

*A message from the Prevention Staff*

**FACT: Current Use Impacts You and Your Children**

Among parents currently using drugs only 78% say they have talked about drugs with their children. Among parents who tried drugs in the past 91% say they have talked about drugs with their children. Among parents who never tried drugs 84% say they have talked about drugs with their children.

75% of current drug using parents say they feel hypocritical talking to their children about drugs. Only 28% of parents who tried drugs say they now feel hypocritical discussing them with their children. Among parents who never tried drugs just 8% say they feel hypocritical.

**TIP: Warning Signs**

There is no single factor for drug use, but warning signs of a potential problem include:

- ✓ Drop in academic performance
- ✓ Lack of interest in personal appearance
- ✓ Withdrawal, isolation, depression, fatigue
- ✓ Aggressive, rebellious behavior
- ✓ Hostility and lack of cooperativeness
- ✓ Deteriorating relationships with family
- ✓ Change in friends
- ✓ Loss of interest in hobbies and sports
- ✓ Change in eating/sleeping habits
- ✓ Evidence of drugs or drug paraphernalia (e.g., needles, pipes, papers, lighters)
- ✓ Physical changes (runny nose not from cold, red eyes, coughing, wheezing, bruises, needle marks)

**SEA Survey Winners**

Verle Kottke .....	\$500
Beverly Morgan .....	\$250
Herman Hudson Jr. ....	\$250
Dorothy Lane .....	\$250
Linda Gardner .....	\$250
Carla Inda .....	\$250
Terri Wood .....	Tribal Pendleton Blanket
Jammie Mahony .....	Tribal Pendleton Blanket
Carol Jean Edwards .....	\$100
Charles Hupp .....	\$100
Joanne Mercier .....	\$100
Gary Ashman .....	\$100
Gerard Bolden .....	\$100
Vikki Bishop .....	Pendleton Blanket
Francis Mercier .....	Pendleton Blanket
Sonia Whitefeather .....	\$50
Julie Morrow .....	\$50
Zelda Lane .....	\$50
William Stevens .....	\$50
Donald Quenelle .....	\$50
Gloria Turman .....	Nanitch Sahallie T-shirt
Albert Peters .....	Nanitch Sahallie T-shirt
John Darcy .....	Nanitch Sahallie T-shirt
Trina Gatchel .....	Nanitch Sahallie T-shirt
Robyn David .....	Nanitch Sahallie T-shirt
Jeanne Larsen .....	Nanitch Sahallie T-shirt
Francis Bean .....	Nanitch Sahallie T-shirt
Trevor Aaron .....	Nanitch Sahallie T-shirt
Jack Pichette .....	Nanitch Sahallie T-shirt
Julie Little .....	Nanitch Sahallie T-shirt
Sharon Hyatt .....	Grand Ronde Coffee Mug
Leon Luey .....	Grand Ronde Coffee Mug
Sharon Beard .....	Grand Ronde Coffee Mug
Jeffery Trantum .....	Grand Ronde Coffee Mug
Joleen Hudson .....	Grand Ronde Coffee Mug
Danny Easley .....	Grand Ronde Coffee Mug
Sharon Hanson .....	Grand Ronde Coffee Mug
Betty Lambert .....	Grand Ronde Coffee Mug
Tracy McLaughlin .....	Grand Ronde Coffee Mug
Vonnie Edmundson .....	Grand Ronde Coffee Mug

**Interested in Starting Your Own Small Business?**

Need help? Oregon Native American Business and Entrepreneur Network (ONABEN) is here to help. Sign up for ONABEN's Starting a Successful Business. This class is open to Non-Native Americans as well as Native Americans.

The class offers professional assistance with:

- ✓ Feasibility of Business Concept
- ✓ Understanding Business Ownership
- ✓ Developing a Business Plan
- ✓ Marketing and Your Business
- ✓ Financing and Bookkeeping
- ✓ Legal Requirements

Participants also have the opportunity to talk with attorneys, licensed bookkeepers and a variety of business owners.

Classes start February 28 and are every Wednesday through May 16 at the Grand Ronde Small Business Development office.

For more information or to register, contact Sheila Herber at 503-879-2492 or Barbara Lake at 503-879-2476, or toll-free at 1-800-422-0232.



Photo by Brent Merrill

**Holiday Season Gets Underway**

Members of Spirit Mountain's Human Resources staff spread holiday cheer throughout Grand Ronde by delivering gingerbread houses to Tribal offices and to the preschool. Pictured are Palli Campbell (left), Jackie Van Cleave and Vickie Merrill.



Photo by Brent Merrill

**Moving to England**

Massage Therapist and Instructor Peggy Welch (center) received a Tribal blanket, among other presents, at a going away luncheon in the Tribe's Health and Wellness Center on Tuesday, December 5th.

Welch will be moving to England with her husband. She will be pursuing a degree in a Master's Program for Body Work. Tribal Council Vice Chairman Ed Larsen presented Welch with the blanket along with Lab Manager Lisa Clift (left).

"Peggy's gift of touch will be sorely missed," said Clift.

**CULTURAL ELK HUNT**

The Fish & Wildlife Committee would like to notify hunters of the opportunity to hunt for the Tribal membership. There is one tag available for the NE Trask #3 Control/Damage elk hunt, scheduled for February 3 through March 15, 2001.

To apply for this special hunt please fill out the application and return it to:  
Tribal Fish & Wildlife Department  
P.O. Box 10  
Grand Ronde, OR 97347

The deadline to return applications will be 12:00 noon on **January 12, 2001**. The drawing will take place at 5:00 p.m. Applications received after the deadline will not be considered for the drawing. This includes incomplete applications.

The following rules will apply to the hunter who is selected to hunt the cultural tag:

- The animal must be field dressed and taken to a designated processor/packing company.
- The **ENTIRE** animal must be turned over to the Tribe.
- There will be no reimbursement for costs associated with the hunt/kill.
- Reporting the cultural tag is the sole responsibility of the recipient of the tag.
- All State and Tribal rules and regulations must be followed.

**CULTURAL ELK HUNT APPLICATION**  
FEBRUARY 1 - MARCH 15, 2001

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

ROLL#: \_\_\_\_\_ PHONE#: \_\_\_\_\_

Have you ever killed and/or field dressed an elk before?

Yes \_\_\_\_\_ No \_\_\_\_\_

Happy Belated Birthday  
**KITANA CONNELLY**  
love, grandma & family

**USDA Distribution**

—SILETZ—

Jan. 8, 9, 10 & 11:  
9 to 3

—SALEM—

Jan. 22: 3 to 7:30  
Jan. 23: 9 to 7:30  
Jan. 24: 9 to 5