

## St. Regis Mohawk Tribal Health Services Supports Environment Program



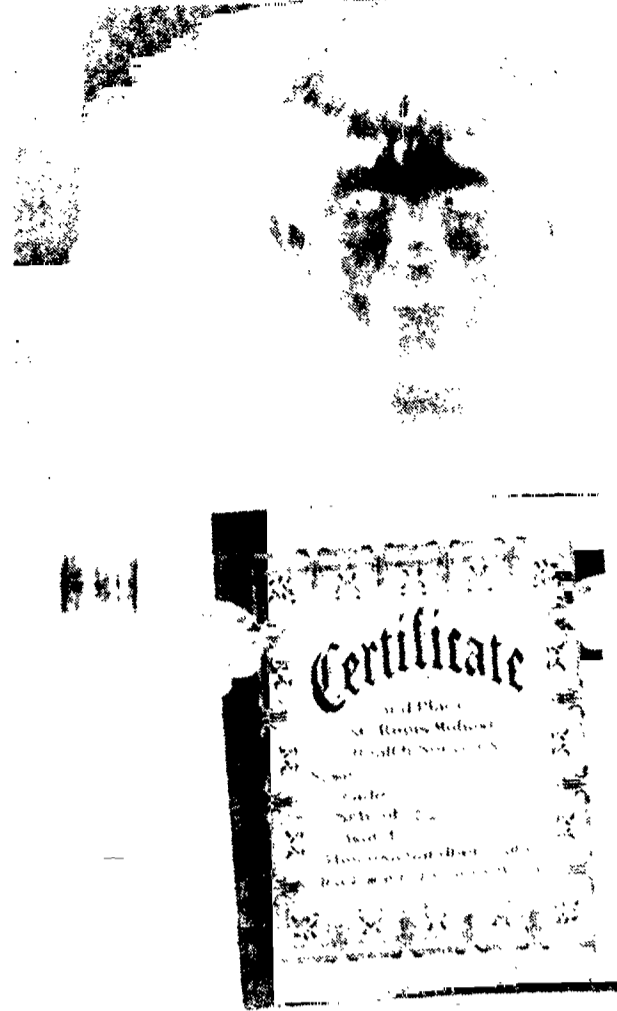
The Shenedoah Kids from the Akwesasne Freedom School.

Photo: Derrick Paul.

by Derrick Paul/Staff  
Visitors this week to the St. Regis Mohawk Tribes Health Facility have noticed some art work around the lobby area. These contain the theme "Protect Mother Earth" and they were done by the students of Salmon River, St. Regis, Snye, Cornwall Island, Hogansburg and the Akwesasne Freedom School.

employees. Last year they went to Paul Smiths College where they were given an assignment and \$1,000 cash. First, they were divided into groups and each group was responsible to promote health, using the \$1,000. This was called the HP/DP (Health Promotion, Disease Prevention). Each group was given a color and the group that was responsible for the Poster Contest was the Pink Team. Each team had six members and the team doing the art contest had

already done their work. At Christmas they brought 2,000 trees and gave them to local students to take home and plant. The Pink Team were not the only team to be busy. One group brought a video tape recorder to produce a recycling video while another purchased physical fitness equipment. Susan Gale is in one of the groups and she summed up the whole HP/DP program. "It started to promote more healthy lifestyles and to encourage people to be healthy," she says. Another group recently did a "Brown Bag Medicine Review." This was simply people bring in their prescription medicine and it was checked over by Doctors. One group is getting involved by giving some of their \$1,000 to other groups. A community project was started by Rita Swamp. They held the Health Fair recently. It was an open house and it was to show



Kallen Sunday

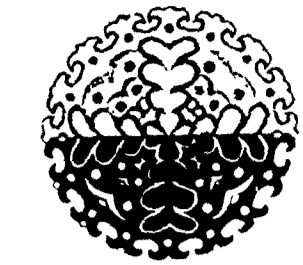
Photo: Derrick Paul

### Early Warning Program for Ovarian and Uterine cancer

If ovarian and uterine cancer run in your family, you can increase your chances of early detection by following a simple early warning signs program.

According to Sheryllyn J. Hummel, M.D., author of *Ovarian and Uterine Cancer: Reducing Your Risk* (Bantam, 1992), women with two or more first degree relatives (mother and grandmother; mother and aunt) who had ovarian or uterine cancer are at special risk for the disease.

These women should make sure to get a pelvic exam, adominal exam and a CA125 blood test every six months from age 30. Then, once a year, from age 30, they should get a pelvic ultrasound exam.



### Local Student Graduates from Northfield Mount Herman School



Danielle Marion Lazore, 18, the daughter of Russell P. and Beatrice A. Lazore of 138 Pyke Road, Hogansburg, N.Y., is a 1992 graduate of Northfield Mount Hermon School, an independent, college-preparatory school in western Massachusetts.

She has been a member of the NMH Concert Choir and has participated in varsity gymnastics for two years and varsity track and field for five years, which included an undefeated New England Championship. She has been a member of the peer-education program. In January, she was named the Dining Services Student of the Month. She has been a member of honors programs, school orchestra and National Honor Society, and attended Crane Youth Music Summer Camp. This fall, she will attend Tufts University in Medford, Mass., majoring in arts and sciences.

### Having a Graduation Party?

A time to celebrate your son/daughter's accomplishments and wishes for a bright future. If you plan on holding a party, try a sober party; your graduate will always remember. If you have to serve alcohol, Be responsible. Read on...

#### What you should know about serving alcohol responsibly:

Your party, your problem:

When you host a party, you want it to be a good time -- an opportunity for you and your guests to unwind a little. When alcohol is involved, unwinding can sometimes go too far: the actions of an intoxicated guest can lead to death or injury. And you can be held responsible, whether you're a private citizen, an employer, or the owner of a commercial establishment. You can be sued -- and sued big -- even if you didn't actually serve a drop of liquor.

As a social host, you have broad responsibilities where alcohol is involved, but you also have authority to control who comes onto your premises. With a little common-sense, you can avoid situations that lead to injuries and lawsuits. Even if mishaps don't occur, no thoughtful host would want his or her guests to lose their license for impaired driving.

#### Suggestions:

##### Plan your party

\* Plan to provide food throughout the party. A guest who has been eating will not become as intoxicated;

\* Do not make drinking the focus of the party;

\* Do not combine alcohol and dangerous activities, such as boating, swimming, skiing and snowmobiling;

\* Smaller parties are easier to manage. Large parties and open houses require more planning and supervision.

##### Serve alcohol sensibly

\* Promote non-alcoholic or low-alcohol content drinks;

\* Serve your guests rather than having an open bar;

\* Do not serve double or extra-strong drinks;

\* Stop serving alcohol long before you expect the party to break up;

##### Stay on top of problems

\* Be attentive to your guests' behavior and be prepared to have a friendly word with a guest who is becoming intoxicated;

\* Do not serve guests who are already intoxicated. Remember, they may be legally impaired before they appear drunk;

\* Arrange for guests who may be impaired to be taken home safely or stay the night. Friends don't let friends drive drunk.

Being a good host means protecting your guests, yourself and others, as well as having a good time.

For more information, contact: St. Regis Drug & Alcohol Division - 613-938-0546.

### ICE

Ice blocks and rings melt slower than cubes, and they're especially good for those large-crowd punches.

\* To make a plain ice block, simply use a container large enough to suit your need: plastic storage boxes are useful, or you can use a cake pan, an angel-food pan, or a loaf pan, even a mixing bowl for an extra-large block. Using ring or other shaped molds to add interest.

\* To color an ice block or ring -- for a St. Patrick's Day party or Valentine's Day brunch or any other holiday -- just add food coloring to the water before freezing.

\* To make it really festive, decorate the ice block, mold, or individual cubes: fill the container half with water and freeze it. Remove the container from the freezer, and arrange your decorations on the ice: flowers and greens, fresh fruit, even mini American flags for the Fourth of July. Then carefully add 1/2 inch of water and refreeze. When the decoration is set, fill the container the rest of the way, and freeze it thoroughly.

\* To unmold an ice block or ring, dip the container briefly in a bowl of hot water. Slide the ice carefully into your punch bowl. If possible, put the ice in the bowl before you add the punch, to avoid overflows. If the punch is already in the bowl, go slowly!

### Who contributes to the drinking and driving problem?

**You Do** - If you drive under the influence of alcohol even once! **Heavy Drinkers** may be addicted to alcohol or have a pattern of problem drinking. They may drink drunk again and again.

**Social Drinkers** may have "one too many" just one time -- but that one time can be deadly.

**Don't let that one time be your graduation night.**

### Alcohol-free Drink Recipes

#### Purple Passion

This is a delicious and inexpensive way to serve the multitudes- those thirsty square-dancers, for instance.

1 ice ring  
4 quarts grape juice  
1 quart lemon juice (can be made from concentrate)  
1 quart pineapple juice  
9 quarts club soda  
4 cups sugar, dissolved in 2 cups hot tap water  
Garnish: Maraschino cherries

1. Place the ice ring in a metal washtub or other container.  
2. Add the rest of the ingredients to the tub and stir gently to mix.  
3. Place a maraschino cherry in the bottom of each punch cup and serve.

Servings: 140 punch cups

#### Aunt Fanny's Party Punch

This punch is proportioned for 70. It is an open house must.

1 46-ounce can of pineapple juice  
1 46-ounce can apricot nectar  
1 quart orange juice  
2 quarts orange sherbet  
2 pints vanilla ice cream  
1 10-ounce package frozen strawberries, thawed  
2 quarts ginger ale, chilled  
Garnish: Pineapple cubes, mini springs, and whole strawberries

Combine all the fruit juices in a large punch bowl. Beat the sherbet and ice cream in with a whisk, leaving them in small chunks. Add the strawberries. Gently stir in the ginger ale and place a large piece of ice, or an ice ring, in the bowl. Add garnish (enough so that your guests will scoop up a bit with each serving).  
Servings: 70 punch cups

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