

# W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 3 NO. 6

January 23, 1995

## Weekly Menu

*January 23 to January 27, 1995*

### DINNER:

- MON** - Goulash, Vegetable, Dinner Bun, Salad Bar, Assorted Fruit, Assorted Vegetable Tray, 2% Milk
- TUE** - Bean Soup, Ham Sandwich on a Bun, Salad Bar, Assorted Vegetable Tray, Assorted Fresh Fruit, 2% Milk
- WED** - Roast Beef, Mashed Potatoes, Gravy, Vegetable, Salad Bar, Dinner Roll, Assorted Fresh Fruit, 2% Milk
- THU** - German Style Sausage and Beans, Salad Bar, Dinner Bun, Brownies, 2% Milk
- FRI** - Old Fashioned Tomato Soup, Grilled Cheese, Potato Chips, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk

### SUPPER:

- MON** - Hamburger on a Bun, French Fries, Salad Bar, Brownies, 2% Milk
- TUE** - Pork Chops, Rice, Vegetable, Salad, Pineapple Upside Down Cake, 2% Milk
- WED** - Swedish Meatballs over Noodles, Vegetable, Salad, Chocolate Chip Cookies, 2% Milk
- THU** - Grilled Steak, Baked Potatoe, Garlic Toast, Tossed Salad, Sour Cream, 2% Milk
- FRI** - Fishwich and Chips, Lettuce, Cheese, Tomatoes, Dessert, 2% Milk



## Women's Support Group

There are requests to meet with Women's Support Group this semester. We meet as a Women's Circle of support and friendship for one another. It is an opportunity to share as women ourselves in process as we live our lives day by day.

The Women's Circle will meet on Friday afternoons at 3:00 p.m. in Wanda Walker's office. This time has been suggested for now... Hope to see you Friday, February 27, 1995.

All women are welcome... We learn from one another, married, single, single parent and divorced, widowed. By sharing with one another our lives deepen, become enriched and happiness can be a reality. Everyone has a part in the circle. Any questions call Wanda at 277 - Room 108 Skill Center.

## AASPN

### AASPN Program prepares for visit from the National League for Nursing by Sister Kathryn Zimmer, Director, AASPN Program

Big challenges are in store for faculty and students of the UTTC Nursing Department. They are preparing for a site visit from the National League for Nursing, March 14-16.

The program has had on-going approval from the North Dakota Board of Nursing but the league visit will be a first from the national Body. Success will lead to accreditation -- a goal every nursing program seeks to attain.

Preparing an in-depth self study is the first step in readying for the March visit. As the time comes closer, nursing students and other faculty will be given further information so that all can be comfortable in adding their support to the entire process.

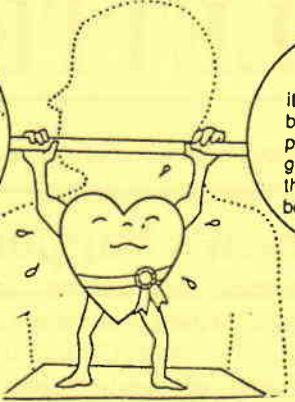


# STUDENT HEALTH

## YOUR HEART

is the strongest muscle in your body.

**EVERY DAY,**  
it beats an average of 100 thousand times, pumping 43 hundred gallons of blood through 60 thousand miles of blood vessels.



**IN A LIFETIME,**  
it beats about 2½ billion times, to pump 100 million gallons of blood throughout your body.

### KNOW WHAT TO DO in case of heart attack.

If you or someone else experiences chest discomfort or pain, **GET MEDICAL HELP IMMEDIATELY!**

#### CALL...

the nearest rescue service. Keep numbers in your wallet and posted near the telephone. Know which local facilities have emergency coronary care units.



#### ... or GO

with the victim to the nearest emergency department. Know beforehand how to get there from home or work.

- LOOSEN tight clothing.
- GIVE NOTHING to eat or drink.



## AEROBICS

We are having Aerobics Classes on Tuesdays at 12:00 (noon) and on Wednesday at 6:00 p.m. We would like to invite all staff to participate, come and workout for one hour. and have some fun and socialize. This is free to all staff and students. Don't wait get in shape now!

## "Jump for a Healthy Heart"

February 15, 1995 Small Gym, UTTC  
6:30 pm - 9:00 pm

Divisions: K-2nd Grade, 3rd - 5th Grade,  
6th - 8th Grade, Females: 16, Males: 16

Prizes to be awarded to 1st, 2nd & 3rd places in each division.

Grand Prize to over-all winner

small presentation by D. Rush prior to activity.  
(snack to be served)

### 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 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.

How does a  
**HEART  
ATTACK  
OCCUR**  
?

The basic cause is atherosclerosis of the arteries that nourish the heart.

As fatty materials build up, blood flow may be severely reduced or stopped. The part of the heart muscle that doesn't get blood is injured or dies from lack of oxygen.

#### OTHER FACTORS may include:

- BLOOD CLOTS forming in the narrowed artery.
- ARTERIAL SPASM - sudden closing shut of a coronary artery (for reasons not fully understood).



Know these common  
**WARNING SIGNALS**  
of a heart attack:

- HEAVY, SQUEEZING PAIN in the center of the chest, which lasts for several minutes (sharp, stabbing pains usually do not indicate heart attack) Pain may extend to the arm, shoulder, neck, or jaw.
- ANXIETY
- SWEATING
- NAUSEA, VOMITING
- SHORTNESS OF BREATH
- DIZZINESS
- FAINTING





## How Much is to Much?

We have that alcoholics do not fit the humorous picture of the "happy lush" that we sometimes see on television. If alcoholics are pleasure seekers, they have chosen a difficult source of pleasure in heavy drinking, because the evidence is that most alcoholics report chronic fatigue, agitation, anxiety and depression. The very experience of becoming "high" involves changes in motor control and some measure of disorientation that can be pleasurable at first but that can become increasingly painful, especially when there is some memory loss. Alcoholics very selfom get good healthy sleep. Insomnia, nightmares, and exhaustion are often their bedfellows, even if they spend long hours in bed to avoid the stress of wakefulness. Alcoholics often fail to eat properly; alcohol provides many empty calories, but a regular pattern of nutritious meals is often lacking. Alcoholics may experience an inability to concentrate at times when they are sober, as they carry with them into the day the anxiety and remorse of the hangover. Physically, intoxication is sometimes the pleasant experience they sought - sometimes not. But how much drinking and physical distress are required before we call this alcoholism?

Alcoholism is sometimes referred to as "the lonely illness" and that description seems to fit pretty well. If we look at alcoholism as a social behavior, we see that it isolates the person from the society of others. Alcoholics usually find it difficult to be dependable in relationships with other people - to involve themselves in the give and take of interacting with others. Little things trip them up: oversleeping because of a hangover and missing an appointment, arguing a point too strongly, insulting a mother-in-law with a comment that is a little too vivid, embarrassing a spouse or the children. As time passes, more serious social problems can develop: being fired from a job, alienating friends because of erratic behavior, getting arrested for driving while intoxicated. But how much inappropriate drinking and social isolation are required before we call this alcoholism?

The urge to feel "high" is a completely natural one. Little children love to get dizzy spinning around on a merry-go-round, swinging high on swings; people thrill to roller coaster rides; long-distance runners talk about the ecstasy of breaking through the pain barrier. However, when people need to get high to face themselves and the tensions and pressures they perceive in their relationships with others, something is wrong. Alcoholics are people who have moved beyond the natural inclination to drink for pleasure and have entered into stress-relief drinking. They use alcohol as a temporary problem solver instead of a means to celebrate life. They use it to blot out negative feelings. These feelings may range all the way from vague notions of personal inadequacy, insecurity, and mild apprehension to serious problems of self-hatred. Drinking simply increases the level of self-doubt, despite the temporary reassurance that it provides. But

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Lost Three Keys: one belonging to mailbox #16, three keys on a keyring with three basketball medals on the keyring also. If found please turn in to security.

## Chemical Health Center

### CHILD ABUSE

Traditionally, Indian people have held their children in the highest regard. In some tribes children were seen as gifts from the Creator who might be taken back if they were not treated well. Other tribes believed children were recent arrivals from the spirit world possessing a special wisdom and should be listened to. In still others, it was believed that children would die of shame if they were punished too harshly. It was taught in some tribes that the Creator was saddened when children did not receive proper care and that the whole extended family should see to it that all children were cared for properly and treated respectfully.

Today, Indian people still value their children in much the same way they did before. But life in the modern world is much different and Indian society has had trouble adjusting to the radical changes that have taken place in a relatively short time. Reservations, boarding schools, governmental laws and orders, and non-Indian religions have all contributed to the onset of problems Indians face today. The entire Indian population is suffering in varying degrees and various ways from these problems. Unfortunately, it is the children who suffer the most. Child abuse and neglect are on the rise in Indian communities. Indian people who were never taught parenting skills, who have few personal community resources, and who were abused and neglected as children are sometimes growing up to become abusers. The consequences of child abuse and neglect are devastating. There is an answer. You may now know it, but you have the power to help, either by getting help yourself or stop abusing and neglecting your children, by reporting abuse and neglect, or by becoming involved in your community or school.

Because everyone knows or is related to so many people. Indian communities can provide the setting for breaking down denial and for identifying and preventing child abuse and neglect.

Taken from Indian Veterans Outreach Magazine.

how much drinking and self-doubt are required before we call this alcoholism?

How much is too much? To repeat an earlier remark, the answer to this difficult question seems to lie, finally, within the hearts and minds of people who are concerned about their own drinking.

Maybe these words will encourage people to consider the facts about their own drinking. Hopefully, most who read this will decide simply to clarify their own rules about drinking and follow these rules a bit more carefully.

Others will recognize that they have experienced too much physical, social and emotional distress because of their excessive drinking - that they have crossed the thin line between social drinking and alcoholism. We hope that they will take heart. We hope they will summon up the courage to ask for the help that is available for them, whenever they are ready.

Alcoholics Anonymous will always answer.

Happy 1st Birthday  
on January 21  
Angel Ann Goings  
Ogli gla' Wakan Wi

## Recreation

Staff and students checking out YMCA cards are not returning them by the deadline as needed. If this continues, the Rec Department may be forced to start charging a deposit on all Y-cards checked out. Please...bring your Y-cards back by the deadline so this benefit may continue "as is" for all.

### Upcoming Thunderbirds Games:

All at 7:30 pm at UTTC James Henry Community Building.

Mon. - Jan. 23rd: NDSU Bottineau

Fri. - Jan. 27th: UND Lake Region

Tues. - Jan 31st: Trinity Bible College

Thurs. - Feb. 2nd: NDSCC Wahpeton

Fri. - Feb. 3rd: UND Williston

-- Come and Support our team!!! --

### 100 Mile Walk & Run Club for UTTC Staff and Students...

Beginning January 20th - Ending April 30th

Prizes awarded for miles walked...Call Recreation, ext. 261 or 361 for more information.

### Open Gym - Gymnastics

starting January 27th, participants must bring \$1.00, for more information call Recreation ext 261 or 361.

The Tuesday night UTTC Basketball League is going very well. This is a very fun game to watch. Spectators are invited. The teams consist of:

Team #1: "Should've" (UTTC Staff)

Team #2: "Regulators"

Team #3: "H2O's (UTTC Students)

Team #4: SR College

Team #5: "White Swan" (UTTC Students)

Team #6: Recreation (UTTC Rec. Staff)

Team #7: "Dakota Suns" (UTTC Staff)

Team #8: "Indians" (UTTC Students)

1st game starts at 6:00 pm - last game starts at approximately 9:00 pm. Schedules of games are available at Recreation.

## Registrar

Notice to all graduates...On Friday, January 27, 1995 the registrar will be taking a group of interested students on a tour of the Minot State University campus. Please call Val Finley to reserve your seat on the bus, ASAP. The bus will leave at 7:30 a.m. from the cafeteria and return to campus around 4:00 p.m. Lunch will be provided courtesy of M.S.U.

Another campus tour has been set up to tour the Valley City State University on Wednesday, February 1, 1995. The bus will leave from the cafeteria at 7:30 a.m. and return around 4:00 p.m. Please call Val Finley to sign up for this visit. Lunch will be served courtesy of Valley City S.U.

A campus delegation from the Dickinson State University will visit our campus from 10-1:00 p.m., Wednesday, February 15, 1995. Those students wishing to take part in this campus visit should meet in the Skills Center Exhibit Hall. Please sign up with Val Finley at ext. 216 or 269 as soon as possible to get a head count.

All graduates wishing to transfer on to a four-year college program must act now! Financial Aid, agency funding, cultural diversity waivers, and college admissions applications must be filled out now for next fall. If you have any questions/comments please give me, Val Finley a call at ext. 216 or Amanda Bird Bear at ext. 269.

### 1995 Spring Semester at a Glance

Friday, Jan. 20, 1995 Incompletes Due

Monday, Jan. 23, 1995 Last day to add a class

Sun., Jan. 29, 1995 Supper Bowl XXIX Sunday - Go Chargers!

Mon., Feb. 20, 1995 President's Day Holiday

Fri., March 3, 1995 Midterm Grade Reports due

Fri., March 3, 1995 All Spring Graduation Applications due to vocational advisors - no ifs, ands or buts.

Mon.-Fri., March 3, 1995 Spring Break - Hello Bismarck!

Mon., March 13, 1995 Classes Resume-Welcome Back, Kottler

Tues., March 28, 1995 Last day to DROP a class

Tues.-Thu., April 4-6, 1995 Fall Pre-Registration

Fri. & Mon. April 14-17, 1995 Easter Holiday

Tues., April 18, 1995 Classes Resume

Tues.-Thu., May 2-4, 1995 Final Examinations - the final frontier!

Fri., May 5, 1995 Commencement-Congrats!



Are you looking for information  
 about parenting or a place to  
 share your concerns and ideas  
 with others  
 then

Join us for : **Conversations**   
 (in parenting)

Topics of Discussion

January

- 19 - Positive Indian Parenting
- 25 - Positive Indian Parenting

February

- 2 - Family Roles
- 9 - Family of Origin
- 16 - Stress Management
- 23 - Taking Care of Self

March

- 2 - Food and Nutrition
- 9 - Family Fitness and Recreation
- 16 - Discipline and Consequences
- 23 - Discipline and Consequences
- 30 - Open

April

- 6 - Spring Break
- 13 - Grief Issues
- 20 - Constructive Children's Activities
- 27 - Family Celebration

**Conversations**   
 (in parenting)

Purpose: To provide an opportunity for getting information and sharing ideas about parenting for anyone who is interested

Meetings: Brief presentation followed by discussions

Beginning: January 19, 1995

When: Thursdays

Time: 12:00 - Noon

Where: Education Building Room 220

Lunches: Will be provided

For more information contact :

\* Suzanne - ext. 247

\* Barb - ext. 253

\* Wanda - ext 277

