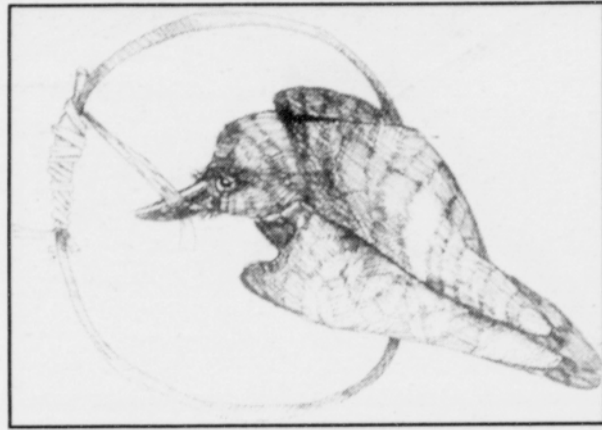


TRIBAL PROGRAM NEWS

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.



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

Dear Raven: I know that alcohol affects the liver. What are the other effects to the body from drinking? H.M.

Dear H.M.: There is a long list of alcohol's effects on the body. I will tell you what I can.

If you are concerned about how alcohol may have already affected you or what it might do in the future, I encourage you to see a doctor or a counselor so they can help you understand how alcohol will affect you based on your gender, age, weight, metabolism, and your individual physical health risks.

People who drink excessively are likely to experience some or all of the following effects:

- Alcohol affects brain chemistry, including signals to enzymes and even genes. Long-term alcohol use on the brain and cellular function is considered to be wide-ranging and profound.
- Stimulation of the production of stomach acid and a delay in the stomach emptying. Alcohol can cause peptic ulcers; gastritis; inflammation of the esophagus, pancreas, and small intestine; and malnutrition.
- Cardiovascular disease is strongly associated with alcohol use, including hypertension; abnormal heart rhythms; enlarged, flabby, and inefficient heart; and an increased risk of stroke and other intracranial bleeding.
- Alcohol kills brain cells and inhibits the brain's ability to send messages to the body. A long history of heavy drinking causes dementia.
- Alcohol abuse causes thiamine deficiency. One of the more serious diseases caused by thiamine deficiency is Wernicke's encephalopathy, the symptoms of which include delirium, visual problems, imbalance, and muscle tremors. The other serious disease caused by thiamine deficiency is Korsakoff's syndrome. Its symptoms include disorientation, memory failure, and repetition of false memories.
- Heavy drinking causes different reproductive problems for men and women. I will tell you more about this in other column.
- Alcohol use, even in small amounts, is linked to cancers, including breast, mouth, throat, and esophageal cancer.
- Alcohol leeches minerals from the body, causing an increased risk of

fracture of the femur, wrist, vertebrae, and ribs. The imbalance of electrolytes can cause painful and swollen muscles.

- The skin is affected by alcohol, including a reddish complexion and other skin problems. This is a result of nutritional deficiencies that arise from alcohol use.
- Excessive drinking has been linked to immune system problems resulting in infectious diseases, such as respiratory infections, tuberculosis, pneumonia, and cancer.
- Diabetes has been linked to alcohol abuse.

If you have any more questions about alcohol and its effects on the body, please let me know. Often when people have these problems, they never know their use of alcohol is a cause or contributing factor. This is

good for us to talk about. Thank you for writing. Raven

ATOD and Youth Delinquency Prevention

We will celebrate Red Ribbon Week the last week of October! Please call if you would like to volunteer for this community effort.

Parents, if you think your child may be at risk for alcohol, tobacco, or other drug problems and/or juvenile delinquency behaviors, please call Delina John or Jenifer Metcalf 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 make a prevention plan that will support you as a parent and provide your child with support for making good choices.



TLC Attitudes of Gratitude

by Lynn Whitlow

As of this publication, Run to the Rogue 2006 has been completed, as well as the annual Wellbriety dinner that precedes it. Wellbriety includes sobriety, but goes well beyond.

Wellbriety looks at the total person, the total health of the individual. It includes the food choices we make, the exercise we get (or don't), the rest we take, the medical advice we follow, the social activities we engage in, and our spirituality. All of these affect the way we feel, think, act, and look.

Wellbriety is about balance in our lives, making healthy choices. Having just returned from taking several days of annual leave, I can vouch for how important and rejuvenating it is to take care of ourselves. Kind of like charging a battery and giving it new life!

Recently, with the assistance of multiple hands – Janet Wicklund, Trish Morningstar, Walt Klamath, Jenifer Metcalf, George Nagel, and myself – the TLC house and the A&D grounds received a "face lift" of sorts.

Deep cleaning, neatening up, sorting and rearranging, new couch cover and pillows, weed whacking and pruning – looks good! Very nice outcome, resulting in an improved recovery environment.

There's nothing like a fall house-cleaning! Change is good. It gives new perspective and new opportunities.

Thank you to our volunteers and thank you to A&D staff.

Also, thank you to Maintenance staff for your help on a few projects. We are grateful for your assistance – large and small. Thank you, Stan Werth!

And thank you, Tony Whitehead, for finding new and improved screws for that light fixture. It'll be so much easier to change the bulbs now! Also, congratulations on your recognition as a person in the tribal community who has made a positive difference – the 2006 Wellbriety Award. You and your efforts are appreciated by many.

Also, I continue to be grateful for our TLC volunteers, those women who give several nights a month to sleep at the TLC and be a comforting presence here. You are each so appreciated.

As of this writing, I have a new volunteer who wants to start next week and one returning from summer vacation. We still could use a few more women to fill in other nights or cover when someone has to be gone. It's rewarding and it does make a difference.

Please call me at 541-444-8238 or 1-800-922-1399, ext. 1238, if you feel you could serve your community in this way.

There is more chill in the air each night. Enjoy your fall – crunch some leaves, plant some mums, and drink hot cider!

CEDARR

Oct. 4, Noon

Siletz Community Health Clinic

The Meth Task Force has a new name. We are now CEDARR – Community Efforts Demonstrating the Ability to Rebuild and Restore. We also have a new mission statement that describes our efforts as a community coalition to help make this a healthy community:

Working together as a whole community, we will utilize our resources to eradicate and prevent the use of all illegal drugs, underage drinking and abusive use of alcohol, delinquency, and community violence. Understanding that addiction is a multifaceted disease, we will seek to reduce barriers to treatment and support those who choose abstinence.

CEDARR is open to all community members – youth and adults. If you have questions or need more information, please call Janet or Delina at 541-444-8286 or 1-800-600-5599. You can make a difference!

Everyone is encouraged to attend!

We Need You!

The Siletz Tribal Women's Transitional Living Center needs all clean and sober, caring women to become volunteers!

We need to have shift coverage on weekends and on the graveyard shifts.

If you can volunteer for one shift a month, you can really make a difference in your community and in the lives of the women with whom you come into contact.

If you can help us out, call the Alcohol and Drug Department at 1-800-600-5599, ext. 1238, or 541-444-8238.

This could be a great experience for all of us! **Please call today!**