

W UNITED TRIBES TECHNICAL COLLEGE WEEKLY NEWSLETTE R

VOL. 3 NO. 20

April 28, 1995

Weekly Menu

May 1 to May 5, 1995

DINNER

- Mon - Pork Cutlets, Mashed Potatoes, Cream 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
Thr - 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, Natural 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
Thr - 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



CHEMICAL HEALTH CENTER

Progressive Symptoms in Alcoholism

Progressive symptoms in alcoholism need not appear in every alcoholic and need not appear in this specific categorized order. There are different progressive phases in alcoholism. They are: Pre-Alcoholic Phase; Prodromal Phase; Crucial Phase; and Chronic Phase.

PRE-ALCOHOLIC PHASE:

The Pre-Alcoholic phase consists of more drinking episodes and drinking more at each episode. Many excessive drinkers never go beyond this point.

PRODROMAL PHASE:

The Prodromal Phase consists of the following symptoms and is a danger sign of becoming an alcoholic. They are: blackouts and drinking for the effect of alcohol; sneaking drinks; preoccupation with alcohol; gulping drinks; guilt about drinking; avoids conversation about alcohol; proportion of blackouts; and drinking episodes increase.

CRUCIAL PHASE:

The Crucial Phase does not appear in the non-addictive, excessive drinkers. The Crucial Phase consists of the following symptoms: loss of control and drinks to intoxication; rationalizing and alibis; social pressures increase; grandiose behavior; aggressive behavior; persistent remorse and guilt; water wagon; changing patterns of drinking behavior; social relationships drop; loss of job; drinking becomes central importance in behavior; narrowing range of interests; reinterpretation of personal relations; marked self-pity; geographic escape; changing family activities; unreasonable resentment; protecting supply; neglect of nutrition; first hospitalization; alcoholic jealousy; decrease in sexual drive; morning drink.

CHRONIC PHASE:

The Chronic Phase of alcoholism consists of the following symptoms: binge and bender; ethical deterioration; reversible deterioration in thinking; alcoholic psychosis; social deterioration in drinking companions; alcohol beverage substitutes; decrease in amounts consumed; indefinable fears; tremors; psycho-motor inhibitions; obsessive drinking to remove alcoholic symptoms; vague religious drives; collapse of rationalization system and admission of condition and personal defect; solitary drinking (this may appear at any point in progression).



REGISTRAR'S OFFICE

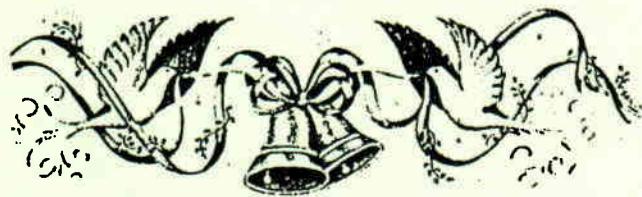
The 1995 Spring Semester final examination week is scheduled for May 2, 3, & 4, 1995. All final grades are due Monday, May 8, 1995. Listed Below are the times and dates for the exams.

Monday, 1:00 pm classes	8:30 am - 10:00 am Tuesday
Monday, 8:00 am classes	10:30 am - Noon Tuesday
Monday, 9:00 am classes	1:00 pm - 2:30 pm Tuesday
Monday, 10:00 am classes	8:30 am - 10:00 am Wednesday
Monday, 11:00 am classes	10:30 am - Noon Wednesday
Monday, 2:00 pm classes	1:00 pm - 2:30 pm Wednesday
Monday, 3:00 pm classes	2:30 pm - 4:00 pm Wednesday
Tuesday, 8:00 am classes	8:30 am - 10:00 am Thursday
Tuesday, 9:00 am classes	10:30 - Noon Thursday
Tuesday, 1:00 pm classes	1:00 pm - 2:30 pm Thursday
Tuesday, 2:00 pm classes	2:30 pm - 4:00 pm Thursday

All night classes will test the last night of class during the week of May 2, 3, & 4, 1995.

All classes not meeting at the specific times noted will test on Tuesday, May 2, 1995, from 2:30 pm to 4:00 pm.

*Congratulation
to
Criminal Justice
Students
Eddie
&
Lee
on their marriage
April 7, 1995*



SUMMER SESSION 1995

Call No.	Dept. & No.	Course Title	Instructor	Credit	Place, Time & Day
14025-0	NUR 204	Basic Concepts in Nursing/Lab	Linda Edin/Ann Heid	5	Ed 210, 9-12, MT & 8-12 Noon WR
14080-0	NUR 240	Pharmacology	Linda Edin/Ann Heid	3	Ed 210, 1-3 pm, M & 1-2:30 pm W
9100-0	CHM 107	Intro to Organic & Biochem/Lab	Liz Miller	4	9:00 am - 1:00 pm, MTWRF
11160-0	OT 211	Desktop Publishing	LouAnn Gunderson	3	Ed 219A, 9-12 Noon, MW
11030-0	OT 103	Keyboarding III	LouAnn Gunderson	2	Ed 219A, 9-12 Noon TR
11040-0	OT 104	Beginning Accounting	Lynn Ketterling	3	Ed 220 A, 9-12 Noon MW
11045-0	OT 106	Automated Accounting I	Lynn Ketterling	3	Ed 219B, 9-12 Noon, TR
5080-0	ECE 191	Spec. Topics: Phy. Fit Child	Nina Martin	1	TBA
5140-0	ECE 261	Program Administration	Nina Martin	3	Sak Hall, 9-11 am, MTWR
5130-0	ECE 252	Early Childhood Practicum II	Nina Martin	2	Sak Hall, 8 M
5120-0	ECE 251	Early Childhood Practicum I	Nina Martin	2	Sak Hall, 8 M
11145-0	OT 209	Advanced Word Processing	Sheri Baker	3	Ed 219A, 1-4 pm, TR
11170-0	OT 215	Spreadsheet Applications	Sheri Baker	3	Ed 219A, 1-4 pm, MW

The Starfish

There was a young man walking down a deserted beach just before dawn. In the distance he saw a frail old man. As he approached the old man, he saw him picking up stranded starfish and throwing them back into the sea. The young man gazed in wonder as the old man again and again threw the small starfish from the sand to the water. He asked him, "Why do you spend so much energy doing what seems to be a waste of time?" The old man explained that the stranded starfish would die if left in the morning sun. "But there must be thousands of beaches and millions of starfish," exclaimed the young man, "How can your effort make any difference?" The old man looked down at the small starfish in his hand and as he threw it to safety in the sea said "It makes a difference to this one."

GRADUATES

CAPS AND GOWNS can be pick up on Monday, May 1, 1995, from Kathy Aller in the education building, room B06.

GRADUATION REHEARSAL will be held May 4, 1995 at 2:30 p.m. at the Lone Star Arena if the weather permits, otherwise rehearsal will be held in the James Henry Gymnasium.

VOCATIONAL GROUP PICTURES will be taken at 12:30 p.m. prior to the graduation ceremony in the Lone Star Arena. Please be there on time or you will miss the pictures!!!

GRADUATION SPEAKER will be Vincentia Sireech an alumni and former UTTC Graduate from our Criminal Justice program. She is the Criminal Investigator/Prosecutor for the Ute Indian Tribe at Fort Duchesne, Utah.

STUDENT SPEAKER will be Karlita A. Knight, an Office Technology Honor Student, from Fort Duchesne, Utah. She is also one of five United Tribes Technical College students to be nominated and selected for the 1995 edition of WHO'S WHO AMONG STUDENTS IN AMERICAN JUNIOR COLLEGES.

THE 1995 SPRING SEMESTER GRADUATES WILL RECEIVE OFFICIAL CERTIFICATES OR DIPLOMA'S TWO WEEKS AFTER GRADUATION. THE 1994 DECEMBER GRADUATES WILL RECEIVE THEIR CERTIFICATES OR DIPLOMA'S THE DAY OF GRADUATION.

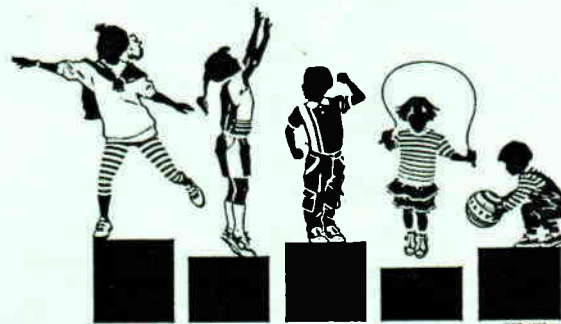
If you have any questions or concerns, please give me a call at ext. 216.

Student Health Center

The Student Health Center would like to extend "Best Wishes" to those students who are graduating & "Safe Traveling" to those students who are returning to their home agency for the summer vacation. We hope to see you in the fall, "Rested & Healthy."

As of May 5, 1995, the Student Health Center will no longer be responsible for medical bills incurred by UTTC students and/or their dependents. Students who receive medical services from local clinics after May 5, 1995, will be responsible for payment of those bills. Students who are enrolled in Summer School will be covered by the Student Health Center beginning May 22, 1995 through July 14, 1995 only. If you have any remaining medical bills in your possession that need to be paid, turn them into the Student Health Center as soon as possible.

Adult students who plan on returning in August, 1995 are encouraged to get vision and dental examinations prior to their return.



I DRINK...	Some Considerations	What's The Difference Between...
<p>Nationally, more than 70% of college students drink.</p> <p>TO DRINK or NOT TO DRINK is NOT the essence of the question!</p> <p>Should you decide to drink, the important decisions are</p> <p>HOW</p> <p>WHEN</p> <p>WHERE</p> <p>and WHY</p> <p>you drink.</p> <p>The choice to drink responsibly is YOURS.</p>	<p>How?</p> <p>How much should I drink? Do I drink with others or alone?</p> <p>When?</p> <p>How often do I drink? What day(s) of the week do I drink? Have I had something to eat prior to drinking, or while drinking?</p> <p>Where?</p> <p>Do I have to drive after I've been drinking? Do friends have to drive home after leaving my party?</p> <p>Why?</p> <p>Am I drinking because I want to, or because everyone else is? Maybe it just helps me relax? It's necessary (or is it?).</p>	<p>A Social Drinker. . .</p> <ul style="list-style-type: none"> uses alcohol to promote social ease uses alcohol responsibly and in moderation avoids getting drunk drinks along with other activities may occasionally be a problem drinker <p>A Problem Drinker. . .</p> <ul style="list-style-type: none"> has a tendency to drink often has difficulty finding time to study or work may harm or endanger others or himself! does not like to talk about his or her drinking problem may experience blackouts <p>An Alcoholic. . .</p> <ul style="list-style-type: none"> has a physical addiction to alcohol and cannot stop drinking builds a tolerance to alcohol is not simply the "skid row bum" type (95% of the alcoholics are educated, responsible citizens) started as a social drinker