

PASSAGES



Bianca Nicole Regalado: Happy 6th Birthday on Nov. 7. Love you lots!
Grandma Kathy, Hap, and Sammy

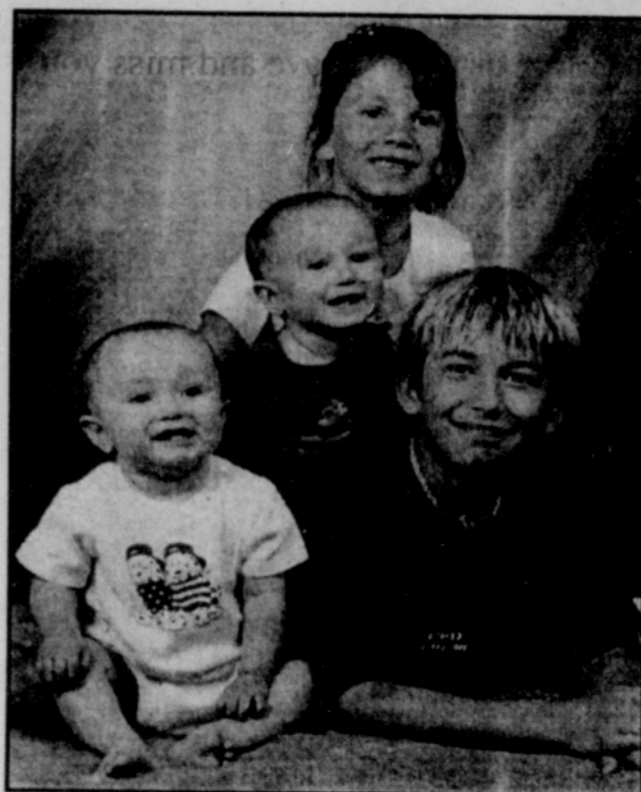
Happy Birthday, Bianca.
Love, Angie and family

Happy 18th Birthday to Timothy Villegas.
Love, your older sister Martha Nancy Villegas



Happy Birthday to my little Sissy on Oct. 5. I love you.
Bubba (Hunter)

Happy 2nd Birthday, Lanaya, on Oct. 5. We love you.
Love, Mommy and Daddy



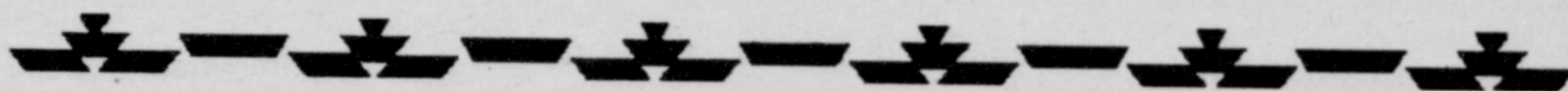
Matthew and Luke Garrett: Happy 1st Birthday on Nov. 10 to the funniest two little boys we know.
Love you, Mom, Dad, and kids

Sheila Jordan: Happy 30th Birthday on 11-5-01.
Your barely older friend, Marci



Keith and Ronnie Garrett: Congratulations to you on your marriage on Sept. 1. Also, Keith, Happy 21st Birthday on Nov. 18.
Love you, Dad, Marci, and kids

Chrystal D. Williams – Hope you have a **wonderful Halloween and birthday**. Can't believe you're "18." We love you.
Mom, Dad, Matt, Shane, and family



This is a short story of where I've been and where I'm going. This is not to lash out on anyone; it's just **my life**.

I was raised here in the Siletz area a majority of my life. Some good, some bad, some happy, some sad. I was raised with family values – respect, speak when spoken to, have manners, what's wrong, and what's right. When I became a young adult, I saw more of life for what it really was to me at the time. I didn't like it. I couldn't understand it and I chose not to understand it.

I was continually dishonest with myself as well as others. There was always something I really had to say but the words never came correct, so I masked every emotion and every feeling I felt I had. This is the way I knew how to survive and manage my inner self. Yes, all by lying.

I chose drugs and alcohol to comfort my emotions and my confused state of mind, leading me deeper and deeper into dishonesty – with no remorse. And my disease, growing up in this environment, I felt it was normal.

While in my addiction (with alcohol and drugs), I had no values. I never even considered values. My only value and belief I had was, "I am my

own person and no one will tell me what to do." The only place that got me was further into my addiction.

This had gone on for quite a few years. I had turned my back on people and tried to live my life the way I wanted to. The result of that ended up in pain, agony, suffering, guilt, confusion, grief, and loss due to the fact that I have seven children. I am 30 years old and none are in my custody due to my addiction of drugs and alcohol, and domestic violence.

Today, I am five months clean and sober. It's called recovery. And recovery to me means recovering from the way I lived in the past and recovering from my own false values and beliefs. Today, it's spiritual. Today, I'm recovering spiritually, physically, mentally, and emotionally.

The main thing in my program is **honesty** – "no lying," today. On a daily basis, I pray for honesty and daily I recover from dishonesty. (There are little rewards every moment of every day in recovery. I just have to have the open-mindedness to recognize them.)

I have a wonderful support group. First of all, it's my higher power. Next is my family, my friends in recovery, and different programs in the tribe. For

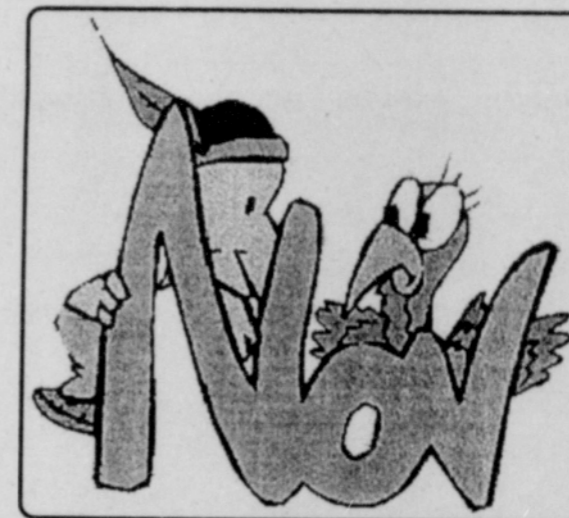
starters in that area is the women's Transitional Living Center.

This place to me also is a very big support. I truly don't know where I would be today without this place to call my home, for me to transition into this new way of living life on its own terms. If there are any women who are **willing** to make a significant change free from drugs, alcohol, low self-esteem, codependency, domestic violence, inadequacy, and fear, this place is where it's at. The support that comes along with this place is all the more better, like Joyce Retherford, Janet Dair, and George Nagel. Each one helps me in different areas of my internal self. It's all about trust to me.

My twins' foster parents also are a support to me. All the people who have taken care of my children I have great **love** for, regardless of any false accusations.

In closing, I would like to say its taken me many, many years to know what love is and what honesty is. Today I have both and with that, it allows me to be honest and love everyone around me as well as myself.

Sincerely,
Jenifer Knott



To my son, Donovan: From the time you were born, I just wanted to do right by you, to be the father that you needed. A father who would be there for you, teach you right from wrong, show you love, hold you when you feel bad, to let you know there are no monsters in your closet or under your bed.

I don't know what you think of me, but I just pray that you know that I love you. All I can say is I'm sorry for not being there for you and I hope that when the time comes and I can be there, that you'll want me there.

Just know that I love you with all that I am and nothing will ever change that. I love you, Donovan.

Love always, your father
Arron Bennett