

*A message from the Prevention Staff*

**The Real Ecstasy — The Real Danger**

At the Helpline and the Youthline, we're beginning to receive more calls about the drug Ecstasy. People experimenting with it are asking how harmful it is. Many users deny adverse reactions, but Ecstasy is dangerous.

'Ecstasy,' 'E,' 'X,' 'XTC,' 'Adam' and 'Eve' are street names for the increasingly popular drug known chemically as N-methyl-3, 4-methylenedioxyamphetains (or MDMA).

Researchers have found that physical and mental effects might include muscle tension, nausea, blurred vision, clenched teeth, chills, sweating, confusion, depression, drug craving, paranoia and severe anxiety. Similar to amphetamines, MDMA increases respiration, heart rate and blood pressure. These effects can cause severe long-term damage to the heart and other organs.

Use of Ecstasy among teenagers is on the rise. According to Time magazine, 8 percent of American high school seniors say they have tried it at least once, which is up from 5.8 percent in 1997. According to www.clubdrugs.org, the largest increase is among younger teenagers. In 1991 fewer than 1 percent of 8th graders reported using MDMA, compared to 1.65 percent in 1999.

Production of the drug has also increased. In 1998, customs officers seized 750,000 pills nationwide. As of August 2000, officials confiscated a staggering 5.4 million pills. *It's a fact: The real Ecstasy brings real danger.*

**TEEN PARENT GAP**

**JUST WHEN YOU THINK YOU'RE ON THE SAME WAVE LENGTH...**

**Kids who say their top concern is they don't have enough time with their parents ..... 21%**

**Parents who say their top concern is they don't have enough time with their kids ..... 8%**

**Kids who say their parents frequently speak with them about drugs and alcohol ..... 35%**

**Parents who say they frequently speak with their children about drugs and alcohol ..... 51%**

Source: YMCA of the USA, "talking with Teens: the YMCA Parent and Teen Survey." Ecstasy story by C.J. Sage, a Senior at Grant High School. Submitted by the Tribal Prevention.

**ARE YOU INTERESTED IN VOLUNTEERING ON THE HELPLINE? Contact Linda Chase or David Westbrook at 503-244-5211.**

**Gastric Bypass  
Weight Loss  
Surgery Support Group**

6 to 7:30 pm  
Tribal Community Center

Friday, February 2  
Friday, March 2  
Friday, April 6  
Friday, May 4  
Friday, June 1

**USDA Distribution**

— SILETZ —  
Feb. 5, 6, 7 & 8:  
9 am to 3:30 pm

— SALEM —  
Feb. 12: 3:30 pm to 7:30 pm  
Feb. 13: 9 am to 7:30 pm  
Feb. 14: 9 am to 5 pm

**GRAND RONDE  
VETERANS' ROYALTY**

All interested girls must be able to meet the following guidelines in order to be eligible for the Veterans' Royalty Court:

- Girls must be enrolled members of the Confederated Tribes of Grand Ronde.
  - Participants should have never been married and have no children.
  - All girls must be enrolled in and currently attending a public or private school.
  - All girls participating must be drug and alcohol free.
  - They must have one year of pow-wow experience.
  - They must have their own regalia, or be able to make their own regalia before the application deadline. Participants must be willing and able to attend all Veterans' events, and be prepared to represent the Veterans and the Tribe.
  - Must have a parent or sponsor willing to participate and attend activities with the girls and/or provide transportation.
  - Royalty Court participants and their parent or sponsor must attend all required events (pow-wows, parades, fund-raisers, organizational meetings and others). Absences can be prearranged with the Royalty Committee Advisor. Three unexcused absences will result in disqualification from Royalty Court. Please note that all participants receive 1 point for every event. Royalty Court participants are expected to stay for the duration of the events. This includes helping setup for events such as meetings and parades, as well as dancing during Grand Entry and staying until the flags are retired unless pre-approved with the Royalty Advisor. Participants are expected to speak in front of large groups of people. Royalty Court participants must be willing and able to dance. *Remember: You are all part of a team and are expected to treat yourselves, running mates, and others with respect at all times.*
  - As of July 9, 2000 girls must be 9 to 13 years of age for **Junior Veterans Royalty Queen**; and 14 to 18 years of age for **Senior Veterans Royalty Queen**.
  - **Entries must be received by Tuesday, March 6, 2001.**
  - A mandatory meeting will be held at 6:30 p.m. on Tuesday, March 6 at the Veterans' office, located in the modular offices by Education.
- Please call Sharon or Marce Norwest at 503-879-5878 or 879-2387 for more information about Veterans' Royalty.**

**HAPPY BIRTHDAY  
FRANK  
HOSTLER, JR.  
ON FEBRUARY 2**

"HAPPY BIRTHDAY  
FRANK."  
LOVE, YOUR WIFE

Happy 12th  
Birthday

**ALEC JOSEPH  
PALANUK-MERCIER**


to a sweet grandson...  
WE LOVE YOU.  
Sharon & Irv Brockett

Happy Birthday  
**BROTHER ROGER  
& Welcome Home!**

Gene & Patsy Pullin

**HAPPY  
16<sup>TH</sup>  
BIRTHDAY  
February 7**

**HIGHPINE**



Love Mom, Delia, Two Stars,  
Eagle & the rest of the Tribe!

**SHARONA JACKSON**  
WITH ALL MY LOVE  
Happy 10th Birthday



Love mama, papa & Jackson family

**— OFFICIAL APPLICATION —  
GRAND RONDE VETERANS' ROYALTY**

Name: \_\_\_\_\_

Roll #: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

School: \_\_\_\_\_

Parents: \_\_\_\_\_

Sponsor: \_\_\_\_\_

Mail to: Sharon & Marce Norwest  
28000 Andy Riggs Road, Grand Ronde, OR 97347  
Phone: 503-879-5878 or 503-879-2387