



W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 6 NO. ~~4~~ 3

JANUARY 20, 1997 ²⁷

Weekly Menu

Jan. 27th thru Jan. 31st

DINNER

- Mon.- Chuckwagon Stew, Baking Powder Biscuit, Salad Bar, Fresh Fruit, Relish Tray, 2% Milk
Tue.- Baked Ham, Mashed Potatoes, Salad Bar, Vegetable/Relish Tray, Dessert, 2% Milk
Wed.- Turkey-Ala-King, Baking Powder Biscuit, Rice, Cranberry Sauce, Salad Bar, Pumpkin Bars, 2% Milk
Thu.- Bar-B-Que Beef On A Bun, French Fries, Salad Bar, Green Beans, Assorted Fresh Fruit, 2% Milk
Fri.- Chicken Nuggets/Fish Platter, Wild Rice, California Blend Vegetables, Salad Bar, Lemon Wedge, Tartar Sauce, Lemon Bars, 2% Milk

February 3rd

- Mon.- Goulash, Vegetable, Dinner Bun, Salad Bar, Assorted Fruit, Assorted Vegetable Tray, 2% Milk

SUPPER

Jan. 27th thru 31st

- Mon.- Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% Milk
Tue.- New England Dinner, Boiled Potatoes, Boiled Vegetables, Salad Bar, Dessert, 2% Milk
Wed.- Chicken Breast On Rice, Au Gratin Potatoes, Salad Bar, Dessert, 2% Milk
Thu.- Pepper Steak, Spanish Rice, Tossed Salad, Garlic Toast, 2% Milk
Fri.- Roast Pork, Mashed Potatoes & Gravy, Vegetable, Salad Bar, Dessert, 2% Milk

Jan. 27th

- Mon.- Hamburger On A Bun, French Fries or Potato Chips, Soup, Salad Bar, Brownies, 2% Milk

STUDENT SUPPORT SERVICES

Attention . . .

The Student Affairs Committee has decided to start the preparations early for graduation this year. All the students that are graduating on May 8, 1997, it is mandatory to be at the large gym on February 5, 1997 from 2:00 pm to 4:00 pm.

Our goal is to get the Exit Surveys, Invitations, measurements for caps and gowns all finished ahead of time. Graduating students will need to decide on a theme, speakers, decorations, flowers and whatever else I forgot to mention.

So, please discuss all the above with your peers before the meeting. Thank You. If you have any questions contact Vivian Gillette - Ext. 234, Lisa Wallowing Bull, Harriet - 269, and Michelle Thomas.

STUDENT AFFAIRS COMMITTEE

The Student Affairs Committee would like to thank all the staff, students and faculty who helped out in preparing for the 1996 December Graduation.

Due to the storms, orientation and T.A.B.E. testing of the new students, and our vacation, I am a little late in getting this notice out to all of you. I apologize for the late Thank You..

Once again, a **GREAT BIG THANK YOU!**

Information for the
Next Newsletter
no later than January 231st
to Arrow Graphics
Attn: Sandy Erickson



STUDENT HEALTH

New students who have not filled out medical forms for themselves or for their dependents should do so as soon as possible. The Student Health Center is located in the Education Building next to the Learning Center.

FROSTBITE

Frostbite and hypothermia are two types of cold emergencies. Frostbite is the freezing of body parts exposed to the cold. Severity depends on the air temperature, length of exposure, and the wind. Frostbite can cause the loss of fingers, hands, arms, toes, feet and legs. The signals of frostbite include lack of feeling in the affected area and skin that appears waxy, is cold to touch, or is discolored (flushed, white, yellow or blue). To care for any frostbite, handle the area gently. Never rub an effected area. Rubbing causes further damage to soft tissue. Instead, warm the area gently by soaking the affected part in water no warmer than 105° F. If you don't have a thermometer, test the water temperature yourself. If the temperature is uncomfortable to your touch, the water is too warm. Keep the frostbitten part in the water until it looks red and feels warm. Loosely bandage the area with a dry, sterile dressing. If fingers or toes are frostbitten, place cotton or gauze between them. Don't break any blisters. Get professional medical attention as soon as possible.

CARING FOR A NOSEBLEED

Nose injuries are often caused by a blow from a blunt object. The result is often a nosebleed. High blood pressure or changes in altitude can also cause a nosebleed. In most cases, you can control bleeding by having the person sit with the head slightly forward while pinching the nostrils together. Other methods of controlling bleeding including applying an ice pack to the bridge of the nose or putting pressure on the upper lip just beneath the nose



JOB OPPORTUNITY . . .

HELP WANTED.

\$200 - \$500 WEEKLY

Mailing phone cards. No experience necessary.

For more information send a self-addressed

stamped envelope to:

Globe Communication

P.O. Box 5679

Hollywood, FL 33083

WIC PROGRAM

Standing Rock WIC Program will be on campus Monday, February 10th and Thursday, February 13th beginning approximately 10:00 a.m. at UTTC Building 61.

AASPN PROGRAM

TRAVELERS TO THE PRESIDENT'S INAUGURATION RETURN

Julie Cain has quickly shared some of the highlights of the journey to Washington where UTTC Dancers and Drummers performed during the parade for President Clinton's Inauguration. They were the official North Dakota representatives.

All were happy to return to their loved ones at home - but - WHAT A WONDERFUL EXPERIENCE!!

They found themselves about only 50 feet away from the Clinton family as the Clinton's walked to the viewing stand. "It seemed that everyone cheered us as we moved around," according to Julie. "We were treated like special people."

Daughter, Sonja, was equally thrilled.

A star quilt was given to each of the four congressmen when visiting in their offices. A lovely dancing doll was given to Senator Dorgan who was presenting it to the Clinton's on behalf of the North Dakota participants.

Even the storm delay in Wisconsin became a fun time as the travel group stopped at a large casino, managed by Native Americans. A free meal and lodging were arranged plus \$5.00 each for "some gambling."

Suggestions: Just ask anyone of the 21 travelers for further highlights. And, as Julie concluded, "UTTC made this all possible -- we are so lucky!"

NOTE: Julie Cain is a Nursing graduate of two years ago. Valdon St. John, a second year nursing student, is another dancer who made the journey.

Submitted by Sister Kathryn Zimmer,
Director, AASPN Program

. . . FOR SALE . . .

Young Man's Traditional
Dance Bustle.

If interested call: Joe McGillis at
Ext. 274 or after 5 pm: 667-2056



**Learning Center
Evening Hours
for the week of
January 27-30**

**Tuesday, Jan. 28: 4 to 8 pm
Wednesday, Jan. 29: 4 to 8 pm
Thursday, Feb. 4: 8 pm**

A Very Special Thank You
to all students, staff, and faculty who gave
their sympathies and donations in the death of
my sister, Marlys Anderson.
Your condolences were greatly appreciated!
Thank You.

**Bud Anderson
Maintenance**



THEODORE JAMERSON ELEMENTARY

Theodore Jamerson Elementary School students, parents, and staff will have the experience of entering and viewing a portable STARLAB planetarium. The planetarium will be at the elementary school the first week of February. Classrooms will be able to participate in astronomy activities and experience the portable planetarium daily. There will be three evenings that parents, staff members and the United Tribes Technical College community members will be invited to planetarium presentations also. The STARLAB planetarium is a portable, dome-shaped, planetarium made of nylon fabric. Participants enter through a front tube while air is forced in through the back tube. The unit is equipped with 10 cylinders that create images on the dome ceiling with the use of a special projector. A variety of projection cylinders include constellations, American Indian figures and folklore, traditional Greek mythological constellations, a geography cylinder, biological cells, and a Plate Tectonics cylinder, among others. We look forward to a wonderful astronomy experience!!!



CHEMICAL HEALTH CENTER
ARE YOU A CO-ADDICT?

An addiction is anything that repeatedly enables one to avoid dealing with their own feelings. Here we are primarily addressing chemical dependency, however, there may be similarities to other dysfunctional behavior. In this article, the term "addict" is used to describe anyone that is demonstrating out-of-control or compulsive behavior in their drug use. If you are, or know someone who is an alcoholic, this information will apply.
ALCOHOL IS A DRUG.

Unless you've experienced it yourself, it's almost impossible to imagine the exquisite pain suffered by someone who loves an addict. Their lives are filled with guilt, loneliness, anxiety, resentment, fear, or depression. Their ineffectual attempts to come to grips with their loved one's addiction may even result in their own physical and emotional illness. This is one reason that addiction is a "family disease".

Ask anyone who loves a practicing addict and that person will tell you that they'd do anything to make them change. As often as not, they're lying..or confused.


The sad truth is that the loved one of an addict can't make the addict change. They can't control out-of-control behavior. The only thing they can change is themselves.

"Why should I be the one to change?" a frustrated loved one may scream. *"They're the one with the problem!"* Wrong, in case they haven't noticed, the loved ones of an addict have a problem too. By blaming the addict for their own mixed up feelings and emotions and by refusing to deal with their own feelings and behavior, loved ones become "co-addicts".

A co-addict is someone who, through ignorance or fear, may actually prevent an addict from truly facing the facts of their addiction. In their efforts to protect themselves, friends, children, and spouses, from the pain and embarrassment caused by the addiction, a co-addict will cover up excuse, minimize, and lie about the extent of the addict's problem.

The cover-up may even extend the addict's using career, because people don't generally seek help for a problem they don't admit they have.

Once a co-addict recognizes the loved one's addiction, they will often times make the mistake of trying to control the amount the addict is using. They may keep track of the amount being used, and may even throw it away. This will only cause the addict to go "underground". They will soon sneak and hide their drug of choice, and lie about their addiction.



The co-addict walks a tightrope of fear while juggling their loved one's moods and other people's insecurities on one hand, and an overdrawn checkbook, bewildered friends and angry family, and their own anxiety and depression in the other.

The worst feeling of all is the feeling the co-addict may have that if they were a better person, better parent, better child, or better friend, that the addict wouldn't use so much. Like the addict, the co-addict's guilt accuses, confuses and blames.

Co-addicts don't want their family or relationships to fall apart. Even though in moments of anger and frustration, they may make threats. The most common reason given for staying with an addict is the simplest reason of all: LOVE.

Because of love, they will hang on to each shred of hope that their loved one will straighten up and quit using. But when the addict uses again (as every addict will), the co-addict feels betrayed, resentful, angry and alone. Addicts are sick, and so are co-addicts, but they can both recover. It is important to know that the co-addict can only help themselves. That is why they must seek help for their problem.

Do learn all you can about alcoholism/addiction. Do talk to a professional who specializes in your area of concern. Do contact a local chapter of alanon and attend the meetings. Do be honest with your children. They are not deaf and blind when it comes to family problems. Plain talk from you will relieve some of their fears and insecurities. Do be patient. Change is difficult and slow. You may not be able to solve all your problems overnight. But you can improve your ability to cope and resolve problems over time.

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