

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 3 NO. 5

January 16, 1995

Weekly Menu

January 16 to January 20, 1995

DINNER:

- MON** - Pork Cutlets, Mashed Potatoes, Gravy, Vegetable, Salad Bar, Apple Sauce, 2% Milk
TUE - Lasagna, Garlic Toast, Vegetable, Salad Bar, Dessert, 2% Milk
WED - Hamburger on a Bun, French Fries, Salad Bar, Fresh Fruit, Tossed Salad, Vegetable, 2% Milk
THU - Chuck Wagon Stew, Baking Powder Biscuit, Salad Bar, Fresh Fruit, Relish Tray, 2% Milk
FRI - Chicken Strips, Macaroni & Cheese, Dinner Bun, Salad Bar, Fruit, Vegetable, 2% Milk

SUPPER:

- MON** - Meatballs, Potatoes, Gravy, Vegetable, Salad, Dessert, 2% Milk
TUE - Roast Beef, Mashed Potatoes & Gravy, Vegetable, Salad Bar, Dessert, 2% Milk
WED - Bar-B-Que Chicken, Baked Potato, Vegetable, Dinner Roll, Salad, Dessert, 2% Milk
THU - Spaghetti with Meat Sauce, Vegetable, Salad Bar, Dessert, 2% Milk
FRI - Pork Chow Mein with Rice, Chow Mein Noodles, Dinner Bun, Salad Bar, Egg Roll, Fruit Dessert, 2% milk



† Chaplain's Corner

CATHOLIC FIRST COMMUNION CLASSES:

First Communion Classes will begin on January 10, 1995 at 7:00 PM. The child should be at least in the 3rd Grade. Bring their birth certificates with them. Classes will last for one hour, every Tuesday night. First Communion on Sunday, April 16, 1995 "Easter Sunday."

Any questions or any needs that you may have contact Rev. Edward Johnson, Chaplain, UTTC at 255-3285 Ext. 204 or 314.

NCA - Self Study

The first open forum to talk about the Self Study will be held on January 19, 1995 at 3:00 pm in ED111.

Information will be given on the responses to Criteria 1.

Bring any questions you have on completing Criterion 2 which is due on January 27.

It is important that you keep informed on the process because it is the individual who makes UTTC successful, not departments.

The information needed for the Self Study has to be collected by the end of April and time is getting short. We are aware of how busy everyone is and need your help in getting this "job" done.

Hope to see all of you on Jan. 19.

NOTICE:

All New Spring Semester Students who have not taken their T.A.B.E. testing must report to Andrew Rendon - Room #118 at the Skill Center before Friday, January 20, 1995 at 12:00 noon.

If you have not taken the test by then you will not be eligible for Student Payroll.

Student Health News

Healthy Food Choices

Today, the emphasis of nutrition is shifting from the four basic food groups to food composition and how food influences health. Research shows that diets rich in complex carbohydrates and low in cholesterol and saturated fats may reduce our risk of heart disease and many types of cancer. We still need to eat a variety of foods from the four basic food groups, but the preferred choices within those food groups are changing.

PROTEIN

Protein is found in meat, poultry, fish and dried peas and beans. Protein is also present in dairy products. To get the protein your body needs (44-56 grams per day for adults), without taking in unnecessary fat and cholesterol, select lean cuts of meat, poultry without skin, fish, beans and low or non-fat dairy products.

COMPLEX CARBOHYDRATES

Complex carbohydrates are abundant in fresh fruits and vegetables and in whole grain breads and cereals. These foods are also high in dietary fiber. Adequate dietary fiber has been linked with a reduced risk of some cancers, and may also be beneficial for people who are trying to control weight.

FATS

Fats are essential to sound nutrition, but total fat intake should be limited to no more than 30% of your daily caloric intake. Animal fats (found in "marbled" meat, butter, lard, and whole milk products) and other saturated fats (like coconut and palm oil) should be limited. Saturated fats increase cholesterol in the blood - a major risk for coronary artery disease - and may also contribute to some cancers. Better choices are vegetable oils, margarine, and low or non-fat dairy products.

The good news is that by taking charge of your own nutrition, you can improve your health while reducing your risk of "lifestyle" diseases like cancer and heart disease.

NEW STUDENTS:

If you have not filled out medical forms at the Student Health Center for you and/or your dependents, please see the Student Health Center located in Bldg. 31 (Education Bldg.) as soon as possible.

REMINDER TO PARENTS:

On December 9, 1994, letters were sent to those parents whose children did not have an immunization record or an up-dated immunization record on file at the Student Health Center or at the Elementary School. If you received a letter and have not provided a record or if your child needs immunizations you must have them completed or handed in by **January 31, 1995**.

If at that time your record is not on file at the Student Health Center/Elementary School, or your child has not received the needed immunizations, your child will not be allowed to attend Nursery, Preschool or Elementary School.

Chemical Health Center

What is Denial?

In general terms, DENIAL is a psychological (of the mind) process by which human beings try to protect themselves from something threatening, by blocking their awareness of it.

The denial of a Chemically Dependent person is shown in their lack of awareness of their excessive alcohol or other drug use and the resulting harmful consequences.

As the illness progresses, or develops, so does the denial. This is what keeps the Chemically Dependent person from seeing the reality of their problem.

Denial is a major symptom of the illness of chemical dependency. As the problems caused by the disease get bigger, so does the denial. As a persons dependency to chemicals becomes more and more obvious to others it becomes more and more denied by the person with the disease. Many recovering dependent people will say that they were the last to know of the problem.

Denial protects the addiction and is therefore a block to recovery. Getting out of denial is essential to the recovery from this disease. This may be a painful time, as the person gains honest insight to be the consequences to their chemical use.

Denial has many faces

Denial can be recognized by what are sometimes called "defense mechanisms." These defense mechanisms are used to protect the chemically dependent person from their own realization of their disease and its consequences. They appear in many forms. Here are some of the most common.

Simple Denial - Maintaining that something is not so when it is in fact so. For example, a person may insist chemical dependency is not the problem when it is obvious to others that it is.

Minimizing - Admitting to an alcohol or other drug problem, but in such a way that it appears to be much less serious than it really is.

Blaming - Denying the responsibility for a problem by putting the responsibility on someone or something else.

Rationalizing - Offering alibis, excuses, and other explanations for behavior. The behavior is not denied, but a phoney explanation is given.

Intellectualizing - Avoiding emotional, personal awareness of the problem.

Diversion - Changing the topic to avoid threatening topics.

Hostility - Becoming angry and irritable when reference is made to the Chemically Dependent's alcohol or other drug use and related behavior. This is a good way to avoid the issue and make other people back off.

AASPN

New Faces in AASPN Program

Welcome to students transferring into United Tribes AASPN Program. They include Tammy Baetsch, Marilee Byington, Betty Delorm, Lynda Nygard, Dana Reidhammer, Shirley Galazar, Darolyn Stiefel and Marie Ternes.

There is also a new one-half time faculty member: Kathy Tokach. Kathy is a master's prepared nurse who will be implementing the recently funded nursing education project entitled, "Educating Nursing Students to Become Proficient in Communication and Psychomotor Skills". Some of the time she will be assisting with other nursing courses. Kathy is continuing to work part-time at St. Alexius Medical Center in the Emergency Room.

Welcome, aboard "all ye new ones" -- and also a warm welcome to returning students and faculty.

Todd George has for sale

- Mirror Hangings
- Wall Hangings
- Belt Buckles
- Beaded Belts -

(made of embroidery floss of your color)

Call ART CENTER at Ext. 331

Student Support Service

Student Support Service is a program designed to provide academic and counseling services to students. These eligible students are those whose T.A.B.E. scores fall below a minimum standard in Math and Reading, which is determined by the College. SSS Program is designed to provide and assist in academic, personal, financial and vocational counseling for eligible students.

SSS also works closely with other programs and departments at UTTC. Our policy is to refer students to appropriate agencies both on and off campus.

The SSS Staff members are: Director - Andrew Rendon, Ext. 239, Room 118, Counselor - Vivian Gillette, Ext. 313, Room 114, Math Instructor - Beth Begg, Ext. 315, Room 113 and Math Instructor - Marge Palaniuk, Ext. 234, Room 109. We are all located in the Skill Center Building. All students and staff are welcome to stop in Room 114 for coffee and get acquainted.

Spring Semester Students, if you are interested in your Individual T.A.B.E. testing scores, please stop by my office and pick them up in Room 114.

**NEXT
DEADLINE FOR NEWS IS
Wednesday, Jan.18th
12:00 p.m.**