

UNITED TRIBES

On-Campus News

VOL. 10, NO. 11

March 27, 2000

Futurist captures interests of Faculty and Students

Nursing faculty, Anne Heid and Sherry Messmer, and second year nursing students enjoyed the talks by Liland R. Kaiser who spoke at the 10th annual All Nursing Conference sponsored by St. Alexius Medical Center on March 14-15.

There were more than 600 nurses from North Dakota, South Dakota, Minnesota and Montana at the meeting held at the Radisson.

Some comments made by the futurist were the following:

- by the end of the century, life expectancy will be 140 years.
- genetic disease will be eliminated
- health care is entering a new era in which consumers will control the health care system
- health care industry is being restructured to become a wellness rather than a sickness industry
- nurses are in a position to design the health care system any way they like
- self care is becoming increasingly important
- health care is in the center of a "tremendous revolution" and nurses are a part of that revolution

Don't forget last week's note: There will be an open meeting on Wednesday, March 29 for anyone interested in visiting with the National League for Nursing Evaluators who will be reviewing the UTTC nursing program, March 28-30, Room Ed 111 at 1:00 pm

Chemical Health Center

Alcohol is a depressant. It causes clumsiness, nausea, slurred speech and shallow breath. It slows down brain activity, if you overdose, alcohol can cause death.

There are several types of alcohol beverages:

1. Beer, which contains 3% to 6% alcohol
2. Wine, contains 12% to 14% alcohol
3. Wine Coolers, contain 3% to 5% alcohol
4. Whiskey, Vodka, Scotch, contain 40% to 50% alcohol

Alcohol can cause death, it is a poison. Alcohol poisoning causes respiration failure, coma, and death, if you drink to much your body can't take it.

Alcohol can make you loose your sense of self-control, reduces your judgement.

These are some of the things that could happen to you if you abuse alcohol.

1. Death or serious injury in a car crash.
2. Death or injury because of violence.
3. Death because of a suicidal impulse.
4. Death due to explosion to infections with disease because of intoxication.

Additional risks is using other drugs with alcohol, many people have accidentally killed themselves by drinking alcohol while taken other drugs. Using alcohol is a high risk when abused.

ON THE INSIDE...

Salute to Mothers
Car Seats Rules for Children
Women's Health Day
Sioux Nation Civil Rights Commission
Census 2000
Pre-Doctoral Fellowship Awards



Weekly Menu

*(Each meal served includes
2% or Skim Milk, Coffee or Tea)*

DINNER

March 27 - 31

Mon.- Goulash, Vegetable, Dinner Bun

Tue.- Bean Soup, Fry Bread

Wed.- Turkey Club Sandwich, Soup

Thu.- Variety Pizzas

Fri.- BLT Sandwich, Soup

April 3

Mon.- Honey Roasted Turkey Sandwich, Soup

SUPPER

March 27 - 31

Mon.- Hamburger On A Bun, Fries or Patato Chips, Soup

Tue.- Pork Chops, Rice, Vegetables

Wed.- Meatballs over Noodles, Vegetables

Thu.- Grilled Steak, Baked Potato, Garlic Toast

Fri.- Lasagna, Garlic Toast, Vegetables

April 3

Mon.- Baked Ham, Baked Potato Wedges, Vegetable

Axioms of Life

11. He's always late. His ancestors arrived on the June Flower.
12. You have the right to remain silent. Anything you say will be misquoted, then used against you.
13. I wonder how much deeper would the ocean be without sponges.
14. Honk if you love peace and quiet.
15. Pardon my driving, I am reloading.
16. Despite the cost of living, have you noticed how it remains so popular?
17. Nothing is fool-proof to a sufficiently talented fool.
18. Atheism is a non-prophet organization.
19. He who laughs last, thinks slowest.
20. If all the world is a stage, where is the audience sitting?

REMINDER • REMINDER • REMINDER

THE UTTC FINANCE OFFICE IS CLOSED FRIDAY AFTERNOONS AND THE LAST BUSINESS DAY OF EACH MONTH.

Thought For The Day . . .

- Mon: • Anything free is worth what you pay for it.
- Tue: • My reality check just bounced.
- Wed: • Rap is to music, what Etch-a-Sketch is to art.
- Thu: • Energizer bunny arrested, charged with battery.
- Fri: • Santa's elves are just a bunch of subordinate Clauses.
- Sat: • Just before someone gets nervous, does he experience cocoons in his stomach?
- Sun: • If someone with multiple personalities threatens to kill himself, is it considered a hostage situation?

"Here's to Us"

"Here's to Us," all the mothers who DIDN'T win Mother of the Year in 1999.

to all the runners-up and all the wannabes, the mothers too tired to enter or too busy to care.

This is for all the mothers who froze their buns off on metal bleachers at soccer games Friday night instead of watching from cars, so that when their kids asked, "Did you see my goal?" and mean it.

This is for all the mothers who have sat up all night with sick toddlers in their arms, wiping up barf laced with Oscar Mayer wieners and cherry Kool-Aid saying, "It's OK honey, Mommy's here."

This is for all the mothers of Kosovo who fled in the night and can't find their children.

This is for the mothers who gave birth to babies they'll never see. And the mothers who took those babies and gave them homes.

For all the mothers of the victims of the Colorado shooting and other shootings, and the mothers of the murderers.

For the mothers of the survivors, and the mothers who sat in front of their TVs in horror, hugging their child who just came home from school, safely.

For all the mothers who run carpools and make cookies and sew Halloween costumes. And all the mothers who DON'T.

What makes a good mother anyway?

Is it patience?

Compassion?

Broad hips?

The ability to nurse a baby, cook dinner, and sew a button on a shirt, all at the same time?

Or is it heart?

Is it the ache you feel when you watch your son or daughter disappear down the street, walking to school alone for the very first time?

The jolt that takes you from sleep to tread, from bed to crib at 2 a.m. to put your hand on the back of a sleeping baby?

The need to flee from wherever you are and hug your child when you hear news of a school shooting, a fire, a car accident, a baby dying?

I think so.

So this is for all the mothers who sat down with their children and explained all about making babies. And for all the mothers who wanted to but just couldn't.

This is for reading "Goodnight, Moon" twice a night for a year. And then reading it again. "Just one more time."

This is for all the mothers who "mess up". Who yell at their kids in the grocery store and swat them in despair and stomp their feet like a tired 2 year old who wants ice cream before dinner.

This is for all the mothers who taught their daughters or sons to tie their shoelaces before they started school. And for all the mothers who opted for Velcro instead. For all the mothers who bite their lips-sometimes until they bleed-when their 14 year olds dye their hair green.

Who lock themselves in the bathroom when babies keep crying and won't stop.

This is for all the mothers who show up at work with spit-up in their hair and milk stains on their blouses and diapers in their purse.

This is for all the mothers who teach their sons to cook and their daughters to sink a jump shot.

This is for all mothers whose heads turn automatically when a little voice calls "Mom?" in a crowd, even though they know their own offspring are at home.

This is for mothers who put pinwheels and teddy bears on their children's graves.

This is for mothers whose children have gone astray, who can't find the words to reach them.

This is for all the mothers who sent their children to school with stomach aches, assuring them they'd be just FINE once they got there, only to get calls from the school nurse and hour later asking them to please pick them up. Right away.

This is for young mothers stumbling through diapers changes and sleep deprivation.

And mature mothers learning to let go.

For working mothers and stay-at-home mothers.

Single mothers and married mothers.

Mothers with money, mothers without.

This is for you all!

So hang in there.

Thanks for being a MOM!

Information for the Next Newsletter must

be submitted to Arrow Graphics

no later than 12:00 NOON!

Friday, March 24.

Attn: Sandy Erickson

PLEASE FOLLOW DEADLINE !

RULES FOR CARPOOLS

- ✓ Be sure each car has one seat belt for each person in your carpool, including the driver and children who ride in safety seats.
- ✓ Ask all drivers in the carpool to pledge to buckle up themselves and their passengers on every trip.
- ✓ Never transport children in the cargo area of a station wagon, pickup truck, hatchback, or van.
- ✓ Let all children in your carpool know in advance that they will be expected to behave properly in the car and that they must always ride buckled up.



TIPS ON BUCKLING UP FOR CARPOOLS

- The back seat is safest. Children under age 13 should not ride in front if there is a passenger-side air bag.
- Never put a rear-facing infant in the front seat if there is a passenger-side air bag.
- Children under 40 pounds should ride in a safety seat with a harness for safest protection.
- Children who have outgrown safety seats with a harness should ride in an auto booster seat until the seat belt fits well (approximately 60-80 pounds).
- Never put two children in one belt.
- Instruct your children to insist on wearing seat belts any time they ride in a car without you.

OTHER CAR SAFETY TIPS

- Choose responsible drivers with well-maintained vehicles.
- Plan pick-up and drop-off points carefully. Avoid backing up where young children are walking or playing.
- Keep sharp or heavy objects in the trunk.
- Keep doors locked and windows closed or only opened slightly.
- Be sure your school or other group has a firm policy on safety belt use and states the policy clearly on permission slips.
- Never leave children unattended in a vehicle.



For more information, contact: Injury Prevention Program,
ND Department of Health 1-800-472-2286 press 1

FREQUENTLY-ASKED QUESTIONS ABOUT NORTH DAKOTA'S CHILD PASSENGER SAFETY LAW



What is the current law?

Children under four years of age must ride in a car safety seat. Children from age four through 17 must ride in a car seat or seat belt. Car seats must be used according to the manufacturer's instructions. The law applies to all vehicles that were equipped with seat belts when manufactured. The penalty for non-compliance is one point against the license of the driver. The law is primary enforcement, meaning a driver can be stopped for having an unrestrained child under 18 in the vehicle.



Can a three-year old ride in a booster seat?

Yes. Booster seats are considered to be car safety seats if they meet Federal Motor Vehicle Safety Standards. However, the booster seat must be used according to the manufacturer's instructions, so be sure the child is the appropriate weight for the booster seat.

What about seat belt adjusters? Can they be used in place of a car seat?

No. Seat belt adjusters do not meet the intent of the law and should not be used to make a seat belt fit better. Regardless of how these products are labeled, they do not meet any government safety standard. They may help with shoulder belt comfort, but may put too much slack in the shoulder belt or cause the lap belt to ride up over the stomach.

What about school buses? Are they covered under the law?



School buses are not covered under the child passenger safety law, unless they were equipped with seat belts when they were manufactured.

For more information, contact:
Injury Prevention Program
ND Department of Health
1-800-472-2286 press 1



Women's Health Day

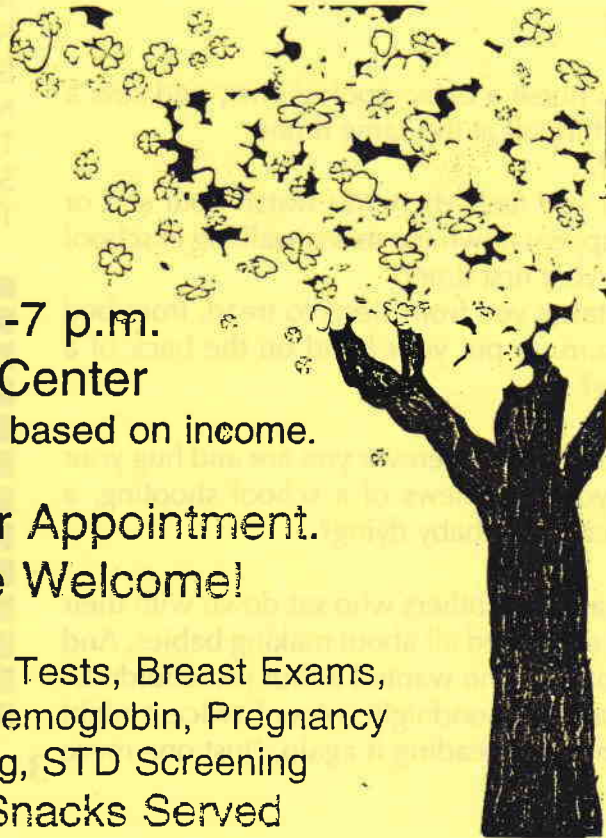
When: Tues. April 11 - 1-7 p.m.

Where: Student Health Center

Students are Free, Staff cost is based on income.

Call Ext. 286 for Appointment.
Walk-ins are Welcome!

Services Provided: Pap Tests, Breast Exams,
Blood Pressures, Wt., Hemoglobin, Pregnancy
Testing, HIV Testing, STD Screening
Door Prizes & Snacks Served



NORTH DAKOTA CHILD PASSENGER SAFETY LAW 1999 UPDATE



- ◆ Children *YOUNGER THAN 4 YEARS OF AGE* must be properly secured in a car safety seat.
- ◆ Children *AGES 4 THROUGH 17* must be properly secured in a car safety seat or buckled correctly in a seat belt.
- ◆ Car safety seats must meet U.S. Department of Transportation safety standards and must be used according to the manufacturer's instructions.
- ◆ The law is for *ALL DRIVERS*, and the driver is responsible for assuring that all children through age 17 are buckled up in the appropriate restraint.
- ◆ The law applies to all seating positions – *FRONT SEAT AND BACK SEAT*.
- ◆ Penalty for violating this law is *ONE POINT* assessed against the driver's license.

 **North Dakota Department of Health**
provides the following recommendations for child passengers:



Babies should ride in rear-facing car seats until they are age 1 and weigh 20 pounds.



Toddlers (older than age 1 and weighing more than 20 pounds) should ride in forward-facing car seats until they weigh 40 pounds.



Children who weigh between 40 and 60 to 80 pounds should use auto booster seats.



Children who weigh more than 60 to 80 pounds should use seat belts, using both the lap and shoulder belts.

For more information, call the North Dakota Department of Health, Injury Prevention Program
1.800.472.2286

**Sioux Nation Civil Rights Commission
Development Meeting**

Date: March 21, 2000

**Place: Landmark Building (Downtown Eagle
Butte)
Eagle Butte, South Dakota**

Time: 10 Am to 4 Pm

**Purpose: to Develop And Organize a Sioux
Nation Civil
Rights Commission Within The Boundaries of
The
Sioux Nation.**

**Sponsored By: Concerned People For Human
Rights**

**For Information Call Vivian High Elk, 605-
964-6880**

**Or
Harold Iron Shield at
701-258-1172.**



THE NEW DAKOTA SUN

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(701) 258-1172 (evenings)

PRESS RELEASE

PRESS RELEASE

SIoux NATION CIVIL RIGHTS COMMISSION WILL MEET

A development meeting will take place to begin organizing the Sioux Nation Civil Rights Commission on March 21, 2000 at the Landmark building in Eagle Butte, South Dakota beginning at 10 a.m.

Various tribal members from reservations across North and South Dakota will be gathering to begin the development of a civil rights commission within the boundaries of the Sioux Nation.

Organizers say, that the need is great with all the violations of human and civil rights going on in Indian Country. Human Rights advocates feel there is a need for an overall commission because rights are constantly being violated and that it is hard to get anything done on the reservations.

The Sioux Nation Civil Rights Commission when developed will begin to train it's investigators and get them certified to investigate violations any where in the boundaries of the Sioux Nation.

Organizer's hope that they can investigate violations on other reservations as well and train others to become civil rights investigators. The development meeting will be the beginning process of designing an official civil rights organization.

Participants will also be discussing the "bill of rights" inserted in the tribal constitutions as a civil rights clause for tribal members to use. However, members fell that this does not work for them.

Members of the Sioux Nation are invited to attend this important meeting and assist in the development of a Civil Rights Commission for the people.



Media Advisory

"Quality Research for Quality Healthcare"

FOR IMMEDIATE RELEASE
Tuesday, February 29, 2000

Contact:
AHRQ Public Affairs
(301) 594-1364
Karen Migdail (301) 594-6120
kmigdail@ahrq.gov

AHRQ OFFERS PRE-DOCTORAL FELLOWSHIP AWARDS FOR MINORITY STUDENTS

The U.S. Agency for Healthcare Research and Quality (AHRQ) – the government agency leading federal research efforts to improve quality of health care in the United States -- has announced that it is co-sponsoring a grant program with the National Institutes of Health (NIH) aimed at increasing the number of health care researchers from minority populations.

The *NIH Pre-Doctoral Fellowship Awards for Minority Students* provide up to five years of stipend and partial tuition support for health care-related research training leading to a Ph.D. (or equivalent) research degree or a combined M.D./Ph.D. degree. There is no payback requirement.

AHRQ Director John M. Eisenberg, M.D., said, "As a nation, we are becoming more diverse, and the health care research field should reflect this diversity. As a first step, I call on academic institutions throughout the United States to identify and recruit students from under-represented racial and ethnic groups eligible to apply for these awards." Dr. Eisenberg said these groups include African Americans, Hispanics, American Indians and Alaska Natives, and Pacific Islanders.

The two application receipt dates for 2000 are May 1 and November 15, and the corresponding earliest start dates for awardees are September 1, 2000 and May 1, 2001.

AHRQ's Pre-Doctoral Fellowship Awards for Minority Students provide:

- An annual stipend of \$15,060 (for FY 2000). This amount may be increased in future years.
- Partial support for the combined cost of the student's tuition, fees and health insurance (the first \$3,000 and 60% of remaining costs).
- An institutional allowance of \$2,500 per 12-month period to help defray the awardee's expenses.

For further details on eligibility and support, and on application procedures, go to AHRQ's web site at <http://www.nih.gov/grants/guide/pa-files/PA-00-069.html> and click on *NIH Pre-doctoral Fellowship Awards for Minority Students* from the list of contents.

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United States Census 2000

FOR IMMEDIATE RELEASE

March 20, 2000

Contact: Adriana Zorrilla Velasquez
(303) 231-5026

CB99-DEN. Fotonovela

Fotonovelas Aim at Increasing Census 2000 Participation in the Colonias and Spanish Speaking Communities

The Denver Regional Census Center has distributed Census 2000 fotonovela booklets to churches, community organizations, and health clinics across the region, in an attempt to motivate people to participate in Census 2000.

Specific Targeted areas include the colonias of Arizona and New Mexico as well as communities in Colorado, Nevada, and Utah where Hispanic population has high presence.

"The Denver Region Census 2000 fotonovela project will carry the census message to areas where there is a high concentration of monolingual Spanish speakers," said Census Bureau Regional Director Susan A. Lavin. "It is part of the most successful grassroots campaign ever mounted in the Denver Region to promote census participation in minority communities."

The Census 2000 fotonovela is a booklet that contains a short photo story featuring people from the community. The story is about census and the importance of participating.

"It is a creative way to reach people in their own language. We recognize that typical media outlets are not the only way to get the word out," said Pamela Lucero, Denver Regional Partnership Coordinator. "Reading a story about people that we can relate to makes the census more relevant for local communities. These are local people expressing their most common fears about filling out the census form. The fotonovela is a fun way to reinforce the Census messages that the census is important, it's easy, and it's safe."

The campaign is designed to create awareness about the importance of participating in the census in these historically hard to enumerate areas. Census 2000 began mailing or delivering questionnaires to housing units in mid-March and questionnaires should be mailed back by April 1.

X-

The Census Bureau guarantees that the answers given on census forms are held strictly confidential and never shared. Information collected in Census 2000 will provide local area data needed to help communities receive federal funds and for private sector and community planning purposes. The U.S. Census Bureau, pre-eminent collector and disseminator of timely, relevant and quality data about the people and the economy of the United States, conducts a population and housing census every 10 years, an economic census every five years and more than 100 demographic and economic surveys every year, all of them evolving from the first census in 1790.