

# THE GILA MONSTER

The student newspaper for  
Galena Interior Learning  
Academy, Galena, Alaska

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my.highschooljournalism.org

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Above: A student poster at the conference. Below: Felecia Chase takes notes.

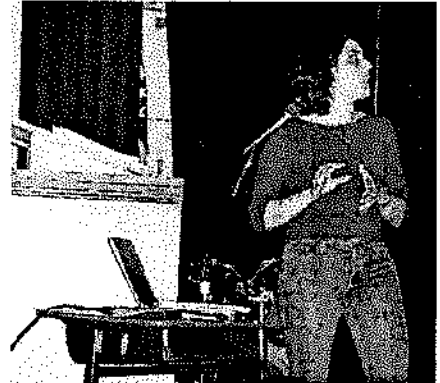
## GILA confronts tobacco

### Conference tells students to stop chew, smoking

By TIFFANY WOODS  
Editor-in-chief

Everyone's heard the saying "tobacco is wacko" if you're a teen, but what that doesn't say is tobacco is just as harmful for adults.

The SubRegional Tobacco Education Conference was September 8-9 in the GILA



One of the speakers at the anti-tobacco conference.

*Students tell their personal experiences with tobacco - in the village, in the dorms, and how to quit, with stories on pages 6 and 7.*

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## Science is just the beginning

By TIFFANY WOODS  
Editor-in-chief

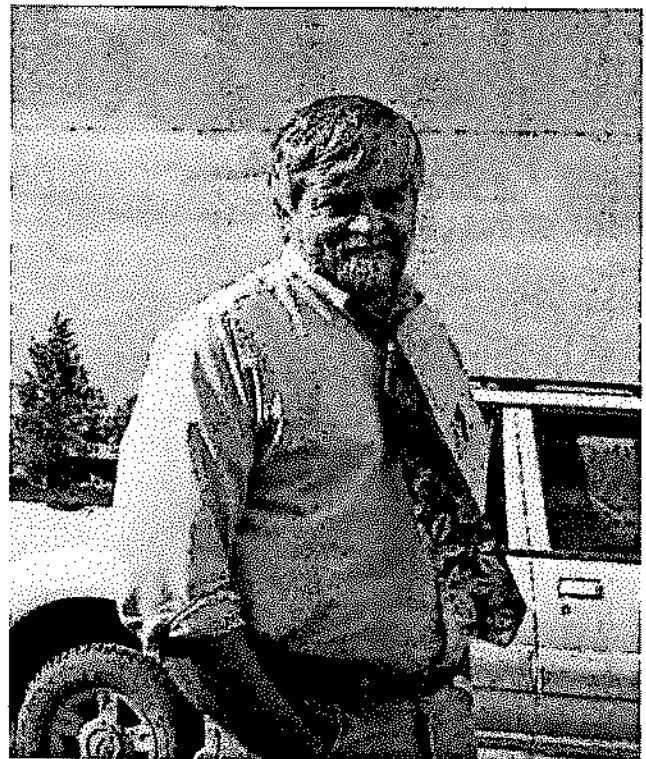
Don't be surprised if you hear some amazing acoustic sounds flowing from Douglas Smith's science classroom.

Smith is more than a science teacher. Although he loves science and thinks it is "truly awesome," he is also a musician. He started a band in

sixth grade, and by seventh grade he and the band members were playing at school dances and fairs. Twenty years later, he got the same guys together to play again.

Although Smith grew up on cattle ranches in California and Idaho, he was surrounded by music. In addition to being a rancher, Smith's father

Cont. on back page



Doug Smith

Photo courtesy Tyler Smith

# Candidate statements for student council

## For president



**Office you are running for:** President  
**Name:** Lena Z. Hensley  
**Age:** 17  
**Class:** Senior  
**Village/Hometown:** Kotzebue

I am running for president because I will get things done. I will listen for concerns and look for possible solutions. This is my fourth year here in school and I have seen things change, good and bad. I will make things change for the better and we will do a lot of fun activities throughout the year, such as school dances, movies in the theater, and the list goes on. So if you have any requests, come see me.

I, Lena Hensley, promise you a great and fun-filled year here at Galena Interior Learning Academy, and yes, please vote for me!

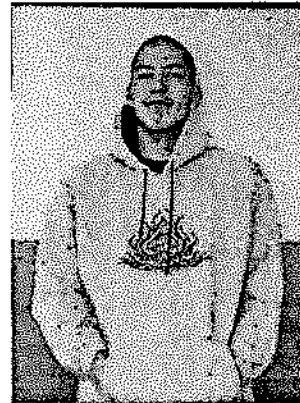
I appreciate your time. Thanks!

## For vice president



**Office you are running for:** Vice President  
**Name:** Andi Grundberg  
**Age:** 17  
**Class:** Senior  
**Village/Hometown:** Anvik, Alaska

I never ran for student council before. I decided to give it a try because it sounded like fun and I believe I can make a difference for my fellow students. Have a nice day. Vote for Andi!



**Office you are running for:** Vice President  
**Name:** William Solomon III  
**Age:** 16  
**Class:** Junior  
**Village/Hometown:** Kaltag

I am running for office because I believe I can change the dorm life for some students and make it easy to live at the dorms. That is why I want to run for vice president and work for the students.



**Office you are running for:** Vice President  
**Name:** Tiffany Woods  
**Age:** 17  
**Class:** Senior  
**Village/Hometown:** Anchorage

I'm running for office because I know I can make a difference. I was in student government for two years and this helped change things that the students didn't like. If I am voted in, students should be ready for more changes.

### *Two candidates announce withdrawal*

**Office you are running for:** Treasurer  
**Name:** Pina Sheldon  
**Age:** 17  
**Class:** Senior  
**Village/Hometown:** Ambler

*Pina announced on Sept. 15 that she is no longer running for treasurer.*

**Office you are running for:** Treasurer  
**Name:** Candace Kruger  
**Age:** 17  
**Class:** Senior  
**Village/Hometown:** Anvik

*Candace announced on Sept. 18 that she is no longer running for treasurer.*

The election for student government will be Wednesday, Sept. 21.

### For secretary

**Office you are running for:** Secretary  
**Name:** Cassondra Slats  
**Age:** 15  
**Class:** Sophomore  
**Village/Hometown:** Chevak

I would like to be chosen for secretary because for what I do in the meeting will be filed in order. When we do fun things and other stuff, I'll be taking notes written down in neat handwriting. When I take notes you will know what's happening and going on in the school year.

We will also be doing things that you



want during the following year. Also, you may be learning new things about what we do, or, if you don't, you may try other stuff on the lists or signs. So, if you would like to do new things or have new stuff that is fun and have treats... please vote Cassondra Slats for secretary!!! Thank you!!!

## Tobacco

**Cont. from front page**

auditorium. The purpose of this conference was to make people in the community aware of the risks when using tobacco.

All of the students from Mr. and Mrs. Hughes' science and health classes attended the conference along with several city school students.

Guests speakers included Greg Marino of the Alaska Native Medi-

cal Center, Caroline Renner of the Alaska Native Tribal Health Consortium, Tari O'Connor of the Alaska Tobacco Prevention and Control, Barbara O'Donnell of the Chief Andrew Isaac Health Center, and Karlene Borja of the Tanana Chiefs Conference.

During the course of the conference the guest speakers gave presentations on topics such as Quit Today- Quit for life, Risks of Tobacco

### For treasurer

**Office you are running for:** Treasurer  
**Name:** Marvin Mountain  
**Age:** 14  
**Class:** Freshman  
**Village/Home town:** Nulato

I would like to do the funding and mind the money. I want to be treasurer because my parents minded a store. The store is called Mountain General Store. I was raised by my parents, but I was mostly raised by my grandparents. I would mind my parents store for a little while till they came back. When I was in the fifth grade, I would watch all the big teens vote for the runner up. I would like to be treasurer and make my friends think I'm great.



The new van has no mold! The school district bought a new 2004 Ford 15-passenger van this year for the dorms. It will be used to transport dorm students. It cost about \$21,000. Please take care of it and keep it clean!

**Photo by Pina Sheldon**

Use, Environmental Tobacco Smoke and Spit Tobacco, Tobacco Use by Adults and Youth, Preventing Youth Access to Tobacco, and Does Smoking Make your

Teeth Yellow?

Peter Captain, First Chief of the Loudon Tribal Council, shared with the audience when he started smoking, how he filled the addiction, the effects, and how he quit.

# Students learn the harsh truth about tobacco use at a conference on September 8-9 at GILA



Above: Barbara O'Donnell, dental hygienist, talks about the effects of smoking on teeth and gums.



Above: Sina Wulf and Karina Painter look at the display of healthy teeth and gums that was passed around.

Photos taken by  
Tiffany Woods.

Above: Students playing an ice breaker game to get things started. Below: Shayne Hughes calculates about how much a smoker would spend on cigarettes in a year.

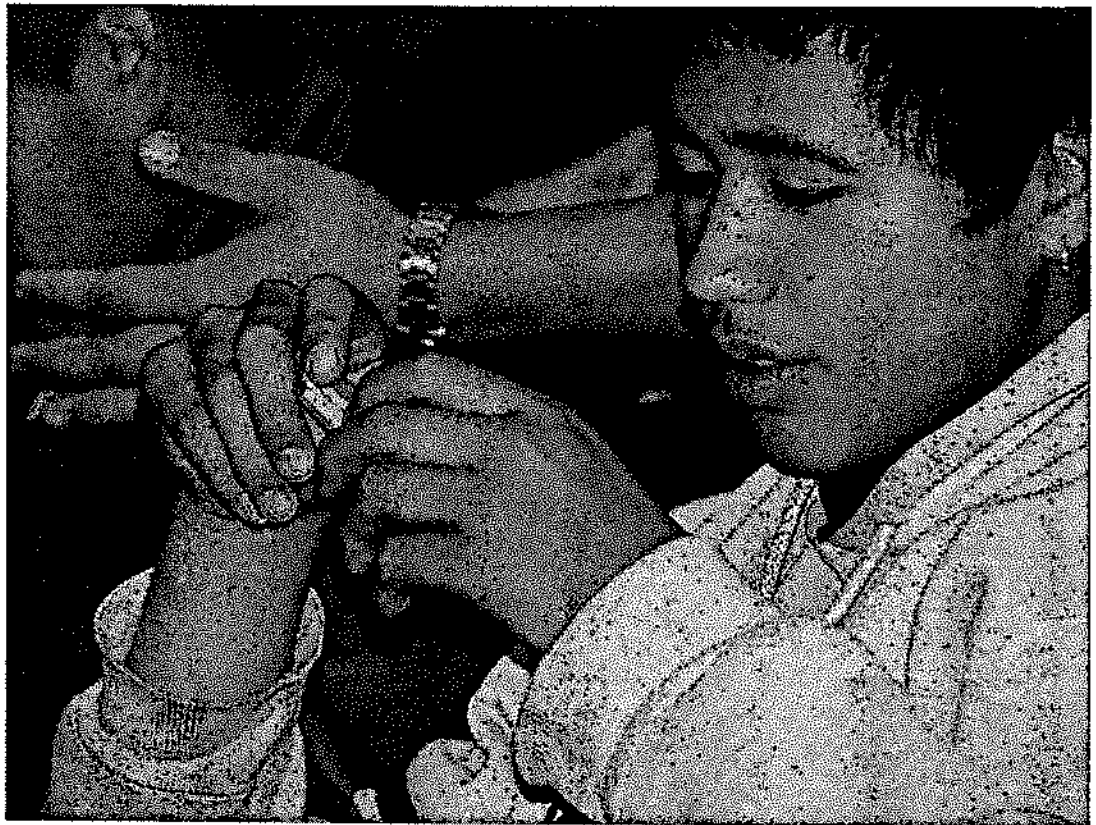
Right: Vice Principal Gwenn Davies-Guy talks about being respectful at the conference.



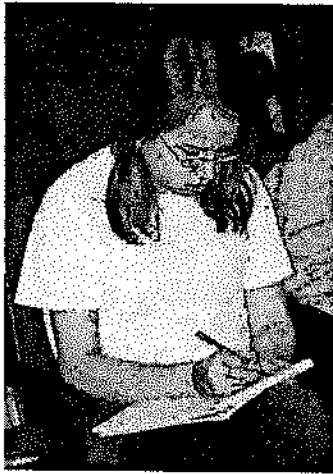
Right: Caroline Cremona Renner, Nicotine Research and Control Program Manager, talks about nicotine effects on the body.



Right: Adam Greene examines a few teeth that belonged to a former smoker.



Photos taken by Tiffany Woods



Left: Andi Grundberg takes notes while listening to presentations. Right: Kristyn Silas and Sarah Reagin look at a tobacco brochure handed out during a presentation.



Left: Dr. Greg Marino, Head of the Department of Hematology-Oncology, listens to the other guest speakers. Right: Lena, Cassandra, and Felecia ask Caroline questions after her presentation.



# Smoking a concern for students

## Taking a dip at GILA

By **ANDI GRUNDBERG**  
Staff writer

Studies show that every day, nearly 3,000 teenagers experiment with tobacco, according to a recent press release from the Alaska Department of Health and Social Services. Some begin as early as age 8, with the majority being between the ages of 12 to 14.

Some of those users are at GILA.

A sophomore who asked to remain unnamed said he chews. He's never been caught.

"I don't know why I do it... it's there all the time. I just take a pinch whenever I feel like it," he said.

He said he gets the chew from people outside the base. "I go for a

walk and they drop it off for me."

Another student said he also chews. "I don't do it very often, I can quit whenever I want." He says he just does it out of boredom.

He has been caught before. He says he was forced to stick his fingers in his mouth, by the front desk lady, so she can look in there.

Research reported by the Alaska Department of Health and Social Services has also shown that increasing the cost of tobacco keeps young people away from smoking because they are less likely to be able to afford the habit.

Tobacco use is responsible for approximately one in five deaths in Alaska and is the single most preventable cause of death and disease.

## Want to quit? Here's how

By **KELLY KEHLENBACH**  
Staff Writer

Quitting tobacco is tough.

Nicotine is addicting not only because of the physical

addiction to the drugs in the tobacco. It's addicting because it is a habit, said Lora Hughes, the health teacher at GILA.

For those who want to stop, the most

**Cont. on page 7**

### First person story

## *Chew just isn't cool*

By **MELINIA MCCARTY**  
Staff Writer

Chew. Snuff. Spit. Practically all of my friends in Ruby chew.

I can't imagine what it tastes like to swallow spit from chewing. They chew because they see their parents and everyone else chewing. I'm not saying that everyone in Ruby chews, but it's a big thing with the teens.

Teens chew during school while they're in class. What happens when you put a dip in? You need to spit. Well, the kids spit on the rug at school. It's disgusting. I don't even sit on the floor when I go there to visit.

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***"She says it's really hard to quit, so don't start on it when you're young."***

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The other place that I notice teens chewing is the basketball court (teen hangout in Ruby). I see young adults that are old enough to buy tobacco giving away chew to minors, and it's crazy.

Stew (not the real name of a friend of mine) steals chew from the store, which is not that hard to do since it's practically right in your face. I know it's hard to quit the snuff, but why do it?

It's addicting. I know for a fact that it is. I know somebody that's been chewing since they were ten years old. Today they are 38 years old and still chewing. That person is trying to quit right now. She goes from patches to nicotine gum, from nicotine gum to patches. It's crazy. She says it's really hard to quit, so don't start on it when you're young.

I don't think it's cool, it's not at all.

## Student opinion

# Not so smoke free

By **DANIELLA VASQUEZ**  
Staff Writer

So what does happen if you smoke a cancer stick and get caught here at GILA? Harry White, the principal of GILA, admits he doesn't like rules, but will strictly enforce them.

Let's say you're caught. Well, it's your lucky day. Mr. White said you get three chances. This is not a zero tolerance school. But don't think that you're home free. Last year alone, three students left and several others were suspended for multiple tobacco offenses.

Mr. White said the most important focus for him was the student's health. "Our first goal is cessation, to solve the problem; that's why we are having this tobacco conference," he said.

So what if you are old enough to smoke? That's 19 years old in Alaska.

Federal law states that tobacco on school grounds is illegal, so next time you see a staff member or R.A. on a smoke break, let them know they're breaking the law.

For those of you who think dorm staff are setting a bad example by smoking around you, you're

## The most important thing is the desire to quit

Continued from page 6

important thing is the desire to quit, she said.

Mrs. Hughes had several tips about ways to quit. The information from Mrs. Hughes was also backed up by many speakers at the anti-tobacco conference held at GILA on September 8 and 9.

Mrs. Hughes suggested that a tobacco user has to have a "quit date" lined out for you set for that goal. You would want to clean your house and get the cigarette smell out of your house.

This includes cleaning all of the ashtrays so that it won't smell like smoke in your house.

Another method is a smoking patch.

It takes longer for some people to quit

*Still wondering exactly what the rules and regulations are for tobacco? Here they are.*

Galena Interior Learning Academy has the legal right to test its students for the use of alcohol or drugs, based on suspicion or probable cause. If you refuse to submit to testing, you will be considered guilty.

If you possess or use these illegal products you will face the following consequences:

- Immediately referred to the Dean of Students.
- Communication with the student's parents.
- Referral to the proper authorities. This can result in a court appearance and a fine.
- You will participate in an education process designed to increase your awareness of the dangers of tobacco use.
- You will be placed on Level 1 and will have floor or room restriction; lockdown may be imposed.
- Repeat offenses could lead you to suspension or expulsion.

not alone. Mr. White shares your opinion. He says he is open to any suggestions on how to solve this problem and is willing to work with the students.

"I just wish I could have every student who uses tobacco feel what it's like to be in a 60-year-old body with emphysema," he says.

Hopefully none of you will know what that feels like, but, unfortunately, tobacco use is high here at GILA.

smoking than it takes other people to quit.

Nicotine leaves your system within 72 hours after quitting, so what you're left with is a mental addiction, she said.

According to the conference, twenty-one percent started smoking at the age of 13.

Thirty-five percent gave money to someone to buy it for them.

Some places that encourage you to quit smoking or to stay smoke free are community programs, school programs, statewide programs, and media or counter marketing.

Other ways to quit smoking are to go cold turkey, take cessation classes, exercise and drink water, or use gum sprays.

# Science teacher also plays the blues

Cont. from front page

designed and manufactured guitars for a living—knowing the likes of B.B. King, the great blues player, Leo Fender, the founder of Fender Guitars and the creator of the Stratocaster guitar, and many other significant people in the music industry.

Smith's younger brother Ted has taken over the guitar business since his father passed away. If you would like to know more about Smith guitars you can go online at [www.melobar.com](http://www.melobar.com).

In his twenties, Mr. Smith worked with his father in Idaho during the summers, in canneries in Oregon during the fall, and played music with his band in California during

the winter. But after about ten years, he decided to stop playing music and return to college to finish his education.

"There are a lot of incredible bands that you never hear about. They just never quite break through to the big

Weiser, Idaho, 75 miles west of Boise, and moved to Galena on August 8 to become the high school science teacher at the city school. Smith teaches Anatomy and Physiology, Integrated Science, Physics, Biology, Environmental Studies and Guitar to

said Smith.

Smith has taught high school, community college, and university for nine years. He has taught college and university courses in forestry (including Introduction to Forestry, Logging Methods, Forest Equipment and Safety), in biology (including Human Anatomy and Physiology, Microbiology), and chemistry. Before leaving for Galena in August, Smith spent the summer teaching Human Anatomy and Physiology for Boise State University's pre-med program.

Smith also interviewed for a science teaching position at South Anchorage High School in Anchorage, but after talking with the administration here in Galena, he thought Galena was the best choice.

"In terms of what I had to say and how they responded, I knew we were on the same page about what we would like to see happen in education. Galena is a very impressive school system," said Smith.

Smith enjoys being a teacher because he believes it offers people the opportunity to do what they would like to do.

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***"Education is your ticket in life. It doesn't guarantee you anything, but it at least lets you get on the train and give it your best shot."***

***- Doug Smith***

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time. Those guys are probably what made me decide to pull out of it because as incredible as they were, they were spending their lives playing bars and county fairs," said Smith.

Smith is from

both GILA and city school students.

"Education is your ticket in life. It doesn't guarantee you anything but it at least lets you get on the train and give it your best shot,"



## *Presenting the journalism class*

It's my pleasure to present the journalism class for the 2005-2006 school year. As you can see from this edition, they're a talented group of young people. The class is (top row, from left) Pina Sheldon, Andi Grundberg, Tiffany Woods; (seated, from left) Daniella Vasquez, Melinia McCarty, Sarah Reagin, and Kelly Kehlenbach.

*- Paul Apfelbeck, teacher*