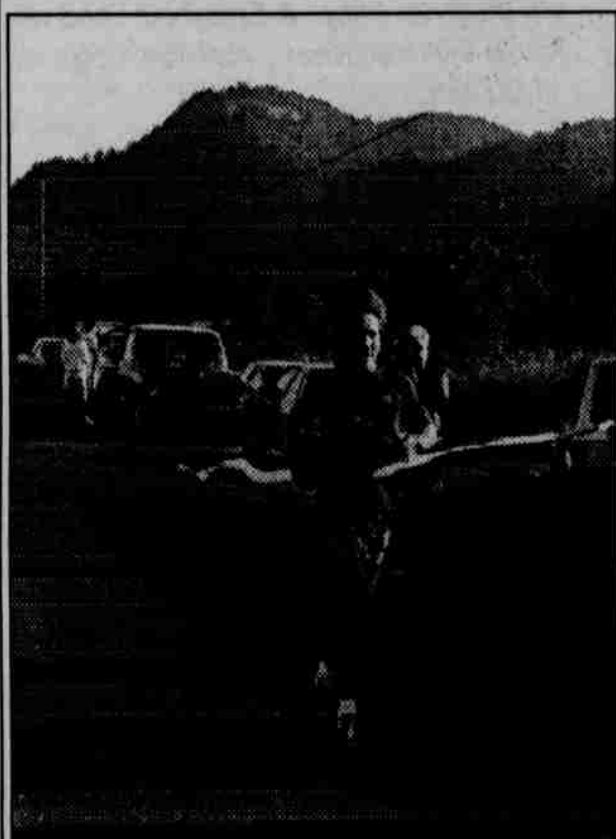


TRIBAL MEMBER AIMS FOR THE BOSTON MARATHON



Stan Kneeland

This is a follow-up on Stan Kneeland who is a Tribal member. His mother is Cordellia (Tom) Kneeland, the Grandmother is Pauline (Warren) Johnson, both are Grand Ronde Tribal members.

Stan took first in the Grand Ronde Annual Fun Run, at Grand Ronde in August 1988. At that time he told us he was planning on running in the Boston Marathon.

He has been planning and training since that time. Now that the time is here, friends and relatives are assisting Stan with expenses to make this an important venture. Our Tribal members who are leading Healthy Subsistence free lifestyles are very important peers for our young Tribal youth.

There will be Raffle Tickets for sale and also if you wish to donate items for the Raffle it would be very much appreciated. Let's all help Stan get to Boston. The drawing will be held March 25th, you don't need to be present to win. A lot of fine prizes. The Boston Marathon will be held April 1st.

Respectfully Submitted,
Margaret Provost
Alcohol Prevention/Education Coordinator

DRUG AWARENESS

Some eight year old children are already on drugs. If you have young children, ask yourself: Are they really equipped to say "NO" to drugs? Can you imagine your third grader being pressured by his peers to get drunk or loaded on pot? It's actually happening to our children right here in Oregon. And it's terribly widespread. Think about this: It's no longer a matter of "if" your child will be exposed to drug use. It's a matter of "when".

PARENTS CAN MAKE A DIFFERENCE

The best protection your child has against drugs is you. Research has found that "My Parents" is the Number One reason children give to explain why they refuse drug offers. We now know that a family working together can make all the difference.

"Preparing for the Drug Free Years" is a special program for parents and their children - especially those under age 13 - when prevention has it's highest impact.

The program is comprised of a series of five workshops that equip families with the knowledge and skills which can actually help prevent their children from using drugs. The program is free to parents, with only a \$10 charge for workshop materials. (The \$10 charge may be waived, based upon ability to pay.) For further information, contact the Alcohol/Drug Program, Margaret Provost at 879-5211- Ext. 106

WHY SOME PEOPLE GET HIGH

CURIOSITY

You walk past a group of people who are looking up at the sun, and you may be tempted to look at it, too. You wonder what they're seeing. But you don't look, because you know the sun could ruin your eyes.

Drugs are the same way. You know that drugs are bad for your body and your mind. Sure, you wonder what people feel like when they take drugs. But when you know the terrible things that drugs can do, you won't need to find out for yourself. It's just not worth it.

PRESSURE

Suppose your friends are trying drugs. Do they try to get you to "go along?" This can be a test of friendship, and it's not a fair test - if keeping a friend means doing things you don't want to do, then they weren't your friends to begin with. Friends help each other, they don't hurt each other.

AVOIDING PROBLEMS

Some people think that drugs are an escape from the problems in their life - family troubles, school, squabbles with friends, and so forth. What they don't realize is that drugs don't solve the problem. In fact, drugs can make the problem even worse. Besides, when they're straight again, the problem will still be there.

Don't use drugs to run away from your problems. Stand your ground and work them out.

A POWER-PACKED RECIPE:

Making a Drop-Out:

Take one small child, give him as little love as possible, kick him around at home, put him in a schoolroom with a teacher who has no imagination and sees no hope for him. Fail him once or twice. Never praise him, treat him as a number rather than as a person, and don't let him feel that he belongs in school. Keep him out of all activities because of his poor grades and transfer him to another school if possible.

Stir these difficulties vigorously, make him angry enough to play truant a few times, add generous

doses of embarrassment, burn to a crisp with sarcasm and bake for two or three years.

If you want to make sure he will be a delinquent, deny him reference for a job so that he will be turned down by the first 30 people he approaches. Rejection at an early age can destroy hope and ambition.

If this recipe produces a good American youth, try again.

(From the Char-Koosta News, Oct. 26, 1988)

COCAINE

Cocaine is a very dangerous drug because it can kill without warning. Users have no way to tell how pure the drug is or what has been added to it. Every time you use cocaine, your taking a chance on a fatal overdose, even if you use what looks like the same amount as the time before.

Cocaine is a white and powdery substance that users sniff, smoke or inject. Within moments, users feel "alive" on top of the world. The feeling lasts for about a half-hour; when they come down, they end up lower than when they started. Getting up again means doing more cocaine.

CRACK is a different, stronger type of cocaine that puts more of the drug into the user's body more quickly. The "high" is higher, but the lows are far lower.

Cocaine is addictive. Some people say you can become addicted to crack after using it only a few times. Being hooked on coke changes how users act. They will do just about anything for cocaine. Some users become irritable or violent toward friends and family. They tend to lose their appetite for food and other pleasures.

Cocaine can cause heart problems, severe nosebleeds, headaches, seizures, addiction and many other things, including death.

Drugs fade in and out of popularity, but they all have one thing in common; they can do a lifetime of damage to a growing body. If you don't do drugs, don't start. If you've already tried drugs, put them down and walk away.