

Health News

FIGHTING SOLVENT ABUSE... ON-LINE! MULTIMEDIA TRAINING TO PREVENT SNIFFING LAUNCHED ON AYN

Aboriginal Youth Network, Canada's first World Wide Web site from First Nations, Metis and Inuit youth, will launch a powerful new on-line service dealing with youth and solvent abuse on March 31, 1996. This new AYN site addition features real-time audio clips, original graphic and artwork, the sponsorship of Canadian actor Adam Beach, and "Wayne", a cool young First Nations host who happens to be...a cartoon.

"Sniffing is a problem that many Aboriginal communities have been struggling with for years," says Tania Koenig, AYN Site Administrator. "We thought there would be lots of resources on the Web dealing with it...but there wasn't. So we created one." The site provides an interactive, frank look at the reasons why teens sniff, the consequences of solvent abuse, and tips for help-

ing out friends who sniff. Instead of preaching, the site invites Aboriginal youth to post their own thoughts on why kids sniff, and how they can be helped.

"We want the on-line training to educate, but we want it to be fun as well," say Koenig. "We worked with a group of Aboriginal young people on the script and layout, and they made sure we didn't get preachy. It's a serious topic...but this is still one of the most original Web sites I've seen!"

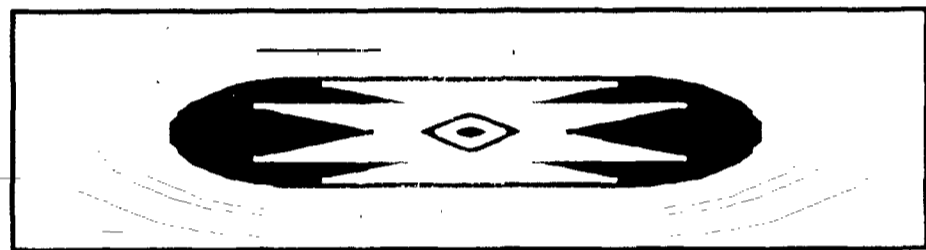
One of Canada's best known Aboriginal actors, Adam Beach (Squanto, Dance Me Outside) has offered to lend his name to the site, and will be contributing an original audio message to Aboriginal youth. He says, "When I learned of this project, I thought 'Hey, this is really cool,' and so I got involved with it. Young people have got to check

this out!"

The site features a quiz, access to videos and comic books, links to other web-sites, and an impressive range of prizes and giveaways, including software packages donated by Microsoft. But the star of the site is Wayne, who hosts the module from the fictitious "Spirit Lake" reserve. A rez-cool cartoon character, Wayne is both a guitar player and a traditional drummer with a passion for computers.

The Solvent Abuse module is the latest addition to AYN, which since the spring of 1995 has been providing First Nations, Metis and Inuit youth with access to

Internet, and establishing linkages and networks between them through e-mail, a chat-line, home pages, and a wide range of web services. "We're trying to create a place on Web that all Aboriginal Youth will feel is theirs," explains Tania Koenig, who is herself of Cree ancestry. "And of course we welcome everybody. We've had people dropping in from all around the world to check out AYN." The AYN site can be reached by anyone with Internet access, at <http://www.ayn.ca/>. The Aboriginal Youth Net is operated by Microworks of Ottawa, with funding from Health Canada.



Sandra Fox, Trudy Lauzon and First Environment Communications Environmental Risk and Women's Health Project Present:

HOT FLASHES ABOUT MENOPAUSE

at the Housing Authority Community Room
AHKWESAHSNE
on Saturday, May 25, 1996, from 11 am to 4 pm

This free workshop will be closed after the first 75 registrants, so please register early. To register call Marita Thompson at First Environment Communication at (518) 358-3381 or Trudy Lauzon at First Environment Research Program (518) 358-9223

The Workshop Agenda Will Feature:

* Andrea Parrot, Ph.D. Associate Professor, Department of Human Service Studies at Cornell University. Her areas of expertise include human sexuality, women's health & sexual assault.

* A special brunch prepared by Chef Tony Del Plato formerly of Moosewood Restaurant will focus on Plant Estrogens and Nutrition for the Menopausal Women.

Is Osteoporosis In Your Future?

Check each question below which is true for you.

- 1. Have your grandmother, mother, or sisters suffered broken bones or had a bent over spine?
- 2. Have you had your ovaries removed, or did you go through menopause before age 50?
- 3. Did your menstrual periods ever stop for more than a year for reasons other than breastfeeding or pregnancy?
- 4. Do you have ancestors who come from England, Ireland, Scotland, Northern Europe, or Asia?
- 5. Do you have a small, thin petite body?
- 6. Have you had surgery, in which part of your stomach or intestine was removed?
- 7. Are you taking, or have you taken cortisone, steroids, or anti

convulsants over a prolonged period?

- 8. Do you have a thyroid or parathyroid disorder?
- 9. Are you allergic to milk products?
- 10. Do you drink wine, beer, or other alcoholic beverages daily?
- 11. Do you participate in less than one hour of weight-bearing exercise (running, cross country skiing, dancing, cycling, etc) per week?
- 12. Have you ever had anorexia nervosa or bulimia?
- 13. Do you smoke cigarettes?
- 14. Have you ever consumed less than three servings of dairy products per day?

The more checks you have, the greater your risk of developing osteoporosis.