

## Drinking and graduation don't mix

With prom and graduation season officially upon us, now is the time to be thinking hard about talking with teens about drinking. It can be fun for teens, as they celebrate their success of the past year and prepare for the future, but it can also be very dangerous. This time of year is notorious for heavy drinking with end-of-year parties and prom coming up.

Are you informed about liabilities for hosting parties where alcohol is served to minors? Are you prepared to talk to teens about how to prevent alcohol poisoning and other negative consequences of risky decisions they may make around drinking?

Below please find a few helpful tips for parents, as well as links to a few resources that may be helpful in keeping your teens safe.

### TIPS FOR PARENTS

- Discuss the rules for prom and other end-of-year graduation type parties. Make sure your teen knows not only your rules but the school's rules regarding violations.

- Pick a curfew that is reasonable for both you and your teen for special party or event nights. Be sure your teen knows there will be consequences for violating curfew and follow through if rules are not followed. If there are plans for after the party or event and your teen will be spending the night somewhere other than home, be sure you know exactly what those plans are and confirm with the host of the party, or parents of the friend whose house your teen will be staying at, that a responsible adult will be around and that no alcohol will be served.

- Talk to other parents about party plans and make sure you are all aware of your teens' plans and that those plans are something you have approved.

- Consider hosting a party at your house or at a local community venue so teens can have a safe and alcohol free place to go.

- Model responsible drinking behavior. Although it may be tempting, try to avoid telling any tales of your own drunken escapades in favor of discussions about your expectations and the importance of making healthy decisions.

- Keep your alcohol locked up and inaccessible to anyone underage.

- Don't provide alcohol to minors. Drinking under the age of 21 is against the law and you can be held liable for supplying alcohol to a minor.

- Discuss the possible consequences of binge drinking and make sure your teen knows what to do in the case of alcohol poisoning. Share with them the fact sheet on alcohol poisoning.

- Know your teen's transportation plans. If they plan to take a limo or other rented vehicle to the party, talk to the limo driver or company beforehand and make sure they are clear about not allowing alcohol or other drugs in the car. A parent should check the limo before teens leave to be sure there is no alcohol in the beverage containers inside the limo.

- Do not rent hotel rooms for your teen and their friends.

- Consider sending a safety reminder via text message to your teen's cell phone. Click on the following website to do it online, <http://www.centurycouncil.org/promtext/index.php>

REMEMBER - YOUR INFLUENCE STILL MATTERS

Source: Julie Rosenbluth, M.P.H., American Council for Drug Education

## Things to consider before getting a tattoo or piercing

With the popularity of tattoos and body piercings growing – particularly among young people – the Oregon Health Licensing Agency (OHLA) wants young Oregon consumers to be thoughtful before taking the tattoo or piercing plunge.

Piercing Thoughts, a new public education campaign that focuses on tattoo and piercing safety and health, brings a fresh message that asks young people to "Think Before You Ink" and "Be Aware...of Aftercare."

"While tattoos and body piercings have become more mainstream and accepted, there are still potential risks involved," said Susan K. Wilson, OHLA Director. "We want young people educated about those risks and knowledgeable about the process if they decide to get tattooed or pierced."

OHLA is working with high schools and colleges across the state to distribute brochures focused on tattoo and piercing safety and health. The state consumer protection agency is

also partnering with other state agencies, youth centers and youth-focused organizations to get the word out.

Two new brochures with updated information have been produced and are being distributed, Piercing & Tattoo Safety and Piercing & Tattoo Aftercare. Aftercare is the steps consumers need to take to prevent infection and assist their new body art in the healing process.

There are currently 410 registered body piercing technicians and 147 licensed facilities in Oregon, while there are 409 licensed tattoo artists/permanent color technicians and 189 licensed facilities. Permanent color technicians are licensed with tattoo artists due to the similar nature of their work, but permanent color technicians focus on cosmetic and medical, rather than decorative or figurative, uses of coloring or marking human skin.

There were 15 consumer complaints against body piercing technicians in 2005 and 29 complaints against tattoo

artists/permanent color technicians, out of a total of 264 complaints concerning the 15 professions regulated by OHLA.

Visit [www.oregon.gov/OHLA](http://www.oregon.gov/OHLA) for more information on the OHLA central agency and on body piercing and tattooing regulation in Oregon.

## Cub Scout Pack seeks adult help

Would you like to be part of a great organization that strives to build the character of young men to become future leaders (doctors, teachers, dads and businessmen)? Cub Scout Pack 201 is looking for caring, enthusiastic people to serve on our committee or to help out in other areas.

Call 503-429-8133 if you are interested in being part of Cub Scout Pack 201. The 2006-07 calendar year is now being planned. Don't miss out on your chance to get involved and make a difference!

## Outdoors-Woman workshop offered

Oregon Department of Fish and Wildlife (ODFW) is offering a great opportunity for women to learn fishing techniques using inflatable pontoon boats and float tubes at a Becoming An Outdoors-Woman (BOW) program workshop, June 24, at Magone Lake near John Day.

The "Fishing and Floating" workshop is a one-day event where participants learn angling techniques as well as water safety and navigation skills in pontoon boats and float tubes. ODFW provides all the equipment needed, including float tubes, pontoon boats, waders, fins, life jackets and fly rods. Breakfast and lunch are also included in the \$40 registration fee.

BOW workshops are designed to teach women basic skills for outdoor recreational activities and provide a positive outdoor experience. This workshop is one of several offered around the state as part of the BOW program.

"Women learn best by trying activities, and BOW workshops give them the chance to do just that in a casual, non-threatening environment," said Mary

Hoverson, ODFW's regional BOW coordinator. "This workshop is designed for beginners, but all skill levels are welcome."

Hoverson noted that space is limited, and encouraged interested women to register as soon as possible. Registration forms are available at ODFW offices throughout the state, or on-line at [www.dfw.state.or.us](http://www.dfw.state.or.us) under Outdoor Skills/Education.

## 3rd graders make quilt for raffle

Ms. Judy Gingerich's third grade class at Washington Grade School in Vernonia recently completed a class quilt project.

The 26 students began working with Mrs. Miller on an almost-queen size quilt in October 2005. Each student designed and machine stitched a square. Ms. Gingerich sewed the squares together and the class layered and basted the quilt. Every student then spent some time hand quilting. Ms. Gingerich and Alice Smith did the finishing touches. Vernonia Community PTA members cut

the fabric. All fabric and supplies were donated.

The students voted to raffle the quilt and send the money to victims of Hurricane Katrina. Tickets are available until June 13, at \$1.00 each or six for \$5.00. To buy tickets, call the grade school at 503-429-7941 and leave a message for Betsy Miller.

Quilt is pictured on page 32.

### Swim Lessons

at  
Cedar Ridge



Sessions start

Monday, July 17. Pick up Registration Forms at Black Bear Coffee or call Dana Hyde for information at (503) 429-9351.

### START PLANNING YOUR WEDDING HERE

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