

Hunik Zoo'

"Good News" in Koyukon Athabascan
Brought to you by the Division of Alcohol and Drug
Abuse and Tanana Chiefs Conference
Vol. 22 January 2006 No. 5



I promise to never get held back or get an F on my report card. I promise not to smoke.
Jesse, U-Park

Maver
Pretty, Perfect
Play, Write, Eat
Sister
Maver Nicholi, Kalskag

Anna Stickman,
3yrs, Nulato

This Moon
This moon is so beautiful
I watch it every night
The moon is like a night light
I can not go to sleep without it.
Ethan Campbell, 2nd, Anne Wien

Drugs
Hi I am Michael Frank. I am going to talk about drugs, smoking and chewing tobacco. You have little cleaners in your lungs. If you smoke they will die. And if you chew tobacco you can get tongue cancer, lip cancer or gum cancer. If you do, they might have to cut those objects out. It is not safe to do drugs. If you do, your life will be shorter. Drugs can really do bad things to you. They can make you do really crazy things, like pointing a gun at your family. Drug dealers need to be put in jail. So do not do drugs.
Michael Frank, 3rd, Two Rivers



Dennis, Nordale

Happy New Year
I am alcohol free,
don't do drugs,
don't chew
tobacco and don't
smoke
Elaina Roberts,
4th, Venetie

Drinking alcohol
is illegal for kids.
When people
drink their eyes
get blurry

and they walk sideways
and get stupid.
Hunter 3rd, Badger

Did you know...
Excessive alcohol use kills over 4,000 kids under age 21 each year. Now we have long-term, peer-reviewed evidence that alcohol ads are contributing to this enormous public health problem," Dr. Jernigan said.



ABW, Nordale

I promise to be drug free forever!
I will be kind to animals forever.
I will promise to play with the dog named Dema.
I promise that I will say hi to Mr. Roehl.
Falesha Backburn, U-Park

Clayton
Sly, Handsome
School, Work, Play
Student
Clayton Michaelson,
Kalskag

Don't Do Drugs
There are three reasons why you should not do drugs. First, they can make your heart stop. Second, they will make you crazy. Last, they will kill you! That is why you should not do drugs. Please, please don't do drugs.
Dakota Wilcher, 3rd, Two Rivers

Stay away from tobacco, alcohol, marijuana and smoking. You could die sometimes or have to get surgery. It is very bad for you and you don't stay healthy. So stay healthy and stay away from drugs and smoking.
Dustin Frank, Venetie



Alexandra,
Nordale

Deadline

February 1st
Theme: Valentine's
Topic: Heart Health

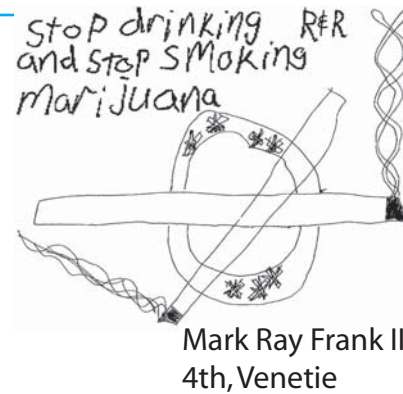


Hunter, Nordale

When people drink alcohol they freak out and say names. And they cuss at us.
Brad 1st, Badger

I promise to get all my homework right away.
I promise to be drug free.
I promise not to be mean.
Bailey Freel, 6th, U-Park

There are a few reasons why people should not smoke. First, it will give you lung cancer, tongue cancer, or lip cancer. Second, you could hurt your family with secondhand smoke. That is why you should not smoke.
Kai Zito, 3rd, Two Rivers



Mark Ray Frank II,
4th, Venetie

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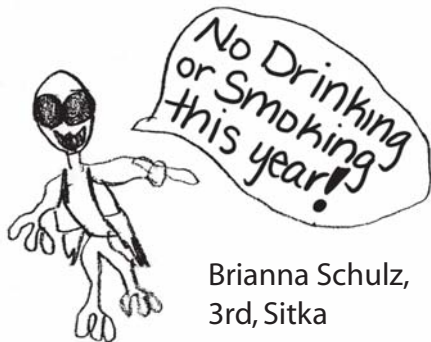
or send it through the
Fairbanks North Star Borough
School District Mail Room

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907-452-8251 ext. 3166

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www.tananachiefs.org



Brianna Schulz,
3rd, Sitka

Joyful
Active
Sensible
Optimistic
Nice
Thomas
Lyon, II,
Adak

The highest number of youth motor vehicle fatalities occurs in the summer. In 2000, there were 664 fatalities in July.
National Highway Traffic Safety Administration

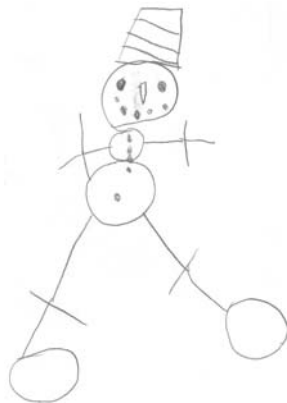
Michael
Boy, Funny
Play, Draw, Eat
Son
Michael Passamika,
Kalskag



Destiny, Nordale

Loved
Open
Reader
Important
Kyle, II, Adak

Anna
Pretty, Clean
Clean, Work, Play
Sister
Anna Littlefish, Kalskag



Trey, Nordale

Joyful
Open
Happy
Nice
Sam Solberg, I, Adak

Daniel
Cool, Clean
Eat, Play, Go
Boy
Daniel Levi, Kalskag

Megan
Girl, Smart
Practice, Play, Walk
Sister
Megan Simeon, Kalskag

Reader
Young
Anxious
Nice
Amanda Wallen, III, Adak

It is estimated that more than 20,000 lives have been saved by minimum drinking age laws since 1975.
National Highway Traffic Safety Administration



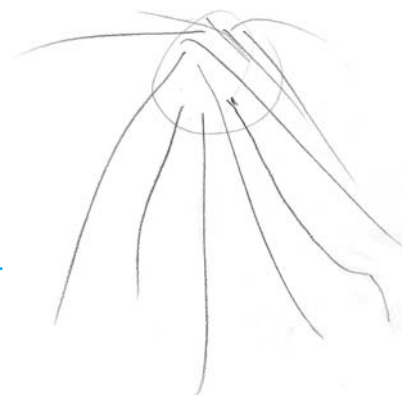
Shelby Ekada,
4yrs, Nulato

Terrell
Clean, Cool
Play, Sliding, Work
Cousin
Terrell Miete, Kalskag

Ticklish
Happy
Open
Modern
Amazing
Smart
Jason, I, Adak

I'm thankful for the guys who invented Thanksgiving. I'm thankful for God. I'm thankful

for Aniak.
Dalton, Aniak



Sean, Nordale

Dariing
Understanding
Social
Tolerant
Inspiring
Nice
Dustin Wallen,
I, Adak

What I am thankful for...

I am thankful for my family and friends. Because if I didn't have family and friends then I will be lonely. I am also thankful for love. Because love is something everyone has.

Juliana Peterson, Aniak

Don't ever
Drink And Drive
OR Your hurt yourself
Tiliisa Sisto, 5th, Venetie

Joyful
Unique
Smart
Talented
Intelligent
William Krukoff,
III, Adak

Although there are more youth fatalities during the week, the percentage of alcohol-related motor vehicle crashes is higher on the weekends. In 2000, 1,319 of 2,776 weekend fatalities were alcohol-related while 1,015 of 3,602 weekday fatalities were alcohol-related.
National Highway Traffic Safety Administration

Isaac
Clean, Cool
Run, Eat, Play
Brother
Issac Evan, Kalskag

Academic
Artistic
Responsible
Outgoin
Noble
Isaiah Johnson, III, Adak

Deadline

February 1st

Theme:

Valentine's

Topic:

Heart Health



What are the effects of tobacco on your heart?

Keyera Strutz,
Pre-K, Anchorage

What are the effects of drinking on your heart?

What are the effects of drugs on your heart?

What can you do to make sure your heart stays health?

Reanna
Stop, Play
Work, Pretty, Sister
Perfect
Reanna Savage, Kalskag

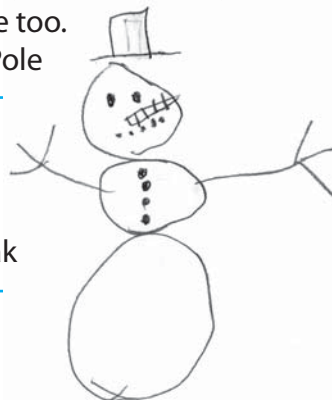


Do not take drugs.
Drugs can cause injury
or death. So please do
not take drugs. I will
name a couple of
things about it. One,
you can kill yourself if you smoke. You can get
your tongue cut out! So be like me, smoke free!
Robin O'Donoghue, 2nd, Two Rivers

cut off and your lips. You can lose your
happy life. And if you have children you will not
see them grow. Next if you do want to see your
children, you have to live a happy life and don't
do drugs.
Stefania Kremer, 3rd, Two Rivers

I love my dog. I love my mom. I love my dad
because they love me too.
Trevor S, 2nd, North Pole

Sociable
Artistic
Mature,
Elijah Johnson, II, Adak

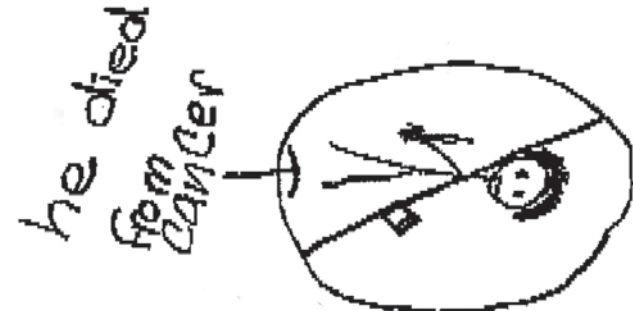


Jake, Nordale

Timothy
Lazy, smart, funny
Big brother of Ryan.
Lover of games,
playing with friends and art.
Who feels happy when I play with my friends,
and happy to go to school.
Who needs my dad with me, a gameboy, and a dog.
Who gives me love, care, and life for my father.
Who fears spiders, rats, and the dark.
Who would like to see my as a rich man. Tyler
would be king of the NFL and a dragon.
Resident of Fort Wainwright, AK
Hilton

Danielle
Brown, Clean
Pretty, Run, Play
Sister
Danielle Moore, Kalskag

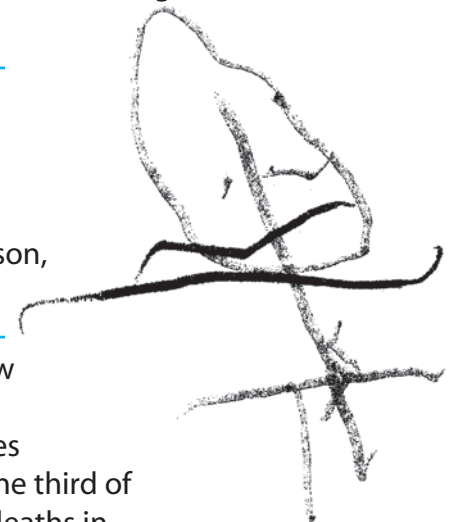
I do not want my Grandpa or Grandma to drink
alcohol ever again.
Anonymous 1st, Badger



Christian, 5th, Venetie

Branden
Incredible, tough, powerful, stong
Brother of Gabriela and Victoria
Lover of drawing, Skulcker, Danny Phantom
and all of the ghosts Danny has to fight
against.
Lover of kittens, friends, PS2, and puppies.
Who feels happy when my mom lets me do my
PS@, happy when my mom lets hold kittens,
and happy when I see puppies.
Who needs friends, a sister, and a pet tarantula.
Who gives friendship, food and water.
Who fears the dark, heights and tarantulas.
Who would like to see my dad, my grandpa,
and my grandma.
Resident of Fort Wainwright, AK
Zapta

Kind
Young
Loving
Enthusiastic
Jordan Johnson,
II, Adak



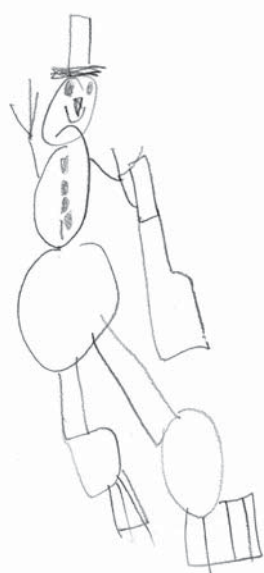
Brendan Patsy,
4yrd, Nulato

Did you know
that drunk
driving causes
more than one third of
all the teen deaths in
highway crashes? That
if you drink and then
drive, your chances of
causing one of these accidents will increase by
over one hundred percent? Drinking and
driving isn't cool. It isn't smart. Don't be
responsible for a senseless tragedy. If you drink
and drive, you could regret for the rest of your
life.

Olinga
Clean, Pretty
Play, Ride, Swim
Cousin
Olinga Nook, Kalskag

Check the front page for the next
deadline and due date.

When I grow up I will not drink and drive. I will
be smart.
Michael 3rd, Badger



Zeke, Nordale

Happy New Years
What is your Dreams?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Melissa, Venetie

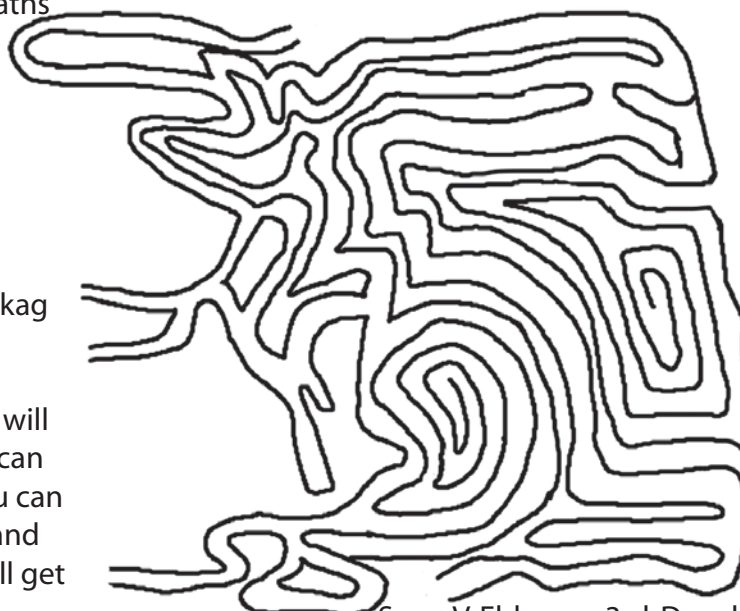
Motor vehicle crashes remain the number one
cause of death among youth ages 15 to 20.
There were 6,131 youth motor vehicle deaths
in 2000.
National Highway Traffic Safety Administration

Pamela
Clean, Pretty
Play, Run, Sister
Read
Pamela Nelson, Kalskag



Maryja, Nordale

Drug Free
Do not take drugs. I will
tell you why. First it can
get serious. Also you can
get tongue cancer and
then you tongue will get



Song V. Ebbesen, 3rd, Denali

Good New for Grown-Ups

Isaac Hendrickson,
K, Venetie



Good communication between parents and their teenagers can have a positive influence on risk-taking

behavior by teens...

Here are some guidelines to promote good communication and some tips to help families successfully get through a conversation:

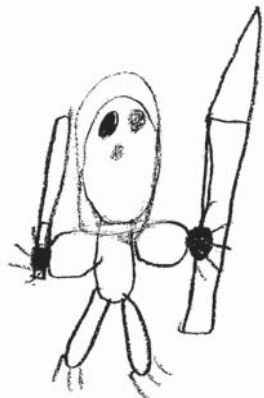
Praise your kids for doing the little things that can so easily be taken for granted.

Be positive and build a strong foundation with your children by regularly acknowledging and praising them for their accomplishments. Let your kids know that you love them unconditionally so that they will be less likely to hide things from you.

Happy New Years. Stay Alcohol Free

Set a good example-your kids will do as you do.

If you expect your teen to always wear a seat belt, you should be vigilant about buckling up. Don't drive home from a party after you've been drinking. Don't speed or disobey traffic rules and then expect your teen to be more law abiding than you. Kids are sensitive to double standards.



Talk with your kids early and often about tough topics.

Make sure your kids know where you stand on important issues from their earliest days. Elementary school is not too early to start emphasizing the dangers of alcohol and drugs,

Jason,
Nordale

and the importance of standing up for what you think is right. And remember that it is never



too late to start talking!

Teach your kids to listen by listening to what they have to say.

Good communication is not about "winning" the argument. Nor is it about "giving up" or "giving in." Good communication is about

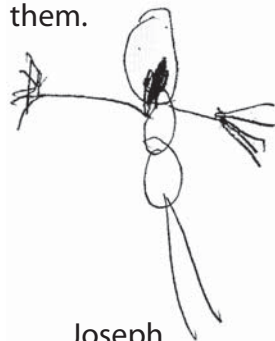
listening to the other person, understanding his/her point of view and trying to reach a solution acceptable to both parties.

Read between the lines. Your children may find it hard at times to say what's on their mind.

People often express their views without ever speaking a word. Perhaps your child might surprise you by doing a nice favor without being asked after an argument or misunderstanding. These unspoken gestures can be a means to reach out to you or acknowledge your point of view.

Always remember the importance of reasoning.

Ask for their opinion on important matters from time to time. Don't just say no or disagree with your teens without thinking about the message you're sending to your children. Try to teach your teens to meet you half way. And always be prepared to give a valid reason for your answer to show your teens that you disapprove or disagree out of concern for them.



Joseph,
Nordale

Lighten up - take time out if you need to.

Unkind words can be so hurtful, even if you didn't mean for it to come across that way. Bring humor to the discussion whenever

you can. Try something fun, like role-playing with your kids, so that you both can understand each other's position instead of shouting at one another. Seeing each other's perspective is an important tool to help build communication.

Always remember these guidelines:

- o Praise your kids for doing the little things that can so easily be taken for granted
- o Make an extra effort to understand your teen's world
- o Set a good example-your kids will do as you do
- o Talk with your kids early and often about tough topics
- o Teach your kids to listen by listening to what they have to say
- o Read between the lines - your children may find it hard at times to say what's on their mind
- o Always remember the importance of reasoning
- o Lighten up - take time out if you need to
- o Be prepared to let some things go, and take advantage of opportunities to make a positive point
- o Respect your child-try to work together as partners
- o Remind your child that you love them and care about their safety
- o Don't ever give up - know that it is getting better with every passing day, as long as you continue to make the effort



Charles Pitka,
4yrs, Nulato

"The new study shows that reducing teen access to alcohol is only one part of the solution. We must also limit the appeal," Jernigan added. "We need to reduce youth exposure to alcohol ads as a necessary and effective step in curbing underage drinking." Press Release

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Star Tores, U-Park