

Editorial E Coosh EEWA:

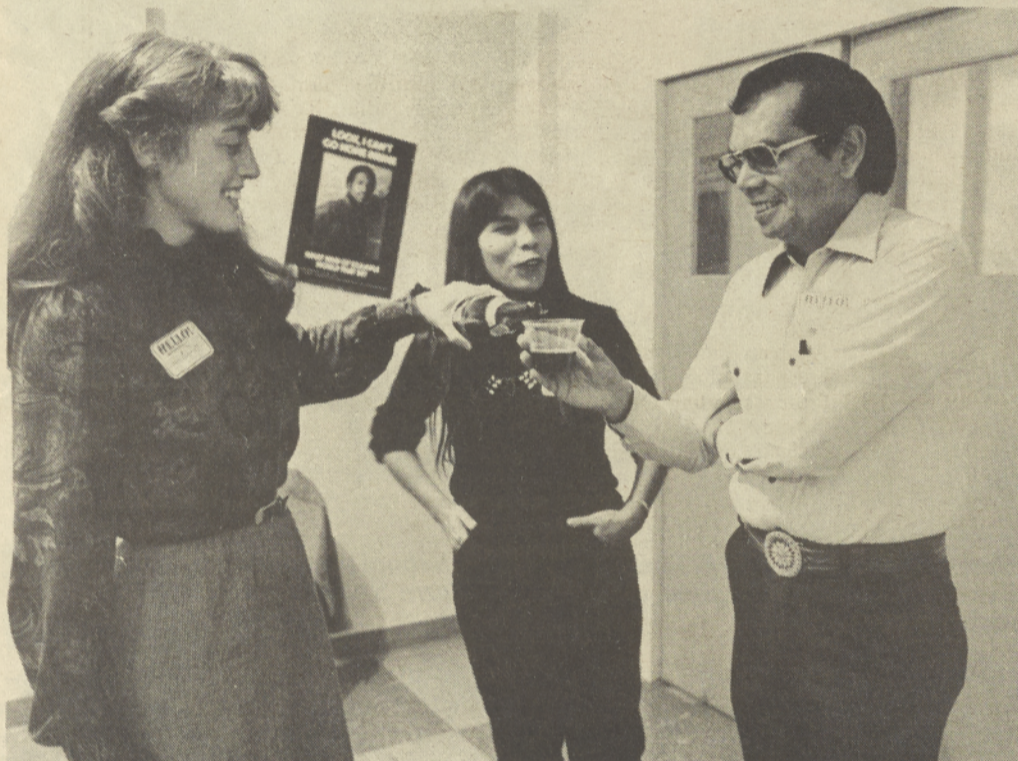
(The way it is)



1982 motor vehicles deaths in Jefferson County

- 91% Alcohol-related**
- 73% Friday-Saturday-Sunday
6 p.m. to 6 a.m.**
- 86% under 30 years of age**
- 100% used no seat belt**

Council aims at abuse prevention



HERE'S TO WELLNESS—Non-Alcoholic beverages were provided at a reception December 13 commencing "National Drunk and Drugged Driver Awareness Week." Interested community members were able to discuss alcohol and drug problems and prevention with representatives of the Jefferson County/Warm Spring alcohol and drug abuse prevention team. Pictured are three members of that team: (left) Joan Schmidt, (center) Caroline Cruz and (right) Elton Greeley. *Spilyay Tymoo photo by Shewczyk*

by Marsha Shewczyk

"National Drunk and Drugged Driver Awareness Week" commenced with a non-alcohol reception at the Jefferson County court house in Madras. The reception offered an opportunity for interested community members to meet with Jefferson County and Warm Springs prevention specialists who are also concerned with the drinking and drug problem in Jefferson County.

With over 90% of the traffic fatalities in Jefferson County in

the first 10 months of 1982 being alcohol related there is a concern for finding a remedy for the problem. Eighty-six percent of these deaths involved people under 30 years of age.

To meet the needs of young people, a curriculum for alcohol and drug education has been introduced into the Jefferson County schools from kindergarten through seventh grade. "Here's Looking At You" is designed to provide information on drugs and alcohol as well as providing education in decision making. A third segment of the program deals with improving self-image.

The entire approach is based on a wellness concept according to Madras Jr. High health instructor Carol McClelland. She explains that her program based on "Here's Looking At You" does not use a negative approach to the problem of drugs and drinking. Instead, it is aimed at wellness as being the best direction for lifestyle development. It

provides both physical and mental well-being.

Along with the program McClelland feels role modeling is important to influencing a young person. Many teachers and other adults provide these positive examples of wellness in their pursuit of health through exercise and their lifestyle. Young people respond to this.

School activities provide young people an opportunity to become involved in constructive behavior. Budget cuts do not justify ridding of music, athletic and club programs McClelland says. "Activities and a good environment are O.K. to a good self-image."

Working together to alleviate the drug and drinking problem in Jefferson County is a community project. Teachers, parents and prevention council members are all essential to deal with this very real problem in Jefferson County. The more people that are involved, the better. It is the only answer.

Drinking & driving don't mix

by Marsha Shewczyk

Alcohol related accidents accounted for 91% of the motor vehicle deaths in Jefferson County in the first 10 months of 1982. The majority of these occurred on weekends and on holidays.

This holiday season has the potential of greatly increasing the percentage of deaths due to drinking and driving. With parties and social activities being a part of the holiday season the amount of alcohol consumed increases also. It must be remembered that drinking and driving don't mix.

Only a small consumption of alcohol is needed to impair coordination and driving skills. With just .05% alcohol content in the blood coordination is diminished. If the blood-alcohol level reaches .10% a person is considered legally drunk in Oregon. At this level, judgement is seriously inhibited.

If drinking continues and the blood-alcohol level reaches .20% a person should not drive for up to 10 hours. At .40% blood-alcohol level there is a loss of consciousness and possible death.

A person weighing 140 pounds having five drinks is within the .05% - .09% zone. A larger person can drink a little more and maintain coordination while a smaller person must consume less to keep from being classified drunk.

Only time can bring the blood-alcohol content back to

a safe level. A cup of coffee or other soft drinks are not adequate. As a general rule, the number of drinks equals the number of hours needed to become sober.

Hosts and hostesses at parties should be aware that a guest consuming too much alcohol is endangering his own life and the lives of others if after drinking he drives.

Don't push alcohol. One drink per hour is the rate at which alcohol can break down in the body.

Serving food before drinks helps to slow down the rate at which alcohol enters the blood stream. Salty foods should be avoided as these make people thirsty.

Beverages other than alcoholic beverages should be available. Many times people drink alcohol because there is nothing else to drink.

Serving alcohol to intoxicated guests is unwise. These people could injure or even kill themselves or others. Arrangements should be made for intoxicated people to sleep at the home of the host or to be driven home by someone else.

Guests should know their limits. Rules to follow should include: Don't drink fast. Accept a drink only when you really want it. Skip a drink now and then. Beware of unfamiliar drinks. Don't drink to relax when you really need a change of pace or sleep. Remember that the purpose of a party is togetherness, not tipsiness.

Table based on a two hour period. For more than two hours add one drink per hour. Example: 160 lbs. 5 drinks in 3 hours is in the .15% - .09% zone.

Weight	Drinks											
120	1	2	3	4	5	6	7	8	9	10	11	12
140	1	2	3	4	5	6	7	8	9	10	11	12
160	1	2	3	4	5	6	7	8	9	10	11	12
180	1	2	3	4	5	6	7	8	9	10	11	12
200	1	2	3	4	5	6	7	8	9	10	11	12
220	1	2	3	4	5	6	7	8	9	10	11	12
240	1	2	3	4	5	6	7	8	9	10	11	12

- .05% — Driving may be impaired**
- .05% - .09% — Driving definitely impaired**
- .10% — Do not drive**

Note from the Editor

Spilyay Tymoo welcomes articles to be published from its readers. Short letters preferably 300 words or less are also welcome. All letters must include the writer's name and address.

Thank you letters and poetry will be published at the editor's discretion. Spilyay Tymoo reserves the right to edit all copy.

Tribal Council Agenda

- December 20 Tribal Council Meeting, 9:30 a.m.**
 1. 10:00 a.m. Unfinished Business: Administration
 2. 2:00 p.m. McQuinn Wildlife Management Plan
- December 21 Tribal Council Meeting, 9:30 a.m.**
 1. 10:00 a.m. Committee/Board Appointments: Culture/Heritage Committee, Range, Agriculture, Irrigation Committee, Water Control Board, Celilo-Wy'am Board
 2. 2:00 p.m. Swearing-in Ceremony: Appellate Judges