaths to help you relax.

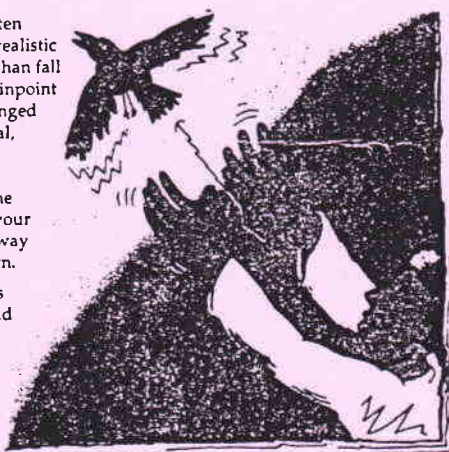
- Of all the self-help techniques, aerobic exercise seems to be the most efficient way to change the way you feel. Research at several universities has pinpointed biochemical and various other changes that make exercise compare favorably to drugs as a mood-raiser.

- Talk back to yourself. Worry and anxiety often result from harsh, unrealistic self-criticism. Rather than fall into that trap, try to pinpoint when your mood changed and think up a rational, objective reaction or answer to whatever caused the change. The problem may not be your performance but the way you put yourself down.

- If self-help techniques don't lighten your load of worries, consider professional counseling. A trained professional can help you identify and alleviate your anxiety.

The Serenity Prayer

*God grant me the
serenity to accept the
things I cannot change,
courage to change the
things I can, and the
wisdom to know the
difference.*



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CALCIUM AND IRON

Women's Most Depleted Minerals

Your doctor tells you to increase the calcium in your diet by drinking more milk. You have been tired lately and know you need more iron. As you see the list of foods you are supposed to eat, all you can do is imagine your hips getting wider and wider. How can you work these two most lacking nutrients in women into your diet without having to buy a new wardrobe?

The Case For Iron

Iron deficiency is the most common nutritional problem affecting one-half of all women under age 45. It can be caused by menstrual loss, poor absorption, and/or a poor diet. Its symptoms are fatigue, cold hands and feet, loss of appetite, increased irritability, poor quality fingernails, headaches, and paleness. Iron is needed in the body to prevent iron-deficiency anemia, for the immune system, for carrying oxygen throughout the body, and for helping with energy production. The recommended RDA for women under 50 years of age is 18 mg. and 10 mg. after age 51.

Increasing Dietary Iron

- ✓ Eat lean meat, skinless poultry, and fish which are high in absorbable iron.
- ✓ Select iron-enriched breads and cereals. One-fourth of your iron will come from them.
- ✓ Consume Vitamin C-rich fruits and vegetables with any iron source. It can almost double absorption.
- ✓ Avoid consuming tea and coffee one hour before a meal or two hours after. They can decrease iron absorption by as much as one-third.
- ✓ Ask your doctor about taking an iron supplement.

The Case For Calcium

One out of every four women by age 60 will develop osteoporosis. Osteoporosis is excessive bone loss resulting in increased fracture risk. The symptoms of osteoporosis are loss of height, a Dowager's hump, a protruding abdomen, and occasionally back pain. Risk factors for developing the disease fall in two groups, the non-controlled and the controlled. Non-controlled factors



Daily Calcium Needs

800 mg.: Children 1-10, Men 19+, Women 19-34

1000-1200 mg.: Children 11-18, Women 35+, Postmenopausal Women on estrogen

1400-1600 mg.: Women- Pregnant, Lactating, Postmenopausal without estrogen

are a family history, petite skeletal frame, early menopause, and numerous medical conditions. It is most common in Caucasian and Oriental women. Controlled factors are nulliparty (no children), smoking, high alcohol use, a sedentary lifestyle, some specific long term medications, and the lack of adequate calcium and vitamin D in the diet.

Increasing Dietary Calcium

- ✓ Consume low fat dairy products like milk, cheese, yogurt, cottage cheese, low calorie puddings and cocoa with low fat milk; sardines or fish with bones; shrimp; broccoli; turnip and mustard greens; oysters; tofu; clams; and kidney beans.
- ✓ Drink low fat milk with other high calcium sources. Milk's lactose (milk sugar) will increase their calcium absorption.
- ✓ Avoid eating excessive amounts of protein, fiber, and alcohol which all can decrease absorption.
- ✓ Add powdered skim milk (fewer than 20 calories per Tbsp. and over 60 mg. of calcium) to baked goods, soups, gravies, stews, casseroles, hot cereals, meatloaf and to low fat milk to create "double strength" milk (1/3 cup powder to 1 cup milk).
- ✓ Use chopped frozen broccoli or eat the leaves of fresh broccoli.
- ✓ Buy calcium enriched breads, cereals, yogurt, and bakery items.
- ✓ Ask your doctor for a calcium supplement if needed.

NOTICE ...

Arrow Graphics is currently putting together a Pocket Book Calendar for 1997 for UTTC which will be sold through the Bookstore. We would like to include any and all events, class schedules, or anything that you feel your class or department would want students or other staff and faculty to know. The deadline for this is IMMEDIATE so we may get this out hopefully by the first of the year.

Please call SANDY at Ext. 293 BEFORE FRIDAY if you have anything you would like included.

THANKS



INMED Traditional Pow Wow 1997

**Grand Entry:
1 and 7 pm**

**Free Admission
Traditional
Meal at 5 pm**

**Saturday,
February 1
Civic Auditorium
Grand Forks, ND**



*All dancers
and drum
groups are
welcome and
will be
reimbursed.*

Announcer:
Joe McGillis,
Turtle Mountain
Chippewa

Spiritual Leader:
William "Ambrose"
Littleghost, Spirit
Lake Nation

Arena Director:
Bill Goumeau,
Turtle Mountain
Chippewa

- ◆ *For more information, call 701-777-3037*
- ◆ *Sponsored by Indians into Medicine Student Organization and Multicultural Awareness Committee, University of North Dakota*
- ◆ *Not responsible for thefts or accidents, No alcohol or drugs allowed.*