

Update: Sen. Salazar's Anti-Meth Bills Pass Full Senate



Senator Ken Salazar website opens with the above picture and greeting.

October 23-31, 2005 is Red Ribbon Week!

"Meth has been attacking our communities and families for too long, especially in rural areas. Now, law enforcement officials are one step closer to an expanded arsenal to keep meth off our streets and the criminals who peddle it behind bars," Sen. Salazar said.

Law enforcement around Colorado and the Nation came one step closer to acquiring two powerful tools in the fight against methamphetamine yesterday when the Senate passed the Commerce, Justice, Science, and Related Agencies (CJS) Act (H.R. 2862). The Act passed the Senate with overwhelming bipartisan support by a vote of 91-4.

Included in the final version of the CJS Act were two important anti-meth provisions championed by Senator Ken Salazar:

- 1. Sen. Salazar's proposal for a first-of-its-kind Methamphetamine Task Force within the Drug Enforcement Agency (DEA).** The DEA would be required to create a Methamphetamine Task Force within six months of the President's signature. The Task Force would be "responsible for improving and targeting the Federal Government's policies with respect to the production and trafficking of methamphetamine."
- 2. The Combat Meth Act, of which Sen. Salazar is an original co-sponsor,** will assist rural law enforcement agencies in combating methamphetamine related crimes in two ways:
 - limiting the sale of pseudoephedrine, the primary ingredient used to make methamphetamine, and
 - providing much needed additional resources to help local law enforcement fight methamphetamine.

"Meth has been attacking our communities and families for too long, especially in rural areas. Now, law enforcement officials are one step closer to an expanded arsenal to keep meth off our streets and the criminals who peddle it behind bars," Sen. Salazar said.

Having been passed by the Senate, H.R. 2862 will now proceed to conference committee to iron out differences between House and Senate versions before being voted upon a second time by both the

House and Senate. If the House and Senate both approve the conference report, it will go on to the President's desk for signature or veto.



San Luis Valley Comprehensive Community Mental Health Center

SLVTEPP presents Train-the-Trainer



Train the Trainer, a *FREE* workshop for tobacco & secondhand smoke education, is Friday, October 14, 2005 at Valley Wide Administration Building - conference room--from 8:30 a.m. to 3:30 p.m.. Call Paula Hendricks at 657-3352 to register.



Looking for a good high? *Alcohol isn't it!*



Laura Walker,
Si Se Puede
Mentor, & Adjunct
Instructor, TSJC-
Valley Campus

And because teenage brains are not yet fully formed, alcohol even in small doses has the ability to destroy existing brain cells, to cause permanent brain and cell damage, to lead to alcoholism and cause death. It is, in a word, poison.

Thirteen-year old John is invited to a party by some of his friends. When he arrives, everybody is having a good time – music is playing, people are dancing and talking; there are chips, dips and other snacks setting out on the table. There are sodas and juice in a cooler next to the table. The room is crowded; he looks around, but doesn't immediately recognize anybody. He goes to the table, grabs a paper plate and fills it with snacks, then reaches for a soda. At least if he has something in his hands he doesn't look like a geek or a loser. His best friend, Tony, taps him on the shoulder and says, "Hey. Come on over here. I've got something better than soda to drink." Tony takes him to a dark corner where several of the boys' classmates are drinking out of large plastic cups. Tony pulls out a silver flask from his jeans, opens the top and pours some clear liquid into a cup and hands it to John. "Here," Tony says. "You'll probably want some soda in that, too," then, "Try it, man. This stuff is great." Afraid to say no to Tony, John lifts the cup and drinks.

Eventually, John decides it's time to head home. His head is buzzing; he feels a little queasy, and when he stands up, he is dizzy and nearly falls on top of one of his classmates.

The next morning John wakes up on the living room floor at home. His head is pounding and he is sick to his stomach. He races to the bathroom to throw up. The party is a complete blank. He doesn't know what happened, what time he left, when he got home, or how he ended up on the living room floor. What's more, he has cuts and bruises up and down his arms and on his cheeks, his pants are torn, and he smells like he's been in a sewer.

Meet Jenny, a quiet 14-year old who just moved to the area. She doesn't have many friends and misses her old classmates and neighbors. Jenny, too, is invited to the party. She sits in a corner most of the night until one of the older guys, Jeff, comes over and sits down next

to her. "Hey, do you want something to drink or eat?" he asks. Jenny is so shy that she doesn't know what to say and nods her head in a "Yes" gesture. Soon Jeff returns from the table with two plates of snacks and two large plastic cups filled with orange soda. Jenny takes a sip and coughs. "What is this?" she asks. "Oh, it's a new kind of soda," Jeff says, winking at her. Jenny takes another sip and decides it isn't that bad. Besides, she desperately wants to make friends here and fit in, so she takes another sip, and another sip, and another sip. Before long, she's dancing with every guy in the room, having a great time.

Jenny doesn't make it home. She wakes up the next morning, passed out on the lawn in front of a strange house. Her jeans and top are torn loose and she has scratches and bruises on her upper body. She doesn't remember what happened after she started dancing and now she is scared because she didn't get home. "My parents are going to kill me," she thinks. But this is the least of Jenny's problems.

John and Jenny are, unfortunately, not unlike many teenagers who experiment with alcohol. Both are "normal" teens – they do okay in school; they're active in school activities; they don't get into trouble with the law; they don't do drugs; they don't smoke cigarettes; they're both shy and a little unsure of themselves. But they represent a new trend that is sweeping across the country: **junior high drinkers.** And John and Jenny are now at-risk for many problems, simply because they tried alcohol at a party.

Studies about teenage drinking indicate that about 1 in 5 junior high students experiments with alcohol of some kind – usually the "hard" variety (vodka, scotch, whiskey). **And because teenage brains are not yet fully formed, alcohol even in small doses has the ability to destroy existing brain cells, to cause permanent brain and cell damage, to lead to alcoholism and cause death. It is, in a word, poison.** Learning can be impaired to the point that teens who drink regularly can experience major memory lapses that can over time lead to permanent memory loss, seizures, strokes, paralysis, and death.

But there are other problems, too. Alcohol acts to loosen up normal "inhibitions" that our common sense tells us to obey. Teens that are otherwise shy suddenly become outgoing, friendly, talkative – the "life of the party" – under alcohol's influence. Males become more aggressive under the influence of



See Alcohol Isn't It! at bottom of page 4

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The One Year Plan

Parent's Guide for Helping Children Succeed in School

by Jim Fay

Love and Logic parents remember that parents can't teach for teachers and teachers can't parent for parents.

Remember that teachers and parents can't learn for kids no matter how much we love them.

■ Show the same amount of love for your children regardless of their success in school.

a. Show sadness rather than anger when they have trouble at school.

■ Expect your children to do their share of the chores at home.

■ Spend some time each day talking with excitement about your work and your day. They will want to imitate you and will soon begin to talk about school and their day.

■ Take turns reading to each other every day.

■ Have your children teach you something they have learned at school. Do this once per week.

■ Encourage your children to do things that "charge their batteries." Encourage them to try many different activities as a way of discovering interests and talents.

a. Remind them that they will build their careers around their talents, not around their weaknesses.

■ Provide a time and place for homework. Expect that they will study. Allow them to study either by writing the assignments or thinking hard about them for a reasonable amount of time.

a. If they decide to study by thinking instead of writing or reading, have them think of a plan for explaining it to the teacher.

b. Support the teacher to handle this.

1. Don't fight with children over the homework.

2. Don't fight with the teachers over the grade or consequence.

3. Tell your children that you will love them regardless of their grades or the number of years it takes to complete each grade.

■ Don't pay your children for good grades and don't punish for bad grades. Be excited about the good grades and sad for the children about their bad grades.

Have your children bring home papers.

a. Look at the right answers instead of the wrong ones.

b. Don't correct the wrong answers—



Don't walk away.

Find out how to help at
Freevibs.com or 1-800-788-2800

leave this for the teacher.

c. Have your children explain the reasons for the answers being right. If they don't know, give them three choices:

1. You cheated?

2. You tried hard?

3. You are getting smarter in that subject?

■ Expect this Love and Logic program to take about one year before you see good results. Remember that children who have a hard time at school need to get away from it for a while each day. More homework and problems at home about school won't help.

a. Don't complain to teachers that they should give this child more homework.

b. Use this program instead and you will see amazing results in one year.

c. Fight with your children and their teachers about homework and the problem will still be there in years to come.

Love and Logic parents remember that highly successful people put most of their efforts into their talents and maintain minimal standards on everything else.

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WHAT: Lunch-n-Learn

WHEN: Nov. 2, noon-1 p.m.,

WHERE: Calvillo's in Alamosa (upstairs)

SPEAKER: Sherry Hayes, RN, Alamosa County Nursing Services on **HIV** and **Hepatitis C testing** now available in the Valley (including cost, referrals, who is eligible for testing, etc.)

FOR INFO CALL: Teri at 589-2465 ext. 20 or Isabel

at 589-4991 ext. 21.

COST: The program is FREE.

LUNCH COST: Participants are responsible for their own lunch costs.



History of Red Ribbon Week



Enrique "Kiki" Camarena, a Drug Enforcement Agent assigned to a case in Mexico

Since its beginning in 1986, the Red Ribbon Week has touched the lives of more and more people.

The observation began after the murder of Enrique "Kiki" Camarena, a Drug Enforcement Agent assigned to a case in Mexico. Enrique was close to uncovering the identities of key members of a Mexican drug cartel when he was kidnapped, brutally tortured, and killed.

It took a search by 500 special U.S. agents to find his battered body in a shallow grave on a ranch in Mexico. He was buried with honors in his hometown of Calexico, California.

Angered by Enrique's death and the destruction caused by substance abuse in America, the young people of Calexico began wearing red ribbons.

The National Family Partnership and its affiliated organizations soon picked up on the movement and began to wear red ribbons as a symbol of their commitment to fight the illegal use of drugs.

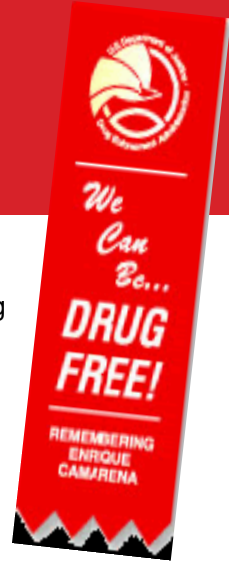
That symbol remains today when each year millions don the red ribbon to show their support for substance abuse prevention.



The Theme for Red Ribbon Week 2004 is "Drug Free: I have the power!"

This year's theme commemorates the 20th Anniversary of the kidnapping, torture and murder of "Kiki" Camarena at the hands of drug traffickers in Mexico.

During this year's observation, October 23-31, more than 80 million people will show their commitment to a healthy, drug-free life by wearing or displaying the red ribbon.



For more information about how you can become involved in Red Ribbon Week, visit the National Family Partnership's Web site at www.nfp.org.

There, you will be able to order Red Ribbon materials from the National Family Partnership's Red Ribbon Catalog.

Note: Contact the Prevention Team at 589-3671 or Paula Hendricks at 657-3352 for

Contact your Mi Animo Prevention Team

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Alcohol isn't it!

Continued from page 2
alcohol and may act sexually inappropriate in social situations, pushing the envelope to rape and sexual assault if they are extremely intoxicated. On the other hand, teenage girls who might otherwise know when and how to say "No" become less inhibited and may also act in sexually inappropriate ways when they drink. **The result (for both teen males and females) can be unwanted pregnancies and sexually transmitted diseases.**

Finally, alcohol mixed with driving is a fatal accident waiting to happen. If teenagers are not mature enough to handle the responsibility of drinking, **imagine the result when teens**

drink AND drive – a toxic mixture if there ever was one!

You don't need alcohol to experience a "high." Music, friendships, love, the future unfolding before you are all natural highs that beckon us each day. **Don't drink if you are underage. It's illegal;** it can ruin your health, your life, and your future; and **it can be fatal.**

Don't become another statistic: a young person who has destroyed his/her brain, or a teen who can no longer speak or move because of stroke, or a young person destined to live his/her life taking daily drug cocktails for HIV/AIDS, or a cross or gravestone in the cemetery.



What do you know about the Media?

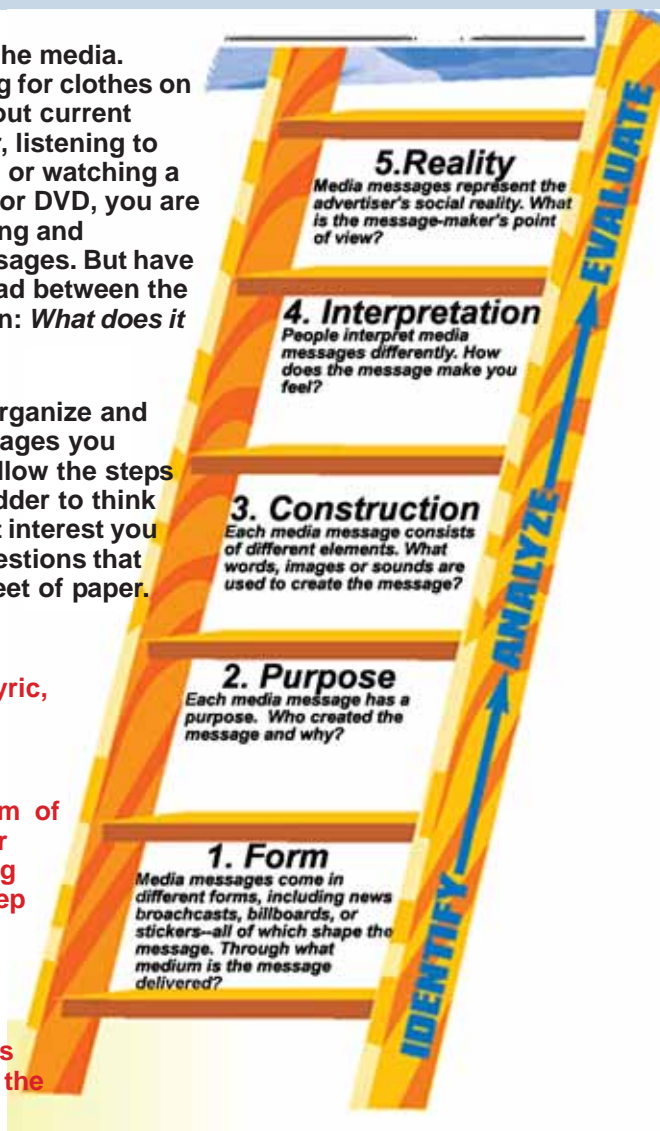
You are surrounded by the media. Whether you're shopping for clothes on the internet, reading about current events in the newspaper, listening to song lyrics on the radio, or watching a movie, television show, or DVD, you are constantly seeing, hearing and absorbing different messages. But have you ever stopped to "read between the lines" or ask the question: *What does it all mean?*

Here is a great way to organize and analyze the media messages you experience very day. Follow the steps on the media literacy ladder to think about the messages that interest you most and answer the questions that follow on a separate sheet of paper.

Step 1: Identify a media message from a movie, magazine article, song lyric, or television show or commercial.

Step 2: Start at the bottom of the ladder and work your way to the top, answering the questions on each step as you go.

Step 3: Summarize the media message. Explain your opinions and discuss your conclusions. Ask: Is the message clear and



- Adams State College
- ACT-UPP (Alamosa Communities Tobacco -- United Prevention Partnership)
- Alamosa Department of Social Services
- Alamosa County Nursing Service
- Alamosa County Sheriff
- Alamosa Police Department
- Boys and Girls Club
- Bresnan Communications
- Campus Ministry
- Erin Smith, Pueblo Chieftain
- Mi Animo Prevention
- Monte Vista Police Department
- Monte Vista School District
- OMNI-ADAD-- Southern Colorado
- Pilots for Prevention of Saguache County
- Rio Grande Department of Social Services
- Rio Grande Public Health
- Rio Grande Sheriff
- Rocky Mountain Prevention & Research Center
- Sacred Heart Church
- SEADS Coalition
- SLV-AHEC (Area Health Educ. Center)
- SLV Community Connections
- SLV Comprehensive Community Mental Health Center
- SLVTEPP (SLV Tobacco Education & Prevention Partnership)
- SSAVE (Suicide-Substance Abuse Violence Education) Coalition
- Tu Casa
- Trinidad State Junior College--Valley Campus
- US--Understanding Suicide Coalition
- Valley Community Fund
- Van Giesen Construction--parent
- Wal-Mart
- 12th Judicial District

To join our coalition, contact Priscilla Ortega at 587-6973 or priscillao@slvmhc.org



Offers new grants!

Together with local health agencies, **Get R!EAL** invites youth throughout the Valley including existing youth coalitions and **NEW youth coalitions** to apply for **new funding** by November 1, 2005. Colorado's youth movement against tobacco lies, entitled **Get R!EAL** (Resist! Expose Advertising Lies) provides young people with the skills and information they need to counter tobacco industry advertising and make educated choices about tobacco use. Nearly 50 youth coalitions across Colorado are funded to implement a variety of tobacco prevention strategies. This coalition network is the foundation of the **Get R!EAL** movement.



■ **Get R!EAL** 's grant funding to NEW youth coalitions statewide started Sept. 1, 2005 and due back to **Get R!EAL** by Nov. 1, 2005.

For more information, contact **Sally Casey, director** at 303-315-0220 or **Paula Hendricks** with SLVTEPP at 719-657-3352.

?Que Pasa? (Newsletter) is published often at the SLVCCMHC. Articles of interest to the drug-free communities of the Valley are welcomed. Deadline for publication is the 30th of the month. Email your articles to neldac@slvmhc.org Mail your submission to Nelda Curtiss, SLVCCMHC, 8745 CR 9 South, Alamosa, CO 81101. Our fax is 719-589-9136.

What's Up with Sho?

Back to School



The smell of crayons & glue sticks is in the air. You know what that means. . . . The school year has begun again!

Last year was my first year as the Prevention Specialist for the 21st Century Program and it went by fast! This year I hope to be able to do some of the same activities as last year, but would also like to start a few new projects. I am hoping to work more closely with the After-school Homework Club @ Evans Elementary and also providing more discussions and classes about staying healthy and staying away from things that are bad for you such as alcohol, drugs & junk food!

I will continue to promote the YEA Program and other activities through the Youth Enrichment Academy and related agencies such as the Boys & Girls Club and Trinidad State Junior College. I will also continue meeting individually with the Students at the school as well as providing individual case management to the students & their mentors. I am also arranging for presentations to various organizations to recruit more mentors for the Mi Animo Prevention Program (hopefully some more males) before the school year begins to get too crazy!

I'm planning on activities that will promote community service as well as learning opportunities for the students. The first activity this year will be going shopping with your mentor (or another adult friend if a student is not yet matched) to get school supplies. All 21st Century Mentoring participants will be receiving a letter and some Wal-Mart gift certificates in the mail from me shortly! I'm looking forward to another fun-filled and exciting school year. **Feel free to call me at 587-6978 with any questions, concerns or ideas you may have for this year!**



For more ideas on how to keep your children & friends

<http://www.theantidrug.com>

PARENTS.
THE ANTI-DRUG.



■The next coalition meetings are October 11, November 8 and December 13 at 7:30 a.m. at SLV Mental Health Center. Contact Nelda Curtiss at 587-6964 or neldac@slvmhc.org to get on the agenda.

To:



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