

Basketball tourney seeking players 50 years of age or older

The Pacific Northwest Masters Basketball Tournament will be held Monday, July 28, through Friday, Aug. 1, in the Eugene area and will be the first premier competitive Masters Hoops tournament on the West Coast for players 50 and older.

Organizers are seeking participation from Native American teams.

For more information, check out www.EugeneCascadesCoast.com/pacnw-masters on the Internet or visit the Facebook page Pacific NorthWest Masters Basketball.

Also, you can contact ahering99@gmail.com. ■

Bridge work started

PACIFIC CITY — Work started April 1 on painting three heavily rusted bridges over the Nestucca River on OR 130 (Little Nestucca Highway), between state Highway 22 and U.S. 101. Construction is expected to take approximately two months per bridge.

Signs will be placed to indicate which bridge is closed and advance notification and detour signs will be provided to help motorists plan for added travel time and alternative routes.

To get an update on current road conditions throughout Oregon, visit www.tripcheck.com on the Internet. ■

PREVENTION CORNER

Our Family

What does your family like? What are some of your traditions? How do you talk with one another? How does your family talk about alcohol and drugs?

These and other questions we sometimes don't talk about or think about. Our daily lives are filled with interaction with family, community, friends, co-workers, teachers, well, all people. The way we learn to talk, treat and be in the world comes from our family values, traditions and upbringing.

Prevention programs work to strengthen relationships and bonding in the family. There are many ways to do this; each family does it differently and has a different set of values. There are some research-based family skills that you can practice at home to build relationships and also help reduce the chance your youth will use alcohol and drugs.

They are: 1) Build a warm and supportive relationship with your child; 2) Be a good role model when it comes to drinking, taking medicine and handling stress; 3) Know your child's risk level; 4) Know your child's



friends; 5) Monitor, supervise and set boundaries; and 6) Have ongoing conversations and provide information about drugs and alcohol.

Source: *ThePartnershipAtDrugfree.org*, 6 Parenting Practices- Help reduce the chances your child will develop a drug or alcohol problem.

"Research confirms the benefits of parents providing consistent rules and discipline, talking to children about drugs, monitoring their activities, getting to know their friends, understanding their problems and concerns, and being involved in their learning."

Source: *National Institute on Drug Use: Preventing Drug Use Among Children and Adolescents: A Research- Based Guide for Parents, Educators and Community Leaders*, p.19.

To get your youth involved in the Youth Prevention program, contact Lisa Leno at 503-879-1471, Amber Mercier at 503-879-2162, Shannon Stanton at 503-879-1489 or Cristina Lara at 503-879-2040. Please "like" our Facebook page Grand Ronde Youth Prevention for information and upcoming events.

"I think they [our ancestors] would want us all to stand tall for what is right and good. They would want you and me to be seen and heard and make a positive difference wherever we were." — **Howard Rainer**

Date	April 2014 Schedule	Contact
April 1-May 9, 2014	It's your game: Keep It Real at Willamina School Tue-Fri	Amber Mercier 503-879-2162
April 4-25, 2014	Young Womens Skill Set Teaching (sewing) Fri at CC 3:45-5 p.m.	Shannon Stanton 503-879-1489
11-Apr-14	Coming of Age meeting Noon-1 p.m. at Community Center (CC)	Lisa Leno 503-879-1471
12-Apr-14	Canoe Family meeting Noon-4 p.m.at Tribal Gym	Cristina Lara 503-879-2040
17-Apr-14	Community Garden/ Planting fruit trees 3:45-5 p.m.	Shannon Stanton 503-879-1489
19-Apr-14	Egg Hunt/Fun Run/Walk/ Movie Day at Tribal Campus 10 a.m.	Shannon Stanton 503-879-1489
26-Apr-14	Women's Sweat Noon-5 p.m.	Cristina Lara 503-879-2040
March 31- April 23	Fit to Paddle Mon & Wed 4-5 p.m. at Tribal Gym	Amber Mercier 503-879-2162
April 23-June 4, 2014	Strengthening Families Wednesdays at Adult Ed 5:15-7:30 p.m.	Cristina Lara 503-879-2040

West Valley Veterans Memorial Application

Name: _____ PH: _____
 Address: _____ City _____ State _____ Zip _____
 DOB: _____ Gender: Male / Female (circle) CTGR Tribal: Y / N (circle) If Tribal, roll# _____
 DOE _____ Place of Entry _____
 DOS: _____ Place of Separation _____
 Rank: _____ Branch: _____ Honorable: Y / N (circle)
 Deceased: Y / N (circle) DOD: _____ Place of Burial _____

*All applicants must submit a copy of their DD214. If applicant is deceased, a family member or spouse can submit a copy of their DD214. If you are a CTGR Tribal member please attach a copy of your Tribal ID. If you are non-Tribal please attach a copy of a bill/record with your name and address showing you had lived or now reside in Grand Ronde, Willamina or Sheridan. Please send application and all documents to: Grand Ronde Veterans SEB, 9615 Grand Ronde Road, Grand Ronde, OR, 97347. If you have any questions, please call Wink Soderberg at 503-879-4001.