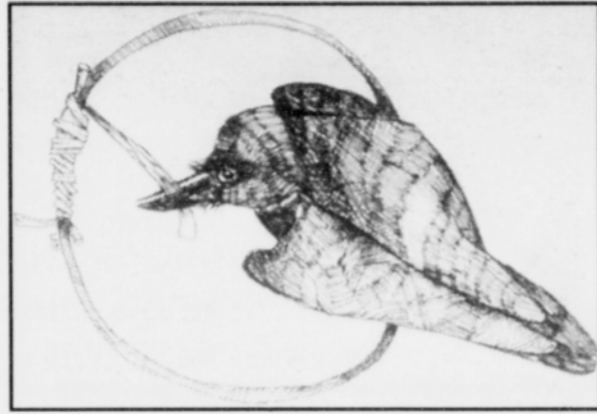


TRIBAL PROGRAM NEWS

Ask Raven

Raven will answer your questions about problems associated with alcohol, tobacco, and other drugs. You can call in your questions to the numbers below or mail them to:

Raven
P.O. Box 549
Siletz, OR 97380-0549



Dear Raven: Why do so many people like to use meth? Curious

Dear Curious: Meth has many addictive qualities. The easiest way to think about why people get so addicted so fast is this:

Dopamine is one of the chemicals in the brain called neurotransmitters, which are like chemical messengers that take certain messages to the brain. Dopamine messages have to do with pleasure and reward – the “feel good” messages.

There are different levels of pleasure. Level I is what happens when you feel really great. We feel that when we are having fun with friends, watching a good movie, listening to music we like, anything that we really enjoy.

Then think about how you feel when you have done something you feel really proud of. That is a Level 2 dopamine level.

A Level 3 dopamine level might happen when you are doing something really special that you don't get to do

very often. And Level 4 is the best feeling you can imagine having.

The “rush” of dopamine that gives people that great feeling only lasts four minutes. It doesn't mean the good feelings go away in four minutes, but the dopamine rush only lasts that long.

One use of meth, called a “hit,” causes a dopamine rush that lasts **10 minutes**. So that helps us to understand why people get addicted to meth so easily.

Unfortunately for meth users though, too much dopamine in the brain can cause serious mental health problems, including schizophrenia. It also can stop our natural dopamine from working so people feel very depressed when they stop using meth.

I hope this information helps. It's hard to watch people get addicted. Remember that addiction is a disease and even when people have used drugs for a long time, they can get help, can quit, and can live a good and healthy life.

Thanks for writing. Raven

TLC Attitudes of Gratitude

by Lynn Whitlow

Happy April Fool's Day! I guess they have to have a specific day for those among us who don't practice being a fool any other time of the year.

How do they do that? I want to know the secret, 'cause no matter how diligent I am, I invariably put my foot in my mouth or do some other dumb thing every once in a while. Oh well, at least I'm here to take that risk and am mighty grateful for that fact.

Shawnee Chief Tecumseh said, “When you arise in the morning, give thanks to the morning light for your life and strength. Give thanks for your food and the joy of living. If you see no reason for giving thanks, the fault lies within yourself.” Powerful truths!

A person named Leigh Hodges said, “Life begins each morning ... each morning is the open door to a new world, new vistas, new aims, new tryings.”

I don't know who this Leigh Hodges is, whether male or female or anything else about him or her, except that I agree with the sentiments expressed.

Here at the TLC, we stress being grateful for life, for being here now, in this place and this time. We need to be filled with gratitude for waking up today, to experience whatever this day has to offer – be it joyful or painful, exciting or humdrum. All of those beat the alternative. At least we have a chance to change things for the better. I am

grateful that **you** woke to experience this day and **are here now!**

We do have some people to express gratitude to: The folks over at Housing who had a hand in making sure the roof over our outdoor walkway was repaired. Thanks to Terry, Rick, and Rob for the logistics end, and to Brad and Brandon for the sweat labor. We appreciate you all!

Thank you to Sunshine for her little surprise presents to the household.

We cannot thank our overnight volunteers enough. It's always a secure feeling knowing someone is “on duty” at night, to have someone to waken if there is a problem. Much gratitude to Alice McCain, Levi Simmons, Stephanie Rilatos, and Denise Riding In. We can always use a few more good women to help these faithful volunteers out.

And last but not least, many thanks to the A&D staff for being there for residents in a variety of support capacities.

May you get through the first day of this month without being pranked too many times ... laugh a lot if you are. If you're lucky, it may be your only chance to make a fool of yourself this year.

This article was written by a nationally syndicated reporter – April Fool!

Call me at 1-800-922-1399, ext. 1238, or 541-444-8238 if you have any questions about the TLC or would like to volunteer some time.

Underage Drinking Survey Results

Following are more results of the survey called the Tribal Underage Drinking Community Profile given to the parents of middle and high school students and to non-parents. Students themselves also completed them.

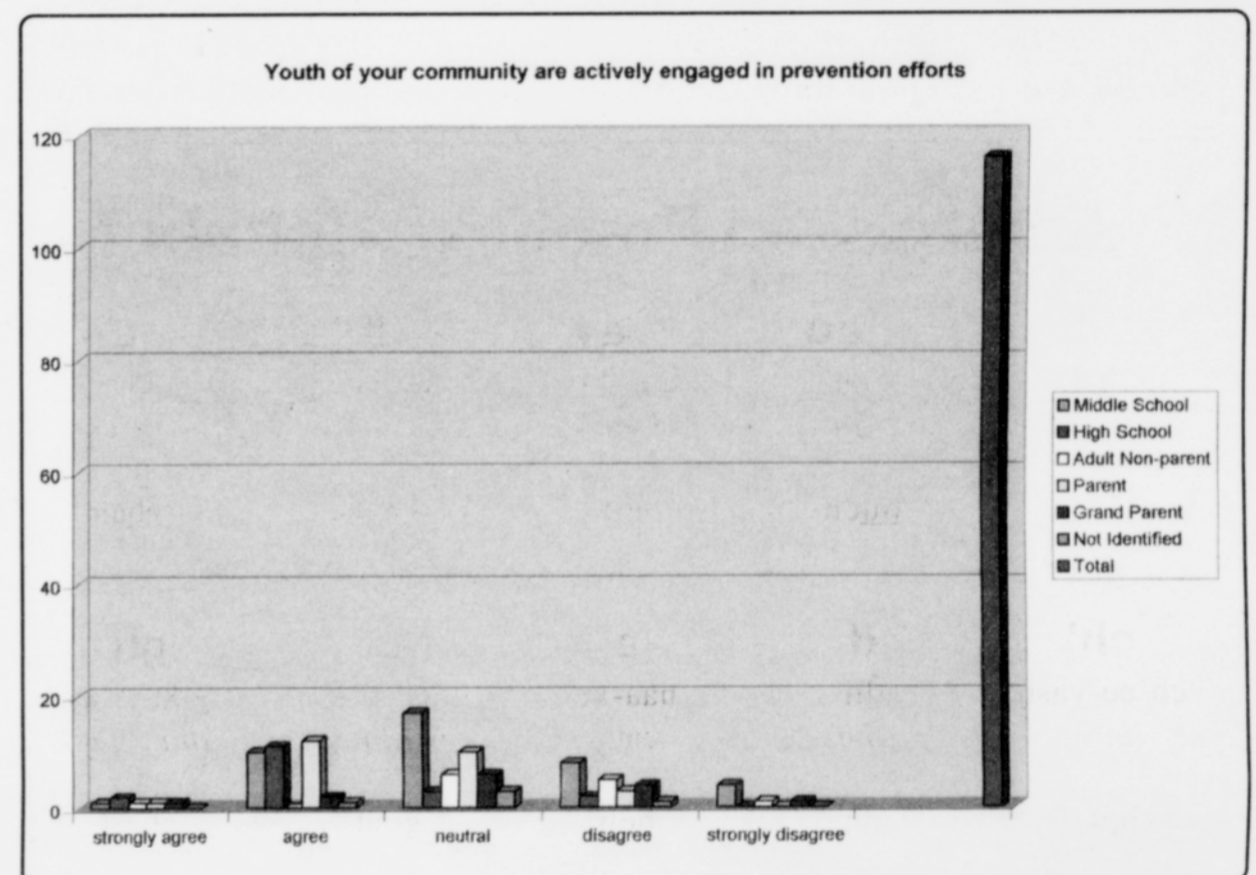
Surveys were given out in the fall of 2005 and the spring of 2006. Look for more survey information in May!

CEDARR

Community Efforts
Demonstrating the Ability
to Rebuild and Restore

April 4 • Noon
Meeting location may
change this month, so
please call 541-444-8238
to find out.

Please attend!
We need you!



Narcotics Anonymous Meetings

Monday – 7:30-8:30 p.m.
Atonement Lutheran Church
2315 N Coast Highway (101)
Newport

Tuesday – 7:30-8:30 p.m.
TLC – A&D Building
565 Old River Road
Siletz

Tuesday – 8-9 p.m.
St. Peter the Fisherman
Lutheran Church
1226 SW 13th St.
Lincoln City

Thursday – 8-9 p.m.
St. Peter the Fisherman
Lutheran Church
1226 SW 13th St.
Lincoln City

Friday – 7:30-8:30 p.m.
Atonement Lutheran Church
2315 N Coast Highway (101)
Newport

Saturday – 6-7 p.m.
Siletz VFW
143 SE Eggbert St.
Siletz

Toll-Free Help Line – 1-877-233-4287

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