

## Siletz Tribal Alcohol & Drug Programs

Prevention, Outpatient Treatment, and  
Women's Transitional

Siletz: 1-800-600-5599 or  
541-444-8286  
Eugene: 541-484-4234

Salem: 503-390-9494  
Portland: 503-238-1512

## TLC Attitudes of Gratitude

**Smile!** Something wonderful happened today – you woke up breathing! Now that's something to be grateful for!

There are negative events and situations that happen to us, not always as a result of anything we have done or choices that we made. **This** is the point where choice comes in – we are responsible for **how** we respond and **what** we do when adversity strikes. And it **will** strike! None of us are immune or exempt.

So, think about it. Do you regularly look at a partially filled glass as half full or as half empty? Are you an optimist or a pessimist?

Being a glass-half-full optimist, I (almost) always **try** to see the positive side of a situation and operate from a heart and attitude of gratitude for what I have and what **is** going right. Granted, it's not always easy.

We need to deal with the negative and not-so-fun situations in our life, but **we do not have to give up or lash out** because of them. Talk to a friend. Ask for help. Call a community agency or tribal department for advice or assistance. Whatever the situation, there will be something you can do to change it or yourself and hopefully find resolution.

At the TLC, I always find things to be thankful for – late-planted bulbs that are finally bursting with bloom, or the promise of (look at the azaleas blooming at the base of the driveway!); a wonderful A&D staff to work with; faithful volunteers, grateful residents; and community support.

This past month, we received a hair dryer, shampoos and lotions, and a lot of cooking spices from Dorothy Chandler and Sue Eatherly. Sandy Gordon provided shoes, shirts, and a beautiful lamp for the TLC living room.

We have Frank and Teresa Simmons to thank for a clothing donation and Pam Ben for a bag of lotions. Oregon Coast Quilters Guild provided us with a lovely quilt. Each one is a colorful work of beauty!

I am particularly grateful for our faithful volunteers who keep our transition house a place of security and warm caring. This past month, Jackie Ashley, Alice McCain, Jenifer Metcalf, Joan Hartung, Denise Riding In, Carrie White, Lisa Brown, and Crista Whittington all gave of themselves by spending a night or several nights at the TLC. Each is very much appreciated.

We could use a few more committed volunteers. If you are a woman who is clean and sober, in recovery, and want to reach out to make a difference for other recovering women, please call Lynn at 541-444-8238 or 1-800-922-1399, ext. 1238. The training is short, sweet, and easy to understand.

Remember to put the second Wednesday of the month on your calendar to attend our Women's Talking Circle at the TLC. Potluck dinner begins at 5:45 p.m., followed by the Talking Circle at 6:30 p.m. Hope to see you there. Call the phone number above for information.

## Ask Raven

*Raven will answer your questions about problems associated with alcohol, tobacco, and other drugs. Look for boxes in tribal offices with Raven's picture. You can leave your questions for Raven in these boxes. Those questions suitable for Siletz News will be answered here. If you want a confidential answer to a question, please leave an address and Raven will contact you.*



**Dear Raven: We now have a computer and Internet service at our home. Our daughter and son are both spending a lot of time online. Should we be concerned? Unsigned Parent**

Dear Parent: A recent Kaiser Family Foundation study reports that teens are becoming "media multi-taskers" because of the amount of time they spend using more than one medium at a time. Their bedrooms are becoming multi-media centers, raising important questions about supervision and exposure to unlimited and potentially harmful content.

The American Academy of Pediatrics (for Ravens and Humans) offers helpful media guidelines for parents to help children make better use of the media time, such as:

- Set definitive media time limits in which television, Internet, and games may be viewed.
- Decide as a family and clearly enforce guidelines for what is acceptable media content.
- Be clear and consistent with children about media rules. If you do not approve of their media choices, explain why.
- Place televisions and computers in household common rooms so that children are aware of their parents' monitoring.

Parents, talk with your children about the images of drugs and alcohol that are present in media, paying special attention to the subtle, yet influential, messages that promote unhealthy choices. You can get more information from the National Youth Anti-Drug Media Campaign at [www.MediaCampaign.org](http://www.MediaCampaign.org). Raven

**Dear Raven: Why do people who use meth get rotten teeth? I am worried.**

Dear Worried: "Meth mouth" is a condition caused by meth use that chokes off blood to the gums, reduces protective saliva, and rots the teeth from the inside.

Teeth turn brown and shrivel, and either fall out or break off. The root of the tooth just starts melting away. Brushing and flossing do not prevent meth mouth.

Recovering meth addicts who have developed meth mouth need dental care and sometimes dentures. Once they are clean, they start to feel self-conscious of their rotten teeth and it's important for them to have dental care, both for their physical health and also so they will start to feel good about themselves again.

No one knows for sure how long a person usually uses meth before it starts rotting their teeth. If you are worried about

your own use of meth, **please** talk with a counselor. Meth will destroy more than your teeth. It will destroy your whole life. Raven

## Announcements

If you think your child may be at risk for alcohol, tobacco, or other drug problems and/or juvenile delinquency behaviors, please call Delina or Crista at 1-800-600-5599 or 541-444-8286.

One of them will talk with you about risk factors and those things that help protect your child from developing those problems. They will help you develop a prevention plan that will support you as a parent and provide your child with support in making good choices.

## Meth Task Force Meeting May 4, 2005 – Noon Siletz Tribal Housing Department Conference Room

The Meth Task Force is open to all community members, youth and adult. We know that a lot of people in the community are concerned about the methamphetamine epidemic in this community.

You can make a difference! Please join us! If you are only able to attend an evening meeting, please call Janet at 541-444-8286 and let her know.

## Male Volunteers Needed

We still need adult male volunteers, even once a year, to chaperone a youth prevention activity. Please contact us if you have any interest!

## Area Office Services

We have a new half-time counselor in the Portland area office. If you need services in that office, please call Christy Field at 503-238-1512.

If you have any questions about services, please call the Siletz office at 1-800-600-5599 or 541-444-8286.

## Committee Positions Still Open

Any tribal member interested in serving on one of the committees listed below for a **two-year term** must fill out the following form and return it to the address below prior to May 31, 2005, to be considered.

Please mail or fax your application to Confederated Tribes of Siletz Indians, Attn: Executive Secretary to Tribal Council, P.O. Box 549, Siletz, OR 97380-0549; Fax: 541-444-8325.

Name: \_\_\_\_\_ Roll No: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Telephone: Day ( ) \_\_\_\_\_ Evening ( ) \_\_\_\_\_

### Committee Openings

- \_\_\_\_ Health Committee – 1 position open (two-year appointment)
- \_\_\_\_ Budget Committee – 1 position open (**one-year appointment**)

Tribal Council will review applications and approve appointments at the Regular Tribal Council meeting in June 2005. If you have any questions, please call Tami Miner or Marci Garrett at 1-800-922-1399 or 541-444-2532.

## STBC Business Opportunity

The Siletz Tribal Business Corporation (STBC) is looking for a management team to manage and operate the Siletz Gas & Mini-Mart in Siletz, Ore. Operator will lease facilities and equipment from STBC.

For more information, contact Economic Development Specialist, Siletz Tribal Business Corporation, 2120 NW 44<sup>th</sup> St., Suite D, Lincoln City, Ore.; 541-994-2142.