

Tobacco 101

Welcome to the first edition of Tobacco 101. This is the first of many informational approaches to teach everyone about the use of tobacco.

There is no need to explain what tobacco is, as most of us know exactly what it is. However, do you really know how bad it is for you or why you get addicted?

Nicotine addiction is very complex and highly individual. Many smokers continue to use tobacco even though they wish they could stop. Most people who smoke want to quit and have tried to quit. Nicotine is so addictive that many people continue to smoke even though their lives are in danger. Nicotine is considered addictive because it alters brain functioning and because most people smoke compulsively. Nicotine is a "reinforcing" drug; smokers want it regardless of its damaging effects.

People who begin smoking in their teens tend to be more dependent than those who start smoking after age 20. Eighty-five percent of smokers start before their 16th birthday.

Unlike cocaine, heroine or alcohol abuse, the more dangerous effects of tobacco use are not the obvious in the beginning. Smoking tobacco is an addiction just like drugs and it's hard for people to stop.

Tribal Youth Prevention Program
Lisa Leno 503-879-1471 and Shannon Simi at 503-879-1489
1-800-242-8196

Unmarked grave sites

We need your help — If anyone knows the location of an unmarked grave or knows the name of someone who was buried at the Grand Ronde Cemetery and their grave has not been marked, contact Mike Larsen, Facilities Manager, at 503-879-2407. ■

Childbirth & Newborn Care Classes

WHO

Expecting teens and teen parents of newborn children

WHAT

A seven week class providing information on childbirth and newborn care

WHEN

Every Tuesday beginning Jan. 20 ending March 3 2009

TIME

4 - 6 P.M.

WHERE

Room 207 upstairs in Education Building

** Dinner provided.

** Gift Cards to individuals who complete all 7 classes.

** Please bring a pillow to each class.

For more information and to sign up please contact:
Molly Mathews @ 503-879-2102, Lisa Leno @ 503-879-1471
or Shannon Simi @ 503-879-1489 OR 1-800-242-8196
Sponsored by Youth Education and Tribal Youth Prevention



Ad created by George Valdez

Available Now!

\$5.00

Available at the reception desk in the Governance Building

9615 Grand Ronde Road
Grande Ronde, OR 97347

503-879-5211

1-800-422-0388

Ad created by George Valdez

2009 Tribal Marketplace dates

- Feb. 7 & 8
 - March 7 & 8
 - April 4 & 5
 - May 2 & 3
 - June 6 & 7
 - July 4 & 5
- (Possibly 7/3 for the three-day holiday weekend)

Dates subject to change due to conflicting Tribal or SMC events.
Located across from Cedar Plank Buffet.

Win big prizes

Help collect biological samples from deer and elk and your name will be entered into a drawing for six gift cards.

3 prizes for deer: \$125 gift card to Sportsman's Warehouse
3 prizes for elk: \$125 gift card to Sportsman's Warehouse

Why: The Confederated Tribes of Grand Ronde Natural Resources Division, in cooperation with Oregon Department of Fish and Wildlife and USDA Veterinary Services, is collecting biological samples from deer and elk to learn more about diseases that may be affecting our deer and elk herds.

Chronic Wasting Disease, if it shows up in Oregon, can have devastating effects on deer and elk populations.

Adenovirus Hemorrhagic Disease is not known to be present in the Grand Ronde area but has been detected in southwest and central Oregon.

Bring hunter-harvested animals to the Tribes' Natural Resources office at 47010 S.W. Hebo Road, Monday-Friday, 8 a.m. - 4:30 p.m.

Entries in drawing will be awarded as follows:

- ◆ Deer or elk brain stem and lymph nodes (1 entry for usable sample).
- ◆ Deer blood sample (1 entry for usable sample).
- ◆ Usable samples collected from fresh deer/elk road kills also will earn entries for the person who reports them to the Tribe's biologists.

The Fish and Wildlife Committee and Natural Resources Division thank you for your help in gathering information to help us maintain our deer and elk populations. Happy hunting!

(Drawing will be held at the April Fish & Wildlife Committee meeting. Winners will be notified.)

For more information, contact the Natural Resources Division, 47010 S.W. Hebo Road, Grand Ronde, Lisa Riley at 503-879-2395, Rebecca McCoun at 503-879-2396 or Kelly Dirksen at 503-879-2382. After hours or on the weekend, call 503-434-3604.

Are you ready for an adventure?

The Confederated Tribes of Grand Ronde and
The New York Museum of Natural History Partnership
will be hosting their annual
3 week Internship Program in June of 2009.

The application process will be open to any High School
Female meeting the following qualifications:

- Must be an enrolled member of the Confederated Tribes of Grand Ronde
- Who is a current Sophomore, Junior, Senior (preference will be given to Sophomores/Juniors)
- Has a minimum G.P.A. of 2.5 or above
- Is an Oregon resident

For further information and application please contact
the Youth Education Program at: 503-879-2101

Application Deadline is March 4th!