

UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTER

VOL. 3 NO. 17

April 10, 1995

Weekly Menu

April 10 to April 13, 1995

DINNER

- Mon - Spaghetti with Meat Sauce, Garlic Toast, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk
- Tue - Steak Sandwich, Au-Gratin Potatoes, Garlic Toast, Tossed Salad, Assorted Fresh Fruit, 2% Milk
- Wed - Oven Baked Chicken, Rice, Vegetable, Salad Bar, Assorted Fresh Fruit, 2% Milk
- Thr - Hamburger on a Bun, French Fries, Salad Bar, 2% Milk
- Fri - HOLIDAY

SUPPER

- Mon - Baked ham, Au-Gratin Potatoes, Vegetable, Salad Bar, 2% Milk
- Tue - New England dinner, Boiled Potatoes, Boiled Vegetables, Salad Bar, Dessert, 2% Milk
- Wed - Salisbury Steak, American Fries, Salad Bar, Dessert, 2% Milk
- Thr - Shish-ka-Bob Casserole, Wild Rice, Salad Bar, Dessert, 2% Milk
- Fri - HOLIDAY



AASPN

In mid-March, two representatives from the National League for Nursing reviewed the UTTC nursing program and gave a fine recommendation.

Now the North Dakota Board of Nursing representative, Ms. Ida Rigley, will be visiting the AASPN program on April 19-20. The program has held North Dakota Board approval since the beginning of the program in 1987. Hopefully this approval will continue.

Thank you all for support and encouragement.
submitted by Sister Kathryn Zimmer, Director, AASPN Program

"The End of the Trail"



The Welding students of United Tribes Technical College made a beautiful "End of the Trail" Metal Sculpture. The creativity came from three students: Henley Brady - Crow Agency, Paul Cavanaugh - Devils Lake Sioux and Day Hinkey - Paulte. Also helping was Donovan Red Boy from Fort Peck Assiniboine of the Art/Art Marketing Class. A special congratulation and thank you should go out to each one of them.

Job Opening

Residential Supervisor (part-time) Correctional Halfway House (Centre Inc.)

Need an Interested hard working, time oriented person who has Security and/or Criminal Justice Knowledge, plus background experience in alcohol addiction.

Requires the ability to supervise and direct the activities of clients as well as monitor their whereabouts and activities. This position requires effective communication in both written and verbal forms. This position requires 24-hour scheduling flexibility.

Please contact Linda Zent for application and appointment at 222-4966. If you need more information contact Vince Schanandore at Placment, Ext 280 or Vivian Gillette at SSS Ext. 313.

CHEMICAL HEALTH

THE DRUGS

The United States Drug Enforcement Administration recognizes five classes of controlled dangerous drugs.

Narcotics are drugs derived from opium and synthetic substitutes. Narcotics produce a state of euphoria in the user and are dangerous because they are extremely addictive physically and psychologically. Examples of narcotics are heroin, codeine, and paragonic.

Depressants slow down or depress the central nervous system and are prescribed as sedatives, tranquilizers, and barbiturates to combat insomnia, calm jittery nerves, or relieve anxiety. Alcohol is a depressant drug.

Stimulants, often called "uppers" are taken to relieve fatigue, increase alertness, or depress appetite. Examples of stimulants are cocaine and crack, caffeine, nicotine, and amphetamines. Synthetic amphetamines are known as "designer drugs."

Hallucinogens are natural and synthetic substances that distort perception, and produce disoriented or enhanced sensory experiences of color, sound, and motion. Examples are LSD, PCP ("angel dust"), mescaline, and certain mushrooms.

Canabis, or marijuana, is the most frequently used and abused illegal drug. Hashish and hashish oil are other forms of cannabis. Marijuana, was once thought relatively harmless but is now recognized as a dangerous "gateway drug" that opens the door to use other mood-altering chemicals.

WHY YOUNG PEOPLE USE DRUGS

Experimental Use - Young people may begin experimenting with illegal drugs or alcohol to see what it feels like and be "one of the crowd," to break away from their parents, try new experiences, and to find their own identity. Friends become important influences. Studies show that peer pressure is the most frequent cause of a young person's initial decision to try drugs.

Regular Use - If use of the drug makes a young person feel good, he may want to have that feeling again and often. If he keeps trying the drug, a new sense of normalcy may be established. As drug use becomes habitual, the young person may be progressively unable to deal with normal daily problems. At this point, drug use becomes a way to control moods or ward off depression.

Dependency and Addiction - Soon, the drugged state is the normal one, and a physical and psychological dependency develops. At this stage, acquiring drugs and maintaining a drugged state is all a person cares about.

Chemical Health Center Open House
April 13, 1995
9:00 am - 4:00 pm
Everyone is Welcome!!
"Happy Easter"

COUNSELING

Recognizing and Beating "Burnout"

Symptoms of Burnout

- Change - sleeping, eating, sexual interest or exercise changes are often a sign of trouble.
- Clutter - if everything becomes top priority, with no tasks assuming comfortable second row seats, be alert!
- Boredom - you're tired; you've lost interest in people and tasks; you're doing the minimum amount required each day.
- Pressure - feeling pressured or rushed, by others or events may signal that you aren't controlling your time-it is controlling you. You might notice physical symptoms, ranging from ulcers to backache, headache or stiff neck.
- Anger - feeling excessive anger over the problems and events of daily living if a symptom of burnout.
- Martyrdom - putting your own choices last all the time, skipping pleasures and overworking, puts you in this category.

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- Abuse - substance abuse may walk hand-in-hand with burnout stress (abuse includes alcohol, cigarettes, drugs and food).
- Absent-mindedness - constant preoccupation with other than the business at hand can indicate burnout.
- Indispensability - realize the work (and the world) can go on without you.
- At home - chronic problems with intimate relationships may signal too much stress in other areas of your life.
- Joylessness - when feelings or resentment dominate your moods, take notice.
- Escape - frequent desires to escape, run away, and fantasies about dropping out can mean that it's time to make some changes.

RECOVERING FROM BURNOUT

- Admit the trouble - loud and clear. Let someone know how you're feeling; get the help you need rather than ignoring your feelings.
- Simplify your life - say "no" when you don't want to add an additional responsibility. Resign. Center yourself to get things in balance again.
- Establish priorities - do some of the goal-getting exercises that students are asked to do in your program. Make a list of 10 or 20 things you love to do. Ask yourself how much time are you spending on them.
- Realign your expectations - if your personal and career goals have not changed along the years, you may have. Take another look.
- Consider training - try a retreat or classes to upgrade skills or interests.
- Change your job - sometimes quitting isn't necessary; a lateral move or temporary change may be all that's needed.
- Time off - whether for three hours or several weeks, time off gets you out of your daily role, away from the stresses. Recognize when you need time off and do something about it.
- Seek counseling - a professional counselor can help you examine your priorities and make changes in all areas of your life.
- Quit - it may be time to take a risk, move on. This is a tough step; it really shakes the house up it may be the answer.

PREVENTION BURNOUT

- * Get Strokes - people like to hear it when they're doing a good job. You deserve recognition for your accomplishments. You may have to ask for appreciation or toot your own horn.
- Enjoy work - make the workplace enjoyable. It's your environment, so make it a happy one for you. Plants, personal objects, pictures can help you feel relaxed. Paint or redecorate. Make it a good feeling place to be.
- Take care of your health - it's basic to well being.
- Establish supports - maintain a support system, people you can talk to when you're upset as well as happy. Find and enjoy people with whom you can be yourself, without risking embarrassment or disapproval.

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- Establish supports - maintain a support system, people you can talk to when you're upset as well as happy. Find and enjoy people with whom you can be yourself, without risking embarrassment or disapproval.
- Manage time - learn to manage your time. Take a course time management if necessary. Make "do do" lists for each day, week or month.
- Indulge yourself - When it's possible, do the work at which you are most likely to succeed.
- Schedule fun - Include leisure time, family time or other "fun" time in your regular activities. Do things that really help you "get away from it all".
- Detach - some tasks aren't yours. Don't take those one. Try not to be all things to all people; respect your own limits.
- Laugh - a sense of humor is strong armor against daily stresses.
- Expand - widen your horizons. Keep your outlook on life broad.
- Take chances - risk new things. Sometimes it's invigorating.
- Surrender - you may wish to "turn it over" to a higher power, whatever that power is for you.

REGISTRAR'S NOTES

For the uninformed, Office Technology, Early Childhood Education and the AASPN programs will be the only vocations holding a summer session. SUMMER STUDENTS ONLY...PLEASE verify with Ray Dwelle, Financial Aid Officer, to make CERTAIN your funding is secured for the summer semester. Also verify your summer enrollment preference with the Admissions Office IF YOU HAVE NOT DONE SO...YET.

If you 1) belong to a federally recognized tribe, 2) will have completed 3 semesters of undergraduate course work, AND 3) are considering future research study with a major in the math, engineering and science areas your time has come. The UNDMARC/Ah'jo'gun Summer program is offering selected Native American undergrads 8 weeks of "hands-on" research opportunities. Round-trip transportation, room & board, tuition, PLUS a \$7.00/hr wage are all provided. The session will last from June 12-August 12, 1995. For more information/application, etc. on this once in a lifetime opportunity please stop by my office or call ext. 216/269.

PLEASE disregard the previous dates given for FALL SEMESTER REGISTRATION ... they changed with the weather. NE DATES FOR FALL SEMESTER REGISTRATION ARE APRIL 18, 19, & 20.

To sign up for summer classes, SEE YOUR ADVISOR as soon as possible.

STUDENT HEALTH

North Dakota Diabetes Fact Sheet

Complications and Mortality Associated with Diabetes

Diabetes: A significant Health Program.

Diabetes mellitus is a chronic disease in which your body is unable to produce or use insulin properly. Insulin is needed to allow sugar from the foods we eat to be used for energy. When the body does not have or use insulin properly, blood sugar levels become elevated. Studies conducted in North Dakota indicate that one out of every seven people have diabetes at the time of death. Approximately 40% of all people with diabetes have not been diagnosed. Undiagnosed or improperly treated and controlled diabetes can lead to serious complications. The economic burden of diabetes and its associated complications exceeds 40 billion dollars annually in the United States.

Types of Diabetes:

Type I or juvenile-onset diabetes is normally diagnosed in people under 35 years of age. Heredity plays a strong role. 5-10% of all diabetes have type I diabetes. North Dakota has the highest reported incidence of Type I diabetes in the nation.

Type II or adult-onset diabetes is the most common form of diabetes. Approximately 90% of people with diabetes have this form of the disease.

Gestational diabetes is normally diagnosed during the 24th-28th week of pregnancy. Approximately 2-4% of all pregnancies are affected. It is controlled by diet and/or insulin and normally disappear after the pregnancy.

Hospitalizations:

1990: 4473 diabetes related hospitalizations reported in North Dakota. Diabetes accounted for 30,414 hospital days and more than \$25 million in direct hospitalization costs. The National Centers for Disease Control estimates the direct and indirect costs for diabetes care to be \$57 million annually in North Dakota.

Diabetes related Complications:

It is the leading cause of end stage renal disease, lower extremity amputations and blindness. 1990: 40% of all end stage renal disease, 54% of all lower extremity amputations, 37 ND residents lost their sight, birth defects or fetal death in 10% of all pregnancies to women.

Diabetes complications are frequently underreported. Consequently, these figures underestimates the overall impact.

Diabetes Mortality:

Diabetes is the seventh leading cause of death in North Dakota and the US. Diabetes was a underlying cause of death on 2-6% of all ND death certificates. The crude diabetes mortality rate as a primary cause of death increased from 14.3-24.1 per 100,000 population.

Prevention:

Studies indicate that diet, exercise and maintaining ideal body weight reduce the risk of developing diabetes. Many complications of diabetes are preventable with early diagnosis and treatment. Primary prevention of complications include blood glucose control and routine medical examination.

Next deadline for news for the
Weekly Newsletter is

April 12, 1995

please follow the deadline.

Send all articles to Wanda at
Arrow Graphics

To Graduating Students!!!

You need to see Kathy Aller
for measurements
of your Cap & Gown.

Also Graduation Invites are being
made at the Printing Department
The prices per invitation is 45¢

Preschool Music Program

Wednesday, April 12, 1995

12 Noon at Preschool

*Congratulaions to Michael Nadeau
for placing 1st in
Behavioral and Social Studies and
also a special award of excellence in
the*

*Traditional Category.
Michael is a 8th grade student
from TJES.*