

Title VII committee meets Nov. 9

Jefferson County School District 509J is seeking Native American parents to participate on the Title VII Parent Advisory Committee. Any parents with students attending a 509J school are invited to attend the next meeting at noon on Tuesday, Nov. 9 at the Teepee Deli.

Lunch is provided.

The Parent Advisory Committee of the Indian Education Act, Title VII, is dedicated to the proposition that American Indian children deserve equal educational opportunities. It is the goal of the committee to establish maximum cooperation between American Indian students, parents and the school district to meet special needs of American-Indian students over and above the regular school program.

Title VII members must be parents of Indian children enrolled in the 509J school district, and teachers of Indian children and secondary students.

Meetings are on second Tuesdays of September, October, November, January, February and May, and are open to the public. Disabled? Call the district's support services office for special arrangements: Ask for Georgia Sosa, 541-475-6192.

Concern rising over alcoholic energy drinks

By Terri Harber
Spilyay Tymoo

A private, nonprofit group that focuses on ending substance abuse and suicide, the Oregon Partnership, is urging the U.S. Food and Drug Administration to ban energy drinks containing alcohol.

This issue garnered attention across the United States again last month after nine underage college students consumed enough of one brand to suffer alcohol poisoning at an off-campus party in central Washington.

All alcohol sales are banned on the Warm Springs Reservation except at Kah-Nee-Ta High Desert Resort and Casino. These products are readily available elsewhere, however.

And reservation employees who deal with health and substance abuse issues continue to inform tribal members about the dangers associated with these concoctions.

"The most dangerous thing is the combination of caffeine and alcohol," said Dabid Rodriguez, the tribes' adolescent drug and alcohol counselor.



Four Loko is just one of many brands of alcoholic energy drinks marketed toward younger drinkers.

The canned drinks are marketed to young people as an inexpensive way to stay awake and party until the sun rises. The heavily sweetened beverages have high levels of alcohol and caffeine. Some of the major brands include Four Loko, Joose, Sparks and Charge.

Rodriguez said he believes only young people on the reservation drink the products, which come in such flavors as watermelon, lemonade and blueberry.

"It gives them a false sense that they can handle their alcohol," he said. "It's a stimulant and a depressant. The stimulant makes them feel less drunk than they actually are so they drink even more. ... So do the flavors," he said.

Bartenders have been mixing nonalcoholic energy drinks with various forms of liquor for at least a decade. The malt liquor energy drinks, however, cost only

about \$3 for a single 23-24 oz. can. Each brand's alcohol and caffeine contents vary, but one can contain as much alcohol as at least three beers and an amount of caffeine equivalent to a couple cups of coffee.

People who drink a large amount of the beverages are more prone to take dangerous chances than those who drink a comparable amount of non-caffeinated alcohol because "they get hyper and do things they normally wouldn't do even while drunk because they don't realize how drunk they really are," he explained.

Rodriguez and Elizabeth Johnson, a community health nurse for the tribes, both warned that this liquor-caffeine-sugar combination could prove dangerous for anyone.

Young people are at an even higher risk, however. Among reasons why: They are more likely to drink simply to get

drunk. They have little or no experience with alcohol.

And they have trouble making judgments drunk or sober because they haven't reached full physical maturity.

Recent research indicates that a person's brain doesn't fully develop until they reach age 25, Johnson said.

Alcohol causes people to feel down and tired. Some people feel relaxed after a drink or two, but having more alcohol simply magnifies its depressant effect. When someone drinks a large amount of liquor and caffeine combined they initially feel stimulated.

Only when the caffeine wears off are the alcohol's true effects felt and the consumption-related ills make themselves known.

"If they drink a lot over a short period of time and pass out they could stop breathing and die," she emphasized.

Johnson has worked in locations with college students and has treated young people who have passed out in stairwells, on lawns, in cars and a variety of other places.

Even lesser amounts of this product can cause significant dehydration and leave a drinker "with a severe hangover," Johnson said. "Something much worse than a normal hangover."

Johnson also warned that heavy, long-term use of these alcohol and caffeine-laden energy drinks cause substantial liver damage and heart problems, and hasten the onset of diabetes, among possible health complications.

"Energy drinks themselves are hard on the liver. So is alcohol. Together they have a huge impact," she said.

Both Johnson and Rodriguez said young people — and their parents — should be aware of the potential and unique problems associated with these products. Many retailers sell them near nonalcoholic energy drinks and the colorful cans all look alike so parents also need to know the difference between the two items.

The FDA has already asked many manufacturers of these products to describe why their products are safe, according to previous reports.

Phusion Projects Inc. is the company behind Four Loko, the brand cited in news reports as that consumed by the Washington college students. It notes on its website that other forms of alcohol and drugs also were found at the scene. The company supports college campus alcohol bans but doesn't believe their product should be singled out for criticism.

Warm Springs Community Calendar

WEDNESDAY, NOV. 3

Kah-nee-ta Water Fitness Class held weekly from 10:15-11:15 a.m. Call Jeri Kollen, 541-553-2478.

Warm Springs Community Counseling is holding a **Community Gathering for Healing from Grief and Trauma** at the Agency Longhouse. Continental breakfast and lunch will be provided and everyone is welcome. It's from 8 a.m.-4:30 p.m.

THURSDAY, NOV. 4

Social Dance Class is weekly from 5-7 p.m. in the Warm Springs Community Center social hall.

FRIDAY, NOV. 5

A **fundraiser memorial jackpot pool tourney** for Richard Finley, Jr. will be held today through Sunday at the Hideout in Wapato, Wash. Call 509-877-2000 for details.

"**Building Community Strength Through Diversity**" at Kah-Nee-Ta from noon-4:30. Cultural Competency and becoming a better communicator, advocate and service provider to diverse people among other topics.

MONDAY, NOV. 8

Victims of Crimes Services hosts a **Women's Support Group** meeting each Monday from 6-8 p.m.

TUESDAY, NOV. 9

Healthy Breakfast from 9-10 a.m. at the Health and Wellness Center in the Kitchen Conference Room. The topic this week is a presentation from the pharmacy.

WEDNESDAY, NOV. 10

Kah-nee-ta Water Fitness Class every Wednesday from 10:15-11:15 a.m. Contact Jeri Kollen, 541-553-2478.

The Central Oregon Commissioned Officers Association, COA, invites veterans to join them for an

Italian-themed lunch of Spaghetti and meatballs, lasagna, salad and other goodies from 10:30 a.m.-1 p.m. in the Pod A waiting room at the Warm Springs Health and Wellness Center. The lunch is a way to honor veterans for their service before offices around the reservation shutdown for the Thursday holiday.

THURSDAY, NOV. 11

Veteran's Day holiday. Schools and Tribal Offices are closed.

FRIDAY, NOV. 12

No school today in the 509J school district. It is the end of the 1st quarter for elementary schools.

The **5th Annual Northwest Indian Storytelling Festival** celebrates tribal storytelling in the Pacific Northwest today through Sunday. The festival is hosted by Lewis and Clark's Center for Community Engagement and Indigenous Ways of Knowing Program. This year, the festival will feature many of the region's finest traditional and contemporary tribal storytellers with a special focus on the revival of canoe cultures. A silent charity auction will be held at each performance. The festival is open to the public with a suggested donation of \$5-20 for each festival event. Friday and Saturday, 7:30-10 p.m.: an evening with master storytellers. Sunday, 1-4 p.m.: emerging storytellers matinee.

SATURDAY, NOV. 13

Attention Simnasho and Schoolie Flats residents — this is **Water Delivery Day**. Set your empty bottles outside for pickup. Contact the Tribal Sanitarian if you have any questions.

Harvest Run/Walk with registration starting at 9 a.m. at Community Center. Competitive Run and competitive walk and a fun walk for all ages. Each person will get a T-shirt when registered. First place winners

will get a turkey, second and third place will get a fruit basket at the awards ceremony after-event in social hall. This is part of November Fitness Bonus Activities for double minutes and sponsored by Diabetes Prevention Program. For more information, call 541-553-1070.

The Madras Kid's Club is holding their **Evening of Elegance** — Dinner and Auction Fundraiser at Kah-Nee-Ta. For tickets, contact Tony at the Madras Pioneer.

MONDAY, NOV. 15

The next **Back to Boards Workshop** is today and Tuesday at the Family Resource Center. A class is offered every month. You did need to sign up to participate and you can do that by calling 541-553-2460.

TUESDAY, NOV. 16

The **Diabetes Awareness and Support Group** meet weekly from 5-7 p.m. at the Warm Springs Senior Center. The topic for this session is "Preventing Falls" with Ron Berry.

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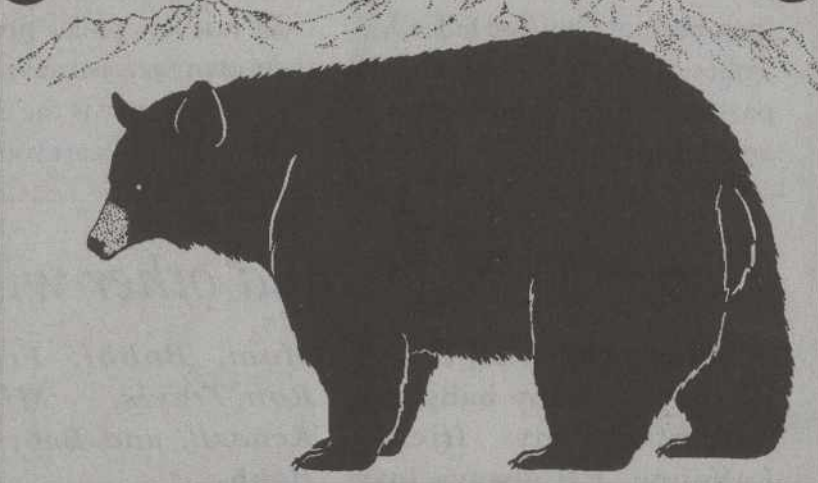
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