

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER R

VOL. 2 NO. 15

February 14, 1994

Cafeteria

Feb. 14 to Feb. 18, 1994
Dinner

Mon. - Turkey Sandwich
on a Bun

Tue. - Tater Tot Hot
Dish

Wed. - Fish Platter

Thu. - Bar-B-Que Beef
on a Bun

Fri. - Tuna Casserole

Feb. 21, 1994
Dinner
HOLIDAY



Feb. 14 to Feb. 18, 1994
Supper

Mon. - Pork Cutlets,
Instant Potatoes, Corn,
Salad, Apple Sauce,
Sugar Cookies

Tue. - Boiled Beef Chucks,
Potatoes, Corn, Salad Bar,
Dessert

Wed. - Meat Loaf, Hash
Brown Potatoes, Salad,
Dessert

Thu. - Pepper Steak, Baked
Potatoes, Tossed Salad,
Garlic Toast

Fri. - Chicken Breast on
Potatoes Wedge, Salad
Bar, Dessert

Feb. 21, 1994
Supper
HOLIDAY

DRY SKIN PREVENTION

Too much bathing and soap removes the skin's natural oils. This is the main cause of dry skin. Dry climates make it worse, as does winter weather. Dry skin is less common in teenagers because their oil glands are more active.

Cracked skin most commonly occurs on the soles of the feet, especially the heels and big toes. Deep cracks are painful and periodically bleed. The main cause is wearing wet shoes or socks. Have children put dry socks on after recess or after being outside for a period of time. If shoes are wet, allow time for them to dry before putting them on again.

Cracks also develop on the hands of children who frequently wash dishes or suck their thumb. Children who have the habit of licking their lips may get cracked lips. Lips may also become chapped from excessive exposure to wind or to sun.

HOME CARE

1. Soup and bathing.

If your child has dry skin and is not yet a teenager, avoid all soaps. Have your child bathe or shower with plain water perhaps twice or three times a week. Avoid soups, detergents, and bubble baths. Do not let a bar of soap float around in the tub.

2. Lubricating cream or lotions.

Buy a large bottle of lubricating cream. Apply the cream to any dry or itchy areas several times a day, especially after bathing. You will probably have to continue this throughout the winter.

3. Humidifier.

If your winters are dry, run a room humidifier. If you have static electricity in your home, the air in your home is much too dry. During cold weather, your child should wear gloves outside to protect against the rapid evaporation of moisture from the hands.

4. Bath Oils.

It does not make much sense to pour bath oils into the bathtub, most of the oil goes down the drain. It also makes the tub slippery and dangerous. If you prefer bath oil over hand lotion, apply it immediately after baths. Bath oil is inexpensive and keeps skin moisture from evaporating.

IF YOU FIND MISTAKES

in this publication, please consider that they are there for a purpose. We publish something for everyone, and some people are always looking for mistakes!



Continued on next page.



*Patience is the ability to
idle your motor when you
feel like stripping your gears.*

from Apple Seeds

Dry Skin (continued from front page.)

5. Healing Cracked Skin.

Even deep cracks that have been a problem for years can be healed in about 2 weeks if they are constantly covered with an ointment (like petroleum jelly). If the crack seems mildly infected, use bacitracin ointment. Covering the ointment with a band-aid, socks, or gloves speeds the recovery even more. For chapped lips a lip balm can be applied frequently.

Seek medical attention if no improvement occurs within 2 weeks, if the cracks develop a yellow/green, smelly discharge, or if you have other concerns or questions.

**Staff and Students:
UTTC Folders now on Sale
for \$1.00 each
in Arrow Graphics.
Please contact Terry at Ext. 296
(can be use as Presentation Folders
and/or Class Folders)**

**Students;
The Bus Stop is now located
on the East Side of the
Security Bld., a good place to
keep warm while waiting
for the bus.**

Chemical Health Center

We believe that alcohol/drug dependence is a primary, progressive, chronic and fatal disease which, particularly in the later stages, renders its victims incapable of the spontaneous insight required to seek remedial care. In the later stages, chemically dependent persons are progressively unable to perceive the reality and severity of their symptoms. A powerful set of intellectual defenses unconsciously arise to meet the growing and free floating mass of negative feelings about self. These feelings result from the increasingly unpredictable and bizarre behavior precipitated by the use of alcohol and other drugs. We believe that, in due time, chemically dependent persons are victimized not only by the destructive drinking/drug using pattern, but also by their defensive lifestyle which make them lose touch with reality, a form of sincere delusion. We also believe that the memory systems of chemically dependent persons become so thoroughly distorted through blackouts, repressions, and euphoric recall that they are incapable of using their memory for any valid self-evaluation. Because of the massive impairment of judgement or mental mismanagement resulting from successful self-deception, progressive deterioration occurs in all phases of the person's life: emotional, spiritual, physical, social, mental. As chemically dependent persons become more and more immobilized by denial and delusion. Intervention must take place with outside help or premature death is inevitable.

Family: We believe that those who live or work closely with chemically dependent person can become emotionally involved and distressed to the point where they display similar symptoms, and also need remedial care as they become progressively immobilized by their distress. Typically, those closest to the chemically dependent person, usually family members, misunderstand the nature of the illness. As they wait for the person to "hit bottom" or "come to his senses". In some spontaneous way, or as they try to manipulate circumstances to make the problem go away, the failure of these approaches causes them even greater distress. This pathology parallels, and in some cases even exceeds, that of the chemically dependent person. In short, we believe that these persons are often inadvertent "enablers" of the disease process--that is, they become part of the process itself.

Society: We believe that the general public's misunderstanding of the harmful nature of chemical dependence not only contributes to the incidence of the disease but consistently enables the disease to progress to its later and more dangerous stages.

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Moreover, even after recognition does occur, this misunderstanding blocks effective intervention while society waits for "the bottom" or "spontaneous insight" or tries to manipulate the environment through social or legal sanctions in order to make the disease go away.

Intervention: We believe that intervention with these conditions can and does occur at two levels, namely: (1) through a general educational process aimed at replacing misunderstandings of the nature of the illness with more useful insights. A climate of understanding can be created where intervention becomes the expected "norm of approach" to victims in the later stages of the disease; (2) at the individual level those persons closest to the suffering chemically dependent person can be taught specific and useful methods for successful intervention. Acquiring an understanding of the nature of this disease has the added benefit of causing those persons in the earlier stages of chemical dependency (i.e., before losses of control occurs) to reduce their own chemical usage, or to significantly alter their dependence on chemicals to avoid the disease.

We believe that the progressive nature of chemical dependence requires that intervention be applied at the earliest possible time for two reasons: namely, (1) the suffering is limited in both time and degree; and (2) the likelihood of successful recovery is greatly enhanced.

**OPEN HOUSE, February 18, 1994
9:00 a.m. - 4:00 p.m.
Everyone is Welcome!**

Recreation Weekly Activities

Monday: Weekly Pool Tournament - 7:00 pm - TV Lounge; Swimming - YMCA - 7:00-8:00 pm, the Bus leaves at 6:30 pm

Tuesday: Bowling League - Capital Lanes - 7:00-9:00 pm, Bus leaves at 6:30 pm from gym; Aerobic - 12:00 pm Small gym; Intramural B.B. - 6:30-10:00 pm, check for games at Recreation Dept.

Wednesday: Women's League Volleyball - check your schedules or call Recreation at ext. 261 or 361 for game times. Swimming - YMCA 7:00-8:00 pm, the Bus leaves at 6:30 pm.; Aerobics - 6:00-7:00 pm in the small gym.

Thursday: SAY NO CLUB - Check for activity on SAY NO Posters, or call Paul at ext. 313 and Recreation at ext. 261 or 361.; Men's Basketball - at the State Pen, Bus leaves at 4:45 pm from the gym, all students are welcome to participate.

Friday: Gymnastics - Will be held every Friday from 7:00-8:00 pm, Bus will leave at 6:30 pm., for more info. call Recreation ext. 261 or 361.

Saturday: OPEN GYM!!!! 1:00 to 10:00 pm

Sunday: JACK-POT BINGO - This activity will be on student Payday weekends, from 7:00 to 8:00 pm in small gym. Jack-pot at \$66.00 with 55 numbers. (blackout); Women's Basketball League - Check your schedules or call Recreation at ext. 261 or 361; Free Student Bowling - This activity will be held on non-payday weekends only. There will be a 3 game maximum.

Honors to AASPN Grads

Janet Archambault, AASPN grad of May, 1991, was awarded a \$50.00 bonus at Christmas time by St. Vincent's Nursing Home where she is employed. The award was given because Janet had used none of her sick leave.

Amy Binder, AASPN grad of December, 1992, employed at Jamestown State Hospital, has been appointed by Governor Schafer to serve on the state JTPA Board.

Anita Stogner, who completed requirements as an AASPN graduate in December, 1994, has been notified that she was selected to receive honorary award recognition by having her biography published in the 17th Annual Edition of the NATIONAL DEAN'S LIST, 1993-94. The publication is the "largest, most prestigious publication in the country recognizing academically gifted students..."

CONGRATULATIONS TO ALL OF YOU!

AMERICAN INDIAN SUMMER INSTITUTE IN COMPUTER SCIENCE (AIS)

The American Indian Summer Institute is an eight -week residential program at the Irvine campus of the University of California. The program offers participants academic and industrial experiences that will prepare them to continue their education and pursue careers in computer science. This program is for single students interested in computers. Beginning in June and ending in August. The first 4 weeks contains computer related courses, second half is Internship with major corporations; Xerox, Toshiba, Western Digital, Hewlette Packard. Students are housed 4 to an apartment. A stipend will be distributed at the completion of the program. See an OT Instructor for application. Deadline date is March 1, 1994; with an application fee of \$20.00. A video is available in Sheri's office with more info.

JUST SAY NO CLUB

Those enjoying the activities and lessons of the club are saying YES to healthy alternatives for fun and recreation, family interaction, good surprises, stimulation of the mind and body, and the important concept that "SAYING NO" can be and is rewarding in many ways. There are some events coming up that you'll want to participate in so the schedule here will serve as a reminder if it gets pinned up by calendar.

FEBRUARY

17th - 6:00 p.m.: Field Trip (Bus)

24th - 6:00 p.m.: Crafts -N- Culture

MARCH

3rd - 6:00 p.m.: Education -N- Entertainment

10th - 6:00 p.m.: Field Trip (bus)

17th - 6:00 p.m.: St. Patrick's Say No Club

31st - 6:00 p.m.: Easter Events

APRIL

6th - 6:00 p.m.: Circus (optional) (bus)

7th - 6:00 p.m.: Education -N- Entertainment

14th - 6:00 p.m.: Earth Day (Memorial Planting) (bus)

28th - 6:00 p.m.: River Walk -N- Picnic (Awards)

Parent Rap

Noon on Tuesdays
Sakakawea Hall
Early Childhood Classroom

Dear Parents,

Please come to a parenting session on Tuesdays at noon. Bring a sack lunch and be ready to...do a craft...share ideas...meet new people...learn new skills...and enjoy the fellowship. The schedule is as follows:

February 15, 1994....Needs of Children at Different Ages
22, 1994...."Make and Take" Paint & Playdough
March 1, 1994....Child Development & Practical Life Exp
8, 1994....Spring Break, No Class
15, 1994....Special Traditions Celebrated
22, 1994....Children and Their Feelings
29, 1994....Activities Promote Self-Esteem
April 5, 1994....Discipline/Family Rules
12, 1994....Problem Solving/Decision Making
19, 1994....Respect
26, 1994....The Celebration of Spring

Theodore Jamerson
Elementary School
Science Fair
February 25, 1994 at Small Gym
View afternoon - 12:00-2:00
Awards - 1:00

UTTC Chapel

Sunday 10:00 a.m. - Catholic Mass

Sunday 12:30 p.m. - Assembly of God Services

Sunday 4:00 p.m. - Episcopal Services

Any questions concerning Campus Ministry,
contact: Rev. Mr. Edward Johnson, Sr.,
Chaplain for United Tribes Technical College
at 255-3285 Ext. #204

Reducing the Risk for Alcohol-Related Problems: By the Numbers!

The decision to drink should never be made without first considering your unique reaction to alcohol, your genetic susceptibility and the situation you are in.

O - Resource reveals that, under certain circumstances, alcohol use can be dangerous. Zero alcohol is the best choice if you are:

- On certain medications or have certain illnesses (check with your doctor).
- Behind the wheel or engaged in tasks that require full mental or physical functioning.
- Stressed or tired.
- Either the son, daughter, or sibling of someone with alcoholism.
- Recovering from alcoholism or drug dependency.
- Violating existing laws, policies, or personal values.
- Expecting, nursing, or considering pregnancy.

By observing the times to abstain you can greatly reduce the risk of experiencing an alcohol-related problem.

If you aren't in the O category and choose to drink, current research suggests:

No more than one drink per hour.

No more than two drinks per day for men, one for women.**

No more than four days per week.

Research indicates that if you exceed these recommendations, you increase the likelihood for experiencing an immediate impairment-related problem, or both. And, of course, the more you exceed the guidelines, the more you increase your risk.

To slow the absorption of alcohol into the system, experts recommend eating or having food in your stomach prior to consumption.

**Because alcohol affects women differently than men, the alcohol use recommendations are lower for women. (More on that later.)

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