

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 3 NO. 18

April 18, 1995

Weekly Menu

April 18 to April 21, 1995

DINNER

- Mon HOLIDAY
Tue - Taco Sald, Dinner Buns, Assorted Fresh Fruit, 2% Milk
Wed - Swedish Meatballs over Noodles, Vegetable, Salad, Dessert, 2% Milk
Thr - French Dip with Au-Jus, Potatoc Chips, Sald Bar, Tossed Salad, Assorted Fresh Fruit, 2% Milk
Fri - Knoephle Soup, Chicken Pattie on a Bun, Salad Bar, Assorted Fresh Fruit, Assorted Vegetable Tray, 2% Milk

SUPPER

- Mon - HOLIDAY
Tue - Bar-B-Que Ribs, Baked Potato, Vegetable, Salad, Dessert, 2% Milk
Wed - Lasagna, Garlic Toast, Salad Bar, Brownies, 2% Milk
Thr - Swiss Steak, Mashed Potatocs, Vegetable, Salad Dessert, 2% Milk
Fri - BLT on Toast, Soup, Salad, Dessert, 2% Milk



AASPN

Congratulations, Courtney!

Courtney Follows the Road, grad of the AASPN program in May, 1994, has written to tell of his good news - he has been promoted to night supervisor at the Bottineau Nursing Care Center where he is employed. He gives nice praise to the UTTC nursing program by saying that his AASPN education prepared him well for this responsibility.

We appreciate Courtney's efforts in getting the UTTC nursing program known in the Bottineau area.

submitted by S. Kathryn Zimmer, Director, AASPN Program

April is Child Abuse Prevention Month

Child abuse is a problem that concerns us all! Understand the causes and effects of child abuse. Learn to identify the warning signs that can indicate child abuse. Report any known or suspected case of child abuse. You can help prevent the tragedy of child abuse.

Abuse takes a tragic toll on children. Children suffer physically. Abuse and neglect can lead to painful injuries and serious medical problems. In severe cases, the damage can lead to permanent disability, mental retardation and even death. Children suffer emotionally too. Children depend on adults for security, acceptance and guidance. When adults harm or neglect them, their world becomes uncertain and frightening. The emotional effects of abuse can last a lifetime. Results can include:

1. Low Self-esteem - Children naturally think that adults are always correct. So, abused children grow up believing they are bad and deserving of abuse.
2. Problems With Feelings - Emotional damage can stunt a child's emotional growth. Later in life, the child may be unable to show his or her feelings-or understand others' feelings.
3. Problems With Relationships - Poor emotional development and lack of trust can make meaningful relationships difficult.

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Victims of child abuse should seek help -- no matter how long ago the abuse occurred.

People who spend time around children need to be alert for warning signs of child abuse such as:

PHYSICAL SIGNS - note any unusual pattern or location (sometimes hidden by clothing) of injuries such as

- bruises, welts or broken bones
- cuts or scrapes
- burns
- missing hair
- injuries or redness around the genitals
- injuries at different stages of healing

The child or parent may explain these injuries as "accidents."

The child's appearance is also important. A neglected or abused child may be very dirty and poorly groomed. Clothing may be in poor condition, or not suited to weather conditions.

CHILD'S BEHAVIOR - Abuse can lead to dramatic changes in behavior such as:

- aggressive or withdrawn behavior
- unusual fears (of certain people, of going home, etc.)
- craving for attention
- fatigue
- lack of concentration
- hunger, begging for food, stealing
- frequent tardiness or absence from school
- unusual knowledge of sex.

Children may talk of being abuse. Take what they say and any suspicions you may have seriously.

Sign like these don't always mean abuse. But it is best to find out for sure. Act now if you suspect or know of abuse. Many people fear that reporting or admitting abuse will destroy a family. The truth is, getting help can: Protect children from further harm and help the family face its problems and return to healthy functioning. In severe cases, children may be removed from a home for their cases, children may be removed from a home for their immediate safety. However, proper treatment can help children and families return to healthier lives.



Graduation at PRESCHOOL
April 20, 1995 at 12:30 pm

Week of Young Child
April 24, 28, 1995
Preschool and Nursing will be having activities going on each day.

24th Powwow - Gym
6 to 10 pm

Honoring Nursing and
Preschool children

28th OPEN HOUSE
Everyone Welcome to Drop on By



CHEMICAL HEALTH CENTER

Are You a Victim of Physical Abuse?

Does your partner:

- push or shove you?
- hold you to keep you from leaving?
- slap or bite you?
- kick or choke you/
- hit or punch you?
- throw objects at you?
- lock you out of the house?
- abandon you in dangerous places?
- refused you help when you are sick?
- subject you to reckless driving?
- force you off the road or keep you from driving?
- rape you?
- threaten to hurt you with a weapon?

continued on next page

Do You:

- feel fearful of the next assault?
- wonder if it will be worse next time?

Are You a Victim of Sexual Abuse?

Does your partner?

- tell jokes or make demeaning remarks about women?
- treat women as sex objects?
- get jealously angry, saying you would be sexually active with any available person of the opposite sex?
- insist that you dress in a more sexual way than you want to?
- minimize the important of your feelings about sex?
- criticize you sexually?
- insist on unwanted and uncomfortable touching?
- withhold sex and affection?
- call you sexual names like "whore" or "frigid"?
- force you to take your clothes off when you don't want to?
- publicly show sexual interest in other women?
- go out with others after agreeing to a monogamous relationship?
- force particular unwanted sex acts?

Do You:

- feel less physically attractive than you did before?
- feel sexually ashamed or humiliated, or believe no one else would want you sexually?

Are You a Victim of Emotional Abuse?

Does your partner?

- ignore your feelings?
- ridicule or insult women as a group?
- ridicule or insult your most valued beliefs your religion, race, heritage or class?
- withhold approval, appreciation or affection as punishment?
- continually criticize you, call you names, shout at you?
- insult your family or friends?
- humiliate you in private or public?
- refuse to socialize with you?
- make all decisions for you, control your actions?
- threaten to hurt you?
- tell you about his other romantic involvements between you and others?
- manipulate you with lies and contradictions?

Do You:

- ever doubt your own judgment?
- express your opinion less and less frequently?
- develop fears of doing the "wrong" thing?
- see others less and less frequently?
- feel less confident about your abilities or do you become depressed?

Next deadline for news for the
Weekly Newsletter is
April 19, 1995
please follow the deadline.
Send all articles to Wanda at
Arrow Graphics

To Graduating Students!!!
Graduation Invites are being
sold at the Printing Department
The prices per invitation is 45¢





AASPN


AASPN Department Rejoicing

Two nurses, Dr. Nancy Maebius and Ms. Deborah Kroll, representing the National League for Nursing, reviewed the various components of the UTTC Associate of Applied Science in Practical Nursing Program on March 22-24, 1995.

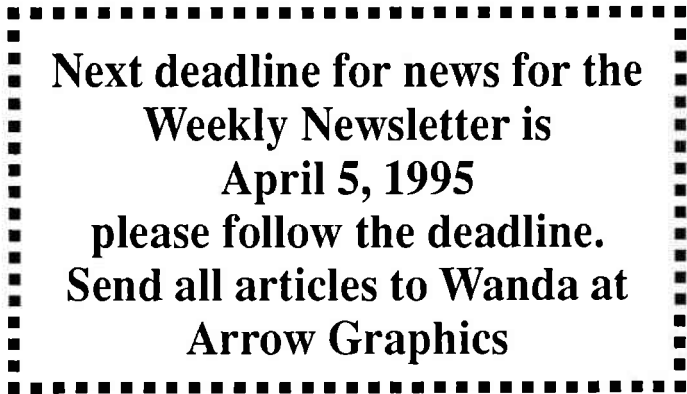
The review included visits with nursing and other faculty, Administrative staff, nursing students, alumni and Board of Nursing Advisory Community members, and St. Alexius Medical Center representatives. In addition, the visitors studied the 150 page Self Study Report prepared by the nursing department, various community minutes, student materials; they also observed classes and the clinical areas.

On March 24 the visitors gave a final report of their findings which included many positive comments and four small areas calling for improvement. Their final recommendation brought great joy to all: that the nursing program be accredited for five years. This recommendation must be acted upon by the Board of Review of the National League for Nursing which meets in May 1995 to make the final decision.

THANK YOU to the many who assisted the AASPN department for this interim good news.



The girls at Sakakawea Hall would like to Thank Melda, Ed, Red, and all students who helped with our Spring Cleaning Taco night Wednesday, March 22. Even though the weather was kinda bad. Ed & Red helped get the things ready even though they were managing the Bingo games at the cafeteria.



**Next deadline for news for the
Weekly Newsletter is
April 5, 1995
please follow the deadline.
Send all articles to Wanda at
Arrow Graphics**



**FOR SALE
Beaded Moccasins
and
Silver Jewelry
at the
Cultural Arts
Department**

Contact: Sandy Poitra



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¢
All Graduates need to get with their
instructor or Ken Hall in
setting a meeting to discussion
how many invites you need
and your correct name spelling
for your invitations.**



MY TEN COMMANDMENTS

Thou shalt not worry, for worry is the most unproductive of all human activities.

Thou shalt not be fearful, for most of the things we fear never come to pass.

Thou shalt not cross bridges before you get to them, for no one yet has succeeded in accomplishing this.

Thou shalt face each problem as it comes. You can handle only one at a time anyway.

Thou shalt not take problems to bed with you for they make very poor bedfellows.

Thou shalt not borrow other people's problems. They can take better care of them than you can.

Thou shalt not try to relive yesterday for good or ill - it is gone. Concentrate on what is happening in your life today.

Thou shalt count thy blessings, never overlooking the small ones, for a lot of small blessings add up to a big one.

Thou shalt be a good listener, for only when you listen do you hear ideas different from your own. It's very hard to learn something new when you're talking.

Thou shalt not be become bogged down by frustration, for 90 percent of it is rooted in self-pity and it will only interfere with positive action.

Student Health

NOTE: If your child is in need of an up-date on his/her immunizations, the Student Health Center will give vaccinations any time during office hours (Monday - Friday 8:00 am - 5:00 pm). Please bring along your copy of the immunization record. The parent or guardian must be present at the time of vaccination.

National Infant Immunization Week
April 24-28, 1995

Vaccination is the best way to protect against many childhood diseases. Because most children get the vaccinations, there are now many fewer cases of these diseases. There would be more many more cases if we stopped vaccinating children.

MEASLES, MUMPS & RUBELLA (MMR)

Measles, mumps and rubella are serious diseases. They spread when germs pass from an infected person to the nose or throat of others.

Measles causes: rash cough and fever. It can lead to: ear infection, pneumonia, diarrhea, seizures, brain damage and even death.

Mumps causes: fever, headache, swollen glands under the jaw. It can lead to: hearing loss, meningitis (infection of brain and spinal cord coverings), males can have painful, swollen testicles.

Rubella causes: rash, mild fever, swollen glands, arthritis (mostly in women). Pregnant women can lose their babies. Babies can be born with birth defects such as: deafness, blindness, heart disease, brain damage, and other serious problems.

Most children should have a total of (2) MMR vaccine. They should have MMR at: 12-15 months of age and at 4-6 years of age or before middle school or junior high school.

POLIO (OPV)

Polio is a serious disease. It spreads when germs pass from an infected person to the mouths of others. Polio can: paralyze a person and also cause death.

Most children should have a total of (4) OPV vaccines. They should have OPV at: 2 months of age, 4 months of age, 6-18 months of age, and 4-6 years of age. Other vaccines may be given at the same time as OPV.

HAEMOPHILUS INFLUENZAE TYPE B DISEASE (HIB)

Haemophilus b is a bacterium which can cause serious disease, especially in children under 5 years of age. Haemophilus b can cause: meningitis, pneumonia and infections of other body system such as blood, joints, bone, soft tissue under the skin, throat, and the covering of the heart.

Most children should have a total of (4) HIB vaccines. They should have the HIB at: 2 months of age, 4 months of age, 6 months of age, and 12-18 months of age.

DIPHTHERIA, TETANUS, AND PERTUSSIS (DTP)

Pertussis, sometimes called whooping cough, may be a mild or serious disease. It is very easily passed from one person to another. Pertussis can cause spells of coughing and choking that make it hard to eat, drink, and breathe. Pertussis can cause: pneumonia, convulsions and brain problems that may last through life.

Diphtheria is a very serious disease. It can make a person unable to breathe, cause paralysis, or heart failure.

Tetanus, sometimes called lockjaw is a very serious disease that can occur after a cut or wound lets the germ into the body. Tetanus makes a person unable to open his or her mouth or swallow, and may cause serious muscle spasms.

Most children have (5) DTP vaccines and a booster Td every ten years thereafter. The series begins at the age of 2 months, 2nd shot at 4 months, 3rd at 6 months, 4th at 12-18 months, and 5th at 4-6 years of age. (Every ten years thereafter the person should receive a Td).

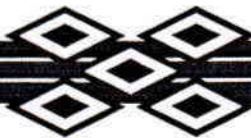
HEPATITIS B (HBV)

Hepatitis B, a serious disease of the liver, is caused by hepatitis B virus (HBV). HBV infects and damages the liver. The disease can lead to severe illness, liver failure, liver cancer and even death.

Most children will receive the HBV vaccine at: birth-2 months of age, 2-4 months of age, 6-18 months of age.

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Two Worlds United In One Man's Soul

By Rusty Gillette

I often ask myself, who am I? Where do I fit in? I am half Hidatsa, Arikara Indian, and half German. I look white, but consider myself to be Indian. At times I find myself caught in the struggle between two worlds, two cultures.

I've been raised to treat everyone the same no matter what race or religion. I am a member of the Roman Catholic Church and have participated in the Native American religious ceremony called the "Sweat Lodge." I have been confirmed in the church and pray by the smoke of sage and sweet grass. So where do I fit in? Who am I?

I am Rusty Gillette the grass dancer. I am Rusty Gillette the student. I am Rusty Gillette the basketball player. I am realizing that this is a question that I need not answer.

But for those who want answers about what it is like to be one of only an handful of Native Americans at a predominately white college. I will say I've liked it because it's given me the chance to share my culture with those who want to know more about Native Americans.

But it's also been sad because even though the enrollment of the college has steadily increased, the number of Indians has fallen since I was a freshman. There are now less than 35 Native Americans out of a campus enrollment of more than 1,800.

I think Native Americans struggle with racism on campus. People will make racial remarks in front of me, not realizing I'm Indian because of my light complexion. I don't think people realize how big a problem racism is. But I see it firsthand. At times, the reaction I get when I am with Indian friends in public is totally different from the one I get when I am with my white basketball friends.

Racism, though, is a problem seen in all societies, from all sides. It has become a disease. But it's a disease that can be cured through education. Racism exists because people are misunderstood.

Each and every one of us can do our part to eliminate racism around us. One way I do this is by talking about my culture. I talk to all kinds of groups about being both Indian and white. I also keep the customs and values of both worlds. I live out my culture when I grass dance in powwows throughout the United States and Canada.

Powwows are social gatherings of Indians that celebrate life through song and dance. Along with the celebration, there are lessons to be learned. The lessons are endless, but one that you see the most often at powwows is to show respect for elders, for veterans, and nature-everything. We must respect the elders for they are the holders of knowledge. We must respect the veterans for they have fought for life as we know it today. We must respect everything because God is everywhere. He is the land, the air, the water, the animals, so treat nature in a way that God deserves to be treated.

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AASPN

NLN Site-Visit Finalized

The National League for Nursing Site-Visit for the UTTC nursing department has been finalized. The visitors begin their visit on Wednesday morning, March 22. They will be in the nursing department, St. Alexius Medical Center, talking to UTTC administrative staff, students, alumni, nursing and other faculty. Reading the 150 page self-study, various handbooks, minutes of meetings, etc., etc., will keep them further occupied.

The visitors are Dr. Nancy Maebius from the Health Institute of San Antonio, Texas, and Ms. Deborah Knoll, Director of the Council of Practical Nursing Programs, New York.

A schedule of their activities is posted in the library, at the switchboard and in Ann Krafts office. On Friday, March 24 they will present the report of their findings.

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Congratulations to William Backlance on the arrival of River Georgia.

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Have you ever thought of describing yourself as stomach, a kidney, a gland? Students in Liz Miller's course, Anatomy and Physiology are providing interesting answers. Watch for future editions of the campus NEWSLETTER for their answers and become informed.

submitted by S. Kathryn Zimmer, Director, AASPN program

BINGO

March 22, 1995 - UTTC Cafeteria

Doors Open: 6:30 p.m.

Games Start: 7:00 p.m.

\$75.00 EASY JACKPOT MUST GO

PROGRESSIVE BINGO

53 Numbers for \$160.00

Consolation: \$40.00

Paper Cards: \$3.00

Hard Cards: .25¢ 12 & Under

Dobbers: \$1.50



It is because of living in both cultures that I've been able to think through my value system. Both culture have made me look at myself and what I want from life. So what are my values?

When I talk to kids on reservations I tell them to look at their hands. If you were to look at your hand, what would you see? Fingers, cuts, scrapes or maybe even a hangnail. When I look at mine, I see more. I see my life.

My life is represented by my fingers. The first is God. Like my thumb, God is something I need to function. He is my strength. He gives me direction and he is the cornerstone of my life.

Secondly, I believe you need to work hard for everything, because nothing in this world is handed to you. When you doubt who you are or your beliefs, it's easy to blame and point the finger at someone else.

Thirdly, I believe you need to set goals so you can keep moving in the right direction. My fourth guiding principle is disci-

pline. I think people need to discipline themselves to stay away from drugs and alcohol because it is something that is ripping the Native American people apart. I can proudly say that I have never had a full can of beer in my entire life.

And my last belief is to learn each day. Learning means to look beyond what you see and to look deeper. It means keeping yourself open to people because through them we are taught valuable lessons in life.

I think each person must find five things that are important to them so when a problem arises, you can bring all five fingers, five principles together to make a fist and "knock out" what life throws at you.

That fist should also be ready to open itself when confronted with new ideas, new cultures. It's how we should view the differences between Native Americans and other cultures-openly, honestly, respectfully.

